COUNSELING & THERAPY RESOURCES
2008

Name & Location	Phone Number	Days/Hours	Services Provided
DOMESTIC & FAMILY VIOLENCE COUNSELING			
Batterer's Education Program 951 29th Avenue SW Cedar Rapids, IA 52404	398-3675	Assistance available Monday, Tuesday and Wednesday from 8:00 AM to 4:00 PM, and Friday from 8:00 AM to 10:00 AM.	Sixteen-week program offered to confront issues of relationship control and abuse. Classes held at various times. Any male age 18 or older may enroll. A court order is not needed in order to enroll. Current tuition cost is $360. BEP will work with enrollee to manage tuition costs.
Horizons – A Family Service Alliance Child Witness to Violence 819 5th Street SE Cedar Rapids, IA 52401	398-3574	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM. Assistance available on Friday from 8:00 AM to 5:00 PM.	Counseling for children and families.
St. Luke's Child Protection Center 1026 A Avenue NE Cedar Rapids, IA 52402	369-7908	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Conduct interviews and exams of alleged child-abuse victims referred from DHS and law enforcement & make referrals for counseling.
Waypoint Domestic Violence Program & Shelter 318 5th Street SE* Cedar Rapids, IA 52401 *Office location	363-2093	Assistance available: 24 hour crisis line for counseling and a shelter for abused women and their children. 1-800-208-0388 (Domestic Violence Crisis Line) 1-800-208-0389 (Rape Crisis Line)	Medical and legal advocacy program and gives referrals, support groups for women and children, a child advocacy program and gives referrals. 24-hour shelter for women and children with a 90-day maximum stay in a very structured and goal-oriented program. To assist those in finding permanent housing.
FINANCIAL COUNSELING			
Linn County MHDD Services - Client Financial Services 305 2nd Avenue SE Cedar Rapids, IA 52401	892-5680	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Offers Protective Payee services and training in money management for developmentally disabled and mentally ill persons who have been mandated by Social Security, the V.A. or a Payee.
Consumer Credit Counseling 819 5th Street SE Cedar Rapids, IA 52401-2128	398-3576	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM and Friday 8:00 AM to 5:00 PM. Assistance available evenings by appointments.	Works as the intermediary between the client and financial institution. Conducts an assessment of financial situation, consolidation of debt, budget counseling, mediation, consumer credit counseling, planning and money management classes. Call first for an appointment.
Credit Counseling & Debt Management 4403 First Avenue SE, Suite 402 Cedar Rapids, IA 52402	373-8297	Assistance available Tuesday through Friday from 9:30 AM to 5:30 PM.	Credit Counseling & Debt Management is a full service provider for those individuals that are in need of budget or money management improvement. We have services we teach you how to take care of those nagging credit card payments and also teach you how to manage your entire household budget. We give the instruction but it is up to you! You then contract with us. This contract is not binding, if you stay on the program more than six months. Regulated by the Iowa State Banking Commission. Consultation is free for the elderly or disabled.

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HACAP Housing Counseling 1515 Hawkeye Drive Hiawatha, IA 52253	739-4211 & ask for housing counseling	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Counseling related to mortgage foreclosure prevention, eviction prevention, resource development, budget counseling, energy conservation education, predatory lending education and referrals.
Homeowner's HOPE HOPE Hotline www.995hope.org	1-888-995-HOPE	Assistance available 24 hours per day, seven days per week.	Counseling service for those in danger of foreclosure. Counselors are trained to set up a plan of action. They are administering the federal "5 year rate freeze" – to be eligible clients must be current on payments, their adjustable rate is scheduled to change between Jan 1, 2008 and July 31, 2110, and the loan must have originated between Jan 1, 2005 and July 31, 2007. On-line counseling is also available.
Iowa Foreclosure Hotline	1-877-622-4866	Assistance available Monday through Friday from 8:30 AM to 5:00 PM.	For those at risk of losing their home to foreclosure. Mediation service will explore if borrowers and their lenders might be able to agree on an approach to avoid foreclosure. Be prepared to provide full financial information. For those who forsee that they won't be able to make future payments and those who are in foreclosure now.
GENERAL COUNSELING			
Catholic Charities 1430 2nd Avenue SE Cedar Rapids, IA 52403	364-7121	Assistance available Monday through Friday from 8:30 AM to 5:00 PM and Wednesday evenings. Closed from 12:00 PM to 1:00 PM for lunch.	Counseling for individuals, families and couples, sliding fee scale. Pregnancy counseling, adoption services and Project Rachel (post-abortion), free to birth parents. Barnabus Outreach.
Cornerstone Brief Therapy 5925 Council Street NE, Suite 120 Cedar Rapids, IA 52402	393-6796	Assistance available Monday through Saturday by appointment. Hours vary.	This agency provides outpatient psychotherapy and Christian counseling for individuals, couples, children and families. Accepts health insurance and also Title 19.
Foundation 2 Crisis Center 1540 2nd Avenue SE Cedar Rapids, IA 52403	362-2174 or 1-800-332-4224	Assistance available 24 hours a day.	24-hour crisis counseling & referrals. Depression and anxiety support group. Suicide survivors support group. Mobile crisis outreach. 24-hour in house counseling for Linn County residents only.
Harambee House 404 17th Street SE Cedar Rapids, IA 52403	366-1408	Assistance available Monday through Friday from 8:00 AM to 4:30 PM. Referral required.	Counseling for families and individuals. No cost.

