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OPTIMAE EXPANDS MENTAL HEALTH SERVICES IN DALLAS COUNTY

November 28, 2018 (ADEL, Iowa) – Optimae LifeServices announced today it has added behavioral health services in Dallas County. Appointments with a licensed therapist are available Wednesdays from 8 a.m. to 2:30 p.m. through Optimae’s Adel office at 401 Visions Parkway.

John McInnerney, a licensed independent social worker, will serve customers ages ten and above in Adel through individual, family and group therapy. McInnerney, who also provides therapy at Optimae’s Ames location, is trained in several types of therapy. These include Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitization and Reprocessing (EMDR). He is also a certified alcohol and drug counselor, allowing for improved therapy outcomes.

“Optimae’s expansion of mental health services in Dallas County allows us to fill an ever-growing need in our state,” said Ed Rund, clinical director for Optimae Behavioral Health Services in Central Iowa. “We look forward to bringing our ‘At your side. On your side.’ approach to caring for people’s emotional needs to Adel and the western Greater Des Moines metro.”

Earlier this fall, Optimae added three new therapists to its behavioral health services division in Central Iowa. 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 and Jasper County. Erin Gumm, a licensed mental health counselor, serves customers in Jasper County.

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

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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.