

Jasper County Cares Coalition

Aug 12, 2026 Post Packet



39 in attendance

**Employment and Job
Opportunities will be posted on
Facebook.**

www.jasperia.org/resources/

Jasper County Cares Coalition

The 2nd Wednesday at 10:30 AM

- September 9
- October 14
- November 11
- December 9

2026



Contact: jaspercocares@jasperia.org

Jasper Co. Office Building, Large Conference Room #006
315 W. 3rd St N. Newton, Iowa 50208

Jasper County Cares Coalition Meeting Sign In Sheet 8/12/2026

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You're not alone.

Find Connection to Behavioral Health Support & Resources!

Free, in-person System Navigation services are now available at Capstone Behavioral Health.



Main Office:

1123 1st Ave. E #200, Newton, IA
Tuesdays, 8:30 a.m.–4:30 p.m.



Connections Office:

306 N 3rd Ave., East Newton, IA
Thursdays, 8:30 a.m.–4:30 p.m.

Stop by for free help
and resources for:

- Mental health concerns
- Alcohol use
- Suicidal thoughts
- Housing & food needs
- Gambling
- Addiction
- Depression
- Drug use

System Navigation services are available to all Iowans free of charge.

Learn more about cancer

in Jasper County

**Did you know? Iowa has the 2nd highest rate
of new cancer diagnoses in the U.S., and rates
are rising!**

254 people
in Jasper County are
diagnosed with cancer
each year, on
average

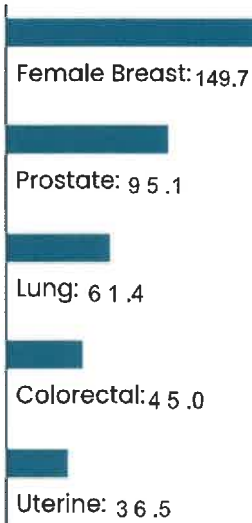
85 people
in Jasper County
die of cancer
each year, on average

Jasper County ranks
#60
for new cancer rates in
Iowa
where #1 is highest and #99 is
lowest

Join experts from the Iowa Cancer Registry
to learn about cancer trends, statistics,
and risk factors in your county.

Top cancers in Jasper County

Based on age-adjusted incidence rate per 100k



Wednesday, September 9, 2026

9:00 – 10:00 AM

Jasper County Health Department
315 W 3rd Street N
Suite 006 (Large Conference Room)
Newton, IA 50208

This meeting will be livestreamed
via Zoom
RSVP to attend in-person or online
at <https://tinyurl.com/jaspercoia>
or use the QR code



Iowa Cancer
Consortium

www.iowacancer.org

IOWA
HEALTH CARE

Holden Comprehensive
Cancer Center





Capstone Behavioral Healthcare

Let us be part of the solution!

We are now offering Intensive Outpatient (IOP) services!

What is IOP?

An Intensive Outpatient Program (IOP) is a structured substance abuse treatment program that allows individuals to live at home while receiving frequent therapy and support.

- Designed for individuals who do not need 24-hour care
- Often used as a step-down from inpatient/residential treatment or as a higher level than standard outpatient



Requirements

Adults: Minimum 9 hours per week of treatment

Adolescents: Minimum 6 hours per week of treatment

3-5 days a week

2-4 hours per session

- Allows for work, school, and family responsibilities.

Referrals may come from:

- Courts / Probation
- Healthcare providers
- Self-referral



Who is IOP appropriate for?

- Have a substance use disorder diagnosis
- Do not require detox or 24/7 supervision
- Are motivated to participate in treatment
- May be involved with court/probation requirements (e.g., OWI cases, OWI Classes)



Core Services

- Group therapy (primary component)
- Individual counseling
- Substance use education
- Relapse prevention planning
- Family therapy (when appropriate)
- Mental health / co-occurring disorder treatment

Why Choose Us

We are dedicated to helping you create a better life for yourself. And we have services that can support you every step of the way. Call 641-792-4012 to schedule an intake with one of our providers today!



capstonebh.com



641-792-4012



306 N 3rd Ave E, Newton, IA 50208

A Journey Through **PARKINSON'S** DISEASE



If you are struggling with Parkinson's disease (PD) or know someone who is, it is helpful to know where to find support on the journey.

