Poweshiek County Inter-Agency Resource Guide

January 10, 2018
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Groceries and Meals

WIC Clinics (Well Child) 800-390-5293
See “Services for Expectant Mothers / New Parents,” page 8, for complete entry.

SNAP (Food Stamps)
This is a DHS program. MICA can give families the application forms for this and other DHS programs. Call MICA at 641-236-3923. Grinnell Farmer’s Market accepts SNAP payments.

Grinnell Community Meal SJAG@grinnell.edu
Davis Elementary School Cafeteria, 818 Hamilton Ave., Grinnell
Free meal prepared by community members and Grinnell College Social Justice Action Group.
Open to anyone. Tuesdays, served from 5:45 to 6:15 pm; year around except for a few weeks in late summer and in mid-winter.

Food Recovery Network 641-236-6059
Prepared foods are available for pick-up. Bring your own containers.
First Presbyterian Church, 1025 5th Ave., Grinnell, Tues, Wed, Thurs: 12:00–1:00 pm.
(Tues only in summer)
Station Clubhouse, 729 Pearl St. (lower level of Pearl St. Apts.), Sat. 2:00 pm.
Park on the west side of the building.

Grinnell Food SHARE – food-buying coop
www.shareiowa.com
Local contact: Robin Young 641-236-3972
Order and pay for food the first Tues. of each month at Grinnell Senior Center, 12:30 – 1:30 pm.
Pick up food on 4th Sat. at St. Mary’s Religious Ed Center, 1013 Broad St., Grinnell

Bountiful Baskets Food Co-op
www.bountifulbaskets.org
For an introduction, select the tab “New Participant Instructions”
Find local information by selecting the tab “Locations” and entering IA for the state.

Imagine Grinnell – garden plots 641-236-5518
PO Box 344, Grinnell
Coordinates the Grinnell Community Garden, which offers low-cost and free growing space. Plot reservations are due in the month of March; the growing season is April through November. Also provides free summer educational programming.

ISU Extension and Outreach
www.extension.iastate.edu/foodsavings/recipes/all
This website offers recipes that are low-cost and nutritious.

Meals on Wheels

Grinnell Senior Center 641-236-2612
925 East St. (First Baptist Church), Grinnell
Meals on Wheels and Congregate (on site) Meals
**Brooklyn Activity Center**  
122 Jackson St., Brooklyn 52211  
Meals on Wheels and Congregate (on site) Meals  

**Montezuma Nursing and Rehab**  
Meals on Wheels  

**Food Pantries**

**Mid-Iowa Community Action (MICA) – Food Pantry**  
611 4th Ave, Grinnell  
Operates an emergency food pantry for those in need; distributes vouchers for milk and bread provided by local churches; distributes fresh produce from local farmers. Mon – Fri, 8:30 am – 4:30 pm  

**Brooklyn Food Pantry**  
St. Patrick’s Catholic Church, 211 Jackson St. (alley entry)  
Wed. 2:00 – 6:00 pm. Contacts: Betty Klein, Mary Carlson  

**Malcom Food Pantry**  
Methodist Church Basement  
Thurs. 4:00 – 6:00 pm  

**Montezuma Food Pantry**  
501 N. Front St., east building  
Mon. 10:00 am – 12:30 pm, Wed. 2:00 – 4:30 pm, Thurs. 4:30 – 6:30 pm, Fri. 1:00 – 3:00 pm  
The client choice pantry is for Poweshiek county residents only. Clients must meet government guidelines of household income not exceeding over 185% of federal poverty threshold and have updated ID to serve as address verification and list all living in the household with DOB, and SS.  

**Malcom Mobile Food Pantry**  
Malcom Auditorium, 212 Main St., Malcom  
Food from NEIA (Northeast Iowa) Food Bank  
The 1st Wed. of every month, from 4:30 pm until supply runs out.  

**Food in the Schools**

**Free and reduced lunch program**  
Paid for through USDA, this program offers free and reduced-cost lunches to income-eligible children. Sign up through the schools.  

**Summer lunch program**  
Grinnell schools (June 6—Aug 12, 2016; 11:15 am—12:30 pm. at H.S.)  
Montezuma schools  

**Grinnell Tiger Packs and HS food pantry**  
Food is placed in backpacks for students in need identified by school staff or family. Address questions to the Grinnell elementary and middle schools. Grinnell High School has a small food pantry.  

**Montezuma Backpack Program:** Contact the schools
Housing*

Grinnell Housing Authority
520 4th Ave, Grinnell 50112
E-mail: rentassist@iowatelecom.net

Rent assistance for income-eligible elderly, disabled, and families, funded by HUD. Eligible families select their own rental units anywhere in Poweshiek County. Applications are accepted continuously.

Fair Housing
800-669-3247
Deals with issues of discrimination and with landlord-tenant issues.

Income-based Housing for Families

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Arbors Apartments</td>
<td>401 Washington Avenue, 2 &amp; 3 BR</td>
<td>641-236-9233</td>
</tr>
<tr>
<td>Center Street Apartments</td>
<td>506 Center Street, 2 BR</td>
<td>641-236-6679</td>
</tr>
<tr>
<td>Grinnell Park Apartments</td>
<td>223 4th Avenue West, 1 &amp; 2 BR</td>
<td>800-394-1288</td>
</tr>
<tr>
<td>Spaulding Lofts</td>
<td>827 4th Avenue, 1 &amp; 2 BR</td>
<td>515-221-6696</td>
</tr>
<tr>
<td>Westfield Apartments</td>
<td>308 4th Avenue West, 1 &amp; 2 BR</td>
<td>641-236-8909</td>
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Income-based Housing for Elderly** and Disabled (in Grinnell)

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
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<tr>
<td>Grinnell Area Housing</td>
<td>214 4th Avenue W.</td>
<td>641-236-6679</td>
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<tr>
<td>Brookside East</td>
<td></td>
<td></td>
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<tr>
<td>Brookside West</td>
<td>131 Fourth Avenue West</td>
<td></td>
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<tr>
<td>Brookside South</td>
<td>214 Fourth Avenue West</td>
<td></td>
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<tr>
<td>Monropark Apartments</td>
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<tr>
<td>Pearl Street Apartments</td>
<td>729 Pearl St.</td>
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<tr>
<td>Poynter Apartments (for CMI)</td>
<td>412 Third Avenue</td>
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<tr>
<td>Grinnell Estates, 2020 West St.</td>
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<td>641-236-0102</td>
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<tr>
<td>Spaulding Lofts</td>
<td>827 4th Avenue</td>
<td>515-221-6696</td>
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Income-based Housing for Elderly** and Disabled (outside Grinnell)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
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<td>Barnes City Housing, Financial Service Group, Inc</td>
<td>319-664-3002</td>
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<tr>
<td>Brooklyn Housing, Inc., Karen McNaul</td>
<td>641-623-5026</td>
<td></td>
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<tr>
<td>Deep River Housing, Financial Service Group, Inc</td>
<td>319-664-3002</td>
<td></td>
</tr>
<tr>
<td>Malcom Manor, Karen McNaul</td>
<td>641-623-5026</td>
<td></td>
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<tr>
<td>Montezuma, Sunny View Square, Grinnell Area Housing</td>
<td>641-236-6679</td>
<td></td>
</tr>
<tr>
<td>Searsboro Manor Apartments, Financial Service Group, Inc</td>
<td>319-664-3002</td>
<td></td>
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<tr>
<td>Victor Senior Housing, National Management</td>
<td>515-223-0300</td>
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Salvation Army Poweshiek County Service Extension Unit #261
641-623-3275
Call for information on family service shelter or help with eviction
303 E. Washington, Montezuma

Notes:
* For nursing homes see “Services for the Elderly”
** Elderly here means 62 and over.
Housing Assistance for Home Owners

Iowa Finance Authority
www.iowafinanceauthority.gov/Programs/Affordable-Homeownership
515-725-4900
2015 Grand Ave., Des Moines, Iowa 50312
Services may include down payment assistance for both first-time home buyers and previous homeowners. Military Homeownership Assistance programs. Some grant funds may also be available.

REGION 6 Housing Trust Fund
www.region6planning.org/housing_trust_fund/
641-752-0717
Income-based funding for new home buyers, existing home owners, rental property owners, and other affordable housing projects may qualify.

USDA Rural Development—Iowa

Single Family Home Loan Guarantees
www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program/ia
515-284-4667
Program assists approved lenders in providing low- and moderate-income households the opportunity to own a home. Work directly with approved lender.

Single Family Housing Direct Home Loans
www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/ia
641-932-3031
Program assists low- and very-low-income applicants obtain homeownership.
Contact local USDA office – Poweshiek County Area 5.
Contact Albia Area Office

Weatherization program
641-236-3923
To apply for this government-funded program, applicants must first apply for LIHEAP. Even if income is above limit for LIHEAP, you may qualify for weatherization. Funds are both for home owners and for renters. Applications are accepted year-around.

