

# **A Resource Guide: Substance Misuse and Behavioral Health Treatment in North Central Iowa**



**This guide is designed for parents to help youth or a loved one battling addiction, mental health, or behavioral health issues find the resources they need to improve their quality of life.**

**Created by Allies for Substance Abuse Prevention  
“Working together to prevent or reduce youth substance abuse in Hancock County”**

## Substance Misuse Treatment Centers in North Central Iowa

Agency	Location	Contact Information	Address	Youth/ Adults/ Both
Community & Family Resources	Clarion, Fort Dodge, Humboldt, Webster City	866-782-5556 <a href="http://www.cfrhelps.org/">http://www.cfrhelps.org/</a>	120 1st Ave NW Clarion, IA 50525	Both
Prairie Ridge Integrated Behavioral Health (outpatient)	Algona	515-585-5158 <a href="https://prairieridge.net/">https://prairieridge.net/</a>	117 East Call Street Algona, IA 50511	Both
Prairie Ridge Integrated Behavioral Health (outpatient)	Forest City	(641) 585-2060 <a href="https://prairieridge.net/">https://prairieridge.net/</a>	138 N Clark St Forest City, IA 50436	Both
Prairie Ridge/ Integrated Behavioral Health (adult inpatient; youth outpatient)	Mason City	641-424-2391 <a href="https://prairieridge.net/">https://prairieridge.net/</a>	320 North Eisenhower Avenue Mason City, IA 50402	Both
YWCA of Fort Dodge/ Center for Life Empowerment	Fort Dodge	515-573-3931 <a href="http://centerforlifeempowerment.org/">http://centerforlifeempowerment.org/</a>	826 1st Ave. North Fort Dodge, IA 50501	Both

## Mental Health & Counseling Services in North Iowa

Agency	Location	Contact Information	Address	Youth/ Adults/ Both
Anastasi Counseling Services	Mason City	(641) 423-4180 <a href="http://www.anastasicounseling.com/">http://www.anastasicounseling.com/</a>	1520 6th St. SW Mason City, IA 50401	Both
Anchor Family Health	Mason City	(641) 424-0000 <a href="http://www.anchorfamilyhealth.com/">http://www.anchorfamilyhealth.com/</a>	2800 4th St. SW, Suite 8 Mason City, IA 50401	Both
Catholic Charities	Mason City	(641) 424-9683 <a href="http://www.catholiccharitiesdubuque.org/">http://www.catholiccharitiesdubuque.org/</a>	300 5th St. SE Mason City, IA 50401	Both
Children and Families of Iowa	Fort Dodge	(515) 573-2193	111 Ave. O W Fort Dodge, IA 50501	Youth
Child & Adolescent Integrated Health	Mason City	(641) 424-7068 <a href="http://www.childandadolescentintegratedhealth.com/">http://www.childandadolescentintegratedhealth.com/</a>	9 2nd St. NW Mason City, IA 50401	Youth
Community Health Center (counseling, prescriptions)	Mason City	(641) 450-0601 <a href="http://www.chcfd.com/">http://www.chcfd.com/</a>	404 N Federal Ave Mason City, IA 50401	Both
County Social Services (Hancock, Winnebago, & Worth)	Forest City & Garner	641-585-2340 Ext. 3 (Forest City)  Phone: 641-590-2340 (Garner)  <a href="http://www.countysocialservices.org/">http://www.countysocialservices.org/</a>	126 S Clark St. Forest City, IA 50436  545 State Street Suite 1 Garner, IA 50438	Adults

