

Medication Management and Outpatient Therapy

Capstone Behavioral Healthcare, Inc. – (641) 792-4012 -- 1123 1st Avenue E., Ste. 200, Newton

<http://www.capstonebh.com/>

The mission of Capstone Behavioral Healthcare is to promote mental health and reduce the impairments associated with mental disorders, substance abuse, and chemical dependency by providing education, prevention, support, and treatment services. Serves adults and youth.

- Ages 2 and older – Specialized Therapy
- Parent-Child Interaction Therapy (PCIT)
- Play Therapy
- Ages 6 and older – Therapy and Med Management
- Behavioral Health Intervention Services (BHIS)
- Trauma-Focused Cognitive Behavioral Therapy
- Substance Abuse Counseling

House of Mercy - (641) 792-0717-- 200 N. 8th Ave. E., Newton

<http://www.houseofmercydesmoines.org/>

Offering individual and small group substance-related / addictive disorders treatment and mental health programs to individuals and families in need of these critical supports. Our goal is to exceed client expectations while helping them to create a healthy lifestyle and sense of personal self-worth and well-being.

- Ages 5 and older
- Mental Health Counseling – Trauma- Informed Care
- School-Based Counseling
- Substance Abuse Counseling

Integrated Treatment Services – (641) 792-0045 --- 303 S. 2nd Ave. W., Newton

<http://integratedtreatmentservices.org/>

One-stop service provider offering a variety of outpatient evaluation and treatment programs including OWI evaluations, DUI classes, substance abuse treatment programs (including co-occurring substance abuse/mental health disorders) for children and adults, as well as socialization, anger management and employment training programs.

- Ages 5 and older
- Mental Health Counseling
- Behavioral Health Intervention Services (BHIS)
- Substance Abuse Counseling

Optimae LifeServices, Inc. - (641) 787-9133 -- 1730 1st Ave. E., Newton <http://www.optimaelifeservices.com/>

Providing health care and human services for individuals with disabilities and mental illness, equipping our customers with supports and services that encourage empowerment and community integration. Community-based programs include supported community living, behavioral health, nursing and home health, peer support – providing the quality of care we would want for our own families.

- Ages 12 and older
- Diagnosis and Therapy

Dr. Sally Kuhn, ARNP, DNP, PMHNP-BC – (641) 521-5557 – 110 W. 3rd St. S., Newton

Prescribing mental health medications for ages 5 on up.

Megan Berryhill, ARNP, PMHNP-BC – (641) 275-7759 – 709 1st Ave. W., Ste 3, Newton

Serving children and adults, age 3 and older, with medication management and counseling.

Counseling

Tammy Foster Harber – (641) 787-0026 -- 521 1st Ave. E., Newton

A therapist serving individuals 8 and older. EMDR/trauma, faith-based and individual/couples therapy offered.

Dr. Karen Quinn, PhD – (641) 275-9276 -- 501 W. 3rd St. N., Newton

A psychologist serving individuals age 12 and older.

Kara Dirksen – (641) 791-1747

Counseling available for students of DMACC-Newton, available Mondays and Thursdays.

Substance Use Disorder Residential Services

Clearview Recovery, Inc. – (515) 994-3562-- 501 N. Sherman, Prairie City

<https://www.clearviewrecoveryinc.org/>

A premier provider of client-driven substance abuse services for women, pregnant women and women with children. Through values of trust, empathy and respect, we provide services based on client needs. We are contracted for Medicaid and staffed 24/7, providing a length of stay beyond normal treatment period.

Faith-based Substance Abuse Recovery Options

Discover Hope 5:17 – (641) 841-0598 -- 733 1st Avenue E., Newton

<http://www.discoverhope517.org/>

A faith-based ministry and addiction resource center dedicated to providing recovery and restoration for those struggling with addiction.

Adult and Teen Challenge of the Midlands – (515) 674-3713 -- 900 N. League Rd., Colfax

<http://tcmid.org/>

Existing to be a catalyst for 180-degree life change in the addict. If you, or someone you know is struggling with a life controlling problem, please call us today.

Support groups

(Please note that meeting times can change.)

NAMI - For specifics and support call (641) 417-9993 or (515) 292- 9400

<https://namici.org/>

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI of Central Iowa offers support groups in Jasper County.

NAI-Anon - (515) 277-5059

<https://al-anon.org/>

Strength and hope for friends and families of problem drinkers. Meets at St. Stephens Episcopal Church, 223 E. 4th St. N., Newton. 6 p.m., Sundays

AA – Alcoholics Anonymous – (800) 207-2172

<http://www.aa-iowa.org/meetings/>

Membership is open to anyone who wants to do something about his or her drinking problem. See Community Calendar in Newton Daily News for updated information.

Newton – St. Stephens Episcopal Church, 223 E. 4th St. N., Newton – (515) 282-8550 – Schedule: noon and 7 p.m., Mondays; noon and 6:30 p.m. (men’s meeting), Tuesdays; noon and 5:30 p.m., Wednesdays; noon and 7 p.m., Thursdays; noon and 6:30 p.m. (men’s meeting), Fridays; 10 a.m., Saturdays

Monroe – 407 N. Monroe St., Monroe– 7 p.m., Tuesdays

Prairie City – 407 W. 2nd St., Prairie City – 7 p.m., Wednesday

NA – Narcotics Anonymous – (800) 897-6242

www.na.org

Every addict in the world has the chance to experience our message in his or her own language and culture and find the opportunity for a new way of life. Meets at St. Stephens Episcopal Church, 223 E. 4th St. N., Newton.

Schedule: 7 p.m., Sundays, Wednesdays and Fridays

Pediatric Integrated Health Programs

Community-based services, care coordination, improving access to behavioral health and medical care. Receive help navigating support systems. (Medicaid funded)

Community Support Advocates - (844) 883-1776

- Ages 14 and older
- Integrated Health Program

YESS Youth Emergency Services & Shelter - (515) 557-2256

- Birth to 17
- Behavioral Health Intervention Services (BHIS)
- Integrated Health Home (IHH)