## Community Therapist Referral Options:

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| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Abby Smith | Green Counseling Services- multiple providers | Coralville | 319-800-5564 | [abbysmith@greencounselingservices.com](mailto:abbysmith@greencounselingservices.com) |
| Adriane Sankey Tiedens | Red Couch Counseling | Ankeny | 515-344-3428 | [adriane@redcouchcounselingdsm.com](mailto:adriane@redcouchcounselingdsm.com) |
| Alicia Roeder | Birch Grove Counseling |  | 515-676-0745 | [Birchgrovecounselingia@gmail.com](mailto:Birchgrovecounselingia@gmail.com) |
| Anna Benedict | Anna Benedict |  | 206-289-0328 | [anna@annabenedict.com](mailto:anna@annabenedict.com) |
| Anne Ducharme-Jones | Anne Ducharme-Jones, LISW | Des Moines | 515-982-0633 | anne.ducharmejones@gmail.com |
| Ashley Carpentier | Thrive Counseling Center | Ankeny | 402-281-3383 | [ashley@thriveccankeny.com](mailto:ashley@thriveccankeny.com) |
| Ashley Willhite | Evolve Therapy Practice | Cedar Rapids | 319-777-9536 | [awillhite@evolvetherapypractice.net](mailto:awillhite@evolvetherapypractice.net) |
| Brandee Kohnen | Restoring Wellness | Dubuque | 563-265-1427 | [b.kohnen@restoring-wellness.org](mailto:b.kohnen@restoring-wellness.org) |
| Brandi Stalzer | Libra Virtual Care |  | 515-220-1150 | [brandis@libravirtualcare.com](mailto:brandis@libravirtualcare.com) |
| Brandis McFarland | Brandis McFarland Mental Health Services | Cedar Rapids | 319-364-4135 | [brandis@brandismcfarland.com](mailto:brandis@brandismcfarland.com) |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Carrie Peitzmeier, | Counseling Associates of Central Iowa | Des Moines | 515-244-2224 |  |
| Cheylne Cunningham-Sullivan | Chelyne J. Cunningham Counseling, Inc | Windsor Heights | 515-221-1989 | [cjccounseling@outlook.com](mailto:cjccounseling@outlook.com) |
| Elizabeth Wade | Ames Counseling | Ames | 515)-450-2191 | <http://www.amescounseling.com/> |
| Erica Bobst | Green Counseling Services- multiple providers | Coralville | 319-800-5564 | [ericabobst@greencounselingservice.com](mailto:ericabobst@greencounselingservice.com) |
| Izzy Tenbrook | Ames Psychological Wellness Center Providers | Ames | 515-292-951 | <http://ameswellnesscenter.com/> |
| Jen Sand Canales, Ph.D. | Vida Counseling | West Des Moines | 515-528-2532 |  |
| Jenna Medlin- Ressler Psy.D. | Ames Psychological Wellness Center Providers | Ames | 515-292-951 | <http://ameswellnesscenter.com/> |
| Kathleen O'Connor | Ailm Therapy |  | 708-580-6818 | [kathleen@ailmtherapy.com](mailto:kathleen@ailmtherapy.com) |
| Kathryn Wierda, Ph.D | West Des Moines Center For Psychotherapy | WDM | (515) 777-3388 | <https://wdmcp.com/> |
| Kristen Sievert, Ph.D., L.P. | Ames Psychological Wellness Center Providers | Ames | 515-292-951 | <http://ameswellnesscenter.com/> |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Kristten Buttermore | Cultivate Wellness | Ames | 515-212-7379 | [kristten@cultivatewellnessames.com](mailto:kristten@cultivatewellnessames.com) |
| LeAnn Mills Waterhouse | Willow Grove Therapy Group | West Des Moines | (515)-393-6894 x3 |  |
| Leanna Brady | Red Couch Counseling | Ankeny | 515-954-9865 | [leanna@redcouchcounselingdsm.com](mailto:leanna@redcouchcounselingdsm.com) |
| Martha Norton | Norton | Ames | (515) 231-8484 |  |
| Melissa Nord | Balance.breathe.be | Ankeny | 515-635-5016 | [melissamnord@gmail.com](mailto:melissamnord@gmail.com) |
| Michelle Roling | Sharing is Healing |  | 515-231-3918 | [sharingishealingames@gmail.com](mailto:sharingishealingames@gmail.com) |
| Multiple providers | Edison Eating Disorder and Mental Health Services | W. Des Moines | 515-619-6927 | [kim@edisonedmh.com](mailto:kim@edisonedmh.com) |
| Multiple Providers | Prairie Wellness | Des Moines | 641-628-5431 | [http://www.prairiewellness.com](http://www.prairiewellness.com/) |
| Nichole Olson, | Ames Psychological Wellness Center Providers | Ames | 515-292-951 | <http://ameswellnesscenter.com/> |
| Rebecca Peterson | MercyOne House of Mercy | Des Moines | 515-643-6588 | [rpeterson@mercydesmoines.org](mailto:rpeterson@mercydesmoines.org) |
| Sabrina Rogers | Health Hope Harmony |  | 319-382-2077 | [sabrina@healthhopeharmony.com](mailto:sabrina@healthhopeharmony.com) |
| Sabrina Sartori Chouinard | Enlighten Me Counseling | Clive | 515-758-8747 | [sabrina@EnlightenMeCounseling.com](mailto:sabrina@EnlightenMeCounseling.com) |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Sara Schwatken | Authentic Therapy of Iowa | Fort Dodge | 515-570-2838 | [sara@authentictherapyofiowa.com](mailto:sara@authentictherapyofiowa.com) |
| Stacie Daily | Plains Area Mental Health Center | Carrol | 712-792-2991 ext 245 | [sdaily@pamhc.org](mailto:sdaily@pamhc.org) |
| Tori Cherry | Embodied Counseling |  | 312-561-9245 | [tori@embodiedcounselinggroup.com](mailto:tori@embodiedcounselinggroup.com) |

