

Americas Best In Medicine Spotlights Zachary Pachol LMHC, NCC: VA Central Iowa SUD Coordinator & Living By Design Owner

Strengthening Mental Health and Substance Use Treatment Through Compassionate, Evidence-Based Care



West Des Moines, Iowa Mar 6, 2026 ([IssueWire.com](https://www.issuewire.com)) - Zachary Pachol, LMHC, NCC, is a dedicated clinical mental health professional recognized for his expertise in substance use disorder (SUD) treatment, trauma-informed care, and evidence-based therapeutic interventions. With a strong foundation in Cognitive Behavioral, Existential, EMDR, and Psychodynamic approaches, Zachary

integrates clinical precision with deep empathy, helping clients build coping skills while addressing the root causes of emotional and psychological distress.

Currently, Zachary serves as the Outpatient SUD Program Coordinator for the VA Central Iowa Health Care System. In this leadership role, he conducts comprehensive diagnostic assessments and provides both individual and group therapy to veterans navigating substance use and co-occurring mental health disorders. He also assists with overseeing program operations, ensuring compliance with national VA standards and The Joint Commission regulations. Through strategic process improvements and clinical workflow optimization, Zachary has enhanced program efficiency while strengthening the quality and accessibility of care. He additionally provides supervision and mentorship to clinicians and trainees, fostering professional development and maintaining high clinical standards across the outpatient SUD program.

Beyond his work within the VA system, Zachary is the Owner and Operator of Living by Design Mental Health Counseling, where he provides individual, couples, family, EMDR, and telehealth therapy services. In his private practice, he manages both clinical and administrative systems, including electronic medical record workflows, intake assessments, and policy development. His practice serves a diverse client population, and he tailors interventions to each individual's unique needs, promoting resilience, emotional regulation, and sustainable mental wellness.

"It sounds really corny, but I truly enjoy just being there for people," says Zachary. "So many people just need someone in their life that will be there for them, without passing judgment, and being that person for people is the best part about being a therapist."

Zachary earned his Bachelor of Science in Psychology from Iowa State University in 2015 and his Master of Arts in Clinical Mental Health Counseling from Northwestern University in 2020. He holds the National Certified Counselor (NCC) credential and has completed advanced EMDR training for both individuals and groups. His additional professional development includes Gottman Level 1 certification for couples therapy and VA Evidence-Based Practice certification, reflecting his commitment to delivering proven, research-supported care.

Prior to his current leadership roles, Zachary served as a mental health therapist at Mosaic Family Counseling Center, Choices Therapy Services, and within the VA Central Iowa BHIP SUD program. Across these positions, he cultivated expertise in crisis intervention, co-occurring disorders, addiction-focused interventions, and program coordination. He also provides clinical supervision to counselors seeking licensure, mentoring emerging professionals to ensure ethical practice, clinical competence, and continued growth.

Through his combination of clinical skill, administrative leadership, and genuine compassion, Zachary Pachol continues to make a meaningful impact in the fields of mental health and substance use treatment, empowering individuals and families to move forward with clarity, resilience, and hope.

Learn more about Zachary Pachol:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/zachary-pachol>

America's Best in Medicine

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