

Helping People

Make Positive Changes

Children & Families of Iowa's Mental Health Services offer support and understanding. We help children and adults make healthy, positive changes in their lives.

Our services help families and individuals develop goals, structure and a positive living environment that is healthy for all family members.

Services are provided by highly-trained and experienced mental health professionals who are qualified to help clients with:

- **Life skills** to cope with and overcome trauma
- **Realistic solutions** for parenting and family conflict resolutions
- **Encouragement and support** to handle life's everyday challenges

For more information or to make an appointment, contact us at:

515.697.7916
www.cfiowa.org
mentalhealth@cfiowa.org



children &
families of iowa

Children & Families of Iowa is a private, nonprofit organization dedicated to restoring hope, building futures and changing lives. Our programs make an impact in our communities and a difference in the lives of thousands of Iowans each year.

Children & Families of Iowa is accredited by the Council on Accreditation (COA).



Children & Families of Iowa

1111 University Ave.
Des Moines, Iowa 50314
515.288.1981

www.cfiowa.org

Contact a Mental Health Intake Specialist

515.697.7916



Children's Home Society
OF AMERICA

Children & Families of Iowa is a charter member of the Child Welfare League of America and the Children's Home Society



Member Agency of
United Way

Children & Families of Iowa is a private, statewide, nonprofit, nonsectarian human services agency that does not discriminate on the basis of race, color, creed, national origin, gender, marital status, sexual orientation, age, religion, veteran status, political belief, physical or mental disability or any other characteristic protected by law.

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Mental Health Services

A program of Children & Families of Iowa



*Restoring hope.
Building futures.
Changing lives.*



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Mental Health Services

Children & Families of Iowa offers a complete range of outpatient mental health services to support individuals and families as they address mental health challenges, improve parenting approaches and gain perspective.



- **Therapy Services**

Highly trained, licensed mental health clinicians provide a trauma-informed approach for individual, family and couples therapy. Mental health assessments and psychotherapy services are designed to increase treatment effectiveness for clients and their families. Therapists are trained in a wide variety of trauma-informed, evidence based practices and serve all ages.

- **Child-Parent Psychotherapy (CPP):**

Family-oriented therapeutic approach reduces impact of early childhood trauma for children from birth to five years old. Therapists work with parents/caregivers to heal trauma, support healthy attachment and break the cycle of trauma being passed down through generations.

- **Behavioral Health Intervention Services (BHIS):**

BHIS is a supportive directive teaching intervention in the home designed to improve individual level of function for ages four to 21 years. Individuals and families learn age appropriate skills to manage behavior as they relate to mental health.

- **Eye Movement Desensitization and Reprocessing (EMDR):**

Evidence-based therapy supporting healing from past trauma through the use of eye movements. EMDR assists clients to reprocess and reduce effects of trauma memories. Through eye movement, anxiety is reduced and traumatic events can be processed, eventually creating new associations between disturbing memories and more positive emotions.

- **Psychiatric Services**

Psychiatric evaluations and ongoing medication management services are provided by two psychiatrists to clients receiving mental health therapy services. Our telehealth initiative allows rural clients to receive services from the local CFI office using live, two-way video conferencing equipment.

- **Parent Child Interaction Therapy (PCIT):**

PCIT is an evidenced based therapy approach for children two to six years of age. PCIT works with the parent/caregiver and child to improve the quality of their relationship by teaching the parent skills necessary to provide the structure to manage behavioral challenges and build a warm, loving relationship with the child.

CFI Mental Health Services Locations

Des Moines

1111 University Ave.
Des Moines, IA 50314
515.697.7916
fax: 515.246.1245

Ankeny

501 S.W. Ankeny Road.
Ankeny, IA 50023
515.289.2272
fax: 515.289.0126

Ames

426 5th Street
Ames, IA 50010
515.697.7916
fax: 515.246.1245

Osceola

105 East McLane
Suite 400
Osceola, IA 50213
641.342.3444
fax: 641.342.3600

Fort Dodge

111 Avenue O West
Fort Dodge, IA 50501
515.573.2193
fax: (515) 573-2798

Contact an Intake Specialist

515.697.7916

CFI accepts most insurance, Medicaid and private pay.

Email: mentalhealth@cfiowa.org

www.cfiowa.org