Join us to learn about:
causes, symptoms, and treatments of PD,
and **therapeutic activities** that can be done in the home.

Scan to find a list of
upcoming events



go.iastate.edu/CAZF9P

**Join us for a three-part series
held virtually on zoom!**

September 1, 8, & 15

Tuesdays at 1:00 - 2:00 PM

OR

November 4, 11, & 18

Wednesdays at 1:00 - 2:00 PM

Register at go.iastate.edu/CAZF9P

Questions?

Contact Cathy Drost

cdrost@iastate.edu | 641-676-9123

**Thanks to support from the Herb Howell
Grant for Excellence in Extension, this
program is offered at no cost to participants.**

The fees for service will be used to offset direct expenses and to support the Health and Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/legal. HS 90 3/2025

THE science OF parenting



ONLINE PARENTING WORKSHOPS

Understanding Research and Reality*

August 5th | 8:00pm

Register: <https://go.iastate.edu/RCQ6LZ>

Discover how research can guide your parenting approach while addressing real-life challenges. Learn practical techniques to navigate parenting realities.

Understanding Temperament*

August 12th | 8:00pm

Register: <https://go.iastate.edu/NPVUKZ>

Every child is unique! Explore temperament traits and understand how they shape your child's emotions and behaviors.

Children's Ages and Parenting Stages*

August 19th | 8:00pm

Register: <https://go.iastate.edu/VFPAFK>

Kids grow, and so do parents! Learn how to adapt your parenting style to fit your child's age and developmental stage.

Positive Discipline*

August 26th | 8:00pm

Register: <https://go.iastate.edu/CEBOK5>

Turn guidance and discipline into an opportunity to strengthen your relationship with your child. Learn the key differences between discipline and punishment.

Cost: \$10 per workshop

Registration deadline is
7 business days
prior to each workshop.

REGISTER NOW!



<https://go.iastate.edu/FAMTL2>

Questions?

Hailey Walker

641-895-9037

hburgher@iastate.edu

* approved for foster parent credit



A CHILD CARE CAREER IN YOUR HOME

Do you want to work from home and be your own boss while setting your own hours?

- Love working with children?
- Want to care for other children while staying home with your own?
- Can you provide a safe, clean, and kid-friendly home?
- Are you at least 18 years old?

Child Care Resource & Referral (CCR&R) Will Guide You Through the Department of Health and Human Services (HHS) Application Process

Getting Started

- Contact Child Care Resource & Referral in your area: [Iowa CCRR](http://www.iowaccrr.org)
- They will assist you through the process of getting registered and provide continued guidance for professional development and training

- Complete Essential Preservice Series or ECE-133 Training
- Complete Mandatory Child Abuse Reporter Training & CPR/First Aid
- Send CCR&R the completed application packet

In the Process

Moving Forward

- Prepare your home for HHS pre-inspection
- Review pre-inspection checklist with your Child Care Consultant
- Pre-inspection of your home by HHS
- Correct any pre-inspection issues

- Professional Development Training
- Continuous Quality Improvement
- Free Child Care Consultant Support

Ongoing Support

Open Your Business

For support navigating your business, additional resources can be located on our website: [iowaccrr.org](http://www.iowaccrr.org)

NEWTON LOCATION:

1123 1st Ave, E. Suite #200
Newton, Iowa 50208
641-792-4012

GRINNELL LOCATION:

200 4th Ave. W.
Grinnell, Iowa, 50112
641-528-6065

OFFICE HOURS:

Monday: 7:30 a.m. - 5:00 p.m.
Tuesday: 7:30 a.m. - 5:00 p.m.
Wednesday: 7:30 a.m. - 5:00 p.m.
Thursday: 7:30 a.m. - 5:00 p.m.
Friday: 7:30 a.m. - 3:00 p.m.

