



MENTAL HEALTH RESOURCES IN MARION AND SURROUNDING AREAS

Practitioners Indicating Openings/Availability

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Amber Hoff, LMFT, Certified EMDR Therapist Sound Mind Therapy PLLC

955 31st Street, Marion

Ph. 319-481-2230

amberhoff@soundmindtherapyia.com

www.soundmindtherapyia.com

Insurance: Accepts Blue Cross Blue Shield, United Healthcare, Midland's Choice, Health Partners, Private Pay

Amber is the owner and sole practitioner of Sound Mind Therapy PLLC. She was born and raised in Marion and has worked to provide exceptional therapy as well as community level and business trainings regarding improving the mental health in the workplace/community and presentations regarding trauma and EMDR. She specializes in trauma, EMDR, mood disorders, grief and life transitions. She is an ambassador for the Marion Chamber of Commerce and has served on various committees in the city of Marion, including the Marion Youth Coalition.

Amber is providing telehealth indefinitely to ensure widespread access to therapy, as well as providing face-to-face therapy sessions when needed, following strict guidelines to ensure safety. Amber utilizes a variety of approaches to fit client needs including EMDR, narrative, collaborative, solution-focused, emotionally focused, structural family therapy, Ego State Therapy, and cognitive behavioral therapies. She is currently accepting clients age 10+.

Emily Kleinsmith, LMFT Unity Point Family Counseling Center

1077 North Center Point Road, Hiawatha

Ph. 319-362-7952

Insurance: Accepts most major insurances

Emily received her Bachelor's degree from the University of Northern Iowa majoring in psychology with a minor in family studies. Her graduate degree was obtained from Mount Mercy University. Emily has experience working with victims of domestic violence or sexual assault, individuals experiencing homelessness, facilitating marital or divorce therapy, addressing blended family issues, and working with individuals and family systems at all stages of life. Throughout her career, Emily has gained experience working with dual

diagnosis issues, assisting in life transitions, and as well as processing emotion related to major life events or changes. Emily is trained to work from a variety of approaches in order to fit a client's style or current needs including: person centered approach, narrative, collaborative, solution-focused, emotionally focused, structural family therapy, and cognitive behavioral therapies. She has training in Parent Child Interaction Therapy (PCIT).

Specialties: Child and adolescent therapy, individual or family therapy, marital/couples therapy, dual diagnosis issues, depression, anxiety, major life changes/transitions

Mark Wiezorek, t-LMHC Life Connections

215 4th Ave. SE, Cedar Rapids, IA 52401

Cell: 515-446-8376 | Fax: 1-866-496-4073

E-mail: m.wiezorek@life-connections.org

Insurance: Medicaid/Title 19, Hawki, Midlands Choice, Wellmark Blue Cross Blue Shield, Optum / United Healthcare / United Behavioral Health, EAP, and Private Pay options

Mark's career with Life Connections began in November of 2019. He graduated from Coe College with his Bachelor of Arts in Psychology and Art. After obtaining his bachelor's degree, Mark went on to complete his Master of Science degree in art therapy with a concentration in counseling at Mt. Mary University in Milwaukee, Wisconsin. Over the past two years, Mark has worked as an in-patient therapist at Psychiatric Medical Institute for Children in Cedar Rapids. Mark served as part of a multidisciplinary team whose focus was to provide intensive therapy and support to high-risk and high-acuity children and their families. Mark provided weekly individual and family therapy, as well as occasional group therapy, utilizing modalities such as cognitive behavioral therapy, patient-centered and art therapy.

The primary focus of his work has been on improving the individual's emotion regulation skills and/or family relationships in order to overcome challenges of everyday life.

Specialties: Art Therapy, ADHD, Depression, Anxiety, Trauma, Stress. Target Population: Kids and Adults

Carol Seehusen PhD, LMHC, NCC
Mercy Family Counseling

Ph. 319-369-4777

Insurance: Accepts most major insurances (not Medicaid/Medicare)

Bio: I believe that individuals have all the answers within themselves and are the experts on their own life. My job is to help facilitate discovering those answers and aiding in navigating life's stressors and obstacles. I have my doctorate in Counselor Education and Supervision from the University of Iowa. My research and dissertation focused on individuals living with chronic pain, specifically, however I have seen individuals with a variety of presenting concerns and diagnoses. I have been in the mental health field in a variety of capacities since graduating with my BA in 2008. I believe self-awareness is the change agent for personal growth. My counseling style reflects that belief. I am more narrative and use more traditional talk therapy methods. With a humanistic core, I pull pieces from other theories and work with individuals, couples, or families to navigate life's stressors or obstacles. Taking the first steps and reaching out to a counselor is a brave choice. I know the difficulties in building trust with another person for what are potentially one's deepest thoughts and struggles. I will always present my authentic self in sessions, and will do my best to help you on your counseling journey.