County Social Services	Mason City	(641) 210-7015 <a href="http://www.countysocialservices.org/">http://www.countysocialservices.org/</a>	525 9th St. SE, Suite C Mason City, IA 50401	Adults
Crisis Intervention Services	Mason City	641-424-9133 <a href="http://www.cishelps.org/">http://www.cishelps.org/</a>	206 3rd St. NE Mason City, IA 50401	Both
Doug Brink Family Therapy	Mason City	641-423-3778	202 1st St. SE, Suite 107 Mason City, IA 50401	Both
Families First	Mason City	319-433-0395 <a href="http://www.families-first.net/">http://www.families-first.net/</a>	2009 4th St. SW, Suite 2 Mason City, IA 50401	Youth
Four Oaks	Mason City	515-650-4976 <a href="http://www.fouroaks.org">http://www.fouroaks.org</a>	980 S. Iowa Ave. Mason City, IA 50401	Youth
Hancock County Health System--Britt Medical Clinic and Garner Medical Clinic	Garner	641-843-5050 (Britt) 641-923-2651 (Garner) <a href="http://www.mercyonenorthiowaaffiliates.org/hchs/">http://www.mercyonenorthiowaaffiliates.org/hchs/</a>	532 1st St. NW Britt, IA 50423  730 W. 3rd St. Garner, IA 50438	Both
Iowa Specialty Clinic-Garner	Garner	(641) 925-1500 <a href="https://www.iowaspecialtyhospital.com/locations/garner/garner-clinic">https://www.iowaspecialtyhospital.com/locations/garner/garner-clinic</a>	840 West, US-18, Garner, IA 50438	Both
Life Connections	Mason City	641-903-7759 <a href="http://www.life-connections.org/">http://www.life-connections.org/</a>	202 1st St. SE, Suite 108 Mason City, IA 50401	Youth
Lutheran Services in Iowa	Mason City	641-423-1083 <a href="http://www.lsiowa.org/">http://www.lsiowa.org/</a>	2502 S. Jefferson Ave. Mason City, IA 50401	Youth

Mason City Psychiatric Services	Mason City	641-494-5170 <a href="http://www.mcclinic.com/psychiatry">http://www.mcclinic.com/psychiatry</a>	250 S. Crescent Drive Mason City, IA 50401	Both
MercyOne Clear Lake Family Medicine	Clear Lake	641-357-2191 <a href="http://www.mercyone.org/location/mercyone-clear-lake-family-medicine">http://www.mercyone.org/location/mercyone-clear-lake-family-medicine</a>	1410 6th Ave. S. Clear Lake, IA 50428	Youth
MercyOne Forest City Family Medicine	Forest City	641-585-2904 <a href="http://www.mercyone.org/location/">http://www.mercyone.org/location/</a>	635 E Hwy 9 Forest City, IA 50436	Both
MercyOne North Iowa Behavioral Health Care (diagnostic and counseling services)	Mason City	(641) 428-7797 <a href="https://www.mercyone.org/northiowa/find-a-service-or-specialty/behavioral-health-care/">https://www.mercyone.org/northiowa/find-a-service-or-specialty/behavioral-health-care/</a>	1000 4th St. SW Mason City, Iowa 50401	Both
NAMI- North Iowa	Mason City	641-201-8450 <a href="http://www.naminorthiowa.org/">http://www.naminorthiowa.org/</a>	P.O. Box 85 Mason City, IA 50401	Youth
North Iowa Transition Center (Supported Community Living)	Mason City	(641) 424-8708 <a href="https://www.nitc-ia.org/">https://www.nitc-ia.org/</a>	111 2nd St. NE Mason City, Iowa 50401	Adults
North Iowa Transition Center (Residential Care Facility: Mental Illness)	Mason City	(641) 424-8180	408 1st St. NW Mason City, Iowa 50401	

North Iowa Therapy Associates-Kate Weiner, LISW	Mason City	(641) 210-7019 <a href="https://north-iowa-therapy-associates.business.site/?utm_source=gmb&amp;utm_medium=referral">https://north-iowa-therapy-associates.business.site/?utm_source=gmb&amp;utm_medium=referral</a>	124 N. Federal Ave. Mason City, Iowa 50401	Both
One-on-One Mentoring	Mason City	641-421-2708 <a href="http://www.northiowamentoring.org/">http://www.northiowamentoring.org/</a>	308 S. Pennsylvania Ave. Mason City, IA 50401	Youth
Pamela Little Counseling, Inc.	Mason City	641-423-4724 <a href="http://www.pamelalittlecounseling.com/">http://www.pamelalittlecounseling.com/</a>	125 4th St. NW Mason City, IA 50401	Both
Turning Leaf Counseling	Mason City	(641) 201-1521 <a href="https://turningleafcounseling.com/">https://turningleafcounseling.com/</a>	103 E. State Street #301 Mason City, Iowa 50401	Both
Youth Shelter Services (YSS--Francis Lauer)	Mason City	641-423-7362 <a href="http://www.yss.org/locations/francis-lauer/">http://www.yss.org/locations/francis-lauer/</a>	50 N. Eisenhower Mason City, IA 50401	Youth