CONTACT:

Center Director

Julie Smith
julies@capstonebh.com

Assistant Director

Sarah Urias
sarahu@capstonebh.com

Clinical Director

Jessica Virzi
virzij@capstonebh.com



YOUR LIFE IOWA

We walk beside you so you know you're never alone. When you don't know whom to turn to about a problem with alcohol, drugs, gambling, suicidal thoughts, or mental health. Your Life Iowa is here for you 24/7. We provide free, confidential support and connect you to resources meant to help you get your life back on track.

Call: 855-581-8111
Text: 855- 895-8398
www.yourlifeiowa.org



Capstone Behavioral Healthcare is a 501(c)3 non-profit organization that has been providing quality services in mental health, chemical dependency counseling, and community-based care since 1968.

Our mission at Capstone Behavioral Healthcare is to raise awareness of mental health, substance abuse, and chemical dependency. We strive to provide education, resources, and treatment in these areas and strive to be a strong pillar in the communities we serve.

Let us be a part of the solution!

WWW.CAPSTONEBH.COM
FACEBOOK.COM/CAPSTONEBEHAVIORALHEALTHCARE

CAPSTONE PROGRAMS & SERVICES

MENTAL HEALTH OUTPATIENT

Outpatient mental health services at Capstone are delivered by a multi-disciplinary team of nurses, psychiatric providers, and mental health therapists, including psychologists. This team approach allows us to provide a comprehensive, integrated, continuum of treatment and services to support both children and adults at our locations in Newton and Grinnell.

Services offered include:

- Comprehensive psychiatric and psychological evaluations
- Medication management services
- Emergency and crisis services
- Empirically based treatments including DBT, CBT, EMDR, Mindfulness-based therapies, and more.
- LPHA Assessment for BHIS
- Couples Therapy

CHILD FOCUSED THERAPIES

Children require therapies to assist them with their behavioral and emotional needs. Traditional therapy methods are often not effective for them. Members of our therapy team are trained in many evidenced based therapies for children, including:

- Play Therapy
- Eye Movement Desensitization Reprocessing Therapy (EMDR) for children
- Trauma Focused Cognitive Behavioral Therapy (TFCBT)
- Parent-Child Interaction Therapy (PCIT)

JUSTICE INVOLVED SERVICES

Case Management is available for individuals who are in contact with the criminal justice system because of mental health or co-occurring disorders. Participation in the Justice Involved Program is voluntary. Individuals should have the ability and willingness to participate in and receive assistance from the program and agree to develop and work on identified goals.

PSYCHOLOGICAL TESTING

Psychological testing - also called psychological assessment - is the foundation of how psychologists better understand a person and their behavior. It is a process of problem-solving for many professionals - to try and determine the core components of a person's psychological or mental health problems, IQ, or other concerns. It is also a process that helps identify not just the challenges of a person, but also their strengths.

- ADHD
- ID Waiver
- Bariatric/Pre-Surgery Evaluation
- Dementia
- MMPI/Personality Assessment/Diagnostic Clarification

SUBSTANCE ABUSE / CHEMICAL DEPENDENCY

Capstone Behavioral Healthcare offers alcohol and substance use evaluations, Intensive Outpatient Program (IOP) treatment, Extended Outpatient Program (EOP) treatment, and referrals for individuals experiencing co-occurring mental health and substance use disorders. In addition, we provide OWI Evaluations and OWI Classes to help individuals fulfill legal requirements while supporting healthier choices and responsible decision-making.

REPRESENTATIVE PAYEE SERVICES

Capstone offers payee services for individuals who receive Social Security funds. Individuals who utilize this service pay a small fee approved by the Social Security Administration.

CONNECTIONS

Connections is a peer-driven day program that is located in Newton and Grinnell. Connections offers supportive daily activities for persons who have a mental health diagnosis. Peer-driven activities are the focus of each day. A light lunch is provided daily. Staff is available throughout the day to guide and support members.

