



Contact Kent Davis
Telephone (515)283-1230 Ext. 224
Cell (515)350-9043
Email kdavis@optimaeliveservices.com
Website www.optimaeliveservices.com

FOR IMMEDIATE RELEASE
October 26, 2018

OPTIMAE ADDS THERAPISTS TO BEHAVIORAL HEALTH PROGRAM IN CENTRAL IOWA

October 26, 2018 (DES MOINES, IA) – Optimae LifeServices announced today it has added three therapists to its behavioral health division in Central Iowa.

Erin Gumm, a licensed mental health counselor, serves customers in Jasper County. Mandy Oetken, a licensed mental health counselor, serves customers in Polk County. Lily Peterson-Williby, a licensed independent social worker, serves customers in Story County.

“Optimae’s addition of new therapists allows us to expand our footprint of quality services in Central Iowa,” said Ed Rund, clinical director for Optimae Behavioral Health Services in Central Iowa. “Ninety-five percent of Optimae Behavioral Health customers report they are satisfied with their mental health service. We look forward to serving more customers with our professional, personalized care.”

Ms. Gumm brings a decade of experience in therapy services to her position. A graduate of Eastern Mennonite University, she has expertise co-occurring diagnoses, substance abuse, anxiety, depression, women’s lived experiences, children and family relationships, trauma and attachment.

Ms. Oetken specializes in substance abuse and dependency prevention services and treatment for both adults and children. In addition to being a licensed mental health counselor, she is a national certified counselor and a certified alcohol and drug counselor. Ms. Oetken earned her Master of Arts degree in clinical psychology from the Chicago School of Professional Psychology. She brings more than a decade of expertise in mental health services to her role.

Ms. Peterson-Williby, who earned her Master of Social Work degree from the University of Buffalo, brings a decade of expertise in mental health services to her role. Prior to joining Optimae, she served as

a mental health therapist at various locations in Central Iowa, where she provided mental health interventions that included cognitive behavioral therapy, psychoeducation, talk therapy and eye movement desensitization and reprocessing.

Appointments in Jasper County can be made by calling 641-787-9133. Customers in Polk County can call 515-243-3525, while those in Story County can call 515-715-1887.

###

About Optimae LifeServices

Optimae LifeServices, Inc. provides healthcare and human services for individuals with disabilities and mental illness from 39 Central, Eastern and Southern Iowa counties. For more than three decades, we have equipped our customers with supports and services that encourage choice, empowerment and community integration. Our programs include community-based, behavioral health, home health, rehabilitation and residential care services. We advocate for the rights and needs of more than 5,300 Iowans each year, providing the quality of care we would want for our own family.