

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Name of Program/Provider	Focus Population	Phone Number & Hours	Services Provided	Eligibility Requirement, Documents Needed, Fees
MENTAL HEALTH SERVICES - ADULT				
Community Mental Health Services Abbe Center for Community Mental Health 1039 Arthur St Iowa City IA 52240 www.abbemhc.org	General	319-338-7884 M-F 10-6:00 pm	Dedicated to improving lives through quality, accessible mental health services, such as: homeless outreach, Case Management, housing assistance, mental health supports, supported community living and crisis services.	Eligibility Requirements ~ mental illness; homeless or at risk of homelessness Documents ~ none Fees ~ none
Free Mental Health Clinic (FMHC) Abbe Center for Community Mental Health 1039 Arthur St Iowa City IA 52240 www.abbemhc.org Email Address ~ freementalhealthclinic@gmail.com .	Adult	All appointments made through the clinic email address Only a limited number of appointments are available at each clinic, and they tend to fill up rapidly, so individuals considering use of the clinic's services are encouraged to contact FMHC as early as possible.	Mental health clinic run by volunteer medical and pharmacy students and staff psychiatrists from the University of Iowa Hospitals and Clinics. Clinic is held approximately every other Saturday morning with patient appointments scheduled at 9:00 am & 10:00 am. The purpose of the clinic is to provide transition psychiatric care to patients while they are on the wait list for the Community Mental Health Center. If you do not have email access: Please visit the Community Mental Health Clinic (507 E. College Street in Iowa City) to register yourself for CMHC services. They will contact the program to reserve an appointment for you.	Eligibility Requirements ~ mental illness Documents ~ none Fees ~ none
Together, Not Alone: Mental Health Wellness Center Abbe Center for Community Mental Health 1039 Arthur St Iowa City IA 52240 www.abbemhc.org	Adult	319-338-7884 Tuesday & Thursday 9:30 AM- 12:30 PM	This is a recovery-oriented peer-run group for adults with a mental health diagnosis. They offer groups, activities, and the opportunity to learn and support each other in the recovery process.	Eligibility Requirements ~ mental health diagnosis Documents ~ none Fees ~ none

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Community Based Program Chatham Oaks, Inc. 4515 Melrose Ave Iowa City IA 52246 http://www.chathamoaks.org/</p>	<p style="text-align: center;">Adult by referral</p>	<p style="text-align: center;">319-325-4568 varies</p>	<p>To provide community based programming for those living in their own homes or in an agency ran HAB home. The purpose is to provide structure and continued support in the community to allow community reintegration for those that have a mental illness.</p>	<p>Eligibility Requirements ~ referrals are made by a IHH coordinator who assist with securing funding for services. Documents ~ Integrated Home Health coordinator will contact Chatham Oaks, Inc. with a potential referral and complete a referral form. Fees ~ for those interested in hourly services Medicaid pays for this service. For those that are interested in a HAB home, Medicaid pays for the staff and the resident is responsible for a monthly rent and utilities.</p>
<p>Hillcrest Supported Living Program Hillcrest Family Services 449 HWY 1 West Iowa City IA 52246 http://hillcrest-fs.org/</p>	<p style="text-align: center;">Adult</p>	<p style="text-align: center;">319-337-4204 generally Mon-Fri; as client requested</p>	<p>Provides supported community living services, most often funded as home-based habilitation through Medicaid; also provide community support services (CSS). A Visiting Counselor provides support and skill development to individuals living in the community and visit as frequently as the individual wants/needs. The program also offers in-home psychiatric nursing services.</p>	<p>Eligibility Requirements ~ Ages 18 and older with a diagnosis of a serious mental illness Documents ~ proof of diagnosis; social history; funding verification. Fees ~ service fees- are generally funded by Medicaid Iowa Plan, the Region, or private pay.</p>
<p>Special Populations Involvement Iowa City Parks and Recreation 220 S Gilbert Street Iowa City IA 52240 https://icgov.org/pr</p>	<p style="text-align: center;">Adult & Youth</p>	<p style="text-align: center;">319-356-5100 various; evenings and weekends</p>	<p>Special Populations Involvement (SPI) program provides leisure opportunities for persons with special needs, including those with physical, mental or emotional disabilities. SPI programs are offered in structured, success oriented environments in the areas of sports & fitness, arts & movement, independent living skills, clubs, social activities, and special events.</p>	<p>Eligibility Requirements ~ persons with physical, mental, and/or emotional disabilities Documents ~ SPI registration form, Special Olympics application for participation form Fees ~ various</p>
<p>Family Support Group NAMI Johnson County 1105 Gilbert Ct - Suite 200 Iowa City IA 52240 http://namijc.org/</p>	<p style="text-align: center;">Families</p>	<p style="text-align: center;">319-337-5400 Thurs evening 6:30-7:30 pm</p>	<p>Each Support Group is facilitated by family members, who are trained in facilitating support meetings, but are NOT professional counselors. The meetings are now open to all families who are concerned about a family member who is experiencing mental illness.</p>	<p>Eligibility Requirements ~ family member with a mental illness Documents ~ contact program Fees ~ none</p>