Newton Connections:
306 N 3rd Ave E, Newton, IA 50208
Grinnell Connections:
729 Pearl St, Grinnell, IA, 50112

COMMUNITY SUPPORT SERVICES

Community Support Services (CSS) are designed to assist adults living with severe or persistent mental illness in maintaining stability, improving daily functioning, and achieving greater independence in their communities. This program focuses on empowering individuals by addressing mental health symptoms that impact their ability to live, work, and interact effectively within their environment.

INTENSIVE PSYCHIATRIC REHABILITATION

Intensive Psychiatric Rehabilitation (IPR) is a structured, person-centered program designed to support individuals living with serious and persistent mental illness. The program focuses on recovery, improved functioning, and a higher quality of life by helping individuals achieve meaningful goals in one of four primary life areas: living, learning, working, or socializing.

PEER SUPPORT

The Peer Support Services program is a recovery-oriented initiative grounded in the belief that individuals with lived experience of mental health challenges can play a powerful role in supporting others on their recovery journeys. Peer Support Specialists use their personal experiences, combined with professional training, to offer empathetic support, promote hope, and foster personal empowerment among individuals navigating mental health and wellness challenges.

SUPPORTED COMMUNITY LIVING

The Capstone Supported Community Living Program offers both community-based and residential services in Jasper County and Poweshiek County for persons with chronic mental illness. The services are designed to maximize independent living by providing support, direction, and skill training.

RESOURCE NAVIGATION

Navigators work closely with individuals to identify available resources within the community—such as housing assistance, healthcare, employment support, and educational programs—and guide them through the process of accessing these services. Beyond simply providing information, they help with applications, referrals, and follow-ups, ensuring that each person feels supported every step of the way. Resource Navigation empowers individuals to make meaningful progress toward stability and well-being.



Meet Our Team!

Jane Moore
Lifelong Links Data Coordinator



Jane Moore joined Aging Resources in August of 2016 and is the Lifelong Links Resource & Database Coordinator, earning the title of "lifesaver" from her team. With her unwavering dedication, she keeps vital information readily available for the staff, ensuring they can provide exceptional support. Jane's fun-loving spirit and inspiring life stories uplift everyone around her. Always willing to help, she embodies teamwork and compassion, reminding us that small acts can make a meaningful impact.

Looking for a Nutrition and Wellness Specialist?

Stephanie offers an array of wellness activities, knowledge of nutritional challenges older adults face, and is a wealth of knowledge for any questions you have about health! To connect, please call us or email Stephanie Labenz directly at: stephanie.labenz@agingresources.com



Outreach: Walk-ins Welcome!

Aug. 10: 9-2pm, WeLift, Warren County

Aug. 25: 9-11am, Winterset Library,
Madison County

Aug. 26: 11-1 pm, Sixty Forward, Story County



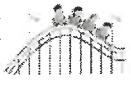
"At the Iowa State Fair, you learn a very important life rule:
absolutely anything can be deep-fried if you try hard enough."

- Unknown

August FUN FACTS

August 3rd is National Watermelon Day - refreshing for the recent heat! 

Get your slippers ready.. August 10th is National Lazy Day. Enjoy a snooze or two! 

Perfect timing during the fair, August 16th is National Roller Coaster Day! 

And finally, August 28th, National Bow Tie Day - how snazzy! 

Agency Activities and Presentations

Aug 4: 4pm NATIONAL NIGHT OUT - Polk County Sheriff's Office

Aug 6: 12pm ACES meeting at Albaugh Community Center in Ankeny

Aug 6: Iowa Conference on Aging at Prairie Meadows in Altoona

Aug 6: 10-11am Aging in Place Panel in Newton, Jasper County

Aug 19: 11am S.A.L.T. Mtg and Presentation, NW Senior Center in DSM

Aug 20: 10am Straight Talk Event, Resource Table in West DSM

Aug 20: 3pm Financial Safety Pres. - Oak Park in DSM

Aug 21st: 3pm Financial Safety Pres. - Royal View Manor in DSM

Aug 23: 11am Aging In Place Pres. - First Unitarian in DSM

Aug 24: 2:30 pm Financial Safety Pres. - Highland Park in DSM

Aug 25: 3pm Financial Safety Pres. - Southview Manor in DSM

Aug 26: 3pm Financial Safety Pres. - Eastview Manor in DSM

Aug 26: 2pm The Cost of Aging in Place - Sixty Forward in Ames

Aug 27: 8:30am Suicide Risk Factors: Health & Aging in Ames

Aug 27: 11:30am Medicaid 101 Presentation in Perry

Aug 27: 6pm Medicaid 101 Presentation in DSM

If you are interested in a presentation or in-service for your team,
please contact Crystal at crystal.doig@agingresources.com

