

**Poweshiek County Inter-Agency
Resource Guide**

January 10, 2018

Please send corrections, additions, and suggestions to Emily Moore at
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GROCERIES AND MEALS	3
<u>MEALS ON WHEELS</u>	3
<u>FOOD IN THE SCHOOLS</u>	4
HOUSING*	5
FURNITURE AND CLOTHING.....	7
SERVICES FOR EXPECTANT MOTHERS / NEW PARENTS	8
SERVICES FOR CHILDREN/YOUTH AND FAMILIES	9
YOUTH ACTIVITIES	12
<u>AFTER-SCHOOL PROGRAMS</u>	12
<u>OTHER PROGRAMS AND ACTIVITIES</u>	12
SERVICES FOR THE ELDERLY	14
<u>HOUSING.....</u>	14
<u>SERVICES AND ACTIVITIES</u>	14
EDUCATION	16
<u>PRESCHOOLS.....</u>	16
<u>SCHOOLS</u>	16
<u>EDUCATION AGENCIES AND SERVICES</u>	17
EMPLOYMENT AGENCIES.....	18
HEALTH AND MEDICAL SERVICES	19
<u>HOSPITAL AND RELATED HEALTH CENTERS</u>	19
<u>PROGRAMS AT GRMC FACILITIES</u>	19
<u>NON-GRMC MEDICAL SERVICES</u>	20
<u>DENTAL SERVICES.....</u>	21
<u>VISION</u>	22
<u>HEARING.....</u>	22
<u>SUPPORT GROUPS</u>	23
<u>MEDICAL EQUIPMENT</u>	24
<u>MEDICAL INSURANCE.....</u>	24
MENTAL HEALTH.....	25
SUBSTANCE ABUSE / SUPPORT GROUPS.....	27
DISABILITY SERVICES.....	28
DOMESTIC VIOLENCE/SEXUAL ASSAULT	30
LEGAL SERVICES	31
TRANSPORTATION.....	33
FINANCIAL ASSISTANCE.....	34
MISCELLANEOUS	36

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 641-522-5400
122 Jackson St., Brooklyn 52211
Meals on Wheels and Congregate (on site) Meals

Montezuma Nursing and Rehab 641-623-5497
Meals on Wheels

Food Pantries

Mid-Iowa Community Action (MICA) – Food Pantry 641-236-3923
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 641-522-7185
St. Patrick’s Catholic Church, 211 Jackson St. (alley entry) 641-522-9283
Wed. 2:00 – 6:00 pm. Contacts: Betty Klein, Mary Carlson

Malcom Food Pantry 641-528-4004
Methodist Church Basement
Thurs. 4:00 – 6:00 pm

Montezuma Food Pantry 641-623-3275
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 641-528-4245
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.) 641-236-2668
Montezuma schools 641-623-5121

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 641-623-5121

Housing*

Grinnell Housing Authority 641-236-2611

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

Arbors Apartments	401 Washington Avenue, 2 & 3 BR	641-236-9233
Center Street Apartments	506 Center Street, 2 BR	641-236-6679
Grinnell Park Apartments	223 4th Avenue West, 1 & 2 BR	800-394-1288
Spaulding Lofts	827 4th Avenue, 1 & 2 BR	515-221-6696
Westfield Apartments	308 4th Avenue West, 1 & 2 BR	641-236-8909

Income-based Housing for Elderly and Disabled (in Grinnell)**

Grinnell Area Housing, 214 4th Avenue W. 641-236-6679

Brookside East

Brookside West 131 Fourth Avenue West

Brookside South 214 Fourth Avenue West

Monropark Apartments

Pearl Street Apartments 729 Pearl St.

Poynter Apartments (for CMI) 412 Third Avenue

Grinnell Estates, 2020 West St. 641-236-0102

Spaulding Lofts 827 4th Avenue 515-221-6696

Income-based Housing for Elderly and Disabled (outside Grinnell)**

Barnes City Housing, Financial Service Group, Inc 319-664-3002

Brooklyn Housing, Inc., Karen McNaul 641-623-5026

Deep River Housing, Financial Service Group, Inc 319-664-3002

Malcom Manor, Karen McNaul 641-623-5026

Montezuma, Sunny View Square, Grinnell Area Housing 641-236-6679

Searsboro Manor Apartments, Financial Service Group, Inc 319-664-3002

Victor Senior Housing, National Management 515-223-0300

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

515-725-4900

www.iowafinanceauthority.gov/Programs/Affordable-Homeownership

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

641-752-0717

www.region6planning.org/housing_trust_fund/

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

515-284-4667

www.rd.usda.gov/programs-services/single-family-housing-guaranteed-loan-program/ia