Hometown Energy Fund
www.AlliantEnergy.com
866-ALLIANT (866-255-4268)
This program is for home owners whose income falls within the federal guidelines of 200 – 300% poverty, and who receive both gas and electric from Alliant Energy. Applicants pays 10% of cost of energy savings upgrade and Alliant pays 90%. Applications are accepted when funds are available.
Call MICA (641-236-3923) for information and to apply.
Furniture and Clothing

Second Mile 641-236-7892
515 3rd Ave., Grinnell
Inexpensive used clothing, furniture, and much more.
Contact: Deanna Vogt.

Goodwill Industries 641-236-7312
230 West St., Grinnell
Inexpensive used clothing and furniture

Anderson’s Used Furniture 641-236-3466
1018 Washington Ave., Grinnell
Inexpensive used furniture. Open Fri. 1 – 6 pm and Sat. 9 am – 5 pm

Phase II Consignment 641-236-8126
914 Main St., Grinnell

Montezuma Free Clothes Closet 641-623-3275
109 South 4th St., Montezuma
Thurs., 9:00 am – 5:00 pm.

Tracy’s Treasures 641-990-2944
403 E. Main St., Montezuma
Mostly clothes, but call to check if she has furniture.

White’s Consignment 641-623-2208
806 S. Front St., Montezuma

Once and Again Consignment 641-522-2333
102 N. Orchard St., Brooklyn

Salvation Army Poweshiek County Service Extension #261 641-623-3275
www.centralusa.salvationarmy.org
303 E. Washington, Montezuma
Services for Expectant Mothers / New Parents

GRMC’s Before Baby and Beyond Program 641-236-2324
Kintzinger Women’s Health Center, Grinnell Regional Medical Center
Educational program for expecting mothers, preparation for labor, delivery, and infant care. All parents who deliver at GRMC are encouraged to enroll in this free program.

Grinnell Regional Babies Room 641-236-2385
Mailing address: 210 4th Ave, Grinnell
Physical address: 306 4th Ave, Grinnell
Incentive program for income-eligible women who are pregnant or have a baby less than 18 months old. Moms are awarded “points” for healthy behaviors which can be redeemed at the Nest for baby supplies and merchandise. Single dads may participate in this program.

Grinnell Regional Babies Room Parenting Classes 641-236-2385
Light Center
Grinnell Regional Babies Room offers educational classes on pregnancy, childbirth, parenting, and infant care to help new moms bring their babies into the world healthy. Participation in the Grinnell Regional Babies Room educational classes is open to anyone in the GRMC service area. Free. Held 3rd Tues. and 3rd Thurs. of each month, 4 – 5 pm.

Prenatal / Childbirth Classes 236-2324
Tomasek Room, GRMC
Classes are offered as three evening sessions or all day Saturday. Call for schedule.

Certified Lactation Consultant 641-236-2385
Consultation services are available to any mother wishing to breastfeed her baby. Call public health and ask to set up an appointment.

Immunization Clinic 641-236-2385
www.grmc.us/services/public-health
Light Center for Community Health, 306 4th Ave., Grinnell
Call for an appointment. The hours are posted on the website.

WIC Clinics (Well Child) 800-390-5293
Clinics are run out of the MICA office in Marshalltown. 641-753-4816
The current hours are listed below. Call in advance to sign up and to check times.
   In Grinnell: Light Center for Community Health, 306 4th Ave.
       3rd Tues., 8:30 am – 3:30 pm; 4th Tues., 8:30 am – 5:00 pm.
   In Brooklyn: United Methodist Church, 603 Clay Street.
       3rd Mon., 9:00 am – 2:00 pm
WIC gives vouchers for formula, milk, and nutritious food supplies, and medical referrals for income-eligible pregnant women, nursing mothers, and children to five years of age.

Big Hands 4 Tiny Hearts 641-236-5518
Support for NICU Babies and Families, Poweshiek County Residents
Services for Children/Youth and Families

Mid-Iowa Community Action (MICA) 641-236-3923
www.micaonline.org FAX: 641-236-8704
611 4th Ave., Grinnell
MICA is a private, non-profit organization serving children and families in central Iowa. Our vision is that MICA, in collaboration with our community partners, leads efforts to strengthen families and communities. Together, we create communities where fewer people find themselves in poverty and those who do, have a path out.
Services: Family Development Center; Head Start; Women, Infants and Children (WIC); Low-Income Home Energy Assistance Program (LIHEAP); house weatherization services; food pantry; family development programs; information and referrals for crisis intervention services.

Area Education Agency (AEA 267) 888-735-1539
www.aea267.k12.ia.us
909 South 12th Street, Marshalltown, IA 50158 641-753-3564
Early Childhood services, services for children with disabilities, work experience.

Family Team Meetings (for families before DHS intervenes) 641-236-2385
Grinnell Regional Public Health, Light Center
Sometimes families need assistance in developing a plan for a problem or concern. A Family Team Meeting is a meeting of people chosen by the family to identify family strengths, needs, and resources. A plan is created that provides for the safety and wellbeing of children in the family. To refer or schedule a family team meeting, please call Grinnell Regional Public Health

Iowa Department of Human Services (DHS) 641-792-1955
www.dhs.iowa.gov Fax: 515-564-4017
115 North Second Ave. East, Suite H, Newton 50208 800-342-0829

Children and Families of Iowa (CFI) 641-682-3642
www.cfiowa.org
408 East Main St., Ottumwa 52501
Mental Health Services, Family-Centered Services. Programs include 24/7 Dads, Community Partnerships for Protecting Children (CPPC), and DHS program Parent Partners.

Parent Partners (DHS program) 641-682-3642
www.dhs.iowa.gov/parent-partners
Apply through DHS.
This program is about parents helping parents who are involved with the child welfare system. Parent advocates are birth parents who have been through the “system” and have had successfully resolved cases. The primary goal is to help birth parents get their children returned to them. Parent partners provide support and motivation for those parents who need the extra push to begin their case plan activities. The program is funded by Iowa DHS and administered by Children and Families of Iowa.
Capstone Behavioral Healthcare 641-260-8270
www.capstonebh.com FAX 641-260-8213
200 4th Ave. West (upper level), Grinnell 50112
Psychiatric therapy for mentally ill; help with substance abuse. Walk ins accepted.

Creative Hope Counseling 641-226-2665
www.creative-hope.com
Sara Erselius, LISW, RPT
Montezuma
Offers play therapy. Provides individual and group therapy for children & adolescents.

NOTE: For other counseling services, see the section on Mental Health, page 25.

Central Iowa In-Home Services 641-858-3852
www.cijdc.com
Behavior Health Intervention Services (BHIS)
Clients must be Title 19 eligible. They may be referred by parents, JCO, DHS, School or other professionals.

Healthy Homes Family Services 641-236-0273
www.healthyhomesfs.com
812 Commercial St, Grinnell
Behavior Health Intervention Services (BHIS)
In-home skill building working with children age 3 to 17 years as well as their families struggling with a child’s behaviors in the home or school setting. Medicaid and other major insurance are accepted. They also offer support groups.

Central Iowa Community Services (CICS) – Poweshiek County 641-236-9199
www.cicsmhds.org Fax: 641-236-1349
200 4th Ave West, PO Box 401, Grinnell
E-mail: brenda.daily@cicsmhds.org or bdaily@poweshiekcounty.org
CICS provides coordination and financial support for mental health and disability services to eligible applicants. Services include service coordination, drop-in centers, mental health crisis services, outpatient non-crisis psychiatry services, housing supports, work supports, and other services.

Four Oaks 641-236-0900
www.fouroaks.org
821 5th Ave, Suite 101, Grinnell
A safety and permanency option that partners with DHS to keep and/or reunite children with their families.

Youth & Shelter Services of Marshall County – Host Home & TLP 641-752-2300
www.yss.org
11 East State St., Marshalltown 50158
Lighthouse Homes and apartments serve as residences for a unique Transitional Living Program targeting homeless, pregnant young women and young parents, ages 16-25. Shelter for young adults aging out of foster care. The program helps non-system-involved young mothers and fathers become independent and self-sufficient.
Quakerdale – Youth Shelter 319-233-2554
www.quakerdale.org
Waterloo shelter for at-risk youth; treatment-focused atmosphere.

Quakerdale – Promise Academy 641-497-5294
www.quakerdale.org
P.O. Box 8, New Providence, Iowa 50206
A residential academy for students ages 10 – 18 who seek a private alternative educational setting and desire to develop and work on academic, spiritual, work, career, and life skills.

Child Care Resource and Referral – CCR&R, Region 4 800-722-7619
www.iowacrr.org
Central office: 808 5th Ave., Des Moines 50309
2713 No. 4th Ave. E., Newton, IA 50208
E-mail: sgienger@orchardplace.org (for Jasper, Marion, and Poweshiek Co.) 641-820-1923
CCR&R provides information about childcare providers; advocacy for childcare programs; parent referrals. This program is funded through DHS.

