

Behavioral Health Specialists Resource List

Ames and Des Moines Therapy and Consulting

2501 Westown Pkwy, Ste. 1201
West Des Moines, IA 50266
515.635.0213
ametherapy.com
Medicare not accepted.

Broadlawns Medical Outpatient Mental Health*

1801 Hickman Rd
Des Moines, IA 50314
515.282.5695
broadlawns.org
Medicare and Medicaid accepted.

Behavioral Medicine Center*

2940 Ingersoll Ave
Des Moines, IA 50312
515.244.1414
Medicaid accepted.

Better Days Mental Health - Ankeny

1345 SW Park Square Dr., Ste. 206
Ankeny, IA 50023
515.346.3999
help@betterdaysmentalhealth.com
betterdaysmentalhealth.com

Better Days Mental Health - Clive

12247 Stratford Dr
Clive, IA 50325
515.346.3999
help@betterdaysmentalhealth.com
betterdaysmentalhealth.com

Center for Behavioral Health

*Medication Assisted Opiate
Treatment Facility / Focus on Opioid
Use Disorder and Substance Abuse
Disorder*

1200 University Ave, Ste. 106
Des Moines, IA 50314
515.244.9500
centerforbehavioralhealth.com
Medicare and Medicaid accepted.

Central Iowa Psychological Services*

3737 Woodland Ave, Ste. 415
West Des Moines, IA 50266
515.222.1999
iowacounseling.com
Medicaid accepted.

The Changing Point Counseling Center

3106 Ingersoll Ave
Des Moines, IA 50311
515.255.4211
changingpoint.org
Medicare accepted.

Clive Behavioral Health*

1450 NW 114th St
Clive, IA 50325
844.680.0504
clivebehavioral.com
Medicare accepted.

Compass Clinical*

22500 82nd Pl
Urbandale, IA 50322
515.412.5112
compassclinicalassociates.com
Pediatric behavioral health services offered.
*Medicare and Medicaid accepted by one
provider.*

Counseling for Growth and Change*

1248 8th St, Ste. 201
West Des Moines, IA 50265
515.243.1020
counselingforgrowthandchange.com
Pediatric behavior health services offered.
Medicaid accepted.

Covert Action Treatment Facility Medication Assisted Opiate Treatment Facility

1223 Center St, Ste. 22
Des Moines, IA 50309
515.218.6125
mycovertaction.com
Medicaid accepted.

Des Moines Pastoral Counseling Center*

8553 Urbandale Ave
Urbandale, IA 50322
515.274.4006
dmpcc.org
Medicare and Medicaid accepted.

EMDR & Beyond

3737 Woodland Ave, Ste. 620
West Des Moines, IA 50266
515.225.7124
emdrandbeyond.com

Eyerly Ball Community Mental Health Services*

945 19th St
Des Moines, IA 50314
515.241.0982
eyerlyball.org
Medicare and Medicaid accepted.

Family Legacy Counseling – Johnston*

5415 NW 88th St, Ste. 100
Johnston, IA 50131
515.727.1338
familylegacycounseling.com
Pediatric behavioral health services offered.
Medicare not accepted.

Family Legacy Counseling – Waukee*

275 NE Venture Dr, Ste. 5
Waukee, IA 50263
515.727.1338
familylegacycounseling.com
Pediatric behavioral health services offered.
Medicare not accepted.

Fein Therapy Services – Laurie Fein

412 NW Irvinedale Dr
Ankeny, IA 50023
515.964.1733
Medicare and Medicaid not accepted.

Innovative Learning Professionals: Counseling and Psychological Services*

1001 Grand Ave, Ste. 201
West Des Moines, IA 50265
515.270.0280
*Medicare not accepted.
Medicaid accepted.*

Behavioral Health Specialists Resource List Cont.

Iowa Psychiatry

2327 70th St
Urbandale, IA 50322
515.270.2242
iowapsychiatry.com
Medicaid not accepted.

Lifeworks Therapy- Ankeny

1105 N Ankeny Blvd, Ste. 100
Ankeny, IA 50023
866.671.1115
lifeworksdm.com
Medicare not accepted.
Medicaid accepted.

Lifeworks Therapy – Des Moines*

600 42nd St
Des Moines, IA 50312
866.671.1115
lifeworksdm.com
Medicare not accepted.
Medicaid accepted.

Lifeworks Therapy – West Des Moines

7545 Ashworth Rd, Ste. 210
West Des Moines, IA 50266
515.644.8224
lifeworksdm.com
Medicare not accepted.
Medicaid accepted.

Lutheran Family Service*

6200 NW Aurora Ave, Ste. 410w
Urbandale, IA 50322 515.251.4900
lutheranfamilyservice.org
Medicaid accepted.

Mid-Iowa Family Therapy Clinics*

3401 106th Cir
Urbandale, IA 50322 515.254.1556
miftc.com
Medicare and Medicaid accepted.

Mosaic Family Counseling Center*

6200 NW Aurora Ave, Ste. 305e
Urbandale, IA 50322
515.724.8920
mosaicfamilyinc.com
Medicare accepted.

Optimae Behavioral Health Services

600 E Court Ave, Ste. 200
Des Moines, IA 50309
515.243.3525
optimaelifeservices.com/our-services/behavioral-health
Medicare accepted.

Pat Petersen

1104 46th St
Des Moines, IA 50311
515.201.9953
Medicaid accepted.

Prairie Wellness

3209 Ingersoll Ave, Ste. 100
Des Moines, IA 50312
515.207.1705
Medicare not accepted.

Red Couch Counseling

5408 NW 88th St, Ste. 130
Johnston, IA
515.954.98
redcouchcounselingdsm.com
Medicare not accepted.

Sampson Family Therapy Services

309 Court Ave, Ste. 241
Des Moines, IA 50309 515.901.2974
sampsonfamilytherapy.com
Medicare accepted by one provider.

Stagner Counseling

1200 Valley West Dr, Ste. 304-11
West Des Moines, IA 50266
515.310.1069
stagnercounseling.com
Medicare not accepted.

Thriving Families Counseling

1741 Grand Ave
West Des Moines, IA 50265
515.808.2900
thrivingfamilieservices.com
Medicare accepted.

UnityPoint Helath- Des Moines Powell Chemical Dependency Center

700 E University Ave, Floor 4
Des Moines, IA 50316
515.263.2424
unitypoint.org/desmoines/powell-chemical-dependency-center
Medicare not accepted.

Wayfinding Psychotherapy

2330 Rocklyn Dr
Urbandale, IA 50322
515.850.2010
Medicare not accepted.

Woodward Community Based Services

6200 NW Aurora Ave
Urbandale, IA 50322
515.274.9607
wcbscares.com
Medicare not accepted.

515 Therapy and Counseling

6600 Westown Pkwy, Ste. 240
West Des Moines, IA 50266
515.401.1010
515therapy.com
Medicare not accepted.

*Pediatric behavioral health services offered but does not indicate which providers take Medicaid.

Recommended Counselors

**Linden Point Clinical
Associates PC**

January Kim, ARNP
1441 29th St
West Des Moines, IA
515.985.2024

Focused Life Clinic

Laura Cunningham, PA-C
1441 29th St, Ste. 211
West Des Moines, IA
515.227.6065

Willow Tree Therapy

Jacy Jensen, LMFT
3900 Ingersoll Ave, Ste. 108
Des Moines, IA
515.650.1809

Winter Therapy & Counseling

Abbie Winter, LMFT
1003 Grand Ave
West Des Moines, IA
515.267.1003

Birchwood Wellness

6950 NE 14th St, Ste. 36
Ankeny, IA
515.289.1515