## Dietitian Referral Options:

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| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Abbie Scott | Body Image RD |  |  | [Bodyimagerd@gmail.com](mailto:Bodyimagerd@gmail.com) |
| Allyson Terpstra | The Joyful Life Nutrition | Grimes | 515-259-0255 | [allyson@joyfullifenutrition.com](mailto:allyson@joyfullifenutrition.com) |
| Annie Wells | Annie Wells Nutrition | Cedar Rapids | 319-382-5567 | [anniewellsnutrition@gmail.com](mailto:anniewellsnutrition@gmail.com) |
| Carrie Leiran | Unity Point | Des Moines | 515-241-8686 | <https://www.unitypoint.org/desmoines/services-dieticians.aspx> |
| Christine Nanke | Life with Substance |  | 563-341-7787 | [lifewithsubstancedietitian@gmail.com](mailto:lifewithsubstancedietitian@gmail.com) |
| Emily Estes | Sage Nutrition |  | 402-417-9264 | [emily@sagenutrition.org](mailto:emily@sagenutrition.org) |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Holly Paulsen | Jones Regional Medical Center | Anamosa | 319-481-6254 | [Holly.Paulsen@unitypoint.org](mailto:Holly.Paulsen@unitypoint.org) |
| Krista Godfrey | Life Cycle Nutrition | Omaha, NE | 402-509-3500 | [info@LCNutritionomaha.com](mailto:info@LCNutritionomaha.com) |
| Kristy Rieken | Serenity 2day | Oakland | 402-658-4856 | [Serenity2daynutrition@gmail.com](mailto:Serenity2daynutrition@gmail.com) |
| Mackenzie Woolwich | MW Coaching |  | 262-331-4418 | [mackenzie@mackenziewoolwich.com](mailto:mackenzie@mackenziewoolwich.com) |
| Melissa Arnold | More to Life | Waukee |  | [melissa@moretoliferd.com](mailto:melissa@moretoliferd.com) |
| Michelle Kuster | Food Freedom | Burlington | 319-208-9038 | [michelle@michellekuster.com](mailto:michelle@michellekuster.com) |
| Stephanie Proud | Proud Peaceful Nutrition |  | 319-331-9017 | [stephanie@proudpeacefulnutrition.com](mailto:stephanie@proudpeacefulnutrition.com) |
| Sue Clarahan | Clarahan Consulting | Iowa City | 319-383-3029 | [sue@mypracticalnutrition.com](mailto:sue@mypracticalnutrition.com) |
| Theresa Munkvold | You & foods | Ames | 515-290-4783 | [theresa@youandfoods.com](mailto:theresa@youandfoods.com) |

## Medication Provider Referral Options:

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| --- | --- | --- | --- | --- |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Brittni Reifschneider | Cascade Clinical Connections | Des Moines | 515-393-1898 | [brittni.reifschneider@cascadeclinical.com](mailto:brittni.reifschneider@cascadeclinical.com) |
| Kerri Patton | Luna Mental Health | WDM | 515-468-3639 | [kerri.patton@lunamh.com](mailto:kerri.patton@lunamh.com) |