

OUR MISSION

To deliver substance abuse, and mental and behavioral health programs and services that foster growth, wellness and independence for individuals, families and communities.

OUR SERVICES

- Diagnostic Assessments
- Specialized Mental Health Services
- Treatment Planning
- Medication Evaluation
- Individual and Family Therapy;
- Play Therapy
- Basic skills Training
- PSR
- Case Management
- Crisis Intervention Training
- Behavioral Health Intervention Services (BHIS)

EVIDENCE-BASED PRACTICES INCLUDE:

- Trauma Focused-Cognitive Behavior Therapy
- Parent Child Interactive Therapy
- Motivational Interviewing
- Solution Focused Counseling



**BUILDING HEALTHY LIVES, ONE PERSON,
ONE FAMILY, ONE COMMUNITY AT A TIME.**

When you're ready to embrace your personal goals and reclaim the life you've envisioned, please consider the Empowerment Center. We offer an opportunity for you to partner with a licensed professional in a safe, welcoming, and confidential environment.

The Empowerment Center is accredited by the Iowa Department of Human Services through the Iowa Administrative Code Part 441 - Chapter 24 as a Provider of Mental Health Services.

Give us a call and let's get started on the road to health and healing!



THE EMPOWERMENT CENTER

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MENTAL AND BEHAVIORAL HEALTH SERVICES