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Horizons – A Family Service Alliance 819 5th Street SE Cedar Rapids, IA 52401	398-3943 or 1-800-826-3574	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM; Friday from 8:00 AM to 5:00 PM.	Service for individuals, couples, family, children and adults.
Keys to Living 5250 North Park Place NE, Suite 209 Cedar Rapids, IA 52402	377-2161	Assistance available Monday and Tuesday from 8:00 AM to 8:00 PM; Wednesday and Thursday from 8:00 AM to 5:00 PM; Friday 8:00 AM until noon.	Individual and family counseling.
Mid-Iowa Family Therapy, Inc. 2515 18th Street SW Cedar Rapids, IA 52404	390-5500	Assistance available: Call for hours of service.	Counseling for children and families. Services include STARS Intensive Outpatient Program, Twinkle Tots Program for children ages 3-5 and their families, M-Power for teenage girls, and Remedial Services (in conjunction with Institute for Therapy & Psychological Solutions, LLC).
Veterans Center 1642 42nd Street NE Cedar Rapids, IA 52402	378-0016	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Counseling for veterans of war periods. Family, marital, alcohol, substance abuse, and post-traumatic stress disorder counseling.
MENTAL HEALTH COUNSELING			
Abbe Center for Community Mental Health Adult Day Treatment 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Services offered Tuesday, Thursday, and Friday from 9:00 AM to 12:00 PM.	Provides a structured, therapeutic program for individuals needing intensive services. Services focus on crisis and symptom stabilization and/or post-hospitalization needs. Program components include small group therapy, goal setting, stress management, illness education and wellness recovery action planning.
Abbe Center for Community Mental Health Community Support 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available Monday through Friday from 8:00 AM to 5:00 PM.	Provides an array of home and community based services designed to assist individuals with a chronic mental illness in living as independently as possible in the community. Focus is on illness management and moving forward in the recovery process. Individual and group services offered. Nurses available to provide medication oversight.
Abbe Center for Community Mental Health Club 520 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Club open Monday, Tuesday, Thursday, and Friday from 1:00 PM to 4:00 PM.	Consumer run, recovery focused social support center. Offers structured activities, social opportunities, vocational assistance and recovery support group. Dual recovery anonymous group available to individuals with mental illness and substance abuse issues.
Abbe Center for Community Mental Health Intensive Psychiatric Rehabilitation 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	The IPR curriculum allows the consumer to identify and overcome barriers to assist them in their recovery process. IPR does require individuals to be an active participant in the rehabilitation process. Individual and group (Cohort) services available.

