

## Directions

**From I35:** Take Mason City exit 194. Head east on Hwy 122. Turn north on Eisenhower Avenue.

**From Avenue of Saints (Hwy 18/27):** Take exit 183 onto Mallard Ave. N. This turns into Eisenhower Ave. Continue past Hwy 122 junction.

**We are located in front of Mercy West Campus.**

**Outreach offices are located in Algona, Charles City, Forest City, & Hampton, Iowa.**

## PAYMENT OPTIONS:

Prairie Ridge is a private, not-for-profit, community-based organization. Prairie Ridge accepts the following payment options:

- Payment for services from most major health insurance plans.
- Medicaid/Medicare reimbursement.
- Self-pay. Cash / All major credit cards.
- Sliding-scale fee available for Iowa residents only.

## ASSESSMENTS:

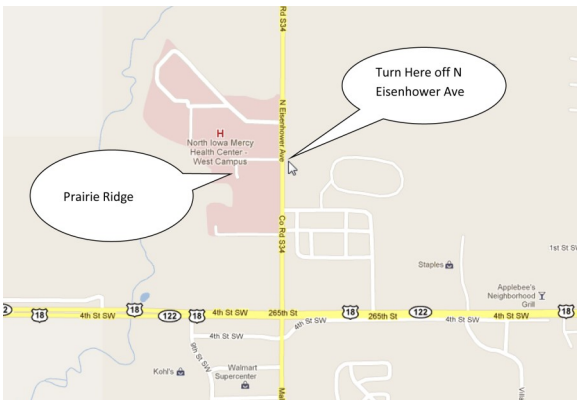
Prairie Ridge offers assessments in the main office on a walk-in basis. We have walk-ins on Monday and Tuesday afternoons (arrive at 12:00 or 1:30 p.m.) and Thursday mornings (arrive at 8:00 or 9:30 a.m.). The walk-in format is designed to provide quick access.

- ♦ Assessments are available in the outreach offices in Charles City, Algona, Hampton, and Forest City by appointment only. In Charles City, call (641) 228-1477, Algona, call (515) 295-5158, Forest City call (641) -585-2060, and Hampton call (641) 456-2365

## *Prairie Ridge Integrated Behavioral Healthcare*



**Prairie Ridge Integrated Behavioral Healthcare is committed to providing services and programs anchored by the values of dignity and respect for our patients and staff.**



Phone: 641-424-2391  
Toll Free: 1-866-429-2391  
Fax: 641-424-0783

www.prairieridge.net  
(641) 424-2391  
(866) 429-2391

## **MISSION**

The Prairie Ridge mission is to prevent and reduce behavioral health symptoms and associated stigma.

## **VISION**

Prairie Ridge will be the preferred provider of integrated behavioral healthcare through holistic, client-centered, feedback-informed prevention and treatment services.

## **WE VALUE**

Treating all individuals with dignity & respect. Integrity, clarity, and precision in all our interactions. Continual improvement of all aspects of our organization. Accountability, positivity, and responsiveness to feedback. Resiliency of the individual. Building and improving strong alliances.

**Prairie Ridge offers services in their primary location in Mason City as well as in outreach offices in Algona, Hampton, Charles City and Forest City.**

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## **PROGRAMMING:**

With a strong commitment to a feedback-informed culture, Prairie Ridge utilizes evidence-based practices emphasizing flexible programming designed to meet the needs of the individual patient.

Skill-specific programming is available for individuals, and their families, who are struggling with a behavioral healthcare concern, including mental health, substance use, and gambling.

Treatment is offered at several different levels of intensity, including both outpatient and inpatient services.

## **MEDICATION/HEALTH NEEDS:**

Prairie Ridge is committed to working with patients who have health concerns related to both physical and emotional health. We recognize that our patients benefit from coordinated care services with primary care providers, understanding the connection between substance use, mental health, and physical health disorders. It is our goal to work in cooperation with each patient's primary healthcare provider to better treat the whole person. In addition, Prairie Ridge employs an ARNP specializing in primary care who is located at the main campus.

Prairie Ridge provides the following services for individuals with behavioral healthcare concerns:

Gender Specific Residential Treatment

Gender-Specific Day Treatment Services

Gender-Specific Intensive Outpatient Treatment Services

Outpatient Treatment Services for Adults (All locations)

Outpatient Treatment Services for Adolescents (Outreach offices only)

Pharmacotherapy Services for Adults. Services include Medication Assisted Therapy, including Suboxone.

Gambling Treatment Services

Prevention Services

Primary Healthcare Related to Co-Occurring Concerns

To achieve program goals and objectives, the Prairie Ridge treatment program uses the following clinical interventions:

- Comprehensive individual assessments and planning
- Individual and group counseling services
- Couples/family counseling
- Drug testing
- Medication management
- Peer Mentoring
- Crisis Stabilization