Early Care and Education (ECE) 641-792-KIDS (5437)
550 N 2nd Ave. W., Newton 50208
This is an ISU Extension Agency program that serves Jasper, Poweshiek, and Marion Counties. It offers professional development classes for childcare providers.

Child Support Recovery Unit (CSRU) 888-229-9223
www.childsupport.ia.gov
204 1/2 West State Street, Marshalltown 641-753-6408

Internet resources
www.dhs.iowa.gov/A-Z-Services
This website lists several resources.

www.zerotothree.org. This website has some useful pamphlets from the American Pediatric Assn. and other sources discussing stages of child development.
Youth Activities

After-School Programs

**Studio 6 and Free Imagination** – Grinnell Area Arts Council (GAAC) 641-236-3203
www.grinnellarts.org
926 Broad St., Grinnell
After-school arts program for children in grades K – 6.
Studio 6: M – Th. Sign up for 2 – 4 days per week. Tuition is charged; some scholarships are available.

**Malcom-Sheridan Youth and After School Program** 641-528-4004
Contact: Dawn Hamilton (cell: 641-990-4300)
Tuesdays, 3:30 – 6:00, at the United Methodist Church

Other programs and activities

**Big Brothers / Big Sisters** 641-260-0077
bbbsgrinnell@gmail.com
Big Brothers Big Sisters is a nationally recognized and professionally supported program aimed at helping kids recognize their full potential through one-on-one attention and encouragement provided by a carefully screened mentor. In Grinnell, approximately 40 kids are involved in our school-based and community-based programs at any given time. Children in kindergarten through 4th grade are matched with adults from the college and community. Typically the Little sees their Big weekly, usually at school for lunch/recess. Often a match already established continues to be supervised as the child transitions into Grinnell Middle School. Parents interested in having their child be a part of this program can talk to the child’s classroom teacher or contact Conni Gause at the phone or e-mail above.

**Grinnell Recreation Department** 641-236-2620
www.grinnelliowa.gov (Under Departments, find Parks and Recreation.)
Mailing address: 520 4th Ave, Grinnell
Pool: 641-236-2621
Physical address: 1500 Penrose St., Grinnell
Programming for families, children, and youth. Scholarships are available for income-eligible families.

**Drake Community Library** 641-236-2661
www.grinnell.lib.ia.us
930 Park St., Grinnell
See their website for Story Time and other programs for children and youth.

**Grinnell Little League**
www.eteamz.com/grinnelllittleleague1
E-mail: GrinnellLittleLeague@gmail.com
The Grinnell Little League’s mission is to teach youth, ages 4 – 14, the fundamentals of baseball and softball in a safe and fun environment.
Girl Scouts of America 641-236-6403
Contact: Linda Tish
E-mail: lmtish@iowatelecom.net

Boy Scouts of America 641-990-8405
Contact: Mike Sokol
E-mail: mssokol@windstream.net

Poweshiek County Extension – 4-H Program 641-623-5188
www.extension.iastate.edu/poweshiek
4-H empowers youth to reach their full potential working and learning in partnership with caring adults. To contact a club or join 4-H call Cathy Lents or visit the website.

Newton YMCA 641-792-4006
www.newtonymca.org
1701 S. Eighth Ave. E., Newton 50208
Services for the Elderly

Housing

Grinnell Health Care Center
www.grinnellhealthcarecenter.com
641-236-6511
Fax: 641-236-6713
415 6th Avenue West, Grinnell
24-hour nursing care, fees vary

Mayflower Homes, Inc.
www.mayflowerhomes.com
641-236-6151
800-936-6151
Fax: 641-236-6154
616 Broad St., Grinnell
Patio homes, Apartments, Assisted living, 24-hour nursing care

Saint Francis Manor
www.stfrancismanor.com
641-236-7592
Fax: 641-236-8035
2021 4th Ave., Grinnell
24-hour nursing care

Seeland Park
www.stfrancismanor.com
641-236-7592
Fax: 641-236-8035
2021 4th Ave., Grinnell
Duplexes, apartments, assisted living

Windsor Manor
www.windsor-manor.com
641-236-8700
Fax: 641-236-9514
229 Pearl Street, Grinnell
Assisted living community

Brooklyn Community Estates
www.brooklyncommunityestate.com
641-522-9263
Fax: 641-522-5684
406 North St., Brooklyn 52211
24-hour long-term and respite care

Montezuma Nursing & Rehabilitation Center
www.careinitiatives.org/montezumanursingandrehabcenter/
641-623-5497
Fax: 641-623-2297
316 Meadow Lane Dr., Montezuma 50171
24-hour nursing care

Services and Activities

Grinnell Senior Center
641-236-2612
925 East St. (First Baptist Church)
Meals on Wheels, social activities, and referrals. Healthy Lifestyle Coordinator

Brooklyn Activity Center
641-522-5400
122 Jackson St., Brooklyn
Meals, social activities.
Poweshiek County Healthy Lifestyles Center 641-236-3300
(formerly Northeast Iowa Area Agency on Aging)
www.nei3a.org
Aging and disability resources to maintain independence. Services include Case Management.
Clients must first sign up for Medicaid. Contact Life Long Links (below) for this.

Life Long Links 866-468-7887
www.lifelonglinks.org
Call to complete a needs assessment form to access the aging and disability resources of the
Northeast Iowa Area Agency on Aging.

Senior Health Insurance Information Program (SHIIP) 641-236-2588
E-mail: kolson@grmc.us
Trained volunteers explain Medicare, Medicaid, and insurance billing. Free service.

DHS Department on Aging 515-725-3333
510 East 12th Street, Suite 2
Long-Term Care Ombudsman: Advocate for care facility residents 515-725-3327

Poweshiek County Veterans Affairs 641-236-5722
200 4th Ave West (lower level), Grinnell
Mon, Tues, Thurs, Fri: 8:30 am – 2:00 pm; Wed. 8:30 am – 1:00 pm.

Veterans Affairs (VA)
www.centraliowa.va.gov
Crisis Line 800-273-TALK (8255) Press 1
Women Vets Hotline 855-VA-WOMEN (829-6636)
Regional Benefits Office 800-827-1000
210 Walnut St., Des Moines 50309
VA Clinic 877-424-4404
101 Iowa Ave., Marshalltown 50158
VA Health Care 319-338-0581
601 Highway 6 West, Iowa City 52246
Telephone Care (VA Nurse) 866-687-7382
M – F, 4 pm – 8 am; 24 hours on weekends and federal holidays.

SE*ED Program 641-236-2593
www.grmc.us/classes-events/older-adult-programs
Drake Community Library, 930 Park St., Grinnell, Mondays, 10 – 11 am.
GRMC’s Senior Education Program provides programs designed for adults of any age to extend
their knowledge on healthcare issues, diseases, nutrition, community resources, current and
cultural events, as well as less conventional topics like art, biology, history, or religion. Visit the
website for a schedule of classes. Transportation is available; call by Thursday before program.
Education

Preschools

**Head Start**
Contact the Head Start Specialist at MICA.
611 4th Ave., Grinnell
Head Start is a federally-funded preschool program for children ages three through five, providing children the social, educational, health and nutritional services they need to grow up healthy, happy, and confident.

**Grinnell Community Daycare and Preschool** (private) 641-236-7214
1436 Penrose, Grinnell
E-mail: grinnelldaycare@iowatelecom.net

**Grinnell Newburg Preschool** (public) 641-236-2780
1310 Hobart St. (at Fairview School), Grinnell

**Community Preschool** (private) 641-236-3111
UCC Congressional Church, 902 Broad Street, Grinnell

**Grinnell College Preschool** (private) 641-236-3320
1207 Park Street, Grinnell

**Brooklyn Preschool** (public) 641-522-7058
1090 Jackson Street, Brooklyn 52211

**Montezuma Preschool** (public) 641-623-5129
504 N. 4th Street, Montezuma 50171

Schools

**Grinnell – Newburg Community School District** 641-236-2700
[www.grinnell-k12.org](http://www.grinnell-k12.org)
Administrative Office: 1333 Sunset, Grinnell
Fairview Elementary School: grades preschool – 2
1310 Hobart St.
Bailey Park Elementary School: grades K – 2
210 Eighth Ave.
Davis Elementary School: grades 3 – 4
818 Hamilton Ave.
Grinnell Middle School: grades 5 – 8
132 East Street South
Grinnell High School: grades 9 – 12
1333 Sunset
Independent Learning Center
1333 Sunset
Formerly New Horizons Alternative H.S. and School-Within-A-School
Central Iowa Christian School:  grades K – 8 (private) 641-236-3000
www.centraliowachristian.org
201 380th Avenue, Grinnell

Iowa Valley Community College District (IVCCD) 641-236-0513
www.ivavalley.edu
Grinnell Campus:  123 6th Avenue West, Grinnell
Call or see website for programs including High School Equivalency Diploma (HSED, formerly GED), ESL tutoring, continuing ed. classes

Brooklyn – Guernsey – Malcom Community School District 641-522-7058
www.brooklyn.k12.ia.us
1090 Jackson Street, Brooklyn  52211

Lynnville – Sully Community School District 641-594-4445
www.lshawks.org
12476 Hwy F62 E., Sully  50251

Montezuma Community School District 641-623-5129
www.montezuma-schools.org
504 N. 4th Street, Montezuma  50171

Education Agencies and Services

Area Education Agency (AEA 267) 888-735-1539
www.aea267.k12.ia.us
909 South 12th Street, Marshalltown, IA 50158 641-753-3564
(The Grinnell office closed June 30, 2016.)
Early Childhood services, services for children with disabilities; work experience.

