

Press Release

FOR IMMEDIATE RELEASE

Date: September 6, 2024

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CFR Introduces Mental Health Therapy Services in Webster City



Community and Family Resources (CFR) is pleased to announce the addition of a new Mental Health Therapist to our Webster City team. Tammy Holmstrom, LMSW, IADC, is dually licensed in the state of Iowa to provide substance use and mental health treatment services. She graduated from Sam Houston State University with a bachelor's degree in criminal justice victim studies. She then received her master's degree in social work from the University of Northern Iowa, with an emphasis on trauma.

Tammy is available to provide comprehensive mental health evaluations and individualized therapy to individuals ages 5+. She is experienced in helping individuals with a wide range of concerns, such as depression, anxiety, and co-occurring substance use disorders. She specializes in working with individuals who have experienced trauma and is able to teach individuals valuable distress tolerance and emotional regulation skills that can be applied in a wide variety of situations. Her therapeutic approaches include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Solution-Focused Brief Therapy (SFBT), and Attachment Theory.

Tammy understands how both common and novel stressors can impact life, relationships, work, and family. She believes that therapy should be a place where you can show up as your true self with a therapist who supports you with compassion and honesty. She believes in meeting each person where they are and working with them at their own pace to achieve their goals.

Tammy is currently welcoming new clients from the community. She will see clients at CFR's Webster City office (500 Fair Meadow Drive) on Tuesdays and Thursdays from 8:00 AM-4:30 PM beginning September 10, 2024. Individuals are welcome to contact CFR at 515-576-7261 to schedule an appointment with Tammy in the Webster City office.





CFR accepts Medicaid and most health insurance plans, and a sliding fee scale is available for those who qualify. Our programs are accredited by CARF as well as the Iowa Department of Health and Human Services (IHHS).

About Community and Family Resources (CFR): CFR offers substance use, mental health, and problem gambling treatment and prevention services. CFR serves 14 counties across Iowa: Boone, Calhoun, Cedar, Hamilton, Humboldt, Iowa, Johnson, Pocahontas, Polk, Story, Warren, Washington, Webster, and Wright Counties. In Fiscal Year 2023, CFR provided treatment services to 5,892 individuals and offered prevention services to schools, businesses, and community groups, reaching 8,691 individuals. For additional information, please visit CFR's website at www.cfrhelps.org or call 866-801-0085. Community & Family Resources is part of the IHHS Integrated Provider Network, with services funded by the Iowa Health and Human Services Dept. and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

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