

FOR IMMEDIATE RELEASE

Prelude Hires Central Iowa Regional Director

(Iowa City, IA) February 3, 2016 Heather Thomas is joining Prelude Behavioral Services as the Central Iowa Regional Director based in Des Moines. Thomas will be primarily involved in developing policy and procedures for the substance abuse and mental health counseling provider in Iowa.

Thomas, a Licensed Independent Social Worker (LISW) and Certified Alcohol and Drug Counselor (CADC) has extensive experience in a community mental health center working with a variety of people with issues ranging from schizophrenia to substance abuse.

Thomas received her BA in Psychology from Mt Mercy University, Cedar Rapids, and a Master of Social Work (MSW) from the University of Wisconsin.

"Mental health and addictions affect many families in Iowa. Prelude's mission is to be present for those in need by providing meaningful solutions that make a difference in people's lives," Thomas said.

Prelude, with treatment facilities in Des Moines and Iowa City, provides mental health and substance abuse counseling and prevention services to more than 15,000 Iowans each year. CEO Ron Berg said "Heather's experience and steadfast commitment to breaking the many barriers to mental health and substance abuse treatment for patients and their families is what Prelude is all about."

Founded in 1969, Prelude Behavioral Services, formerly known as MECCA SERVICES, is a CARF-accredited organization providing substance abuse and behavioral health services to all Iowans. Prelude's services are available to all income levels, social strata, ethnic origins, and occupations.



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Prelude provides a full continuum of substance abuse services to Iowans, including prevention and early intervention, evaluation, detoxification, outpatient and residential treatment, halfway and transitional housing, and case management. Prelude offers general mental health counseling and also addresses problem gambling prevention, education, and treatment. Prelude has major facilities in Des Moines and Iowa City, with satellite locations throughout central and eastern Iowa.

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