THANK YOU to our July Partners: **USDA Rural Development, Optimal Aging, and Senior Helpers.**

If you are interested in presenting or speaking with the LifeLong Links Team, please email Jane at:
jane.moore@agingresources.com

VENDORS WANTED

Senior Health & Wellness Event

Date: Wednesday, September 30th

Time: 9:00 AM - 12:00 PM

**Location: The Gathering Place of Monroe
113 S Monroe St.**



MONROE SENIOR & COMMUNITY CENTER

- **Senior Living**
- **Senior Health**
- **Senior Planning**
- **Booth Fee: \$150**
- **Set-up begins at 8:00 AM**

*For More Information or to register
Email: monroegatheringplace@gmail.com*



Senior Living & Wellness Fair

PRESENTED BY THE GATHERING PLACE
113 S MONROE ST

Wednesday September 30, 2026

9:00 am - 12:00 pm

At

The Gathering Place of Monroe

FREE to Attend

Join us for a morning dedicated to **senior living, senior health, and planning resources**. Meet with local **vendors**, ask **questions**, and **explore** options for you or a loved one.

Senior Living Vendors
Senior Health Resources
Senior Planning Services
Refreshments provided
Raffle prizes

Everyone is **welcome** — bring a **friend** or **family member**!

ember

Recovery is possible.

CRISIS STABILIZATION

At Ember Recovery, we offer the Ember Crisis Stabilization Program for youth ages 13-17 experiencing an acute mental health, behavioral health, or substance use crisis that requires more support than a pediatrician visit, but less than a trip to the emergency room.*

We know how overwhelming these moments can be for youth and their families. In our safe, unlocked facility with 24-hour supervision, youth receive short-term stabilization services focused on reducing distress, restoring safety, and preventing concerns from escalating into longer-term mental health challenges.

**Anyone experiencing suicidal or homicidal ideation should immediately go to the hospital.*

WHAT TO EXPECT

During their stay, youth and families can expect:

- + 24-hour supervised shelter placement in an unlocked facility. Typical stays range from 1-5 days, with extensions up to 14 days based on individual needs.
- + A comprehensive assessment completed by a licensed professional to determine appropriate next steps.
- + Services that may include mental health support, behavioral health services, substance use treatment, medication management, and family therapy.
- + Active family involvement to establish goals, strengthen communication, and support stabilization.
- + Coordinated discharge planning with referrals and recommendations for continued services within the youth's community.

We are here to provide the support and care your family needs during challenging times. Call the Ember Recovery team at 515-373-9088 and let us help you through this difficult time.

ADOLESCENT PROGRAM

Is your teenager showing signs of substance use? Ember Recovery is here to help. Our successful residential addiction treatment program provides evidence-based services in a safe, homelike environment.

LEADING THE WAY

Ember's innovative approach to substance use disorder treatment has already helped 5,000 youth across Iowa.

Here's how we support your teen:

- + We offer an environment focused on recovery and well-being.
- + Gender-specific treatment ensures that youth receive support tailored to their unique needs.
- + Our highly trained team helps build coping skills, practice trauma-informed care, and motivate youth to succeed.
- + Teens continue their education while in treatment, often catching up on high school credits they previously missed.
- + Our financial team works with each family to find a funding option that meets your needs, and we accept most commercial insurance.

IN THIS TOGETHER

We understand the vital role of family in the recovery journey. At Ember Recovery, family involvement is integrated into treatment through visits, family therapy, and virtual parent information sessions.

