



Press Release

FOR IMMEDIATE RELEASE

Date: September 6, 2023

Contact: Megan Schooler, HR Director
319-351-4357
megans@cfrhelps.org

CFR Expands Iowa City Therapy Team

Community and Family Resources (CFR) is pleased to announce the expansion of mental health services for individuals in the Iowa City area. Formerly an organization located only in North-Central Iowa, CFR merged with Prelude Behavioral Services in Des Moines and Iowa City in July 2022. Since the merger, CFR has been focused on assessing the needs within the community and ensuring clients can continue to receive high-quality services, especially as the need for substance use and mental health treatment rises in a post-pandemic world.

CFR's licensed professionals are experienced in helping individuals with a wide range of mental health concerns such as depression, anxiety, co-occurring disorders, and support through life's decisions. Therapists at CFR help each of their clients assess, understand, and work toward resolution of their concerns using a variety of individualized treatment approaches. CFR now has three licensed therapists on staff at Synchrony, a branch of the organization that offers outpatient mental health and Employee Assistance Program (EAP) services in Iowa City. Psychiatry services will also be available in late 2023 with the addition of a Psychiatric Nurse Practitioner.

CFR's therapists can serve individuals of all ages, gender identities, and backgrounds. CFR accepts most health insurance plans, and a sliding fee scale is available for those who qualify. Those interested in learning more about CFR's services or scheduling an appointment can call 319-351-9072.

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,



211 Avenue M West | Fort Dodge, IA | 50501
438 Southgate Ave. | Iowa City, IA | 52240



p. 319.351.9072
f. 319.341.3930

cfrhelps.org



Johnson, Pocahontas, Polk, Story, Warren, Washington, Webster, and Wright Counties. In Fiscal Year 2022, CFR provided treatment services to 2,650 individuals and offered prevention services to schools, businesses, and community groups, reaching over 3,600 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 IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health 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
438 Southgate Ave. | Iowa City, IA | 52240



p. 319.351.9072
f. 319.341.3930

cfrhelps.org