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## NEWS RELEASE

### COMMUNITY & FAMILY RESOURCES CELEBRATES 50 YEARS

***Nonprofit organization has provided successful prevention, treatment and recovery programs for Iowans and their families since 1968.***

FORT DODGE, Iowa — Throughout 2018, Community and Family Resources (CFR) will be celebrating a half century of providing specialized services to help clients with substance abuse, problem gambling and mental health issues across the state. Through open houses in each of eight counties where programs and services are provided in Iowa, CFR leaders and staff will share stories of how their services have saved lives over fifty years, information on current endeavors and display architectural renderings of their new facility being built in Fort Dodge.

“We have been very fortunate to help hundreds of individuals and their families over the past 50 years,” said Michelle De La Riva, executive director of CFR. “Last year alone, we provided treatment services to more than 3,000 individuals and prevention services to more than 13,000 individuals. Through this assistance, we are able to help those we serve return to their fully functioning selves in order to be more engaged in their communities.”

In 2019, CFR will open a state-of-the-art new facility in Fort Dodge. Serving as the organization’s central campus, the new building will be bigger, more accessible and more efficient — with all local services in one place.

“I think it’s a very important part of quality of life and the community development side of economic development in the city of Fort Dodge and Webster County — and really in the region,” said Dennis Plautz, CEO of the Greater Fort Dodge Growth Alliance.

By using evidence-based programming in a positive environment, compassionate nurses, mental health experts and substance abuse counselors work together to give clients the tools they need to improve their lives and contribute to the well-being of society.

#### **CFR programs include:**

- **Adult Crisis Stabilization Unit** helps resolve a mental health crisis before it escalates.
- **Recovery House** is for dedicated male clients who need longer term care.
- **Prevention and education** is taught to individuals, businesses, community groups and youth.
- **Physical detoxification** of alcohol and/or other drugs is the first step to recovery.
- **Residential substance treatment** is a safe place to interrupt the cycle of addiction.
- **Outpatient substance treatment** offers a mixture of individual and group counseling, random drug screens and opportunities for family participation and support.



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[cfrhelps.org](http://cfrhelps.org)



- **Problem gambling services** offer a comprehensive program for recovery.
- **Mental health services** conduct comprehensive mental health assessments, develop treatment plans, offer various styles of therapeutic approaches and provide medication management services for numerous mental health issues.

CFR and community leaders also hope the anniversary celebrations and new Fort Dodge building will help remove some of the social stigmas around addiction and mental illness and improve the neighborhood aesthetics.

Going through any treatment process is hard on the mind, body and soul,” De La Riva said. “We want our treatment facility to serve as a visual representation of the outstanding level of care taking place within its walls. It will provide a comfortable and inviting environment allowing clients to focus on their recovery rather than basic needs or environmental concerns. The new facility will help us continue providing the successful treatments needed for long term recovery, hope and healing well into the future.

To see the schedule of anniversary events throughout the state, or for more information about CFR services, visit [CFRHelps.org](http://CFRHelps.org).

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### **ABOUT COMMUNITY AND FAMILY RESOURCES**

Since 1968, Community and Family Resources has been focused on offering exceptional care to adults and adolescents seeking help for substance use, gambling or mental health disorders. Licensed by Iowa Department of Public Health to provide substance use and gambling treatment and accredited by the Iowa Department of Human Services as a mental health service provider, CFR has long been regarded as a reliable resource for prevention, help and recovery.

While the headquarters are located in Fort Dodge, CFR offers outpatient behavioral health treatment and prevention services in Boone, Calhoun, Hamilton, Humboldt, Pocahontas, Story, Webster and Wright Counties. Additional prevention programs are also included in Franklin and Hardin Counties.

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