



Press Release

FOR IMMEDIATE RELEASE

Date: March 19, 2024

Contact: 515-232-3206

information@cfrhelps.org

CFR Expands Ames Psychiatry Services

Community and Family Resources (CFR) is pleased to announce the addition of a full-time psychiatric provider, Shelby Sheehan, board-certified Psychiatric Mental Health Nurse Practitioner (PMHNP), to our Ames team. Shelby has immediate openings to meet with new clients at our Ames office, and she will also offer **walk-in** (no appointment needed) psychiatric evaluations and medication checks on Mondays from 1pm-4pm beginning April 8, 2024.

Shelby is available to provide comprehensive mental health evaluations, medication checks, and individualized treatment planning to individuals age 6+. She is experienced in helping individuals with a wide range of concerns, such as depression, anxiety, co-occurring disorders, and bipolar disorder. Shelby previously worked as a PMHNP at a community mental health center and as an emergency room nurse. She is looking forward to serving the Story County area and increasing access to outpatient psychiatric care.

CFR accepts Medicaid and most health insurance plans, and 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).

Anyone interested in learning more about CFR's service offerings or scheduling an appointment can call 515-232-3206.

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 the Iowa Health and Human Services Dept. and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

###



211 Avenue M West | Fort Dodge, IA | 50501
1619 S. High Ave. | Ames, IA | 50010



p. 515.232.3206
f. 515.232.3780

cfrhelps.org