



NEWS RELEASE

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For Immediate Release

Seasons Receives Grant for Therapeutic Resources in Palo Alto County

Spencer, IA – Seasons Center for Behavioral Health received a grant award of \$1,274.09 from the Kossuth Cluster DCAT/CPPC to purchase therapeutic resources.

The specialized resources will serve children and adults from Palo Alto County and surrounding counties. The resources will help those who have experienced abuse, trauma, grief, loss, parental substance use, family violence, delinquency, and other childhood developmental conditions.

“Therapy provides people with an outlet to explore and work through the traumas, disruptions, and turmoil of life,” said Michelle Theesfeld, Outpatient Therapist for Seasons Center. “Having resources and tools not only enables us to provide a better therapeutic outcome, but it enhances the experiences as a whole. For some, it provides a medium through which they can speak, sometimes it provides clarity, and sometimes it opens doors for change.”

The purpose of this project is to continue to enhance, implement, and expand the availability of evidence-based resources and curriculum to use in providing behavioral health services to individuals, children, and families accessing services at Seasons Center in our Emmetsburg office location.

For more information on this event or services provided by Seasons, Autumn's Center, and Camp Autumn, please visit our website at: www.seasonscenter.org or call 1.800.242.5101.

Founded in 1959, Seasons Center for Behavioral Health continues to be a leading, comprehensive behavioral health center in the northwest region of Iowa. Offering a broad range of behavioral health Services, Seasons recognizes that investing in behavioral health is investing in a community's economic, education, health and human services systems. Seasons strives to empower individuals so they might become active, contributing members of their communities. For more information on Seasons' services, please visit www.seasonscenter.org or call 1-800-242-5101.

Avera is a regional partnership of health professionals who share support services to provide excellent care at 300 locations in 100 communities in eastern South Dakota and surrounding states. Our ministry, our people and our superior values distinguish Avera. We carry on the health care legacy of the Benedictine and Presentation Sisters, delivering care in an environment guided by our values of compassion hospitality and stewardship. Avera employs more than 13,500. Inpatient, outpatient and clinic visits totaled nearly 2.5 million in the last year, a number equal to more than twice the population of the Avera service area. For more information please visit www.avera.org.