



Update:

Outpatient Telehealth Services

Beginning on **Monday, April 13th**, all individual CFR outpatient appointments will be conducted by video telehealth or phone. This includes **individual appointments for 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, same-day access for substance use **evaluations** and **group counseling** will continue in person, as will initial therapy, psychiatric, and substance use treatment **admission appointments**. Additional safety precautions will remain in place, including regularly sanitizing office spaces throughout the day and re-arranging our waiting rooms and offices to facilitate social distancing. Our team is working on a process to provide these services through telehealth as well, and we will provide an update once this is implemented.

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