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>NAMI Family to Family NAMI Johnson County 1105 Gilbert Ct - Suite 200 Iowa City IA 52240 http://namiic.org/</p>	<p>Families</p>	<p>319-337-5400 varies</p>	<p>A 12-week series of classes for family members and close friends of persons diagnosed with serious mental illness. The course covers information about schizophrenia, bipolar disorder, major depression, panic disorder, obsessive compulsive disorder and PTSD. The course is not appropriate for individuals who suffer from one of the major mental illnesses. The course also addresses coping skills such as handling crisis and relapse, basic information about medications, listening and communication techniques, problem-solving skills, recovery and rehabilitation, and self-care around worry and stress.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ None</p>
<p>R Place Peer Wellness Center NAMI Johnson County 220 Lafayette Street - Suite 180 Iowa City IA 52240 http://namiic.org/recovery/</p>	<p>Adult Age 18+</p>	<p>319-354-3455 M-F 1-5:00 pm Saturday 11am-3pm</p>	<p>R Place targets individuals who are 18 and up living with a mental illness. Provides adults with mental illness access to education on mental wellness, recovery and available crisis intervention. R Place promotes the advocacy of persons with mental illness and their peers by use of a trained Peer Support Specialist.</p>	<p>Eligibility Requirements ~ mental illness diagnosis Documents ~ contact program Fees ~ none</p>
<p>Intensive Psychiatric Rehabilitation Optima LifeServices 485 Hwy 1 West Iowa City IA 52245</p>	<p>Mental Illness</p>	<p>319-569-61977 By appointment</p>	<p>Program set on an individual basis with the practitioner. Will include one-on-one sessions with each person and group sessions.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
<p>Synchrony Prelude Behavioral Services 430 Southgate Avenue Iowa City IA 52240 www.preludeiowa.org</p>	<p>Adult</p>	<p>319-351-4357 M-F 9-5:00pm</p>	<p>Mental Health counseling, addiction treatment, Employee Assistance Program (EAP), workplace training</p>	<p>Eligibility Requirements ~ none Documents ~ visit website Fees ~ varies, accepts Medicaid</p>
<p>Supported Community Living (SCL) services Social Outreach Services 1570 S. 1st Ave. Iowa City IA 52240 www.sosjc.org</p>	<p>General</p>	<p>319-855-2744 M-F 9-5:00pm</p>	<p>Works with mental illness and provides supported community living (SCL) services in the community.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Therapy, Counseling and Training Successful Living 2406 Towncrest Drive Iowa City IA 52240 icsuccess.org E-mail: rgoedken@icsuccess.org</p>	<p>Adults with Chronic Mental Illness</p>	<p>319-358-6800 M-F 9-5:00 pm</p>	<p>Trained Counselors support individuals having a diagnosed mental illness to become more independent and integrated within their communities; to overcome the challenges of their respective mental illness via a wide variety of supports. A core component in all services is the individual-based, person-centered approach in which services are matched according to the persons respective needs and which are reviewed and modified as needs change to best support independence.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
<p>Family Systems Therapy and Counseling Services Systems Unlimited 2533 Scott Blvd SE Iowa City IA 52240 www.sui.org</p>	<p>Disabled</p>	<p>319-338-9212, ext. 177 M-F 8:00-5:00 PM Evening appointments available upon request.</p>	<p>Office based and school based (ICCS and College Community) mental health therapy and skill building services for youth, adults, couples, and families.</p>	<p>Eligibility Requirements ~ Mental health need & active insurance. Documents ~ Insurance card. Fees ~ Insurance is billed for services.</p>
<p>Counseling & Therapy United Action for Youth 410 Iowa Ave Iowa City IA 52240 unitedactionforyouth.org</p>	<p>Teen & Families</p>	<p>319-338-7518 M-F 9-5:00 pm</p>	<p>UAY offers formal therapy by licensed mental health counselors specializing in work with teens and families.</p>	<p>Eligibility Requirements ~ services for youth and families Documents ~ contact program Fees ~ Insurance billing/grant funding for some services</p>
<p>Adult and Geriatric Psychiatry Services University of Iowa Health Care 410 Iowa Ave Iowa City IA 52242 unitedactionforyouth.org</p>	<p>Adult</p>	<p>319-353-6314</p>	<p>Our multidisciplinary team includes psychiatrists, psychologists, nurses, occupational and recreational therapists, and social workers who design individual treatment plans that meet each patient's needs.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
MENTAL HEALTH SERVICES - YOUTH				
<p>Behavioral Health Intervention Services Four Oaks 1916 Waterfront Drive Iowa City IA 52240 www.fouroaks.org</p>	<p>Youth</p>	<p>319-337-4523 24 hours/7 days</p>	<p>Individual, family and group skill building to children and families designed to address behaviors and symptoms associated with the child's mental health diagnosis.</p>	<p>Eligibility Requirements ~ behavioral need, mental health diagnosis Documents ~ documentation of mental health diagnosis Fees ~ Title 19 or private insurance</p>