**\*\*Some of the above listed counseling services may be provided at your child's school. For more information, contact your local school district office\*\***

## Substance Misuse Support Groups in North Iowa

Program	Location	Contact Information	Address	Youth/ Adults/ Both
Alcoholics Anonymous	Mason City  Call for information in your area or community	(641) 423-6266 (212) 870-3400 (general info) <a href="#">Link to Meetings</a>	207 8th Pl South East Mason City, Iowa 50401	Adults
Puttin' Sober	Mason City, Clear Lake	(641) 420-7832 <a href="https://www.aa-iowa.org/meetings/puttin-sober-group-3/">https://www.aa-iowa.org/meetings/puttin-sober-group-3/</a>	1115 Main Street Clear Lake, Iowa 500428  721 N. Federal Mason City, Iowa 50401	Adults
Prairie Ridge Integrated Behavioral Healthcare	Mason City	(641) 424-2391 <a href="https://prairieridge.net/">https://prairieridge.net/</a>	320 N. Eisenhower Ave. Mason City, Iowa 50401	Adults
YSS Francis Lauer	Mason City	(641) 423-7362 <a href="https://www.yss.org/locations/francis-lauer/">https://www.yss.org/locations/francis-lauer/</a>	50 N Eisenhower Ave, Mason City, IA 50401	Youth
Al-Anon/Alateen	(Online chat meetings available)	(888) 425-2666 <a href="#">Link to Meetings</a>	<a href="https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/">https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/</a>	Youth

## Alcohol/Drug Resources Nationwide

Program/Agency	Phone Number	Website
Al-Anon/Alateen	(888) 425-2666	<a href="http://www.al-anon.alateen.org/index.php">www.al-anon.alateen.org/index.php</a> (support for family members of a person who misuses alcohol)
The National Alcohol and Substance Abuse Information Center	(800) 784-6776	<a href="http://www.addictioncareoptions.com/">http://www.addictioncareoptions.com/</a>
National Institute on Alcohol Abuse & Alcoholism	(800) 662-4357	<a href="http://www.niaaa.nih.gov/">http://www.niaaa.nih.gov/</a>
Your Life Iowa (also known as Iowa Drug & Alcohol Help Line)	(855) 581-8111 or text (855) 895-8398 (24/7 live crisis support, information, and resource referrals via call, text, or chat.	<a href="https://yourlifeiowa.org/">https://yourlifeiowa.org/</a> Substance misuse, problem gambling, suicide prevention, and/or mental health.

**Additional Resources:**

[North Iowa School District Behavioral Health Contacts](https://www.masoncity.net/files/documents/SchoolDistrictBehavioralHealthContacts1216120510112019PM.pdf)

<https://www.masoncity.net/files/documents/SchoolDistrictBehavioralHealthContacts1216120510112019PM.pdf>

[What Parents Can Do Handout](https://www.masoncity.net/files/documents/ChildVictimsofDomesticAbuse1216121711112019PM.pdf) <https://www.masoncity.net/files/documents/ChildVictimsofDomesticAbuse1216121711112019PM.pdf>

[Facts on Child Exposure to Violence](https://www.masoncity.net/files/documents/FactsOnChildrenExposureToViolence1216112237120517AM.pdf)

<https://www.masoncity.net/files/documents/FactsOnChildrenExposureToViolence1216112237120517AM.pdf>

[Common Warning Signs For Kids](https://www.masoncity.net/files/documents/GettingtheRightStart1216121142112019PM.pdf) <https://www.masoncity.net/files/documents/GettingtheRightStart1216121142112019PM.pdf>

[Talk to Your Kids About Mental Health Guide](https://www.masoncity.net/files/documents/HowtoTalktoYourKidsAboutMentalHealth1216123024112019PM.pdf)

<https://www.masoncity.net/files/documents/HowtoTalktoYourKidsAboutMentalHealth1216123024112019PM.pdf>

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