English Language Learners (ELL)
Tutoring available through the Grinnell public schools
E-mail: Carlos.Gallegos@grinnell-K12.org

Network of Iowa Christian Home Educators (NICHE) 515-830-1614
www.the-NICHE.org 800-723-0438
PO Box 158, Dexter 50070
E-mail: info@the-niche.org
**Employment Agencies**

**Iowa Workforce Development**

[www.iowaworkforcedevelopment.gov](http://www.iowaworkforcedevelopment.gov)

- 3405 South Center Street, Marshalltown 50158
  
  Fax: 641-754-1443

- 1000 East Grand Avenue, Des Moines 50319

[800-562-4692](tel:800-562-4692)

[641-754-1400](tel:641-754-1400)

**Promise Jobs**

[www.iowaworkforcedevelopment.gov/promise-jobs](http://www.iowaworkforcedevelopment.gov/promise-jobs)

Provides work experience opportunities, job skills training, and family development to FIP recipients. To schedule a meeting in Grinnell, call the Marshalltown number listed here.

**Denison Job Corps**


- 712-265-2300

- [800-733-JOBS (5627)](tel:800-733-JOBS (5627))

For young women and men 16-24 years old and solo parent program.

Second chance to graduate; vocational training. Must meet educational guidelines.

**Mid-Iowa Community Action (MICA)**

- 641-236-3923

MICA has information on applying for jobs. Through the Strong Parents Strong Children (SPSC) program they offer job coaching.

**Iowa Vocational Rehabilitation Services**

[www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)

- 204 W. State Street, Marshalltown 50158

The mission of Iowa Vocational Rehabilitation Services is to work for and with individuals who have disabilities to achieve their employment, independence, and economic goals. IVRS works with sophomores in high school through adults. Services offered include: college funding, job training, employment search, assistive technology, medical and psychological assessment, physical/mental restoration services which may include therapy, wheelchairs, hearing aids, etc., job coaching, career guidance and counseling. For more information about the full spectrum of services offered, visit the website.

**Aventure**

[www.aventure.com](http://www.aventure.com)

- 641-236-7470

820 4th Avenue, Grinnell

**First Class Staffing**

- 641-236-6808

929 Broad Street, Grinnell

**QPS Employment Group, Inc.**

[www.qpsemployment.com](http://www.qpsemployment.com)

- 641-236-9722

1108 West St, Grinnell

**TEMP Associates**

- 641-236-9220

1029 Broad Street, Grinnell
Health and Medical Services

Hospital and related health centers

Grinnell Regional Medical Center (GRMC)  
www.grmc.us  
210 4th Ave., Grinnell  
641-236-7511  
E.R.  641-236-2380

Light Center for Community Health – GRMC Public Health  
www.grmc.us/services/public-health  
306 4th Avenue, Grinnell  
641-236-2385

Immunization clinics, communicable disease control, community care clinic, lead tests.

Postels Community Health Park  
www.grmc.us/services/integrated-medicine  
807 Broad St., Grinnell  
641-236-2953

Massage and relaxation therapies, physical therapy, reflexology, etc.

Paul W. Ahrens Fitness Center  
www.grmc.us/services/wellness-services  
824 Commercial St., Grinnell (Postels Community Health Park)  
641-236-2999

Exercise classes with on-site childcare.  
Immediate family members of inpatients may use the PWA Fitness Center at no cost.

Programs at GRMC facilities

Manatt Family Urgent Care Clinic  
641-236-2378

Check in on first floor of the Ahrens Medical Arts Building, 210 4th Ave.  
Mon—Fri, 7 am – 7 pm., Sat, 9 am – noon.

Grinnell Regional Community Care Clinic (Free Clinic)  
641-236-2385

Light Center.  1st Thurs. of the month, 2 – 4 pm.  Call for an appointment.  
Free medical services for uninsured, low-income residents of Poweshiek County.

Blood Pressure Clinic  
641-236-2385

Light Center.  Thurs. 1 – 2 pm.  Free; no appointment needed.

Grinnell Regional Babies Room  
641-236-2385

See “Services for Expectant Mothers,” page 8, for complete entry.

WIC Clinics (Well Child)  
800-390-5293

Call the Marshalltown MICA office for an appointment.  
See “Services for Expectant Mothers,” page 8, for complete entry.

Immunization Clinic  
641-236-2385

Light Center  
Call for an appointment.  Hours are posted on www.grmc.us/services/public-health
Grinnell Regional Home Care
www.grmc.us/services/home-care
Main numbers: 641-236-2542
New Referrals: 641-236-2059
Light Center.
A home health agency

Adult Foot Care Clinic
Light Center. 2nd and 4th Thurs., 9:00 am – noon.
Call Grinnell Regional Home Care for an appointment.

Grinnell Regional Women’s Health Clinic
Ahrens Medical Arts Building, 2nd floor.

Grinnell Regional Hospice
Support with end-of-life care, both in-home and in the hospital (GRMC).

Non-GRMC Medical Services

Midwest Ambulance Service of Iowa
Emergency: 911
Non-emergency: 641-236-4080

Iowa Department of Public Health
www.idph.iowa.gov
515-281-7689
321 E. 12th Street, Des Moines 50319-0075

Referral Source
www.211.org
Phone: 211
Through United Way. They offer free and confidential information for help with food, housing, employment, health care, counseling, and more.

Veterans Affairs (VA) Regional Benefits Office
www.centraliowa.va.gov
210 Walnut St., Des Moines
800-827-1000
For more information see entry in Services for Elderly, page 15.

Partnership for Prescription Assistance
www.pparx.org
888-477-2669
Single-source prescription assistance

SafeNet Rx (Formerly Iowa Prescription Drug Corp.)
www.safenetrx.org
866-282-5817
$3 Medication Voucher Program

NeedyMeds
www.needymeds.org
800-503-6897
Prescription drug card offers discounts at certain pharmacies.

Home Health Agencies – Community Services of St. Francis
2021 4th Ave., Grinnell
641-236-7717
Iowa Department of Human Services (DHS)  800-342-0829
www.dhs.iowa.gov
Grinnell office: 717 5th Ave., Suite 6. (served by Jasper County office)
   Local Child/Adult Abuse Hotline  641-792-1955
   State-wide child-dependent adult Abuse Hotline  800-362-2178
E-mail: CJaspe01@dhs.state.ia.us
Financial services include SNAP (food stamps) and medical assistance, and services for children and families.

Iowa Brain Injury Information Center  800-444-6443
Brain Injury Association of Iowa
317 East 6th Street, Des Moines 50309

Iowa Poison Control Center  712-279-3710
Emergency: 800-222-1222
www.iowapoison.org
401 Douglas Street, Ste. 501, Sioux City 51101

Total Rehab  641-236-4506
234 West St, Grinnell
Orthopedic & sports specialists, physical therapy, strength & conditioning, work posture education

Visiting Nurse Services (VNS) of Iowa  515-288-1516
www.vnsia.org
1111 9th St. Ste. 320, Des Moines 50314

Dental Services

I-Smile  515-557-9023
www.ISmileDentalHome.iowa.gov
Child dental screenings at the Light Center the 3rd and 4th Tuesdays of the month.

Mother-Child Wellness Program  641-236-2006
Serves families in Mahaska, Poweshiek, and Jasper Counties who have household income of 200 percent of poverty level or under. They can assist in finding dental care and screenings.

Poweshiek County Dental Coalition  515-650-1877
E-mail: PoweshiekDentalCoalition@gmail.com
Promotes screening and dental clinics for children 0 – 18. Voucher funds are available for dental care for children who are underserved. Offers education program for preschools.

Broadlawns Medical Center—Dental Clinic  515-282-2421
www.broadlawns.org/dental-clinic.cfm
Dental services primarily for aged, unemployed or low-income adults
Center for Disabilities & Development (U of IA Children’s Hospital) 319-356-1613
319-353-6711
877-686-0031

www.uichildrens.org/dentistry#MarketingContent
100 Hawkins Drive, Iowa City, IA 52242
Dental services for infants, children, and young adults (under age 21), including patients with special health needs. Call for an appointment.