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Psychiatric Medical Institution for Children (PMIC) Four Oaks Cedar Rapids, IA www.fouroaks.org</p>	<p>Youth Age 5-18</p>	<p>1-844-364-0259 24 hours/7 days</p>	<p>The Psychiatric Medical Institution for Children (PMIC) is designed especially for children between the ages of 5 and 18 who present serious emotional and behavioral problems. The basic foundation of this program is designed to develop positive self-concepts, social and problem-solving skills while integrating child and family treatment components.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
<p>School-Based Therapy Services Four Oaks 1916 Waterfront Drive Iowa City IA 52240 http://www.fouroaks.org</p>	<p>Youth School-based</p>	<p>319-337-4523 M-F</p>	<p>Therapists within eastside Iowa City junior high and high schools with youth identified by the school as needing counseling services.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ Insurance, private pay</p>
<p>Advocacy & Family Resource Centers Iowa City Community School District 1725 N Dodge Street Iowa City IA 52245 www.iowacityschools.org/pages/ICCS</p>	<p>Youth</p>	<p>319-688-1000 Or Contact the child's school and request the Family Student Advocate</p>	<p>A free resource for families living in the Iowa City Community School District. Support, referrals, resources, case management specifically in the areas of mental health, basic needs (food, clothing, etc.), housing, mentoring, meetings, home visits, attendance, and school engagement. Student and Family advocates strive to reduce a child's barriers to learning.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
<p>Healthy Kids Community Care School-Based Health Clinic Iowa City Community School District 1725 N Dodge St Iowa City IA 52245 http://www.iowacityschools.org/pages/ICCS/Departments/Health_Services/Healthykids</p>	<p>Youth School-based</p>	<p>319-631-3204 M-F 8-5:00 pm</p>	<p>Provides no-cost primary and mental health care services to medically uninsured, underinsured or those who have trouble reaching care. Work with area and community providers to offer well care, sick care, sports physicals, immunizations, and referrals for dental, laboratory work, x-rays, and sub specialty care as needed. Connect families to resources within the Iowa City Community School District and to area agencies for ongoing needs or support. Mission is to serve the medical needs of children and adolescents who would otherwise not have access to healthcare or face other barriers.</p>	<p>Eligibility Requirements ~ medically uninsured, underinsured or those who have trouble reaching primary and mental health care services. Must be residents of Johnson County, ages 0-21, through graduation from high school. Documents ~ ID or passport and immunization record, if available Fees ~ none</p>
<p>Special Populations Involvement Iowa City Parks and Recreation 220 S Gilbert Street Iowa City IA 52240 https://icgov.org/pr</p>	<p>Adult & Youth</p>	<p>319-356-5100 various; evenings and weekends</p>	<p>Special Populations Involvement (SPI) program provides leisure opportunities for persons with special needs, including those with physical, mental or emotional disabilities. SPI programs are offered in structured, success oriented environments in the areas of sports & fitness, arts & movement, independent living skills, clubs, social activities, and special events.</p>	<p>Eligibility Requirements ~ persons with physical, mental, and/or emotional disabilities Documents ~ SPI registration form, Special Olympics application for participation form Fees ~ various</p>

