# Press Release

**FOR IMMEDIATE RELEASE**
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**Contact:** 515-232-3206
information@cfrhelps.org

## CFR Welcomes Brandy Strawn, PMHNP

Community and Family Resources (CFR) is pleased to introduce Brandy Strawn, Psychiatric Mental Health Nurse Practitioner (PMHNP). Brandy is accepting new clients in need of outpatient psychiatric evaluations and medication management services at the Ames, Boone, and Des Moines outpatient clinics.

Brandy Strawn is a board-certified Psychiatric Mental Health Nurse Practitioner with nearly 20 years of nursing experience in emergency medicine and critical care, which included caring for individuals experiencing mental health and substance use crises. Those experiences inspired her to pursue advanced training in psychiatric mental health, allowing her to continue supporting individuals beyond their immediate crisis and helping them achieve lasting wellness.

Brandy provides comprehensive psychiatric evaluations, medication management, and individualized treatment planning. She believes that the best care begins with listening and strives to create a welcoming, judgment-free environment where individuals feel heard, respected, and comfortable being themselves. She values partnering with each client to develop a treatment plan that reflects their unique needs, goals, and strengths.

Brandy believes every client deserves compassionate, individualized care and considers it a privilege to walk alongside clients on their journey toward improved mental health and wellbeing. With clinical experience

caring for individuals ages 6 and older with anxiety, depression, mood disorders, psychosis, substance use concerns, and mental health crises, she is honored to serve individuals in the Ames, Boone, and Des Moines communities.

To schedule services with Brandy, individuals may call 866-801-0085 to make an appointment at our Ames office (1619 South High Avenue), Boone office (900 West Mamie Eisenhower Avenue), or Des Moines office (3806 Easton Boulevard).

CFR accepts Medicaid, Medicare, and most health insurance plans. A sliding fee scale is available for those who qualify. Our programs are accredited by CARF as well as the Iowa Department of Health and Human Services (IHHS).

*About Community and Family Resources (CFR):* CFR offers substance use, mental health, and problem gambling treatment and prevention services. CFR serves individuals from across the state of Iowa, with offices in Ames, Boone, Clarion, Conroy, Des Moines, Fort Dodge, Humboldt, Iowa City, Pocahontas, Rockwell City, Tipton, Washington, and Webster City. In Fiscal Year 2025, CFR provided treatment services to 6,008 individuals and offered prevention services to schools, businesses, and community groups, reaching over 8,000 individuals. For additional information, please visit CFR's website at www.cfrhelps.org or call 866-801-0085.

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