Elise Perea, M.ED, M.S, CPRW, LMHC-t.
Insight Therapy Group

3745 Center Point Road NE, Suite A Cedar Rapids, IA 52402
Ph. 319-382-8660 | info@insighttherapygroup.com

Insurance: AMERIGROUP, BlueCross and BlueShield, Medicaid, Midlands Choice, Optum, UnitedHealthcare

Bio: My goals are to help you reach YOUR goals in a supportive, empathetic, and compassionate space where you feel safe, and can grow and share. Perhaps you are working through life transitions, feeling stuck, or wondering about how to feel more calm and settled? You may be wanting to find healthier coping techniques, and to reduce the frequency and severity of symptoms of depression and anxiety. Maybe you need support for parenting challenges or want to build confidence and self-esteem? Like many of us, you may be having significant vocational stress and seeking change. My motto – “let’s get it done.” I provide therapy from a strengths based lens that is positive and solutions focused. My therapeutic style is genuine. Some may even say irreverent (!) as I often use humor and creativity to be fully present as a supporter, problem-solver partner and to provide a safe

place to fall, dust off, and to try again. You’ll find I am all about meeting you wherever you “are” which ties into the fact that I am an LGBTQ ally, take a multicultural approach, skip the “judgement” and move right into supporting the changes you want to make. I have a M.S. in Counseling and an M.Ed in Education, and am licensed as a LMHC-T in the state of Iowa. I work with adolescents, adults and couples. I have several years of experience working with students in the college age population and have over 10 years of career, unemployment and vocational rehabilitation work. As they say, ‘today is a good day to have a good day.’ Feel free to reach out and let’s get started. We can set-up initial appointments generally within a few weeks. No long waiting lists to get a formal diagnosis. For more info, please call, text or email (Tip: leave a confidential voice mail since I am often in sessions and can’t get to the phone). I provide convenient hours and offer in person and *online therapy (*some special requirements for this, including your insurance accepting this style of therapy).

Frequently addressed issues are: Living with, or parenting, ADHD or Autism, Career Counseling, Coping Skills, Family Conflict, Grief, Life Transitions, Marital and Premarital, Parenting, Peer Relationships, Performance Anxiety, Pregnancy, Prenatal, Postpartum, Relationship Issues, School Issues, Self Esteem, Stress, Anxiety and Depression.

Traci Biddle, t-LMHC
Life Connections

215 4th Ave. SE Cedar Rapids, IA 52401 Cell: 319-382-5303
Office: 319-364-1953, Fax: 1-866-496-4073
t.biddle@life-connections.org, www.life-connections.org

Insurance: Most major insurance carriers, EAP, Title 19 (Medicaid), and Private Pay

Traci Biddle graduated with her master’s degree in clinical mental health counseling in December of 2019. She worked with individuals, couples, and groups during her year long internship. Traci works with all ages from elementary age children to older adults. Traci enjoys working with people who suffer with anxiety, depression, bipolar disorder, and who have experienced trauma in their life. Traci’s approach to counseling is person-centered and goal oriented. She works with her clients to establish individual goals for therapy. Together, Traci works with her clients, towards these goals. She uses a variety of techniques that are all empirically proven to be successful. Counseling is a second career for Traci. Before making the switch to counseling, she was an elementary teacher for 20 years. She also has a diverse work history including working in insurance, billing, and customer service. Specialties: anxiety, depression and trauma. Client populations: Individuals age 4 on up.

Lindsey Kutcher, LMSW
Life Connections

215 4th Ave. SE | Cedar Rapids, IA 52401
Ph. 319-364-1953 | Cell: 319-775-0145 | Office: 319-364-1953, Fax: 1-866-496-4073
l.kutcher@life-connections.org

Insurance: Medicaid, Hawk-I, Blue Cross Blue Shield, Optum, Midland's Choice, EAP, Out of Network

Lindsey Kutcher, LMSW, is a mental health therapist. Lindsey received her master's degree in Social Work with a School Social Work endorsement from the University of Iowa and her bachelor's degree in Psychology and Spanish from Augustana College in Rock Island, IL. She has over two years experience working with preschool through secondary students, families, and school teams to support students with a variety of academic and behavioral concerns. While Lindsey provides face-to-face therapy and teletherapy to individuals of all ages, she focuses on working with youth. She has worked with individuals with ADHD, autism spectrum disorders, behavior disorders, anxiety disorders, trauma and stress related disorders, mood disorders, and depressive disorders.