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Abbe Center for Community Mental Health Life Skills 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available includes group meetings on Mondays from 9:00 AM to 12:00 PM and Wednesdays from 12:45 PM to 3:45 PM.	Habilitation service that assists individuals who have "stabilized" and now need ongoing skill development. Skills addressed are community integration, coping skills/problem-solving, independent living, leisure skills, developing support networks, and interpersonal skills.
Abbe Center for Community Mental Health PACT Program 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available (office hours) Monday through Friday from 8:00 AM to 7:30 PM. Saturday and Sunday, 8:00 AM to 10:00 AM and 3:00 PM to 5:00 PM On call and emergency services available 24 hours per day, 7 days per year.	Daily team meetings allow for close monitoring and timely interventions to meet client need. PACT offers a high intensity of services and may include daily med monitoring if needed. Target population is individuals with schizophrenia or bi-polar disorder who have had recent hospitalization and/or a history of treatment resistance.
Abbe Center for Community Mental Health Transitional Living 520 11th Street NW Cedar Rapids, IA 52405	286-9822	Services provided Monday through Friday from 7:00 AM to 8:00 PM; additional hours on Saturday, Sunday, and holidays.	Habilitation services (skill teaching) which focus on independent living skills are provided in the home or community setting.
Abbe Center for Community Mental Health 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available Monday, Tuesday and Thursday from 8:00 AM to 6:00 PM. Wednesday from 8:00 AM to 8:00 PM. Friday from 8:00 AM to 4:00 PM.	Provide outpatient mental health services for children, adolescents, families and adults. Services include assessments/evaluations, therapy, medication management, crisis/emergency services as well as community consultation/education.
Abbe Center for Community Mental Health Targeted Case Management 3100 E Avenue NW, Suite 103 Cedar Rapids, IA 52405	261-0576	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Case managers complete a comprehensive assessment of service needs, make referrals to assist in obtaining the needed services and then coordinate/monitor those services.
Aging Services, Inc. **Mental Health Outreach** 800 1st Street NW Cedar Rapids, IA 52405	398-3644	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	In-home therapy and treatment for older adults experiencing mental illness, unable to access traditional services due to physical frailty.
Crisis & Assessment Services 701 10th Street SE Cedar Rapids, IA 52403	398-6476	Assistance available 24 hours per day, 7 days per week.	A mental health access program to provide information, referral, assessment, admission, insurance verification and easy access to mental health issues both public and private.
HOPE Homeless Outreach Program 520 11th Street NW Cedar Rapids, IA 52405	398-3562	Assistance available Monday, Tuesday and Thursday from 8:00 AM to 4:30 PM. Wednesday from 11:00 AM to 7:00 PM. Friday from 8:00 AM to 4:00 PM.	Homeless outreach effort. Identifies and delivers mental health services to the homeless and chronically mentally ill. Works from referrals from the police, visits shelters, provides emergency services and identifies people who need help.

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Name & Location	Phone Number	Days/Hours	Services Provided
Horizons 819 5th Street SE Cedar Rapids, IA 52401	398-3943	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM; Friday from 8:00 AM to 5:00 PM.	Service for individuals, couples, family, children and adults.
Linn County Alliance for the Mentally Ill P.O. Box 945 Cedar Rapids, IA 52406-0945	221-1184	Hours vary. Support Groups are held on the 1st Tuesday and 2nd Thursday of each month. First Lutheran Church on 3rd Avenue	Offers a range of support, education and advocacy programs on behalf of persons with mental illness. Provides referrals to area services. Distributes a newsletter. All services provided by volunteers.
Mercy Family Counseling 701 10th Street SE Cedar Rapids, IA 52403	398-6575	Assistance available Monday through Friday from 8:00 AM to 4:30 PM.	Provides services that address a whole range of individual, couple, and family issues. Families who have concerns about their child's behavior, emotional, attention or learning difficulties may seek help at Mercy Family Counseling. Counseling services for adults address marital and family difficulties, anxiety, depression, grief and adjustment to illness issues. Testing for all ages is available to evaluate personality, learning and neurobehavioral concerns.
Mercy Medical Behavioral Services 701 10th Street SE Cedar Rapids, IA 52403	398-6553	Assistance available 24 hours a day, seven days a week.	Inpatient hospitalization for mental health/substance abuse patients requiring a safe, supportive environment. Mental Health Unit (locked) Services for individuals.
National Suicide Prevention Lifeline	1-800-SUICIDE (784-2433)	Assistance available 24-hours a day.	24-hour suicide prevention hotline.
St. Luke's Hospital **Adult Partial Hospitalization** 1026 A Avenue NE 1st Floor, 1 West Cedar Rapids, IA 52402	369-8176	Assistance available on Monday, Wednesday, and Friday from 9:00 AM to 3:30 PM.	Assists adults who are experiencing life crisis or emotional problems. Provides intensive treatment while client remains outpatient. Also provides community support services and psychiatric home visits for Title 19 and Linn County MHDD patients. Offers goal setting and coping, social skills, therapy and talk groups, and adult partial program.
St. Luke's Family Counseling Center 1026 A Avenue NE, Third Floor Human Resource Center Cedar Rapids, IA 52402	369-7952	Assistance available Monday through Thursday from 8:00 AM to 7:00 PM; Friday from 8:00 AM to 4:30 PM.	Marital, family, group and individual counseling.

