

Press Release

FOR IMMEDIATE RELEASE

Date: August 22, 2025

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Community and Family Resources Welcomes New Mental Health Therapist in Fort Dodge



Community and Family Resources (CFR) is excited to welcome Rhiannon Rippke-Koch, tLMHC, as a new Mental Health Therapist at our Fort Dodge clinic, located at 211 Ave M W.

Rhiannon first joined CFR in 2024 as an intern while completing her Master's in Counseling at Buena Vista University. After earning her degree and obtaining her temporary licensure as a Mental Health Counselor, she officially joined CFR as a therapist in August 2025.

Rhiannon brings a compassionate, affirming, and culturally competent approach to her work, specializing in women's issues, intimacy, LGBTQIA+ support, and trauma healing and empowerment.

With a strong background in supporting individuals facing challenges related to identity, relationships, trauma, anxiety, depression, grief, and substance use, Rhiannon creates a safe and inclusive space where clients feel heard, validated, and empowered in their healing journey.

Rhiannon primarily works with adults, and she also has experience supporting LGBTQIA+ adolescents. Her therapeutic approach is collaborative and rooted in evidence-based practices. She is trained in and utilizes:

- Cognitive Behavioral Therapy (CBT)





- Mindfulness
- Solution-Focused Brief Therapy (SFBT)
- Motivational Interviewing (MI)
- Psychotherapy

Rhiannon is now accepting new clients for mental health services. To schedule an appointment, please call 515-576-7261.

CFR accepts Medicaid and most major health insurance plans. A sliding fee scale is available for those who qualify. CFR's programs are accredited by CARF and 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 14 counties across Iowa: Boone, Calhoun, Cedar, Hamilton, Humboldt, Iowa, Johnson, Pocahontas, Polk, Story, Warren, Washington, Webster, and Wright Counties. In Fiscal Year 2024, CFR provided treatment services to 5,832 individuals and offered prevention services to schools, businesses, and community groups, reaching over 42,000 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 the Iowa Health and Human Services Dept. and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

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