

# SUBSTANCE ABUSE TREATMENT

**Are you ready to begin your recovery journey to become a healthier you?**

**Get the guidance and support you need to change your life.**

Central Iowa Psychological Services is a premier **drug and alcohol counseling** center providing a full suite of comprehensive addiction services. Located in Ames, Ankeny, and West Des Moines, our facilities offer clients a safe, welcoming, and inclusive environment. Discover sobriety through a combination of proven treatments and customized therapies.

## SUBSTANCE ABUSE SERVICES

- ✓ OWI Evaluations
- ✓ Education Services
- ✓ Intensive Outpatient Treatment for Adults & Adolescents
- ✓ Addiction Assessments & Evaluations
- ✓ Individual Counseling Services
- ✓ Group Counseling Services
- ✓ Extended Outpatient Treatment for Adults & Adolescents
- ✓ DOT Substance Abuse Professional (SAP) Evaluations
- ✓ Telehealth

## OUR SUBSTANCE ABUSE PROVIDERS

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**ROBERT (BOB) THACKER**  
MA, IAADC, Ames Office

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

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**MELISSA WUBBEN**  
LMHC, CADC, Ames Office

- Licensed Mental Health Counselor
- Certified Alcohol and Drug Counselor

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**MEGAN CECIL**  
LMHC, CADC, West Des Moines Office

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

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**DEANNA ENGRAV**  
LMFT, West Des Moines Office

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

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**NICK PETERS**  
CADC, Ankeny Office

- Certified Alcohol and Drug Counselor
- Substance Abuse Professional

## MAKE AN APPOINTMENT

515.348.8257

lowaCounseling.com

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## COMPASSIONATE, WHOLE PERSON CARE

The qualified and professional staff at Central Iowa Psychological Services know that recovery from substance abuse and other addictive disorders is possible to achieve and maintain. With respect to the diversity of individual needs and life circumstances, our addiction treatment is customized to fit each person.

## OUR PROCESS & SERVICES

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

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.

**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.

**Family Therapy:** Family therapy may also be included as part of the overall treatment plan. Family members are brought in to improve the process of recovery, anticipating problems that may have contributed to addiction.

**Medication-Assisted Treatment (MAT):** Using FDA-approved medications to treat opioid, dependency, and substance addiction, we offer 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.

**Education Services:** The 12-Hour Impaired Drivers Education Course is required by the Iowa Department of Transportation for anyone with an impaired driving offense. We utilize the Prime for Life curriculum, which is a program based on research and provides information and support to assist people in exploring new beliefs and changing behaviors.

## START YOUR RECOVERY JOURNEY

The team of mental health professionals at Central Iowa Psychological Services help guide clients through the recovery process. We offer a variety of programs to help clients achieve lifetime recovery through evidence-based therapy options.



## We're ready to help.

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### INSURANCE ACCEPTED



### LOCATIONS

#### Ames Office

223 Walnut  
Ames, IA 50010

515.233.6400

#### Ankeny Office

215 NW 18th St,  
Ankeny, IA 50023

515.348.8258

#### West Des Moines Office

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

515.222.1998