Information is subject to change without notice, please contact the agency directly regarding services.
 For questions regarding the Resource Directory, contact Johnson County Social Services at 319-356-6090
DISCLAIMER: Johnson County does not endorse nor is responsible for the conduct of any organization.

Last Updated ~ 04/16/2021

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Focus on Youth Johnson County Social Services 855 S Dubuque Street - Suite 202B Iowa City IA 52240 www.johnson-county.com</p>	<p>Youth</p>	<p>319-356-6090 applications accepted M-F 8-4:30 pm</p>	<p>Focus on Youth can provide assistance with mental health related medications for youth, assist with the costs of family or individual counseling, behavioral health intervention services, or assist with the costs of a mental health diagnosis or assessment.</p>	<p>Eligibility Requirements ~ children (0 to 18 years of age) who have been diagnosed with a severe emotional or behavioral disorder, and live in Johnson County. Income at or below 300% of Federal Poverty. Documents ~ Completed Focus on Youth application, and a copy of the diagnosis from a licensed mental health professional or medical doctor Fees ~ None</p>
<p>Family Systems Therapy and Counseling Services Systems Unlimited 2533 Scott Blvd SE Iowa City IA 52240 www.sui.org</p>	<p>Disabled</p>	<p>319-338-9212</p>	<p>Provides mental health services to children, adults, couples, and families.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program</p>
<p>Behavioral Health Clinic (BHC) Tanager Place 1150 5th St, Suite 160 Coralville IA 52241 www.tanagerplace.org</p>		<p>319-286-4520 Office hours: Monday-Friday 8-5 pm</p>		
<p>Pediatric Integrated Health Services (PIH) Tanager Place 2309 C Street SW Cedar Rapids IA 52404 www.tanagerplace.org</p>	<p>Youth Age 4-17</p>	<p>319-365-9164 Office hours: Monday-Friday 8-4:30 pm</p>	<p>Provides families with a 3-person team of professionals (social worker, nurse, and family support specialist) who assist in locating resources, providing support, and linking children to needed health care and mental health care providers. The team ensures these services and resources are coordinated and optimized to help children and families meet their health goals.</p>	<p>Eligibility Requirements ~ children ages 4 to 17 who have Medicaid and a mental health diagnosis. Documents ~ Documentation of mental health diagnosis. The program can assist in accessing this documentation. Fees ~ Free to those with Medicaid Insurance.</p>
<p>Pediatric Mental Health Services University of Iowa Children's Hospital 200 Hawkins Drive Iowa City IA 52242 https://www.uichildrens.org/mentalhealth/#MarketingContent</p>	<p>Youth</p>	<p>1-888-573-5437</p>	<p>Provides a full range of mental health services to children and adolescents. Staff members offer services ranging from outpatient care to acute inpatient treatment. Services include medication management, educational consultation and testing, psychological testing, individual therapy, and family counseling.</p>	<p>Eligibility Requirements ~ services for children and adolescents. Documents ~ contact program Fees ~ contact program</p>
<p>Counseling & Therapy United Action for Youth 410 Iowa Ave Iowa City IA 52240 unitedactionforyouth.org</p>	<p>Teen & Families</p>	<p>319-338-7518 M-F 9-5:00 pm</p>	<p>UAY offers formal therapy by licensed mental health counselors specializing in work with teens and families.</p>	<p>Eligibility Requirements ~ services for youth and families Documents ~ contact program Fees ~ Insurance billing/grant funding for some services</p>

