



Update (4/17/20): Outpatient Telehealth Services

As of **Monday, April 20th**, the following CFR outpatient services will be exclusively conducted by telehealth (online video and/or audio): **group counseling, therapy, medication checks, and substance use counseling.**

We are making this change in response to the evolving COVID-19 pandemic so we can help reduce the amount of traffic in our offices.

- All clients with existing in-office appointments will be contacted by phone to set up telehealth services.
- It's ok if you do not feel very technologically savvy! Our staff will help you set up the options available, which include an online video telehealth system called "Zoom" or a phone-only option.
- If you have already transitioned your services to telehealth, there are no additional steps needed at this time.

At this time, **initial admission** appointments and same-day access for substance use **evaluations** will continue in person. Additional safety precautions will remain in place, including use of PPE (such as facial masks), regularly sanitizing office spaces throughout the day, and re-arranging our waiting rooms and offices to facilitate social distancing.

We will continue to be here for you! Thank you for your patience and understanding as we continue to take steps to protect the health of our clients and staff.

For more information, please contact
866-801-0085
information@cfrhelps.org
www.cfrhelps.org

Your Life Iowa 24/7 Support: Phone # 855-581-8111, Text # 855-895-8398, YourLifelowa.org