Julie King, LISW
King Therapy Services, LLC

373 Collins Rd NE Suite 203, Cedar Rapids
Ph. 319-849-4468

Insurance: Private pay only

Julie King received her master's degree in Social Work from the University of Iowa and has 24 years of experience in social work. She offers evening appointments, with Saturday appointments available. Julie has the most knowledge and experience in the areas of: early childhood, trauma, parenting support, depression, and anxiety. However, she has worked with a wide range of individuals with various conditions. She has experience with Parent Child Interaction Therapy and is willing and able to work with families. She does not accept insurance at this time, though has reasonable rates with increased confidentiality as she is not reporting to insurance companies.

Sandra Fischer, PsyD
Pediatric Counseling Center

375 Collins Road NE, Suite 17, Cedar Rapids
Ph. 319-409-6899 | crpediatriccounselingcenter.com.

Bio: I have my doctorate in clinical psychology and am a licensed psychologist who specializes in treatments proven to increase children's positive feelings and ability to cope. I work with children ages 6-17 and have been providing therapy for the past 13 years. Some areas of treatment interest

are anxiety, phobias, trauma, and adjustment issues (such as grief, divorce, food allergies).

I have extensive training and experience in providing treatment for children and adolescents who have experienced trauma. I am certified in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). TF-CBT is an evidence-based treatment approach shown to help children, adolescents, and their caregivers overcome emotional and behavioral difficulties related to trauma.

I have a certified therapy dog named Willow. Willow is a mini Aussiedoodle, which means she has minimal shedding and is more allergy-friendly.

Amanda Papakee, LMFT

3330 Southgate Court SW, Suite 118, Cedar Rapids
Ph. 319-238-4215

Insurance: Wellmark BCBS, United Healthcare- Optum, Cigna, Midlands Choice, Medica Insure, Medicaid, as well as work with EAP providers Connections, Employee Resource Systems, and ESI Group

Bio: I grew up in, and have always lived and thrived in Iowa. I come from a large, diverse, multiracial family. I attended Kirkwood Community College, the University of Iowa, and graduate school at Mount Mercy University. I can usually be found engaged in outdoor activities with my children and dogs.

I enjoy getting to know you- who you are and what you are wanting to get out of therapy. I prefer a narrative approach, listening to your personal life story and how we can explore changes you would like to make in the next chapters to lead a more fulfilling life. I have openings for individuals, couples and families of all ages and types.

Amy Morin, ARNP, PMHNP-BC
Associates of Behavioral Health, Hiawatha

Ph. 319-396-1066

Insurance: accepts most major insurances, Medicaid, Medicare

Bio: I treat patients from ages 12 to 100. I have been a psychiatric nurse for over 10 years and enjoy my population very much.

Crisis Contacts/Other Resources:

Waypoint- Support Line:	(319) 363-2093 or (800) 208-0388
NAMI Helpline:	(800) 273-TALK (8255)
Foundation 2 Crisis Line:	(319) 362-2174
Your Life Iowa:	(855) 581-8111

Toni Neta, LMHC, LMSW
Associates for Behavioral Healthcare

Ph. 319 396-1066, 1510 Boyson Road, Cedar Rapids

Insurance: most major insurances (not Medicare)

Bio: I am a Licensed Mental Health Counselor and have been a therapist for almost 30 years. I do treatment of adults, 18 and older. My specialties include depressive, anxiety, schizoaffective, and personality disorders. I also address anger and stress management, marriage, divorce, trauma and abuse issues.

I have office hours Monday through Friday, and I'm credentialed to treat with most insurances, except for Medicare. Currently, our office remains closed. I am talking to patients by telephone until the restrictions are lifted.

Felicia Pope, tLMHC
Life Connections, Cedar Rapids

Ph. 920-728-1410, 215 4th Ave. SE Cedar Rapids, IA 52401

Insurance: accepts Amerigroup IA, BC/BS of Iowa, Champ VA, Compsych, ComPsych EAP, EAP, Iowa Medicaid, Linn County (IA) SED Funding, Medica IFB, Midlands Choice, UBH EAP, UHC Student Resources, UMR, United HealthCare Optum (UBH), United Healthcare Plan of the River Valley, Inc

Bio: I am trained in EMDR and taking new clients. I specialize in CBT techniques and focus on working with

you as a team to find the answers that you need. I work on cognitive restructuring and reducing negative statements. I use mindfulness and other relaxing techniques. I also work using narrative therapy approach. I work with kids starting at 6 years to elderly adults. A majority of case load is adults with trauma and substance abuse concerns

Kristina Gingerich, tLMHC

Covenant Family Solutions, Cedar Rapids
covenantfamilysolutions.com/team/kristina-gingerich-tlmhc/

kristina@covenantfamilysolutions.com

Ph. 319.375.3119

Bio: I am working with anxiety, depression, adjustment issues, self-esteem, stress-management, etc. I see individuals ages 7- 65+. Currently accepting new clients only for Telehealth, but plan to possibly return to office in June (depending on the pandemic climate).