Dental Lifeline Network Iowa 515-251-8000
www.Dentallifeline.org/iowa/
9000 Northpark Drive, Johnston, IA 50131
Donated dental services. Applicants must lack adequate income, have a permanent disability or are elderly (age 65 or older) or qualify as medically fragile.
Contact Diane Wells, coordinator. dwells@Dentallifeline.org

Vision

Lion’s Club
Referrals are through school nurses and support staff.
They do screenings in Head Start and other preschool classrooms and help provide glasses to children from low-income families.

Prevent Blindness Iowa 515-244-4341
www.PreventBlindness.org/Iowa
1111 9th St. #250, Des Moines 50314
Sight for Students program. Referrals and applications are available through school nurses and support staff.

Iowa KidSight 319-353-7616
(Joint project of Lions Clubs of Iowa and UI Children’s Hospital, Dept. of Ophthalmology and Visual Sciences.)
www.IowaKidSight.org
Targets 6 months of age through kindergarten
2431 Coral Court #5, Coralville, IA 52241

Infantsee
www.infantsee.org
Participating optometrists provide a one-time comprehensive infant eye assessment for children between 6 and 12 months of age, as a no-cost public service. Use the website to locate participating optometrists.

Hearing

Iowa Dept. of Human Rights
https://humanrights.iowa.gov/cas/ds/resources/funding-hearing-aids
Support Groups

Bariatric Surgery Patient Support Group 641-236-2998
Tomasek Conference Center, GRMC, 1st Saturday, 9 – 11 am.
This group provides education for GRMC patients who have had gastric bypass surgery.

Breastfeeding Class 641-236-2324
Given once per quarter. Call for information.

Breastfeeding Support Group 641-236-2385
Light Center, First Tues. of each month, 10:30 am.

Cancer Support Group 641-236-2568
Every Tuesday, 9:30 – 10:30 am. Room 204, GRMC
E-mail: lRomero@grmc.us

Caregivers Support Group 641-236-2418
E-mail: BGallegos@grmc.us
First Presbyterian Church, 1025 5th Ave, Grinnell
2nd and 4th Tues. of each month, 10 – 11 am.

Diabetes Living Support Group 641-236-2488
East Tomasek Room, GRMC, generally meets 2nd Monday of odd months, 7 – 8 pm.
This comprehensive diabetes support group includes a visit with the dietitian and diabetes educator. Speakers and topics vary.

Grief Support Group 641-236-2418
E-mail: BGallegos@grmc.us
Drake Community Library, 930 Park St., Grinnell, 2nd Wed. of each month, 10 – 11 a.m.

Meet and Eat Bereavement Support 641-236-2418
Tomasek Conference Center, GRMC, 1st Sunday of the month, 5:30 pm.
E-mail: shuls@grmc.us
This bereavement support group provides social opportunities for widows and widowers. Individuals gather for a meal and social activities.

Perinatal Loss Support Group 641-236-2324
East Tomasek Room, GRMC. Meets quarterly. Call for dates and times.

Lyme Disease Support Group
Support group for those who suffer from Lyme disease and their family or support persons. The group provides educational speakers, support, and discussion of treatment modalities. Contact: Dale Lamb, Lamb Law Office

Alcoholics Anonymous (AA) and Al-Anon
For a schedule of meetings, see the section on Substance abuse / Support groups, page 27.

ANAD: Nat’l Assoc. of Anorexia Nervosa and Associated Disorders 641-510-1141
410 Washington, Lot 31, Grinnell; Mon. 7:30 – 8:30 pm
Contact: Brooke Burkett.
Support group for men and women with bulimia or anorexia.
Medical Equipment

Grinnell Regional Home Care, Loan Closet  
210 4th Avenue, Grinnell  
641-236-2385

Hammer Medical Supply  
1719 1st Ave. E., Newton  
641-792-9339

Lincare  
Urbandale, IA  (no longer an office in Grinnell)  
515-223-6078

Long Term Medical Supply  
929 Broad St., Grinnell  
641-236-0608

Medical Insurance

Hawk-I  
www.hawk-i.org  
800-257-8563

No- or low-cost health care coverage to children in working, income-eligible families.

Medicaid (also called Title 19)  
www.dhs.iowa.gov  
800-338-8366

(Health care options are listed under the tab “Can we help?”)

Apply online through the Iowa Department of Human Services website. MICA can also help you apply for various Iowa DHS services. For immediate coverage, see Outreach entry below.

Iowa Health and Wellness Plan  
www.dhs.iowa.gov  
800-338-8366

(Link to Medicaid.)

This is an Iowa Medicaid program, new in 2014, that covers adults ages 19 to 64. Eligible member income is at or below 100 percent of the Federal Poverty Level.

Outreach  
641-236-2385

This program helps families who think they may qualify for Medicaid or Hawk-I. It allows eligibility on same day notice and covers the same benefits as Medicaid. For information, please call the Light Center, or contact VNS of Iowa at 515-558-6240.
Mental Health

Suicide Prevention Lifeline
www.SuicidePreventionLifeline.org
800-273-TALK (8255)

NOTE:
For more details on these providers on insurance accepted, etc., see the appendix at the back of this Resource Guide.

Capstone Behavioral Healthcare
www.capstonebh.com
641-260-8270
200 4th Ave. West (upper level), Grinnell 50112
Psychiatric therapy for mentally ill; help with substance abuse. Walk-ins accepted.

The Station Clubhouse
729 Pearl Street, Grinnell
E-mail: julies@capstonebh.com
The Station Clubhouse is a psychosocial rehabilitation program for adults with a mental illness. It includes work-oriented living skills, and socialization activities in a safe and supportive environment, as well as in-home community support services.

Jeff Wells, LMFT, CADC
www.goodtherapy.org/jeff-wells-therapist.php
641-236-5325
815 1/2 5th Ave., Grinnell
Individual therapy for adults and older adolescents; substance abuse evaluation and counseling

Collaborative & Strength-Based Counseling
www.GrinnellCounseling.com
Kun-Hong Lu, LISW
641-236-8811

Bridget Baechtel, LISW
641-236-4323
Surgical Associates
Licensed Psychotherapist. Specializes in Bariatric Therapy; PTSD (Trauma); Eating Disorders; Individual, Family, and Group Therapy.

Davis Psychological Services, PC
www.davispsychservices.org
641-236-0632
Dr. Brandon Davis
821 5th Avenue, Suite 201, Grinnell

Creative Hope Counseling
www.creative-hope.com
641-226-2665
Sara Erselius, LISW, RPT
Montezuma
Offers play therapy. Provides individual and group therapy for children & adolescents.
Prelude Behavioral Services (formerly MECCA)
www.Preludelowa.org
3451 Easton Blvd, Des Moines 50317 515-262-0349
430 Southgate Ave, Iowa City 52240 319-351-4357
Prelude provides an array of services including substance abuse and problem gambling treatment, outpatient and residential treatment, halfway and transitional housing, and case management.

Healthy Homes Family Services
www.healthyhomesfs.com
812 Commercial St., Grinnell 641-236-0273
In-home skill building working with children age 3 to 17 years as well as their families struggling with a child’s behaviors in the home or school setting. Families must have Medicaid health insurance to qualify. All major insurances accepted for outpatient therapy. They also offer support groups.

Midwest Counseling, LLC
www.midwestcounselingllc.com
523½ Court St., PO Box 313, Williamsburg, IA 52361 319-668-1217
Grinnell Office: 818 4th Ave; various hours M – F
Grinnell: 641-236-1644
Counseling services are available in Grinnell.
Dr. Robert Detlefsen, DNP, sees all ages and offers psych med management.
All major insurance accepted; sliding scale available.

Steiner & Associates
www.steinerpsych.com 877-944-1200
Dr. Brian James Steiner
821 5th Ave, Suite 403, Grinnell
In Grinnell on Wednesday mornings only.

NAMI (National Alliance for the Mentally Ill)
www.nami.org or www.namiowa.com
641-792-2441
Congregational United Church of Christ, 308 E. 2nd St. North, Newton
NAMI Jasper County support group: 4th Monday each month at 6:30 pm

APRN Advanced Practice Registered Nurse
CADC Certified Alcohol and Drug Counselor
DNP Doctor of Nursing Practice
LCSW Licensed Clinical Social Worker
LISW Licensed Independent Social Worker
LMFT Licensed Marriage and Family Therapist
LMHC Licensed Mental Health Counselor
LPC Licensed Professional Counselor
NCC National Certified Counselor
PA-C Physician’s Assistant – Certified
RPT Registered Play Therapist
Substance abuse / Support groups

Support Numbers
- Substance Abuse Helpline: 800-662-4357
- Methamphetamine Hotline: 888-664-4673
- Iowa Drug and Alcohol Helpline: 800-242-4111
- Al-Anon: 800-344-2666
- AA Hotline: 800-207-2172

24 hour Answering Service
- Des Moines: 515-282-8550
- Cedar Falls: 319-232-4117
- Cedar Rapids: 319-365-5955

Substance Abuse Treatment Unit of Central Iowa (SATUCI)
www.satuci.com
611 4th Ave (MICA building), Grinnell
Mon. and Wed., 8 am – Noon, 1 – 5 pm.
Evaluations, outpatient treatment, prevention and education

Jeff Wells, LMFT, CADC
www.goodtherapy.org/jeff-wells-therapist.php
815 1/2 5th Ave., Grinnell
Individual therapy for adults and older adolescents; substance abuse evaluation and counseling

Alcoholics Anonymous (AA) Meetings
United Church of Christ, 902 Broad St, Grinnell
- Mon. & Thurs. at noon: (Alley entrance, downstairs)
St. Paul’s Episcopal Church, 6th and State, Grinnell
- Tues., Thurs., Sat., Sun. at 7:30 pm
Meeting for women: first Sat. of month at 9:00 am
Grinnell College campus, 1233 Park St. (“CRSSJ Prayer Garage”)
- Mon. at 7:00 pm (Enter from side door facing 8th Ave.)