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

641-932-3031

www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans/ia

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

866-ALLIANT (866-255-4268)

www.AlliantEnergy.com

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 515 3rd Ave., Grinnell Inexpensive used clothing, furniture, and much more. Contact: Deanna Vogt.	641-236-7892
Goodwill Industries 230 West St., Grinnell Inexpensive used clothing and furniture	641-236-7312
Anderson's Used Furniture 1018 Washington Ave., Grinnell Inexpensive used furniture. Open Fri. 1 – 6 pm and Sat. 9 am – 5 pm	641-236-3466
Phase II Consignment 914 Main St., Grinnell	641-236-8126
Montezuma Free Clothes Closet 109 South 4th St., Montezuma Thurs., 9:00 am – 5:00 pm.	641-623-3275
Tracy's Treasures 403 E. Main St., Montezuma Mostly clothes, but call to check if she has furniture.	641-990-2944
White's Consignment 806 S. Front St., Montezuma	641-623-2208
Once and Again Consignment 102 N. Orchard St., Brooklyn	641-522-2333
Salvation Army Poweshiek County Service Extension #261 www.centralusa.salvationarmy.org 303 E. Washington, Montezuma	641-623-3275

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

FAX: 641-236-8704

www.micaonline.org

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

Grinnell office by appointment only: 717 5th Ave., Suite 6.

Children and Families of Iowa (CFI)

641-682-3642

www.cf Iowa.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.iowaccrr.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: lmfish@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 641-236-6511
www.grinnellhealthcarecenter.com Fax: 641-236-6713
415 6th Avenue West, Grinnell
24-hour nursing care, fees vary

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

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

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

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

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

Montezuma Nursing & Rehabilitation Center 641-623-5497
www.careinitiatives.org/montezumanursingandrehabcenter/ 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.	641-236-3923
Grinnell Community Daycare and Preschool (private) 1436 Penrose, Grinnell E-mail: grinnelldaycare@iowatelecom.net	641-236-7214
Grinnell Newburg Preschool (public) 1310 Hobart St. (at Fairview School), Grinnell	641-236-2780
Community Preschool (private) UCC Congressional Church, 902 Broad Street, Grinnell	641-236-3111
Grinnell College Preschool (private) 1207 Park Street, Grinnell	641-236-3320
Brooklyn Preschool (public) 1090 Jackson Street, Brooklyn 52211	641-522-7058
Montezuma Preschool (public) 504 N. 4th Street, Montezuma 50171	641-623-5129

Schools

Grinnell – Newburg Community School District www.grinnell-k12.org Administrative Office: 1333 Sunset, Grinnell	641-236-2700
Fairview Elementary School: grades preschool – 2 1310 Hobart St.	641-236-2780
Bailey Park Elementary School: grades K – 2 210 Eighth Ave.	641-236-2770
Davis Elementary School: grades 3 – 4 818 Hamilton Ave.	641-236-2790
Grinnell Middle School: grades 5 – 8 132 East Street South	641-236-2750
Grinnell High School: grades 9 – 12 1333 Sunset	641-236-2720
Independent Learning Center 1333 Sunset Formerly New Horizons Alternative H.S. and School-Within-A-School	641-236-2720

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.iavalley.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 800-562-4692

www.iowaworkforcedevelopment.gov

3405 South Center Street, Marshalltown 50158

641-754-1400

Fax: 641-754-1443

1000 East Grand Avenue, Des Moines 50319

515-281-5387

Promise Jobs

641-754-1400

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

<http://denison.jobcorps.gov/>

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

641-352-7942

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

641-236-7470

www.aventure.com

820 4th Avenue, Grinnell

First Class Staffing

641-236-6808

929 Broad Street, Grinnell

QPS Employment Group, Inc.

641-236-9722

www.qpsemployment.com

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) 641-236-7511
www.grmc.us E.R. 641-236-2380
210 4th Ave., Grinnell

Light Center for Community Health – GRMC Public Health 641-236-2385
www.grmc.us/services/public-health
306 4th Avenue, Grinnell
Immunization clinics, communicable disease control, community care clinic, lead tests.

Postels Community Health Park 641-236-2953
www.grmc.us/services/integrated-medicine
807 Broad St., Grinnell
Massage and relaxation therapies, physical therapy, reflexology, etc.

Paul W. Ahrens Fitness Center 641-236-2999
www.grmc.us/services/wellness-services
824 Commercial St., Grinnell (Postels Community Health Park)
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 Main numbers: 641-236-2542
www.grmc.us/services/home-care New Referrals: 641-236-2059
Light Center.
A home health agency

Adult Foot Care Clinic 641-236-2385
Light Center. 2nd and 4th Thurs., 9:00 am – noon.
Call Grinnell Regional Home Care for an appointment.

Grinnell Regional Women’s Health Clinic 641-236-2905
Ahrens Medical Arts Building, 2nd floor.

