



Our Mission

Mosaic Family Counseling Center Inc. is a Center of Excellence for supporting the healing of life's challenges.



We strive to provide holistic, nurturing and consistent therapeutic services to make meaningful connections. We support growth and change while being culturally responsive in a safe and comfortable environment that encourages others to become autonomous and successful.

*We all deserve to be happy
& feel capable in life*



Call us to find out about the different options available:

515.724.8920



Release of Information

I, _____,
authorize Mosaic Family Counseling Center Inc. to release to and
exchange information with (please include name, address and
phone number):

About (name and date of birth of client)

Name: _____ D.O.B: _____

This information is pertinent to the client's mental health, behavioral or academic needs as deemed by either agency. This information may contain copies of discharge summaries, clinical notes or diagnostic tests or assessments pertaining and attendance of treatment. This release may be requested for additional purposes or include additional information as specified.

The information shared may be written and/or verbal and it may be recurrently in existence and/or that which is made in the future. This information will only be shared with appropriate personnel on a need-to-know basis. This authorization at any time by giving written notice to Mosaic Family Counseling Center Inc. I understand that any release made prior to my revocation in compliance with this authorization shall not constitute a breach of my rights to confidentiality.

Specific Authorization for Release of Information Protected by State/Federal Law

I specifically authorize the release of data and information relating to: *(Please initial each specification)*

____ Substance Abuse ____ HIV/AIDS ____ Mental Health

Signature of Client/Parent/Legal Representative

PROHIBITION ON REDISCLOSURE: This form does not authorize the disclosure of medical information beyond the limits of this consent. Where information has been disclosed from records protected by federal law for alcohol/drug abuse records or by state law for mental health records, federal requirements (42C.F.R. Part 2) and state requirements (Iowa Code Ch. 27) prohibits further disclosure without the specific written consent of the client or as otherwise permitted by such law and/or regulations. A general authorization for the release of medical or other information is not sufficient for these purposes. Civil and/or criminal penalties may attach for unauthorized disclosure of alcohol/drug abuse or mental health information.

** Only persons 18 years of age or his/her legal representative may authorize release of mental health information. ** Only the subject may authorize release of substance abuse unless the subject is under legal age or incompetent as defined by statute.*



MOSAIC
Family
COUNSELING CENTER



Committed & Responsive

in service to all Families, Children and Individuals



5005 Douglas Avenue, Suite 101

Des Moines, Iowa 50310

Phone: 515.724.8920 • Fax: 888.771.3225

www.mosaicfamilyinc.com



Getting Started

Mosaic Family Counseling Center, Inc. works with many insurance companies and will gladly file your insurance claims for you. If you have a question regarding the accessing of any service listed here, please call and we will be glad to walk you through the process.

Behavioral Health Intervention Services and CMH Waiver will require Title XIX or Medicaid to qualify for payment of service.

We can help you with the application process for access to any of our services.

Anyone can make a referral, just fill out the release of information on the back of this brochure and you can make the call with the family to get an appointment. We will take it from there!

Mosaic Family Counseling Center, Inc. has many years of experience helping families and children meet their goals. After all, we all deserve to be happy and feel capable in life!



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Services

Psychotherapy Options

- Play-Based Therapy
- EMDR/Healing Trauma
- Christian Based Counseling
- Interactive Problem Solving
- Couples Counseling
- Family Counseling
- Parenting Support
- Grief Counseling
- Work and Career issues
- Stress Management
- Interactive Problem Solving
- Addiction & Recovery
- Low Fee Counseling Program

Assessment Services

- Psychological Assessment and Evaluation
- Custody Evaluations
- Placement and Parenting Assessments

Educational Services

- Clinical Supervision for Growing Clinicians
- Parent/Child Visitation Services
- Parent Education

Group Services

- Non-Custodial Parents Group
- Emotional Intensity Group (STEPPS/STAIRWAYS)
- Anger Management Group
- Substance Abuse Education Group

Behavioral Health Intervention Services (BHIS)

- Coping Skills
- Decision Making Skills
- Feeling Safety
- Learning Trust
- Feeling Self-Fulfilled
- Having A Positive Outlook
- Increasing Your Productivity
- Problem Solving Skills

Serving those who speak English & Spanish



Our Family

Mosaic Family Counseling Center Inc. has many affiliate therapists to suit your needs, here are a few in our core group.

Kenya Randall Rocha, MS, LMHC, NCC, ACS

Executive Director

Kenya Randall Rocha is a Licensed Mental Health Counselor. Kenya is an EMDRIA Certified EMDR therapist and provides services to families, children, couples and individual adults. Kenya has a strong commitment to treating children, adults and families to help them overcome life's adversities. Kenya provides services in English and Spanish.

Lexee Galloway, MS, LMHC, IADC

Associate Director

Lexee Galloway is a Licensed Mental Health Counselor. Some of Lexee's strengths are working with individuals and families struggling with substance abuse, co-occurring disorders, mood and anxiety disorders, interpersonal relationships, adjustment and personality disorders. Lexee is an interactive solution focused therapist whose approach is to provide support and practical feedback to clients, to help them effectively address personal life challenges.

Angela Brown, MS, LMHC, CRC

Angela is a Licensed Mental Health Counselor and Certified Rehabilitation Counselor. Some of Angela's strengths are treating issues of developmental disability, college and career, children exposed to trauma or abuse. Angela provides child, individual, couples and family counseling. Angela is also an EMDR therapist and uses this knowledge to work with people to enhance resiliency and reduce the effects of traumatic or adverse experiences.

Kristen Gruntorad MS, LMSW

Kristen is a Licensed Master of Social Work. Kristen's strengths are with adolescent girls in helping them manage emotional intensity and create a sense of self. Kristen is sensitive to the needs of families, to heal emotional injury and address needs to rebuild and increase a sense of confidence and connectedness. Kristen's practice focuses on female adolescents, mothers, parents and children.

To learn more about our family, visit www.mosaicfamilyinc.com.