Narcotics Anonymous
Station Club House, 729 Pearl St., Grinnell
Fri. at 7:30 pm

Al-Anon Meetings
www.ia.al-anon.alateen.org
888-4AL-ANON
Support group for families of persons with alcohol addiction.
Local meeting: Every Monday at 7:00 pm at First Presbyterian Church, 1025 5th Ave.
Contact: Kim Hinkle, 515-422-2510

Moms off Meth (MOMs)
Contact Jackie Allen Black, Crisis Intervention Services, jackie@cismc.org
641-673-0336
Disability Services

Central Iowa Community Services (CICS) – Poweshiek County 641-236-9199
www.cicsmhds.org Fax: 641-236-1349
200 4th Ave West, PO Box 401, Grinnell
E-mail: bdaily@poweshiekcounty.org or brenda.daily@cicsmhds.org
CICS provides coordination and financial support for mental health and disability services to eligible applicants. Services include service coordination, drop-in centers, mental health crisis services, outpatient non-crisis psychiatry services, housing supports, work supports, and other services.

Central Iowa Recovery 515-832-9550
200 4th Ave. West (lower level), Grinnell
The office is staffed by appointment.
Provides support during recovery and on-going care from mental illness and mental disability.

CIRSI 641-236-1382
917 Main St, Grinnell
Community-based services for the mentally disabled

Diamond Life Health Care 641-623-5715
4912 Barnes City Rd, PO Box 820, Montezuma 50171
Contact: Debbie Van Wyk
Residential Care Facility (RCF) for the mentally ill and mentally disabled

Lutheran Services in Iowa 641-792-1541
109 N. 2nd Ave. E., Newton
Services for people with mental illness or mental disability

Genesis Development 641-236-0230
www.GenesisDevelopment.com
925 Broad St., Grinnell
Provides support for people with disabilities, including supported community living services.

The Arc of Poweshiek County
Contact: Karen Veerhusen-Langerud
E-mail: veerhuse@grinnell.edu
Advocacy for children and adults with intellectual and developmental disabilities.

The Arc of East Central Iowa 800-843-0272
www.aremos.org 319-365-0487 ext. 1053
680 2nd Street S.E., Suite 200, Cedar Rapids 52401

Goodwill Industries 515-265-5323
Des Moines Headquarters
Supported training and employment for mentally ill and mentally disabled.

Special Olympics Iowa 515-986-5520
551 Dovetail Rd., PO Box 620, Grimes 50111
E-mail: rschwarzkopf@soiowa.org
DHS Department for the Blind
524 4th St., Des Moines 50309

United States Department of Labor, Office of Disability Employment Policy
https://www.dol.gov/odep/topics/disability.htm
This website includes links to information and services in a number of areas including employment, health, education, etc.

Iowa Vocational Rehabilitation Services
www.ivrs.iowa.gov
204 W. State Street, Marshalltown 50158
The mission of Iowa Vocational Rehabilitation Services is to work for and with individuals who have disabilities to achieve their employment, independence, and economic goals. IVRS works with sophomores in high school through adults. Services offered include: college funding, job training, employment search, assistive technology, medical and psychological assessment, physical/mental restoration services which may include therapy, wheelchairs, hearing aids, etc., job coaching, career guidance and counseling. For more information about the full spectrum of services offered, visit the website.
Domestic Violence/Sexual Assault

Sexual Abuse Hotline 800-779-3512
  Sexual Abuse, Iowa 800-284-7821
Domestic Abuse Hotline 800-942-0333
Crisis Center Hotline 641-683-3122

National Sexual Assault Hotline 800-656-HOPE (4773)

Crisis Center & Women’s Shelter (CC&WS) 641-683-1750
  www.ottumwacrisiscenter.org
  PO Box 446, Ottumwa 52501
Domestic/Intimate Partner Abuse Services
  24-hour crisis line, one-on-one counseling, general support services,
  court advocacy, medical advocacy, housing advocacy.
  Poweshiek County Advocate: Kelly
  E-mail: kellym@ottumwacrisiscenter.org (non-emergency use)

Crisis Intervention Services (CIS) 641-670-1372
  www.stopdysa.org
  Sexual Assault Crisis Line: 800-270-1620
  24-hour crisis line, one-on-one counseling, general support services,
  court advocacy, medical advocacy, housing advocacy and shelter services.
  Poweshiek County Advocate: Sam
  E-mail: samk@stopdysa.org (non-emergency use)

Iowa Coalition Against Sexual Assault 515-244-7424
  www.iowacasa.org
  Hotline: 800-284-7821
  3030 Merle Hay Rd, Des Moines 50310
  Services include training and certification for victim counselors and advocates; referrals to other agencies.

Iowa Coalition Against Domestic Violence 515-244-8028
  www.icadv.org
  Helpline: 800-770-1650
  6200 Aurora Ave, Suite 405E, Urbandale 50322
  Services include training and certification for victim counselors and advocates; referrals to other agencies.

Deaf Iowans Against Abuse 319-382-3078
  www.csddiaa.org
  Crisis Lines, V/VP: 319-531-7719
  Services for the deaf and hearing impaired.
  Text Only: 515-661-4015
Legal Services

Iowa Legal Aid
www.IowaLegalAid.org
Legal hotline for older Iowans (M – F, 9 am – 4:30 pm)
Free legal counseling for elderly and income-eligible individuals and families.
Mon – Fri, 9:00 – 11:00 and 1:30 – 3:30 (except Thurs. afternoons).
Appts available on the 3rd Thurs., 9:30 am – noon, at the Grinnell MICA office.
800-532-1275
641-236-3923

Iowa Concern
http://www.extension.iastate.edu/iowaconcern/legal.html
800-447-1985

Iowa Workman’s Compensation
www.IowaWorkforceDevelopment.org
1000 East Grand Ave., Des Moines 50319
515-281-5387
800-562-4692

Find-A-Lawyer – Attorney Referral Service
www.iowafindalawyer.com
Service of the Iowa State Bar Association
Lawyers found through this service charge $25 for the first 30 minute consultation.
800-532-1108

Disability Rights IOWA
www.DisabilityRightsIowa.org
400 East Court Ave., Suite 300, Des Moines 50309
800-779-2502
TTY: 866-483-3342
Fax: 515-278-0539

Grinnell Police Department
1020 Spring St, Grinnell
(non-emergency) 641-236-2670
Occasionally gives rides to homeless individuals.

Poweshiek County Sheriff Office
www.PoweshiekCoSheriff.com
4802 Barnes City Rd., PO Box 297, Montezuma 50171
641-623-5679

Poweshiek County Attorney
Rebecca Petig
Fax: 641-623-2820
641-623-5134

Juvenile Court Services
200 4th Ave. West (lower level), Grinnell
Call for an appointment. Serves Poweshiek and Mahaska Counties
641-673-0419

Poweshiek County Clerk of Court
www.PoweshiekCounty.org/Poweshiek-clerk-of-courts/
302 East Main St., PO Box 218, Montezuma 50171
641-623-5644

Magistrate Court
641-623-5153

Poweshiek County Probation/Parole Office
641-673-7038

Iowa Attorney General
www.iowaattorneygeneral.gov
515-281-5164
Fax: 515-281-4209
Office of Ombudsman
www.legis.iowa.gov/Ombudsman
TTY: 515-242-5065
Ola Babcock Miller Building, 1112 East Grand, Des Moines 50319
888-426-6283
Investigates grievances about state and local governments.
Transportation

People Rides  888-616-4298
www.region6planning.org
903 E Main, Marshalltown 50158  641-752-6202
E-mail:  Peoplerides@region6planning.org
Transportation within Grinnell 7:30 am – 3:30 pm, $2.50 one way.
Transportation to out-of-town medical appointments is offered subject to driver availability.
A shuttle is available to Iowa City on the first Thursday of the month, $10 each way; $20 total.
Departs from Marshalltown, with pickups in Grinnell or locations en-route. ETA to Iowa City no sooner than 9:30 am; return no later than 3:30 pm (early if all clients are ready).
Vehicles are handicapped-accessible. Call for rates, or visit the website.
All services are open to the general public, including persons with disabilities.
Dispatch hours:  M – F, 7:30 am – 4:30 pm, answering machine available for after hours messages.  24 hour advance notice preferred.