Throughout the year, our Strengthening Family Weekends bring current residents and their family members together for training, meals, and games. We teach parents how to support their kids through bonding, setting boundaries, and monitoring.

We are committed to helping your teenager and your family navigate the path to recovery with compassion and support. Call the Ember Recovery Team now at 515-373-9088 and take the first step towards a brighter future today!

A LIFETIME OF SUPPORT

Our commitment to you doesn't end when you leave our programs.

We continue to stand by your side as you return to your community and work towards a brighter future.

We offer a lifetime of support for a lifetime of recovery, including:

- + Regular check-ins from an Ember Recovery advocate to ensure you're doing well.
- + Scholarships to help you pursue higher education and achieve your dreams. →

We're here for you every step of the way, because your journey to recovery is our priority.





BASIC CENTER PROGRAM

The YSS Basic Center Program (BCP) is a short-term emergency shelter that provides crisis care to youth who are at risk of running away or experiencing homelessness. Youth are eligible for BCP if they are not already receiving services from the child welfare or juvenile justice systems and are under the age of 18.

The YSS BCP is located on the Ember Recovery Campus in Cambridge, IA. Ember is a 52-acre, nature-based, and trauma-informed facility that provides BCP, Crisis Stabilization, and Residential Substance Abuse Treatment. BCP provides a wide variety of services and supports to help stabilize the crisis that may be making the youth want to run and/or provide support around housing instability. The goal of BCP is to help reunite youth with their families or locate alternative stable placements for long-term success.

Ember Recovery Campus works with YSS's Iowa Homeless Youth Centers (IHYC) to provide street outreach and street-based services to remove barriers to transportation and better connect youth with services.

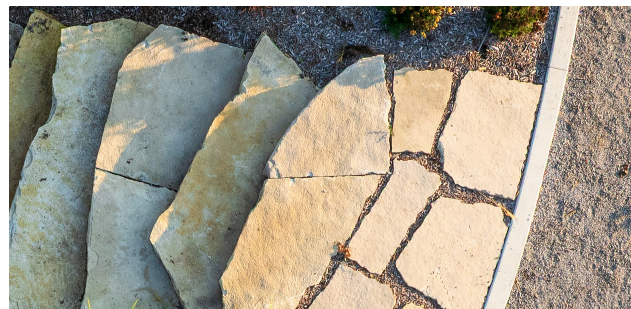
**Anyone experiencing suicidal or homicidal ideation should immediately go to the hospital.*

WHAT TO EXPECT

- + 24-hour emergency shelter in a safe, unlocked facility (stay up to 21 days)
- + Mental health assessments to guide next steps
- + Supportive services including food, clothing, medical care, and counseling (individual, group, or family)
- + Daily programming with life skills, recreation/wellness, education, workforce planning, and family/positive support involvement
- + Discharge planning with community service recommendations and follow-up/AfterCare support

REFERRAL PROCESS

- 1 Call 515-882-5190.
- 2 Staff will conduct a brief screening to determine eligibility for BCP.
- 3 Once eligibility is confirmed, the youth will be admitted into the program and services will begin.



LOCATIONS



VIRTUAL INTENSIVE OUTPATIENT PROGRAM

Tailored, Expert, Compassionate Substance Use Care for Youth (13–17) and Young Adults (18+)

Ember Recovery specializes in helping youth and young adults reclaim their lives from drug and alcohol addiction through expert, compassionate care. Our Virtual IOP is designed to deliver high-impact treatment that fits into real life — accessible, flexible, and built on proven results.

FULLY VIRTUAL. EASY TO START. BUILT FOR REAL LIFE.

- + Participate from anywhere — no travel required.
- + Flexible scheduling Monday–Thursday.
- + Quick, simple enrollment — get started with ease.

EVIDENCE-BASED. EXCEPTIONAL OUTCOMES.

- + Grounded in proven clinical practices that drive real change.
- + Engaging, age-appropriate group therapy sessions.
- + Additional support available as needed, including family services and individual counseling.