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

MENTAL HEALTH - RESIDENTIAL CARE				
Residential Care Facility Chatham Oaks, Inc. 4515 Melrose Ave Iowa City IA 52246 http://www.chathamoaks.org/	Adult	319-887-2701 daily for 24 hours	To provide residential care to those who are over the age of 18 with a mental health diagnosis. The purpose of the program is to encourage individual growth and promote recovery. Visitors are welcome daily from 8 am to 9 pm.	Eligibility Requirements ~ 18 years old and have a mental illness. Documents ~ clinical information is needed from the treating physician as to why this level of care is needed. Fees ~ Funding authorized from the individual's region must be secured. Private pay is also an option.
Birch House Hillcrest Family Services 745 Pepper Drive Iowa City IA 52242 http://hillcrest-fs.org/	Adult	319-341-9849 24 hour residential program for adults with a serious mental illness	5 bed group home for adults with a serious mental illness	Eligibility Requirements ~ diagnosis of serious mental illness, 18 and older, must meet Housing and Urban Development (HUD) requirements for criminal and substance abuse background. Please contact Manager for more information. Documents ~ HUD application, income verification, criminal background checks, proof of serious mental illness diagnosis, social history. Fees ~ rent (HUD project- based on income); boarding costs (includes all utilities and food) and service costs (generally paid by Medicaid or East Central Region funding)
Fairweather Lodge Program Shelter House Community Shelter & Transition Services 429 Southgate Avenue Iowa City IA 52240 www.shelterhouseiowa.org	Adult	319-530-4729	Recovery program for people with mental illness who are seeking community, peer support, long-term stable housing, supported employment, and mental health stability.	Eligibility Requirements ~ applicant must meet State of Iowa requirements for serious and persistent mental illness; willing and physically able to work; alcohol and drug-free for past 3 months; cannot have manifested self-abusive or suicidal acts in the past 3 months; Must be committed to taking medication as prescribed by a mental health provider. Documents ~ Fairweather Lodge application Fees ~ contact program
Supportive Housing Program Successful Living 2406 Towncrest Drive Iowa City IA 52240 icsuccess.org	Adults with Chronic Mental Illness	319-358-6800 M-F 9-5:00 pm	Agency-owned houses in which both Transitional and Permanent housing is offered to persons having a diagnosed chronic mental illness. Trained Counselors support residents with budgeting, setting and attending appointments, shopping, medications, mental health support and goal setting on a path towards mental health recovery and improved independence and community integration.	Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ contact program

