

Our Mission

The Prairie Ridge mission is to reduce the impact of drug and alcohol abuse upon the affected individuals, families, and communities of North Iowa. We will fulfill our mission by providing a full continuum of effective and efficient prevention and treatment services.

Our Vision

Prairie Ridge will be a preferred source of prevention and treatment services, offering innovative and proven programs that best meet the needs of our clients and customers. We will be an asset to our community by improving the quality of life for persons receiving our services.

Our Values

*Dignity and Respect
Responsive to the Needs
Of Our Customers and Clients
Open Communication
Trust and Honesty in all Our Interactions
Professional Development
And Personal Growth of Our Staff
Continually Improving
All Aspects of Our Organization*

Prairie Ridge is funded by the Iowa Dept. of Public Health; United Way; Division of Criminal & Justice Planning; and federal, state, and local grants.

Have you ever felt the need to bet more and more money?

Have you ever had to lie to people important to you about the extent of your gambling?

To learn more about our treatment services please contact us.

Mason City Office

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P.O. Box 1338
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Phone: (641) 424-2391
Toll Free: 1-866-429-2391
Fax: (641) 424-0783

Charles City Office

703 North Main, Suite #1
Charles City, IA 50616
Phone: (641) 228-1477

Algona Office

117 East Call Street
P.O. Box 307
Algona, IA 50511
Phone: (641) 295-5158

Osage Office

415 Pleasant St. # 6
Osage, IA 50461
Phone: (641) 832-2615 ext. 31



www.prairieridge.net



GAMBLING
PREVENTION &
TREATMENT SERVICES

*Providing a Full Continuum of
Effective Prevention &
Treatment Services
to Communities
of North Iowa*

Prairie Ridge Addiction Treatment Services is a licensed substance abuse treatment facility by the Iowa Department of Public Health. It is a private, non-profit corporation offering substance abuse and gambling prevention and treatment services to an eight county North Central Iowa area, as well as providing residential care to a statewide population.

Gambling Services

Gambling addiction can affect almost anyone. It impacts people of every age, sex, race, ethnicity, religion, geography, and socioeconomic groups.



For many, gambling is fun and entertaining. But for others, gambling has caused them loss of the things they value most—family, friends, home, jobs, savings, car, business, and other things of importance in our lives.

Signs of Problem Gambling

Compulsive gambling is an addiction. Once individuals have an addiction to gambling, the choices they make are no longer protecting the things they value because gambling becomes their only focus. Here are possible signs of a gambling problem according to the Iowa Gambling Treatment Program:

- Gambling more often for more money
- Gambling for longer periods of time
- Gambling in spite of negative consequences, such as large losses, or poor academic performance
- Gambling as means to cope with loneliness, anxiety, or depression
- Committing illegal acts or lying in order to sustain the gambling

Gambling Prevention Services

Our Prevention Team offers quality and effective gambling prevention services for people of all ages using comprehensive prevention strategies. We offer programming that targets gambling risk and protective factors. We work with schools, workplaces, organizations, clubs, and other community groups to offer educational sessions.

We increase individuals' understanding of gambling addiction through educational presentations, classroom discussions, and other small group sessions. These programs are designed to increase the awareness of gambling problems among youth, adults, and other community members. We also aim to affect decision making skills and life skills in general.



Low-Risk Gambling

Remember, each and every one of us has the power to make low-risk gambling choices. It is important to know the characteristics of low-risk gambling.

- Know that over time nearly everyone loses
- Often done socially, with family, friends, or colleagues
- Participate for limited amount of time, both in frequency and duration
- Always has predetermined, acceptable limits for losses
- Do NOT gamble to solve problems, or cope with loneliness, anxiety, depression, or other ailments

Gambling Treatment Services

Prairie Ridge recognizes that gambling addiction can affect individuals, families, and the whole community. Our treatment program is tailored to meet these needs.

- ☞ Intake
- ☞ Assessment
- ☞ Screening and evaluation\
- ☞ Treatment Plan

Counseling as appropriate to:

- ☞ Individual
- ☞ Family

Other elements of treatment:

- ☞ Case management
- ☞ Support groups
- ☞ Referrals for other services needed: mental health, financial counseling, etc.

The process in treatment is to assist the individual to move toward a positive change by utilizing appropriate intervention strategies.



Be Proactive!

- ☐ **Recognize the need for gambling education**
- ☐ **Recognize that gambling addiction can happen to anyone**