



Inspire. Empower. Heal.

www.tanagerplace.org

Treatment Services

Individual, Family & Group Therapy

Located within Mental Wellbeing Clinic- 3rd floor of the Estle Center, 1030 5th Ave SE, Cedar Rapids



We use a variety of evidence-based therapists and interventions to partner with you in your journey of mental wellbeing. Some of these include:

- Play Therapy
- EMDR
- Parent-Child Interaction Therapy
- Strengths-based approaches
- Trauma-informed care
- Brainspotting
- Dialectical Behavior Therapy
- Mindfulness
- Music, Art and Drama Therapy
- Cognitive-Behavioral Therapy

Psychiatric Services-Medication Management & Psychological Testing

Located within Mental Wellbeing Clinic- 3rd floor of the Estle Center, 1030 5th Ave SE, Cedar Rapids



The psychiatry team at Tanager offers psychological testing, diagnosis and medication management through a comprehensive, evidence-based, trauma-informed approach to treatment. We provide data-based direction and insight to families who are experiencing cognitive, developmental, academic, or behavioral challenges. .

School-Based Services

Prevention, treatment and outreach services provided on site in schools throughout Eastern Iowa



Tanager is honored to be a trusted partner in over 60 schools across Eastern Iowa. Services may include, but is not limited to:

- Student mental health screening, treatment & referral
- Student prevention and support groups
- Comprehensive consultation for educators
- Training & professional development

Multi-Systemic Therapy (MST)

Intensive family and community-based treatment to address core causes of juvenile delinquency and antisocial behaviors



Therapists work in partnership with the entire system involved in a child's life. Therapists help youth ages 12-17 and their families develop healthier environments with the ultimate goals of improving youth mental health and reducing:

- Criminal activity
- Substance use
- Aggressive/violent behaviors
- Academic problems

For more information on any of the above programs, please visit www.tanagerplace.org

Contact Us Today: info@tanagerplace.org phone: 319-365-9164



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Treatment Services

Summit House Crisis Stabilization Residential Service (CSRS)

Located in SW Cedar Rapids, adjacent to the C Street Campus.



Short term services (typically up to five days) provided in our 8-bed residential house. The goal of CSRS is to stabilize and reintegrate youth back into the community. CSRS is designed for voluntary youth in need of a safe, secure environment that is less intensive and restrictive than an inpatient hospital. Services include:

- Evaluation & Assessment
- Stabilization plan
- Therapy
- Skill building
- Parent collaboration
- Linkage to services

PMIC (Psychiatric Medical Institute for Children)

Located at 2309 C Street SW in Cedar Rapids



We give youth who may have experienced psychiatric hospitalization and other intensive treatments a chance to flip the script, so they can return home and lead happier, healthier lives. PMIC programming takes place in a nurturing, home-like setting and centers around developing social, coping, and problem-solving skills. Our goal is to use trauma-informed care components to help youth reach their full potential and build positive, strong relationships. Services are provided by child psychiatrists, nurses, counselors, and direct care.

ICFID (Intermediate Care Facility for Intellectual Disability)

Located at 2309 C Street SW in Cedar Rapids



This program offers children and adolescents with mild intellectual disabilities and behavioral challenges a safe and supportive environment. Active treatment is individually tailored to improve and/or maintain skills and foster greater self-reliance and independence. The child's team includes:

- Child psychiatrist
- Counseling staff
- Nursing staff
- Direct-care staff



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