

## FOR IMMEDIATE RELEASE

### Prelude Hires Vice President

**(Iowa City, IA) February 3, 2016** April Knudsen is joining Prelude Behavioral Services as Vice President based in Des Moines. Knudsen is responsible for the oversight and direction of our clinical departments, focusing on prevention, treatment, and operational services for the substance abuse and mental health counseling provider in Iowa.

Knudsen received a Bachelor of Science in Biology & Health Sciences from Stephens College and a dual Master degree in Healthcare Administration and Public Health from Des Moines University.

"I am passionate about the services Prelude offers individuals and families seeking help. I am fully committed to driving the mission of Prelude by ensuring we have the staff and services to provide solutions to these families." Knudsen stated.

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 "April's experience as an administrator of behavioral and mental health centers is invaluable to the infrastructure of Prelude. With her guidance, we will continue to increase our co-occurring services for clients and their families."

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.

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.



CENTRAL IOWA REGIONAL OFFICE  
3451 Easton Blvd  
Des Moines, IA 50317

P 515.262.0349  
F 515.266.6808

EASTERN IOWA REGIONAL OFFICE  
430 Southgate Ave  
Iowa City, IA 52240

P 319.351.4357  
F 319.351.4907

Prelude patients give Prelude a score of 97% when asked if services have resulted in a hope for a better life, and a 90% score when asked if they have achieved their goals of treatment.

Prelude has major facilities in Des Moines and Iowa City, with satellite locations throughout central and eastern Iowa.



CENTRAL IOWA REGIONAL OFFICE  
3451 Easton Blvd  
Des Moines, IA 50317

**P** 515 262.0349  
**F** 515 266.6808

EASTERN IOWA REGIONAL OFFICE  
430 Southgate Ave  
Iowa City, IA 52240

**P** 319 351.4357  
**F** 319 351.4907

INFO@PRELUDEIOWA.ORG  
**PRELUDEIOWA.ORG**