

www.championmind.org



Comprehensive services through individualized quality care

Champion 
State of Mind

Mental Health and Addiction Services



About Us

As Mental Health and Addiction counseling providers, we have worked with thousands of clients and understand the intricacies of various psychological issues that people face.

Our work revolves around being friendly, disciplined, organized yet flexible. Our purpose is to be a transitory partner with you on your journey towards healing and self-discovery. It is you though, that dictates your direction.



Contact Us

Phone: 800-592-0180

Fax: 712-566-5229

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MENTAL HEALTH
SOLUTIONS
FOCUSED ON YOU

MULTIPLE CONVENIENT LOCATIONS ACROSS NORTHWEST IOWA

www.championmind.org

INFO@CHAMPIONMIND.ORG



The Champion Mindset Awaits You

Methods.

- Accelerated Resolution Therapy (ART)
- Dialectical Behavior Therapy (DBT)
- Solution-Focused Brief Therapy
- Motivational Interviewing
- 12 Step Facilitation
- Play Therapy
- Art in Therapy
- Trauma-Informed Care
- Lifespan Development
- Grief and Loss Therapy
- Animal Assisted Therapy (AAT)
- Cognitive Behavioral Therapy (CBT)

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The Champion Mindset

The Champion 360 diagram is an illustration of the connection between the Body, Mind, Soul, and Spirit. This model represents multiple areas of a person's life that require attentiveness and balance which contribute to a Champion State of Wellness.

Mental Health

We offer a range of mental health service options to assist youth, adults, couples, and families with psychological and behavioral issues. Such services are offered in both an individual and group setting.

Addiction

We provide a variety of addiction and substance counseling options to help with your road to recovery. Intensive Outpatient, Extensive Outpatient, OWI/DUI Evaluations, and individual services are available.

Family

To help strengthen the family unit, we provide family programs that improve individual family roles, attachment styles, communication strategies, disciplinary structure, and age-appropriate expectations.

Technology

Are you looking for a different style of therapeutic service? Then look no further! Telehealth and text-based therapy services are offered among many of our programs.

Why Choose Us

- WE BELIEVE all people can be a Champion within their lives.
- WE UNDERSTAND that all people are unique in their own extraordinary ways.
- WE TRUST that the Body-Mind-Soul-Spirit connection is true and each component is significant to the person's well-being.
- WE RESPECT each person's right to confidentiality and the necessity to feel secure.
- WE LEAD by example through accountability and transparent engagement while in service to others.



Referrals.

Self-referrals as well as referrals from mental health treatment providers and other service providers are accepted

Funding.

Various forms of insurance and self-payment are accepted. This practice provides services to all clients, regardless of the ability to pay. Discounts for essential services are available based on financial need.