



# NEWS RELEASE

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## **For Immediate Release**

### **Seasons Center Welcomes New Outpatient Therapist to Spencer Location**

**SPENCER** – Seasons Center for Behavioral Health and Autumn's Center welcome Lynae Otten, LISW, new outpatient therapist in our Spencer location.

Lynae comes to us with over six years of experience providing therapy to children and families. She has specialized training utilizing play therapy techniques in her work, was president of the Arkansas Chapter of Play Therapists, and has been doing therapy in a variety of settings including school, outpatient, and therapeutic day treatment for children.

Lynae will be joining the team at Autumn's Center upon opening in September 2016.

"Lynae will be a wonderful addition to our team of therapists who will be based at Autumn's Center," said Natalie Sandbulte, Director of Clinical Services at Seasons. "Her focus on play therapy and behavioral treatments for ADHD will enhance our current treatment options and give parents greater access to services."

Originally from Hartley, Iowa, Lynae has returned to northwest Iowa to provide care for our community, specifically children ages 2-8. Lynae received her bachelor's degree from Dordt College and master's degree from the University of Arkansas.

Lynae is currently accepting new clients. To schedule an appointment or to find out more about the services we provide, please call Seasons Center at 1-800-242-5101.

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Autumn's Center, the first of its kind regional children's center, will house rooms and offices designated to care for children's behavioral health, including areas for

psychiatric services, outpatient therapy, psychological testing, behavioral health intervention services, substance abuse counseling, parent education, and care coordination services. The center will offer a child friendly and healing environment throughout the building.

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](http://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](http://www.avera.org).