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Psychiatric Medical Institute for Children Tanager Place 2309 C Street SW Cedar Rapids, Iowa 52404 www.tanagerplace.org</p>	<p>Youth Age 5-17 Residential</p>	<p>319-365-9165 M-F 9-5:00 pm</p>	<p>Residential program for children struggling with both an intellectual and emotional disability. The program serves children who are struggling with an intense psychiatric diagnosis. A professional team works with each child and integrates parental involvement to develop treatment goals to overcome severe psychiatric challenges.</p>	<p>Eligibility Requirements ~ PMIC program is available to children ages 5 through 17 who meet requirements for admission. Documents ~ admission packet must be completed. Fees ~ Medicaid or Private Insurance Eligible</p>
SUBSTANCE ABUSE SERVICES				
<p>Substance Abuse Support Group AlAnon Family Groups/ Alateen A variety of locations. http://iowa-al-anon.org/</p>	<p>General (may vary depending on type of meeting)</p>	<p>319-499-8344 or 888-425-2666 Meeting times vary. Please call or visit website for current information.</p>	<p>The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness, and that changed attitudes can aid recovery. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ none</p>
<p>24-Hour Crisis Line Alcoholics Anonymous PO Box 487 Iowa City IA 52240 www.aa-ic.org</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>HOTLINE 319-338-9111</p>	<p>Visit website for list of weekly meeting locations and time.</p>	<p>Eligibility Requirements ~ No age requirement, Membership is open to anyone Documents ~ contact program Fees ~ contact program</p>
<p>Detoxification: Guidelink Center 300 Southgate Ave. Iowa City, IA 52240 www.guidelinkcenter.org</p>	<p>Adult</p>	<p>General Number for Questions: 319-400-9879 24 Hours 7 days – 365 Days</p>	<p>A safe and medically monitored space for individuals who will be experiencing withdraw from drugs or alcohol and would like a place to stabilize before engaging in a treatment program.</p>	
<p>Sobering Services Guidelink Center 300 Southgate Ave. Iowa City, IA 52240 www.guidelinkcenter.org</p>	<p>Adult</p>	<p>General Number for Questions: 319-400-9879 24 Hours 7 days – 365 Days</p>	<p>A safe place for an individual to withdraw from substances while being closely monitored by staff. There is opportunity to examine one's interest or need to become involved in substance use treatment.</p>	
<p>Addiction Treatment Services Iowa Substance Abuse Information Center 3750 Williams Blvd Cedar Rapids, IA 52404</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>HOTLINE 1-866-242-4111 Office hours M-F 9-5:00 pm</p>	<p>Offers behavioral health (i.e. substance abuse, gambling addiction, or mental health issues) information and referrals.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Substance Abuse Support Group Narcotics Anonymous PO Box 2522 Iowa City, IA 52244 seiana.iowa-na.org</p>	<p>General</p>	<p>1-800-897-6242 Meeting times vary. Please call or visit website for current information.</p>	<p>A group of recovering addicts who meet regularly to help each other stay clean.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>
<p>Addiction Treatment Services Prelude Behavioral Services 430 Southgate Avenue Iowa City IA 52240 www.preludeiowa.org</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>319-351-4357 24 hours/7 days 365 days</p>	<p>Offers services such as: Evaluation and assessment, Outpatient treatment Co-occurring treatment (substance abuse and mental health), Adolescent outpatient, Continuing Care, Family services, Medically managed detoxification, Residential treatment, Halfway, Transitional Housing, Case Management, Committals, Substance abuse information trainings</p>	<p>Eligibility Requirements ~ contact program Documents ~ visit website Fees ~ varies, sliding scale</p>
<p>Prevention Services Prelude Behavioral Services 430 Southgate Avenue Iowa City IA 52240 www.preludeiowa.org</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>319-351-4357 M-F 8-5:00</p>	<p>Prevention for alcohol, drug, gambling, tobacco, Early Intervention Services (EIS) , OWI 12-hour Course, School-based services ,Parent and family education, Community coalitions</p>	<p>Eligibility Requirements ~ none Documents ~ none Fees ~ varies</p>
<p>Alcohol & Chemical Dependency Treatment Program Resolutions Substance Abuse Services 220 Lafayette Street Iowa City IA 52240 www.resolutionsiowacity.com</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>319-351-9760 M-F 10-8:00 PM; Saturdays by Appointment,</p>	<p>Offers high quality, individualized and personal outpatient treatment for those suffering with chemical dependency. Also offer Substance Abuse Evaluations for those recently charged with an alcohol or drug related crime.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>
<p>Chemical Dependency Program University of Iowa Chemical Dependency Clinic 200 Hawkins Drive Iowa City IA 52242 https://uihc.org/substance-use-disorders</p>	<p>Adult Substance Abuse Addiction</p>	<p>319-384-8765 Hours depend upon specific program. Please call for more information.</p>	<p>Provides a full range of outpatient services for adults who want to address their addiction and regain control over their lives.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>
<p>Substance Abuse Addiction Treatment Program University of Iowa Child & Adult Psychiatry 200 Hawkins Drive Iowa City IA 52242 www.uihealthcare.org/medical-services/psychiatry/</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>Children & adolescents: 888-573- 5437 Adults: 319-353-6314 Hours depend upon specific program. Please call for more information.</p>	<p>Inpatient and outpatient comprehensive care to children, adolescents, adults and older adults.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>

Information is subject to change without notice, please contact the agency directly regarding services.
For questions regarding the Resource Directory, contact Johnson County Social Services at 319-356-6090
DISCLAIMER: Johnson County does not endorse nor is responsible for the conduct of any organization.