A FULL CONTINUUM OF CARE

- + Recovery is a journey — and Ember Recovery is with you every step of the way.
- + **IOP → Residential Treatment → Step-Down IOP → Extended Outpatient (EOP) → Independence**
- + Whether entering directly or transitioning from a higher level of care, participants receive the right support at the right time.

OPEN TO THE COMMUNITY

- + Welcoming youth graduating from Ember Recovery and the broader community.
- + Referrals accepted from families, schools, healthcare providers, and community partners.

START STRONG. STAY SUPPORTED. SUCCEED.

We believe in the power of possibility. With expert guidance, compassionate care, and a flexible virtual format, recovery isn't just possible — it starts at Ember Recovery.



**Freedom from Drug and Alcohol
Addiction is Possible**



LEARN MORE



REFER NOW

SCAN, CALL **515.373.9088** OR EMAIL:
ADMISSIONS@EMBERRECOVERY.ORG
TO MAKE A REFERRAL NOW



Behavioral Health System Navigation

System Navigation is a non-crisis, but time-sensitive response service that helps individuals and those supporting them — their family members, caregivers, professionals, and community members — understand, access, and connect with behavioral health supports and services across Iowa.

Behavioral Health System Navigation does not provide clinical assessment, treatment, medication prescriptions or counseling services. Instead, it helps people better understand their options and get connected to what they need.

Support is provided by System Navigators – trained and experienced peer support specialists, community health workers and behavioral health professionals. They bridge barriers to care by connecting community partners, health care professionals and the individuals they serve with:

- Confidential support.
- Information and education.
- Referrals to mental health and substance use providers.
- Assistance in finding psychiatric beds, if needed.

Who can benefit from System Navigation services?

- **Individuals who seek services for themselves.**
- **Partnering providers**, such as disability access points (DAPs), social workers, law enforcement, correctional facilities, health care providers, crisis service workers, educators and schools, and others who seek assistance for people they serve.
- **Family members, caregivers, or friends** who seek services for a loved one. *(Adults or guardians must request this service on behalf of a child or adolescent.)*

Behavioral Health System Navigation connects Iowans to services that address:

- Mental health concerns.
- Substance use disorders and recovery services.
- Gambling concerns.
- Addictive disorders

System Navigation addresses financial, housing, social or employment concerns. The service also ensures access to support for rural Iowans and populations with limited access to healthcare.

Who is eligible and how much does it cost?

System Navigation services are **free of charge**. There are no insurance requirements.

Starting July 1, Community Partners can contact System Navigators directly. Call (515) 505-8988.

(continued)

How do Community Partners and Providers access Behavioral Health System Navigation?

Starting July 1, Community Partners and Providers can call (515) 505-8988 to coordinate directly with Iowa Primary Care Association's Behavioral Health System Navigators.

Iowans seeking assistance can call Your Life Iowa at 855-581-8111.

Iowans seeking assistance will be connected with a System Navigator via warm hand-off during business hours.

Monday-Friday, 8 a.m.-4:30 p.m.

All calls will be returned within 24 business hours.

All callers will be connected with a System Navigator within one business day. *Immediate crises or medical emergencies should be directed to 911 or 988 (the National Suicide Prevention & Crisis Lifeline).*

Community Partners and/or the people they serve can meet with a System Navigator via a phone call or through online support. *Community Partners will be notified when in-person System Navigation services are available.*

The System Navigator will help all participants explore options and overcome barriers to care. They can also help find beds for individuals who need inpatient psychiatric care or community-based crisis care.

Throughout the process, the System Navigator will offer support and connection, providing “warm hand-offs” to providers and services.

You may continue to reach out to your System Navigator as needed, and they will follow up to ensure individuals received the support they needed.



Free Help to Connect to Behavioral Health Support

You are not alone.

Behavioral Health System Navigators from the Iowa Primary Care Association are here for you.

Free, in-person System Navigation services are now available at **Capstone Behavioral Health.**



Main Office:

1123 1st Ave. E #200

Newton, IA 50208



Tuesdays, 8:30 a.m. - 4:30 p.m.