Grinnell Regional Hospice 641-236-2418
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 515-281-7689
www.idph.iowa.gov 866-227-9878
321 E. 12th Street, Des Moines 50319-0075

Referral Source Phone: 211
www.211.org
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 800-827-1000
www.centraliowa.va.gov
210 Walnut St., Des Moines
For more information see entry in Services for Elderly, page 15.

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

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

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

Home Health Agencies – Community Services of St. Francis 641-236-7717
2021 4th Ave., Grinnell

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.iowapoisson.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 641-236-2385
210 4th Avenue, Grinnell

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

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

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

Medical Insurance

Hawk-I 800-257-8563
www.hawk-i.org
No- or low-cost health care coverage to children in working, income-eligible families.

Medicaid (also called Title 19) 800-338-8366
www.dhs.iowa.gov (Health care options are listed under the tab “Can we help?”)
Apply on line 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 800-338-8366
www.dhs.iowa.gov (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

800-273-TALK (8255)

www.SuicidePreventionLifeline.org

NOTE:

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

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.

The Station Clubhouse

641-236-5325

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

641-236-4680

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

Collaborative & Strength-Based Counseling

641-236-8811

www.GrinnellCounseling.com

Kun-Hong Lu, LISW

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

641-236-0632

www.davispsychservices.org

Dr. Brandon Davis

821 5th Avenue, Suite 201, Grinnell

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.

Prelude Behavioral Services (formerly MECCA)

www.PreludeIowa.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

641-236-0273

www.healthyhomesfs.com

812 Commercial St., Grinnell

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

319-668-1217

www.midwestcounselingllc.com

523 ½ Court St., PO Box 313, Williamsburg, IA 52361

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

877-944-1200

www.steinerpsych.com

Dr. Brian James Steiner

821 5th Ave, Suite 403, Grinnell

In Grinnell on Wednesday mornings only.

NAMI (National Alliance for the Mentally Ill)

641-792-2441

www.nami.org or www.namiiowa.com

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) 641-236-8662

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 641-236-4680

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 641-236-0270

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 641-236-0270

Station Club House, 729 Pearl St., Grinnell

641-821-9565

Fri. at 7:30 pm

Al-Anon Meetings 888-4AL-ANON

www.ia.al-anon.alateen.org

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) 641-673-0336

Contact Jackie Allen Black, Crisis Intervention Services, jackie@cismc.org

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.arceci.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

515-281-1333

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

641-352-7942

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 Domestic Abuse Hotline: 800-464-8340
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 641-799-2370
E-mail: kellym@ottumwacrisiscenter.org (non-emergency use)

Crisis Intervention Services (CIS)
www.stopdvsa.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 641-670-1372
E-mail: samk@stopdvsa.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). Apts available on the 3rd Thurs., 9:30 am – noon, at the Grinnell MICA office.	800-532-1275 800-992-8161 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 Law Center to promote and defend human and legal rights of disabled and mentally ill.	800-779-2502 TTY: 866-483-3342 Fax: 515-278-0539
Grinnell Police Department 1020 Spring St, Grinnell Occasionally gives rides to homeless individuals.	(non-emergency) 641-236-2670
Poweshiek County Sheriff Office www.PoweshiekCoSheriff.com 4802 Barnes City Rd., PO Box 297, Montezuma 50171	641-623-5679
Poweshiek County Attorney Rebecca Petig	641-623-5134 Fax: 641-623-2820
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

Ola Babcock Miller Building, 1112 East Grand, Des Moines 50319

Investigates grievances about state and local governments.

515-281-3592

TTY: 515-242-5065

888-426-6283

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

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

930 Park St., Grinnell

Poweshiek County Extension Office 641-623-5188

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

jaspercountyhabitat@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 or 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.

Mental Health Providers in Grinnell Area

Name/Address	Phone	Specialties	Hours	Insurance Restrictions?	Cash Rate	Med Mgmt
Berryhill Psychiatry Megan Berryhill, APRN Newton: 709 1 st Ave W, Ste 3 Grinnell: 812 Commercial St (at Healthy Homes)	641-275-7759 Self or Provider referral	Peds: general psych, ADHD Adult: General Psych, refers for psychometric testing	Noon to 10 pm daily	Does not accept Ins. Sliding scale 33% for college students 66% for XIX patients	Eval \$150 Med Chk \$60	Yes
Bridget Baechtel, LISW Surgical Associates, LLP 112 4 th Ave, Grinnell www.grinnellsurgeons.com	641-236-4323	Trauma, Eating Disorders, Adult, Children, Family, Bariatric Therapy, EMDR, DBT and CBT, Post Induction Therapy	8 – 4:30 M-Th	Takes all major insurance including Medicaid / Medicare		Yes (Stephanie Nowen)
Capstone Behavioral Healthcare 200 4 th Ave. West, upper level Grinnell Also in Newton 641-275-3480 www.capstonebh.com Ara Robinson, DO, Psychiatrist Casie Riney, PA-C Terra Goldsberry, PA-C Jacquelyn Gravett, PA-C Multiple Therapists	641-260-8270 Crisis Line 800-332-4224	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		Most major insurances, But provider which can be seen may depend upon insurance		Yes
Collaborative & Strength-based Counselling Kun-Hong Lu, LISW 827 High St, Grinnell www.GrinnellCounseling.com	641-236-8811	Adult Mental Health Therapy	By appt	No XIX, but accepts MC and most other insurance Limited Sliding Scale for cash clients		No
Creative Hope Counselling Sara Erselius, LISW, RPT 106 N 8 th St, Montezuma	641-226-2665	Individual and group therapy for children and adolescents Play therapy	M-F 8-6	Cannot accept Coventry and a few others. Will take XIX, MC		No