Trina Rieter, LISW, RPT
Behavioral Therapy, 1510 Boyson Rd, Hiawatha
396-1066 and also at the Abbe Mental Health Center

Referrals can contact 1-800-531-4326

Insurance: accepts most major insurance plans

My primary population is children and teens. I am on almost all insurance plans. Title 19 is accepted at Abbe Center. I am a RPT-S and have been in practice for 23 years. I focus on anxiety, teen issues, abuse issues, loss and grief and divorce.

Key:

LMFT- Licensed Marriage and Family Therapist

t-LMFT, LMFT-t- Temporary Licensed Marriage and Family Therapist

LMHC- Licensed Mental Health Counselor

t-LMCH, LMHC-t- Temporary Licensed Mental Health Counselor

RPT- Registered Play Therapist

LMSW- Licensed Master Social Worker

LISW- Licensed Independent Social Worker

NCC- National Certified Counselor

ARNP- Advanced Registered Nurse Practitioner

PsyD- Doctoral degree is Psychology

PMHWP-BC- Board Certified Advanced Practice Psychiatric Mental Health Nurse Practitioner

EMDR- Eye Movement Desensitization and Reprocessing

Trained in EMDR- Completed training in EMDR

EMDR Certified- Board certification in EMDR

DISCLAIMER: This listing is not exhaustive of all area mental health service providers. It is provided for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by the City of Marion or members of the COVID-19 Community Recovery Task Force.

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AGENCIES/GROUPS INDICATING GENERAL AVAILABILITY/OPENINGS

Olson Marriage and Family Therapy Clinic | 1650 Matterhorn Drive, NE Cedar Rapids

www.olsonmftclinic.com | 319-368-6493

Offering free telehealth services as long as COVID-19 shutdown continues. They do not bill insurance and offer reasonable, sliding scale rates. Services are free for Mount Mercy students and Veterans.

Covenant Family Solutions | 1655 Blairs Ferry Rd, Marion | 319-261-2292

Several therapists are accepting clients, offering both telehealth and in-person therapy at this time.

Keys To Living | 1642 42nd Street NE Cedar Rapids, Iowa 52402 | www.keystoliving.org

Accepts most major insurances, sliding scale fee offered. Keys to Living is professional Christian counseling. There are several therapists that are taking on new clients.

Abbe Center | 319-398-3562

Accepts most insurances, including Medicaid

Various locations around the area. They continue to offer full array of Psychiatry, Therapy, case management, peer support services, as well as free Mental Health Coaching, free SUD support group, and a free COVID-19 Bereavement support group. All offered through Telehealth or by phone.

Mount Vernon Family Counseling | 319-693-2266

Accepts most insurances, including Medicaid

Specialize in working with children and their families. They have therapists who are RPT-S and Certified Theraplay.

Heart and Solutions | 1-800-531-4326

Medicaid, Medicare, Blue Cross Blue Shield, United Healthcare

Heart and Solutions has several therapists that are currently accepting new clients. Most are being seen via telehealth but do have limited in office availability if needed. Therapists available for children ages 3 and up, adults, families, and couples. Therapists trained in EMDR, PCIT, TF-CBT, and several other modalities.

Creative Counseling Group PLLC | 3525 Center Point Rd. NE Suite C Cedar Rapids, IA 52402 | 319-284-1514

Blue Cross Blue Shield, Health Scope, United Healthcare, UMR, United Healthcare Optum, Tri-care West, Aenta, Midland's Choice, and Medicare

Composed of therapists who are dedicated to helping individuals, families and couples through times of life transitions and crisis. Team has several specialized certifications and trainings including: Eye Movement Desensitization and Reprocessing (EMDR), Trauma Focused Cognitive Behavioral Therapy (TF-CBT) special training in Cognitive Behavioral Therapy for Insomnia (CBT-I) and Dialectical Behavioral Therapy (DBT). Also have experience working with Anorexia Nervosa and Bulimia Nervosa and years of experience treating anxiety and depression.

Eastern Iowa Family Counseling | 319-777-1258 | eiafamilycounseling.com

Accepts most insurance and state insurance, including Medicare

Eastern Iowa Family Counseling is located in Mount Vernon. Work with adults and children; have therapists who are EMDR trained, as well as therapists who are experienced in a wide variety of other types of therapy. Providing teletherapy at this time.

Unity Point Family Counseling Center | 1077 North Center Point Rd, Hiawatha, IA 52233 | 319-362-7952

Accepts most major insurances

Several therapists with openings at this time. Therapists at this location are: Emily Kleinsmith, MA, LMFT, Theresa Marlow, MA, LMFT, Kayla Orr, MSW, LISW, Kim Steffensmeier, MSW, LISW, Kayleen Weinandt, MSW, LISW and Nicolette Nefzger, MA, LMFT-t.