LogistiCare  844-544-1389
For Medicaid members with Amerigroup as their designated Managed Care Organization (MCO).

Medical Transportation Management  888-513-1613
For Medicaid members with United Healthcare as their designated MCO.

Access2Care  866-572-7662
For Medicaid Non-Emergency Medical Transportation (NEMT) for Medicaid members now with fee-for-service rather than Managed Care Organization.
Call center hours:  M – F, 8 am – 5 pm.
Call at least 3 days prior to the appointment to schedule transportation.
Access2Care can act as a broker, helping transportation providers to receive Medicaid reimbursement for services.

Presbyterian Church Drivers Program  641-236-6059
Rides to scheduled medical and dental appointments.
Please call 2 weeks in advance if possible.

Grinnell United Methodist Church Drivers Program  641-236-3757
Rides to scheduled medical and dental appointments.
Please call 2 weeks in advance if possible.

Community Hope Church  641-623-4673
Van Ministry between Montezuma and Grinnell only
Office hours:  M – Th, 8:30 am – 4:30 pm.

Poweshiek County Veterans Affairs Drivers  641-236-5722
Rides for veterans to scheduled medical and dental appointments.
Please call 2 weeks in advance.
Financial Assistance

Mid-Iowa Community Action (MICA) 641-236-3923
611 4th Ave., Grinnell
Emergency funds for rent, utilities, gas vouchers for medical appointments. Low-Income Home Energy Assistance Program (LIHEAP), budgeting assistance. VITA program for help filing taxes.

The Campbell Fund 641-236-2600
City of Grinnell, 520 4th Ave., Grinnell
Financial assistance for groceries, taxi services, utilities and medical services. for income-eligible Grinnell residents.

Poweshiek County General Assistance 641-236-9199
200 4th Ave West, Grinnell
General Assistance provides emergency assistance to Poweshiek County residents to meet basic needs such as food, shelter, medical and utilities. It is not intended to provide on-going, long-term assistance to any individual and/or family.

Central Iowa Community Services (CICS) 641-236-9199
www.cicsmhds.org
200 4th Ave West, PO Box 401, Grinnell
CICS is a 10-county region that includes Poweshiek County. CICS provides coordination and financial support for mental health and disability services to eligible applicants. Services include service coordination, drop-in centers, mental health crisis services, outpatient non-crisis psychiatry services, housing supports, work supports, and other services.

Salvation Army Poweshiek County Service Extension #261 641-623-3275
Located at the First Presbyterian Church, Montezuma
Call Welfare Secretary for information and an appointment – Darla Wilson,
Providing assistance within the county for a variety of emergency needs according to SA guidelines.

Grinnell Ministerial Association 641-236-4748
MICA will screen candidates for rent, utilities, gas vouchers for residents of Grinnell, Malcom, Newburg, and Searsboro. Grinnell Police Department distributes one-time vouchers for hotel room and meals for transient persons.

Brooklyn Ministerial Association 641-522-9298
Presbyterian Church, 503 Clay St., Brooklyn

Montezuma Ministerial Association 641-623-3275
Local churches working together to meet needs of community residents. Community Needs fund is for emergency need and crisis situation and not for negligence, irresponsibility, or repeated use throughout the year. Application for assistance is available from client in-take worker (usually a pastor) at the Montezuma Food Pantry during their hours of operation. No immediate assistance available: may have a 72 hour wait for determination. Welfare secretary Darla Wilson available to answer inquiry calls.
Emergency Loan Program (SEG)
E-mail: GrinnellMicroFinance@gmail.com
This program provides no-interest loans for emergencies such as car repair, temporary loss of income, or medical emergencies. It is also intended to serve as an alternative to predatory loans.

Mid-Iowa Credit Counseling
Ames 888-720-9049
Waterloo 641-234-0661
Des Moines 888-272-4118
Miscellaneous

**National Runaway Service Crisis Line** 800-621-4000

**National Suicide Prevention Lifeline** 800-273-TALK (8255) 515-233-2330 800-600-2330

**City of Grinnell, Administrative Offices** 641-236-2600
[www.grinnelliowa.gov](http://www.grinnelliowa.gov)
520 4th Ave., Grinnell 50112
The entrance is on the west side of the building. Park in designated places.
Payment drop box is available outside the building.
Note: Poweshiek Iowa Development and Grinnell Housing Authority are also at this address.

**Social Security Administration** 800-772-1213

**Marshalltown Social Security** 877-819-2595
2502 South 2nd St., Marshalltown 50158

**Drake Community Library** 641-236-2661
[www.grinnell.lib.ia.us](http://www.grinnell.lib.ia.us)
930 Park St., Grinnell

**Poweshiek County Extension Office** 641-623-5188
[www.extension.iastate.edu/poweshiek](http://www.extension.iastate.edu/poweshiek)
114 S. 3rd St., PO Box 70, Montezuma
Poweshiek County Extension can assist you with making decisions that affect your family, community, business, or farm. They rely on ISU Extension for unbiased, research-based information and education to help you make better decisions.

**Conflict Resolution Center of Iowa** 641-236-3939
PO Box 925, Grinnell
Mediation services (formerly Iowa Peace Institute)

**Habitat for Humanity** 515-250-8857
PO Box 782, 402 E 1st Avenue, Newton 50208
jaspersountyhabitat@gmail.com
Call to donate building items, or to check if items are available for purchase.

**United Way Fund** 641-236-7575
PO Box 121, Grinnell

**American Red Cross** 800-951-5600
[www.redcross.org](http://www.redcross.org) or [www.redcross.org/local/ia](http://www.redcross.org/local/ia)
This phone number will direct you to the Des Moines chapter, which is the closest chapter to Poweshiek County.
Assurance Wireless  888-321-5880
www.AssuranceWireless.com
Federal lifeline assistance providing free cell phones to income-eligible people.

House of Compassion Shelter  641-752-5999
211 W. Church St., Marshalltown 50158
Homeless shelter (men, women, and families) and soup kitchen

Christmas Shares  641-236-7402
Contact: Pam Montgomery, Grinnell
Program to help low-income families by purchasing gift items. Families should call to sign up for the program.