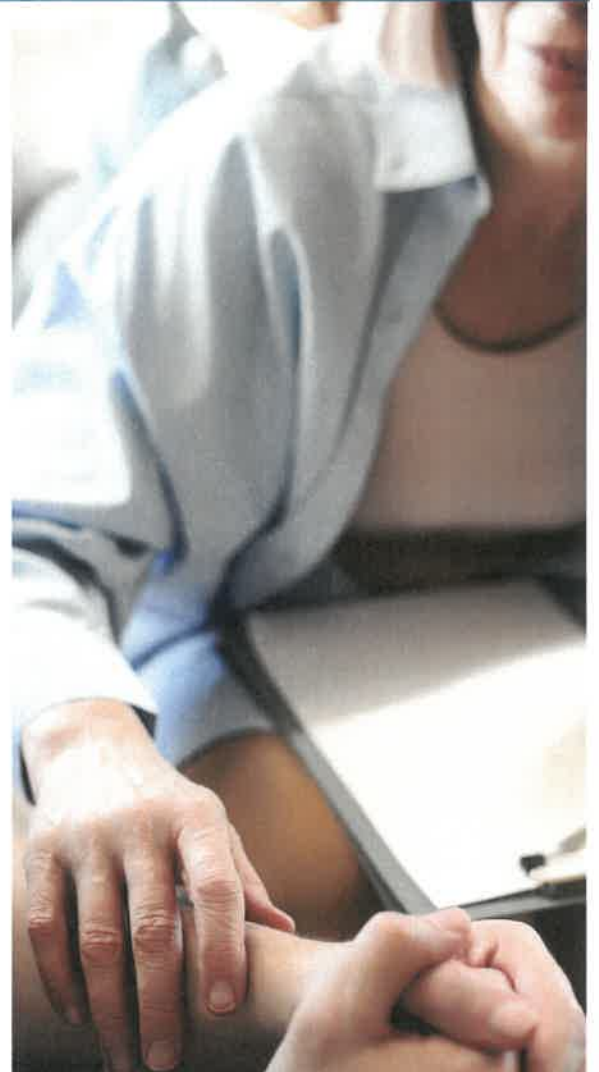
Connections Office:

306 N 3rd Ave.

East Newton, IA 50208



Thursdays, 8:30 a.m. - 4:30 p.m.



Stop by for FREE help and resources for:

- Mental health concerns
- Alcohol use
- Suicidal thoughts
- Housing & food needs
- Gambling
- Addiction
- Depression
- Drug use

System Navigation services are available to all Iowans free of charge, and there are no insurance requirements.

Please note: Locations, days and times are subject to change.



No judgment.

Just connection to confidential help & support.



Pasadena Villa[®]

OUTPATIENT *Des Moines*

The Pasadena Villa Outpatient Treatment network provides treatment for adults, 18 years or older, struggling with various mental health conditions. The levels of care offered include partial hospitalization and daytime/evening intensive outpatient programming.

Levels of Care

Partial Hospitalization Program (PHP)

PHP meets in person five days a week for six hours per day.

Intensive Outpatient Program (IOP)

IOP meets in person three to five days a week for three hours a day.

What We Treat

- Anxiety Disorder
- Major Depressive Disorders
- Mood Disorders
- Bipolar Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Personality Disorders

How We Treat

Our program is firmly rooted in evidence-based treatment methods with treatment plans specific to each client's needs. In tandem with our Social Integration Model™, which enables clients to put skills learned into practice with the support of their therapist, our clinical team uses multiple therapeutic modalities including:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Family Therapy
- Group Therapy
- Individual Therapy
- Expressive Therapy

Payment Options

We offer a variety of payment options, including in-network, out-of-network, and private-pay rates that may vary by state or location. Please contact us at 563.723.4401 to learn more about the financial and insurance options available.

All Pasadena Villa facilities are proud to be
Joint Commission Accredited.



Admissions: 515.505.7431
Fax Number: 515.259.6053
Direct Office Number: 515.532.7840

Pasadena Villa Outpatient Des Moines
4500 Westown Parkway, Suite 120, Des Moines, IA 50266
pasadenavillaoutpatient.com/des-moines