Mental Health Providers in Grinnell Area

<p>Davis Psychological Service, PC Brandon Davis, Ph.D. 1104 5th Ave, Grinnell Rachel Stensrud, LMHC Katie Little, LMHC Dana Schmitz, LMHC www.davispsychservices.org</p>	<p>641-236-0632 Self- or Provider- Referral</p>	<p>Adult mental health therapy Children and Adults Children and Adults Ages 4 and Up</p>	<p>M-F 8-5 and some flexibility after hours</p>	<p>Accept all Insurance, but only Brandon can see Medicare patients Sliding scale for those without insurance.</p>		<p>No</p>
<p>Grinnell Regional Med Center Linda Romero, LISW 210 4th Ave, Grinnell www.grmc.us</p>	<p>641-236-7511 GRMC Provider referral</p>	<p>ER and FP Offices: Assists with placements for inpatient care, and counsels hosp inpatients at GRMC, no private out-of- hospital clients.</p>	<p>NA</p>	<p>NA</p>		<p>No</p>
<p>Healthy Homes Family Services 812 Commercial St., Grinnell www.healthyhomesfs.com Casie McGee, MS, LMHC Jessica Schmidt, MS, LMHS, NCC Melissa Ulrickson, MS, LMHC</p>	<p>641-236-0273 Self or provider referral</p>	<p>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</p>	<p>M-F 8-6</p>	<p>Accepts most insurance including MC, XIX. Sliding scale for cash clients</p>		<p>No</p>
<p>Midwest Counseling, LLC R. Detlefsen, DNP Ann Grant, MA, LMHC Christine Huntrods, MS, TLMFT Connie Mettlin, LISW Nathan Wolken, LMHC 818 4th Ave, Grinnell 523 ½ Court St. Williamsburg www.midwestcounselingllc.com</p>	<p>Self or provider referral 641-236-1644 319-668-1217</p>	<p>Child, adolescent, adult, individual counseling, couples, family therapy, and more. See website. Dr Detlefsen manages meds Providers listed for Grinnell office only</p>	<p>By appointment</p>	<p>Accepts all insurance, MC covers only part of counselors so choice of counselor limited with MC Sliding Scale for Cash clients</p>		<p>Yes</p>

Mental Health Providers in Grinnell Area

Grinnell College "SHACS" Student Health and Counseling Service Forum, Lower Level 1119 6 th Ave, Grinnell www.grinnell.edu	641-269-3230 College students only. Self or provider referral	For Grinnell College Students only Tele-Psych for provider in Iowa City, or referral to local medical providers to manage meds		College students only	Yes
Jeff Wells, LMFT, CADC 827 High St, Grinnell www.goodtherapy.org/jeff-wells-therapist.php	641-236-4680 Self- or provider referral	Adult and older adolescent therapy; Substance abuse evaluation and counseling	M-F By appt	Accepts most private insurance. No MC or XIX Sliding scale for cash clients based on ability to pay	No
				Updated 12/5/2017	

Mental Health/Social Services Resources

Emergency: Grinnell Regional Medical Center
Grinnell Police Department (911)
Suicide Prevention Hotline
Foundation2 Crisis Hotline
Domestic Violence and Crisis Intervention

641-236-2380
641-236-2670 (non emergency)
800-273-8255
319-362-2174
641-673-0336 **844-673-5400**

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>

House of Mercy is a private rehab center located in Newton. House of Mercy specializes in the treatment of substance, drug, and alcohol abuse.
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

3451 Easton Blvd, Des Moines 50317

430 Southgate Ave, Iowa City 52240

Prelude provides an array of services including substance abuse

and problem gambling treatment, outpatient and residential treatment, halfway and transitional housing, and case management.

515-262-0349

319-351-4357

Substance Abuse Treatment Unit of Central Iowa (SATUCI)

www.satuci.com

611 4th Ave (MICA building), Grinnell

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

641-236-8662