Christmas Joy  641-623-3275
Program offered through the Montezuma Ministerial Association to help low-income families living within the Montezuma school district with gifts for custodial children. Program collaborates with Christmas Share in Grinnell: families may sign up for one or the other program but not both. Sign up at the First Presbyterian Evangelical Church October the 4th weekend of the month: bring identification to serve as current address verification. Call for more information.
<table>
<thead>
<tr>
<th>Name/Address</th>
<th>Phone</th>
<th>Specialties</th>
<th>Hours</th>
<th>Insurance Restrictions?</th>
<th>Cash Rate</th>
<th>Med Mgmt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berryhill Psychiatry</td>
<td>641-275-7759</td>
<td>Peds: general psych, ADHD</td>
<td>Noon to 10 pm daily</td>
<td>Does not accept Ins. Sliding scale 33% for college students 66% for XIX patients</td>
<td>Eval $150 Med Chk $60</td>
<td>Yes</td>
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<tr>
<td>Megan Berryhill, APRN</td>
<td>Self or Provider referral</td>
<td>Adult: General Psych, refers for psychometric testing</td>
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<td>Newton: 709 1st Ave W, Ste 3 Grinnell: 812 Commercial St (at Healthy Homes)</td>
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<tr>
<td>Bridget Baechtel, LISW</td>
<td>641-236-4323</td>
<td>Trauma, Eating Disorders, Adult, Children, Family, Bariatric Therapy, EMDR, DBT and CBT, Post Induction Therapy</td>
<td>8 – 4:30 M-Th</td>
<td>Takes all major insurance including Medicaid / Medicare</td>
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<td>Yes</td>
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<tr>
<td>Surgical Associates, LLP</td>
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<td></td>
<td></td>
<td>(Stephanie Nowen)</td>
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<tr>
<td>112 4th Ave, Grinnell <a href="http://www.grinnellsurgeons.com">www.grinnellsurgeons.com</a></td>
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<tr>
<td>Capstone Behavioral Healthcare</td>
<td>641-260-8270</td>
<td>Individual and family therapy Peds and Adult Psychological testing PACs who can manage meds Services in both Grinnell and Newton with oversight by Dr. Robinson Oversees Station Clubhouse 236-5325 Adult day program</td>
<td></td>
<td>Most major insurances, But provider which can be seen may depend upon insurance</td>
<td></td>
<td>Yes</td>
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<tr>
<td>200 4th Ave. West, upper level Grinnell</td>
<td>Crisis Line 800-332-4224</td>
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<td>Also in Newton 641-275-3480 <a href="http://www.capstonebh.com">www.capstonebh.com</a></td>
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<tr>
<td>Ara Robinson, DO, Psychiatrist</td>
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<tr>
<td>Casie Riney, PA-C</td>
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<tr>
<td>Terra Goldsberry, PA-C</td>
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<tr>
<td>Jacquelyn Gravett, PA-C</td>
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<tr>
<td>Multiple Therapists</td>
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<tr>
<td>Creative Hope Counselling</td>
<td>641-236-8811</td>
<td>Adult Mental Health Therapy</td>
<td>By appt</td>
<td>No XIX, but accepts MC and most other insurance Limited Sliding Scale for cash clients</td>
<td></td>
<td>No</td>
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<tr>
<td>Sara Erselius, LISW, RPT</td>
<td>641-226-2665</td>
<td>Individual and group therapy for children and adolescents Play therapy</td>
<td>M-F 8-6</td>
<td>Cannot accept Coventry and a few others. Will take XIX, MC</td>
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<td>No</td>
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<td>106 N 8th St, Montezuma</td>
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<td>Collaborative &amp; Strength-based Counselling</td>
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<tr>
<td>Kun-Hong Lu, LISW</td>
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<td>827 High St, Grinnell</td>
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<td><a href="http://www.GrinnellCounseling.com">www.GrinnellCounseling.com</a></td>
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<td>Kun-Hong Lu, LISW</td>
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<td><a href="http://www.GrinnellCounseling.com">www.GrinnellCounseling.com</a></td>
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<tr>
<td>Provider Name</td>
<td>Phone Number</td>
<td>Services</td>
<td>Availability</td>
<td>Insurance Details</td>
<td>Sliding Scale Access</td>
<td>Notes</td>
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<tr>
<td>Davis Psychological Service, PC</td>
<td>641-236-0632</td>
<td>Adult mental health therapy for Children and Adults Ages 4 and Up</td>
<td>M-F 8-5 and some flexibility after hours</td>
<td>Accept all Insurance, but only Brandon can see Medicare patients Sliding scale for those without insurance.</td>
<td>No</td>
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<tr>
<td>Brandon Davis, Ph.D.</td>
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<tr>
<td>Rachel Stensrud, LMHC</td>
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<tr>
<td>Katie Little, LMHC</td>
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<tr>
<td>Dana Schmitz, LMHC</td>
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<td><a href="http://www.davispsychservices.org">www.davispsychservices.org</a></td>
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<tr>
<td>Grinnell Regional Med Center</td>
<td>641-236-7511</td>
<td>ER and FP Offices: Assists with placements for inpatient care, and counsels hosp inpatients at GRMC, no private out-of-hospital clients.</td>
<td>NA</td>
<td>NA</td>
<td>No</td>
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<tr>
<td>Linda Romero, LISW</td>
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<tr>
<td>210 4th Ave, Grinnell</td>
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<td><a href="http://www.grmc.us">www.grmc.us</a></td>
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<td>Healthy Homes Family Services</td>
<td>641-236-0273</td>
<td>In home skill building for children ages 3-17, as well as families dealing with child behaviors in home or school setting. Individual counseling, conflict resolution, marriage counseling, trauma and grief counseling</td>
<td>M-F 8-6</td>
<td>Accepts most insurance including MC, XIX. Sliding scale for cash clients</td>
<td>No</td>
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<tr>
<td>Casie McGee, MS, LMHC</td>
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<tr>
<td>Jessica Schmidt, MS, LMHS, NCC</td>
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<tr>
<td>Melissa Ulrickson, MS, LMHC</td>
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<td><a href="http://www.healthyhomesfs.com">www.healthyhomesfs.com</a></td>
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<tr>
<td>Midwest Counseling, LLC</td>
<td>641-236-1644</td>
<td>Child, adolescent, adult, individual counseling, couples, family therapy, and more. See website. Dr Detlefsen manages meds Providers listed for Grinnell office only</td>
<td>By appointment</td>
<td>Accepts all insurance, MC covers only part of counselors so choice of counselor limited with MC Sliding Scale for Cash clients</td>
<td>Yes</td>
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<tr>
<td>R. Detlefsen, DNP</td>
<td>319-668-1217</td>
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<td>Ann Grant, MA, LMHC</td>
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<tr>
<td>Christine Hunteodo, MS, TLMFT</td>
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<tr>
<td>Connie Mettlin, LISW</td>
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<tr>
<td>Nathan Wolken, LMHC</td>
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<td>818 4th Ave, Grinnell</td>
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<td>523 ½ Court St. Williamsburg</td>
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<tr>
<td><a href="http://www.midwestcounselingllc.com">www.midwestcounselingllc.com</a></td>
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</tbody>
</table>
## Mental Health Providers in Grinnell Area

<table>
<thead>
<tr>
<th>Provider</th>
<th>Contact Information</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td><strong>Grinnell College “SHACS” Student Health and Counseling Service</strong>&lt;br&gt;Forum, Lower Level&lt;br&gt;1119 6th Ave, Grinnell&lt;br&gt;www.grinnell.edu</td>
<td>641-269-3230&lt;br&gt;College students only. Self or provider referral</td>
<td>For Grinnell College Students only&lt;br&gt;Tele-Psych for provider in Iowa City, or referral to local medical providers to manage meds&lt;br&gt;Grinnell College students only&lt;br&gt;Tele-Psych for provider in Iowa City, or referral to local medical providers to manage meds</td>
</tr>
<tr>
<td><strong>Jeff Wells, LMFT, CADC</strong>&lt;br&gt;827 High St, Grinnell&lt;br&gt;www.goodtherapy.org/jeff-wells-therapist.php</td>
<td>641-236-4680&lt;br&gt;Self- or provider referral</td>
<td>Adult and older adolescent therapy; Substance abuse evaluation and counseling&lt;br&gt;M-F By appt&lt;br&gt;Accepts most private insurance.&lt;br&gt;No MC or XIX Sliding scale for cash clients based on ability to pay&lt;br&gt;College students only&lt;br&gt;Tele-Psych for provider in Iowa City, or referral to local medical providers to manage meds</td>
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</tbody>
</table>

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## Mental Health/Social Services Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Information</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Emergency: Grinnell Regional Medical Center</td>
<td>641-236-2380</td>
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<tr>
<td>Grinnell Police Department (911)</td>
<td>641-236-2670 (non emergency)</td>
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<tr>
<td>Suicide Prevention Hotline</td>
<td>800-273-8255</td>
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<tr>
<td>Foundation2 Crisis Hotline</td>
<td>319-362-2174</td>
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<tr>
<td>Domestic Violence and Crisis Intervention</td>
<td>641-673-0336 844-673-5400</td>
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</tr>
</tbody>
</table>

Updated 12/5/2017
Mental Health Providers in Grinnell Area

Chemical Dependency Treatment and Support

Iowa Department of Public Health
Bureau of Substance Abuse
Programs:  www.idph.iowa.gov/substance-abuse

Access to Recovery ("ATR")  515-281-7080

ATR - Iowa is a voucher-based system for clients to purchase recovery support services and substance abuse treatment. The services funded by ATR - Iowa vary greatly to allow successful recovery from substance abuse. Vouchers are available for services that previously have been barriers to clients seeking treatment and working through a program of recovery. Services include:

- Care Coordination
- Child Care
- Drug Testing
- Recovery Peer Coaching
- Spiritual Counseling
- Integrated Therapy
- Life Skills Coaching
- Co-Pays
- Recovery Calls
- Sober Living Activities
- Supplemental Needs
- Transportation

Services available to National Guard and Active Military include:

- Mental Health Therapy
- Substance Abuse Treatment

House of Mercy -- Newton, Iowa  641-792-0717
https://www.rehab.com/house-of-mercy/5578886-r
200 North 8th Avenue
East Newton, Iowa

New Directions Behavioral Health/Mahaska Health Partnership  641-672-3159
www.mahaskahealth.org/outpatient-services/behavioral-health-services.html
Treatment for mental health problems and substance use may include assessment, individual or group counseling, and medication evaluation and monitoring. They also provide Department of Transportation evaluations required when an OWI citation is received.
1229 C Avenue East
Oskaloosa, Iowa 52577

Powell Chemical Dependency Program  515-263-2424
www.unitypoint.org/desmoines/services-behavioral-and-mental-health.aspx
Iowa Lutheran Hospital
700 E University Avenue, Des Moines, Iowa 50315
Provides an array of services including substance abuse outpatient and residential treatment, family support, and case management.
Mental Health Providers in Grinnell Area

**Prelude Behavioral Services (formerly MECCA)**

[www.PreludeIowa.org](http://www.PreludeIowa.org)

3451 Easton Blvd, Des Moines 50317

430 Southgate Ave, Iowa City 52240

515-262-0349

Prelude provides an array of services including substance abuse and problem gambling treatment, outpatient and residential treatment, halfway and transitional housing, and case management.

**Substance Abuse Treatment Unit of Central Iowa (SATUCI)**

[www.satuci.com](http://www.satuci.com)

611 4th Ave (MICA building), Grinnell

Mon. and Wed., 8:00 am – noon, 1:00 pm – 5:00 pm