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Tanager Place Clinic 2309 C Street SW Cedar Rapids, IA 52404 www.tanagerplace.org	286-4545 or 365-9164	Assistance available Monday through Thursday from 8:00 AM to 6:00 PM; Friday from 8:00 AM to 4:30 PM.	Tanager Place Clinic provides comprehensive mental health services to children, adolescents and adults in the community. The clinic staff offers Child/Adult Psychiatry, Psychological Testing and Assessments, Individual & Family Therapy, Couples/Marriage Counseling and Play Therapy. Our psychiatric cares includes: psychiatric evaluations, medications management, treatment and psychotherapy support. Eight mental health professionals are available to serve the community including two psychiatrists, a child's psychiatrist, a psychologist and four therapists. Private insurance, Medicaid and private pay accepted.
SUBSTANCE ABUSE COUNSELING			
Alcoholics Anonymous www.al-anon-alateen.org	365-5955 or 1-888-425-2666	Assistance available 24 hours per day.	Call for information on AA and al-anon meetings in Cedar Rapids area.
ASAC Adult Residential 3601 16th Avenue SW Cedar Rapids, IA 52404	390-4611	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM; Friday from 8:00 AM to 5:00 PM.	Primary and extended adult residential services including 50 hours of services weekly, at least one hour individually, 19 hours of clinical groups, plus substance education and related programming. Support groups. In-patient and out-patient.
ASAC Heart of Iowa Mother & Child Recovery Center 4050 Bowling Street SW Cedar Rapids, IA 52404	862-1050	Assistance available Monday through Friday from 8:00 AM to 9:00 PM.	Residential substance abuse treatment for pregnant women and women with children. Housing, medical care, child care, mental health counseling, parenting skills training, independent living skills training, nutritional and prenatal counseling. Women are not turned away for inability to pay for services. Outpatient treatment also available.
ASAC Novus Center 210 Second Street SE Suite 500 Cedar Rapids, IA 52401	364-0587	Assistance available: Call for hours.	Provides specialized treatment programming for clients whose primary, secondary, or tertiary drug of choice is methamphetamine. Assessment/evaluation, extended outpatient treatment, intensive outpatient treatment, aftercare/continuing care treatment, and referrals to residential treatment.
ASAC - Outpatient Clinic 3601 16th Avenue SW Cedar Rapids, IA 52404	390-4611	Assistance available Monday through Thursday from 8:00 AM to 8:00 PM; Friday from 8:00 AM to 5:00 PM.	Outpatient counseling for alcohol and drug abuse and concerned others.
Dual Diagnosis Program **Sedlacek Treatment Center** 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Assistance available 24 hours per day, 7 days per week.	Services provided for persons who have dual diagnoses of mental health disorder and substance dependence. The program has three levels of care based on the patient's severity of illness: Intensive Outpatient, Extended Outpatient, and Aftercare.

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Iowa Substance Abuse Information Center Cedar Rapids Public Library 500 1st Street SE Cedar Rapids, IA 52401	398-5133 or 1-866-242-4111	Assistance available 24 hours per day, seven days per week.	Educational materials available. Referrals to treatment centers. www.drugfreeinfo.org
Mercy Hospital – Sedlacek Treatment Center 5975 Rockwell Drive NE Cedar Rapids, IA 52402	398-6226	Assistance available 24 hours per day, 7 days per week. Treatment is Monday through Friday. Counselors available 8:00 AM to 8:30 PM.	Assessments, evaluations, OWI evaluations, school consultations, medical consultations, outpatient aftercare, family and education programs.
St. Luke's Chemical Dependency Services 1030 5th Avenue SE Cedar Rapids, IA 52403	363-4429	Assistance available Monday to Friday from 8:00 AM to 4:30 PM.	Chemical dependency evaluations, intensive outpatient treatment, aftercare, relapse prevention, intervention training, family and individual counseling and information and referral. Extended outpatient program.
Tanager Place Clinic 2309 C Street SW Cedar Rapids, IA 52404 www.tanagerplace.org	286-4545	Assistance available Monday through Thursday from 8:00 AM to 6:00 PM; Friday from 8:00 AM to 4:30 PM.	Outpatient services and therapy for substance abuse provided by our certified Drug & Alcohol Counselor.
The Salvation Army Christian Alliance Center 1000 C Avenue NW Cedar Rapids, IA 52405	364-9131	Assistance available Monday, Tuesday and Thursday from 8:30 AM to 4:30 PM. Fridays from 8:30 AM to 12:00 Noon. Closed Wednesdays. Closed 12:00 PM to 1:00 PM for lunch. All days by appointment.	The Salvation Army is both a social service and a religious organization. The Army practices an integrated ministry uniting spiritual, social and physical support. Seeks first to meet the immediate needs of families and individuals in crisis and stabilize their situations. Spiritual counsel is made available to those who seek it. The Salvation Army's core social services focus on meeting basic human needs. Locally, social service programs include emergency disaster services, senior activities, community meal and pantry program, homeless prevention and transportation assistance, holiday programs and youth activities.

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