



## CENTRAL IOWA TRAUMA RECOVERY CENTER

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Facilitating the process of healing and recovery for  
survivors of trauma and loss.

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[www.centraliowatrc.com](http://www.centraliowatrc.com)



# CENTRAL IOWA TRAUMA RECOVERY CENTER

## OVERVIEW

The Central Iowa Trauma Recovery Center (CITRC) is an innovative, clinically proven model of comprehensive care, advocacy and outreach that supports and improves physical and emotional health outcomes for survivors of trauma and loss.

## OUR MISSION

To enhance the process of healing and recovery for survivors of trauma and loss through intensive mental health services, advocacy and innovative supports.

## OUR VISION

Elevation of the standard of care for Iowa's trauma recovery system through the utilization of culturally responsive evidence-based practices.

## OUR CLIENTS

- 18 years or older
- Uninsured/Underinsured
- Polk and surrounding counties
- Significant barriers to obtaining mental health care
- Victim of a Serious Injury Crime, Homicide, Human Trafficking
- Are not currently receiving mental health services

## TO REFER A CLIENT TO CITRC

Monday - Friday 8:00 a.m. to 4:30 p.m. - Call 515.244.5372  
Evenings & Weekends - Call 515.644.2226

## OUR SERVICES

Our services are evidence-based and client focused. Our supportive care team works in partnership with each participant to reduce trauma symptoms, build resilience and improve their overall quality of life.

## SUPPORTIVE CARE TEAM

- Care Coordinator
- Mental Health Therapist
- Nurse Practitioner

## MENTAL HEALTH & CARE COORDINATION SERVICES

All CITRC participants will have access to evidence-based psychotherapy as part of a trauma informed treatment model.

All CITRC participants will have access to Care Coordination that is designed to empower and provide transitional levels of support for clients that leads to self-sufficiency.

## OUR EVIDENCE BASED PRACTICES

- Eye Movement Desensitization & Reprocessing (EMDR)
- Dialectical Behavioral Therapy
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Prolonged Exposure Therapy
- Skills Training in Affective and Interpersonal Regulation (STAIR)
- Psychological First Aid
- Skills for Psychological Recovery
- Acute Traumatic Incident Processing (ATIP)