

# MEDICATION-ASSISTED TREATMENT (MAT)

## Why choose MAT?

# How Medication-Assisted Treatment Can Help You with Recovery

Medication-Assisted Treatment (MAT) is the use of certain medications to treat opioid dependency and substance addiction. Central Iowa Psychological Services offers evidence-based, integrative behavioral health treatment services. Our highly trained counselors, providers, and nurse practitioners work together to provide individual treatment solutions that allow clients to focus on recovery.

## THE ADDICTIVE DRUGS THAT MAT CAN HELP

✓ Alcohol

✓ Opium

✓ Heroin

✓ Hydrocodone

✓ Morphine

✓ Oxycodone

✓ Codeine

✓ Fentanyl

✓ Hydromorphone

✓ Tobacco

## MAKE AN APPOINTMENT

515.348.8257

[IowaCounseling.com](http://IowaCounseling.com)

## OUR MEDICATION MANAGEMENT PROVIDERS

JUDITH A. GONZALES

ARNP, West Des Moines Office

- Board Certified Advanced Practice Psychiatric Mental Health Nurse Practitioner
- TMS Therapy

JENNIFER SAMBU

ARNP, Ankeny Office

- Nurse Practitioner- Psychiatric Mental Health
- Advanced Registered Nurse Practitioner

SARAH SCHULLER

ARNP, Ankeny Office

- Board Certified Psychiatric Mental Health Nurse Practitioner
- MAT/DEA Waivered Practitioner

NICK STULL

FPMHNP, Ames Office

- Family Psychiatric Mental Health Nurse Practitioner

## OUR SUBSTANCE ABUSE PROVIDERS

ROBERT (BOB) THACKER

MA, IAADC, Ames Office

- Program Director
- International Advance Certified Alcohol and Drug Counselor
- DOT Substance Abuse Professional

MELISSA WUBBEN

LMHC, CADC, Ames Office

- Licensed Mental Health Counselor
- Certified Alcohol and Drug Counselor

MEGAN CECIL

LMHC, CADC, West Des Moines Office

- Licensed Mental Health Counselor
- Certified Alcohol and Drug Counselor
- National Certified Counselor

DEANNA ENGRAV

LMFT, West Des Moines Office

- Licensed Marriage and Family Therapist
- Certified Drug & Alcohol Therapist
- Eye Movement Desensitization and Reprocessing

NICK PETERS

CADC, Ankeny Office

- Certified Alcohol and Drug Counselor
- Substance Abuse Professional

# MEDICATION-ASSISTED TREATMENT (MAT)



## COMPASSIONATE, WHOLE PERSON CARE

Central Iowa Psychological Services provides behavioral therapies such as individual and group counseling, as well as medication assisted treatment to support individual client needs. We welcome clients in a safe and inclusive environment and focus on establishing a welcoming and positive experience. Our team is here to guide each client along a path of healing and recovery.

## OUR PROCESSES & SERVICES

### Intensive & Extended Outpatient Programs (IOP & EOP):

Intensive outpatient treatment is ideal for clients who don't require medical supervision or detox. We provide 12-step programs and other community-based resources that provide a support system.

**Individual Therapy:** Counselors explore with individuals the possible changes to make to reduce or eliminate further problems and how to maintain those changes after leaving treatment. Clients will explore and learn to manage underlying emotional and situational causes that perpetuate their addictive behaviors.

**Group Counseling:** Our counselor-led therapy groups explore early recovery skills, relapse prevention, and a family education component. We utilize cognitive-behavioral therapy, interpersonal process, motivational interviewing, experiential methods, and acceptance commitment therapy.

**MAT Medications:** We offer several different FDA-approved medications to treat alcohol and opioid use disorders. These medications can relieve withdrawal symptoms and psychological cravings that cause chemical imbalances. Our team only uses evidence-based medication treatment options.

## START YOUR RECOVERY JOURNEY

The team of mental health professionals at Central Iowa Psychological Services help clients evaluate the risks and benefits associated with MAT. We support each client through their individual recovery journey using high-quality, comprehensive care.



## We're ready to help.

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### INSURANCE ACCEPTED



### LOCATIONS

#### Ames Office

223 Walnut  
Ames, IA 50010  
515-233-1122

#### West Des Moines Office

3737 Woodland Ave., Ste 415  
West Des Moines, IA 50266  
515.222.1999

#### West Des Moines Office

3737 Woodland Ave., Ste 425  
West Des Moines, IA 50266  
515.223.1630

#### Ankeny Office

215 NW 18th St,  
Ankeny, IA 50023  
515.446.8082