Press Release

For Immediate Publication

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Community Health Center of Mason City welcomes Kristin Isaacson, LMHC, to Behavioral Health Team

Mason City, IA – Community Health Center of Mason City is pleased to announce that Kristin Isaacson, Licensed Mental Health Counselor (LMHC), has joined its behavioral health team. Kristin will provide counseling services, working with children, adolescents, and adults.

Kristin brings extensive experience in the behavioral health field, having worked with individuals and families across a wide range of ages and needs. Throughout her career, she has provided outpatient therapy, in-home family therapy, crisis assessments, residential counseling, and behavioral health services. Her experience includes working with individuals facing a variety of mental health and behavioral health challenges throughout different stages of life.

Kristen earned her bachelor's degree from South Dakota State University, where she double majored in Early Childhood and Elementary Education and minored in Human Development and Family Studies. She later earned her master's degree in Clinical Mental Health Counseling from the University of South Dakota in December 2010.

She has specialized in Dialectical Behavior Therapy (DBT) and Borderline Personality Disorder since 2019 and is a certified DBT provider. More recently, she earned her Certified Complex Trauma Professional, Level II (CCTP-II) credential. These areas of specialty allow Kristin to incorporate evidence-based techniques that help individuals build coping skills, navigate difficult emotions, and work through the effects of trauma.

"We are very excited to have Kristin become part of our behavioral health team. She brings a great deal of experience and knowledge, and we know she will be a wonderful addition. Providing access to mental health services is so important, and we are glad to continue growing our team to better support the individuals and families in our community," said Oteka Gonzalez, Office Manager.

Kristin enjoys continuing to learn about emerging research and treatment approaches and bringing that knowledge into her work with clients.

Appointments with Kristin Isaacson are being scheduled now. To learn more or schedule an appointment, call Community Health Center of Mason City at 641-450-0601.

About Community Health Center

Community Health Center of Mason City, a satellite of Community Health Center of Fort Dodge, is a Federally Qualified Health Center dedicated to providing comprehensive, high-quality, patient-centered healthcare regardless of a person's ability to pay. Services include medical, dental, behavioral health, optometry, care coordination, and more. The health center accepts Medicare, Medicaid, and most commercial insurance plans and offers a Sliding Fee Discount Program for eligible patients. For more information, visit www.*Chcfd.com* or call *641-450-0601.*