

Press Release

FOR IMMEDIATE RELEASE

Date: January 25, 2024

CFR Offers Mental Health Services in Washington



Community and Family Resources (CFR) is pleased to announce the expansion of mental health services for individuals in the Washington area. Formerly an organization located only in North-Central Iowa, CFR merged with Prelude Behavioral Services in Des Moines and Iowa City in July 2022. Since the merger, CFR has been focused on assessing the needs within the community and ensuring that individuals can receive high-quality services, especially as the need for substance use and mental health treatment rises in a post-pandemic world.

CFR's licensed professionals are experienced in helping individuals with a wide range of mental health concerns such as depression, anxiety, co-occurring disorders, and support through life's decisions. Therapists at CFR help each of their clients assess, understand, and work toward resolution of their concerns using a variety of individualized treatment approaches.

Leanne Bender, t-LMHC, is the primary therapist located at CFR's office at 1201 Industrial Park Drive in Washington. Leanne joined CFR as a Mental Health Therapist in June 2023 after completing a practicum and internship as a Substance Use Counselor. Her areas of expertise include working with youth, sexual assault survivors, and individuals experiencing trauma and grief. As a long-time Washington County resident, Leanne is excited about expanding her practice to CFR's Washington office, and she is available to see clients weekly on Wednesdays.





CFR's therapists can serve individuals of all ages, gender identities, and backgrounds. CFR accepts most health insurance plans, and a sliding fee scale is available for those who qualify. Those interested in learning more about CFR's services or scheduling an appointment can call 319-351-9072.

Community and Family Resources offers substance use, mental health, and problem gambling treatment and prevention services. CFR serves 14 counties across Iowa: Boone, Calhoun, Cedar, Hamilton, Humboldt, Iowa, Johnson, Pocahontas, Polk, Story, Warren, Washington, Webster, and Wright Counties. In Fiscal Year 2023, CFR provided treatment services to 5,892 individuals and offered prevention services to schools, businesses, and community groups, reaching 8,691 individuals. For additional information, please visit CFR's website at www.cfrhelps.org or call 866-801-0085. Community & Family Resources is part of the IHHS Integrated Provider Network, with services funded by Iowa Health and Human Services and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

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