## 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 |
| Adriane Sankey Tiedens | Red Couch Counseling | Ankeny | 515-344-3428 | adriane@redcouchcounselingdsm.com |
| Alicia Roeder | Birch Grove Counseling |  | 515-676-0745 | Birchgrovecounselingia@gmail.com |
| Anna Benedict | Anna Benedict |  | 206-289-0328 | 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 |
| Ashley Willhite | Evolve Therapy Practice | Cedar Rapids | 319-777-9536 | awillhite@evolvetherapypractice.net |
| Brandee Kohnen | Restoring Wellness | Dubuque | 563-265-1427 | b.kohnen@restoring-wellness.org |
| Brandi Stalzer | Libra Virtual Care |  | 515-220-1150 | brandis@libravirtualcare.com |
| Brandis McFarland | Brandis McFarland Mental Health Services | Cedar Rapids | 319-364-4135 | 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| Martha Norton | Norton | Ames | (515) 231-8484 |  |
| Melissa Nord | Balance.breathe.be | Ankeny | 515-635-5016 | melissamnord@gmail.com |
| Michelle Roling | Sharing is Healing |  | 515-231-3918 | sharingishealingames@gmail.com  |
| Multiple providers | Edison Eating Disorder and Mental Health Services | W. Des Moines | 515-619-6927 | 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 |
| Sabrina Rogers | Health Hope Harmony |  | 319-382-2077 | sabrina@healthhopeharmony.com |
| Sabrina Sartori Chouinard | Enlighten Me Counseling | Clive | 515-758-8747 | sabrina@EnlightenMeCounseling.com |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Sara Schwatken | Authentic Therapy of Iowa | Fort Dodge | 515-570-2838 | sara@authentictherapyofiowa.com  |
| Stacie Daily | Plains Area Mental Health Center | Carrol | 712-792-2991 ext 245 | sdaily@pamhc.org |
| Tori Cherry | Embodied Counseling |  | 312-561-9245 | 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  |
| Allyson Terpstra | The Joyful Life Nutrition | Grimes | 515-259-0255 | allyson@joyfullifenutrition.com  |
| Annie Wells | Annie Wells Nutrition | Cedar Rapids | 319-382-5567 | 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  |
| Emily Estes | Sage Nutrition |  | 402-417-9264 | emily@sagenutrition.org  |
| **Name** | **Agency** | **Location** | **Phone** | **Email or Website** |
| Holly Paulsen | Jones Regional Medical Center | Anamosa | 319-481-6254 | Holly.Paulsen@unitypoint.org |
| Krista Godfrey | Life Cycle Nutrition | Omaha, NE | 402-509-3500 | info@LCNutritionomaha.com  |
| Kristy Rieken | Serenity 2day | Oakland | 402-658-4856 | Serenity2daynutrition@gmail.com  |
| Mackenzie Woolwich | MW Coaching |  | 262-331-4418 | mackenzie@mackenziewoolwich.com  |
| Melissa Arnold | More to Life | Waukee |  | melissa@moretoliferd.com |
| Michelle Kuster | Food Freedom | Burlington | 319-208-9038 | michelle@michellekuster.com |
| Stephanie Proud | Proud Peaceful Nutrition |  | 319-331-9017 | stephanie@proudpeacefulnutrition.com  |
| Sue Clarahan | Clarahan Consulting | Iowa City | 319-383-3029 | sue@mypracticalnutrition.com  |
| Theresa Munkvold | You & foods | Ames | 515-290-4783 | 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 |
| Kerri Patton | Luna Mental Health | WDM | 515-468-3639 | kerri.patton@lunamh.com |