Last Updated ~ 04/16/2021

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

HOTLINES				
<p>24-Hour Crisis Line Alcoholics Anonymous PO Box 487 Iowa City IA 52240 https://aaiowacity.org/</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>HOTLINE 1-844-289-0879</p>	<p>Visit website for list of weekly meeting locations and time.</p>	<p>Eligibility Requirements ~ No age requirement, Membership is open to anyone Documents ~ contact program Fees ~ contact program</p>
<p>24-Hour Crisis Intervention Line CommUnity Crisis Services and Food Bank (formerly the Crisis Center) 1121 Gilbert Court Iowa City IA 52240 https://builtbycommunity.org/</p>	<p>General</p>	<p>HOTLINE 319-351-0140 24 Hours 7 days/week, 365 days a yr Walk-in 9:00 am–5:00 pm (currently suspended)</p>	<p>Talk confidentially to a skilled volunteer who will listen with compassion, respond without judgment and treat you with respect. Will work collaboratively to brainstorm potential options and generate an action plan.</p>	<p>Eligibility Requirements ~ Open to anyone in crisis Documents ~ none Fees ~ services are free and confidential</p>
<p>Crisis Chat Intervention Program CommUnity Crisis Services and Food Bank (formerly the Crisis Center) 1121 Gilbert Court Iowa City IA 52240 https://builtbycommunity.org/</p>	<p>General</p>	<p>www.iowacrisischat.org 24 Hours 7 days/week, 365 days a yr</p>	<p>Prefer typing to talking, use your computer to access free instant-messaging service. Offers online emotional support to anyone in need. Will work collaboratively to brainstorm potential options and generate an action plan.</p>	<p>Eligibility Requirements ~ none Documents ~ none Fees ~ services are free and confidential</p>
<p>Iowa Help Line 4 ways to get help www.iowahelpline.org</p>	<p>General</p>	<p>Talk 1-855-800-1239 24 Hours 7 days - 365 days Chat iowacrisischat.org 2:00 pm-2:00 am Text 1-855-800-1239 2:00 pm – 2:00 am Mobile Crisis 1-855-800-1239 24 Hours 7 days - 365 days</p>	<p>Provides crisis counseling and support, suicide prevention, intervention and resource referral to people experiencing a mental health crisis. Access to services are available by phone, text, chat or mobile crisis. Mobile Crisis Outreach provides crisis counseling, risk assessment and resource information for people experiencing a mental health crisis. Mobile Crisis Outreach counselors will respond at the site of where the crisis is occurring.</p>	<p>Eligibility Requirements ~ Free service to anyone in the East Central Region experiencing a mental health crisis. Documents ~ none Fees ~ all services are free and confidential</p>
<p>Addiction Treatment Services Iowa Substance Abuse Info Center 3750 Williams Blvd Cedar Rapids, IA 52404</p>	<p>Adult & Youth Substance Abuse Addiction</p>	<p>HOTLINE 1-866-242-4111 Office hours M-F 9am-5pm</p>	<p>Offers behavioral health (i.e. substance abuse, gambling addiction, or mental health issues) information and referrals.</p>	<p>Eligibility Requirements ~ contact program Documents ~ contact program Fees ~ varies, contact program</p>

Information is subject to change without notice, please contact the agency directly regarding services.
 For questions regarding the Resource Directory, contact Johnson County Social Services at 319-356-6090
DISCLAIMER: Johnson County does not endorse nor is responsible for the conduct of any organization.

Last Updated ~ 04/16/2021

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

<p>Problem Gambling Hotline Prelude Behavioral Services 430 Southgate Avenue Iowa City IA 52240 www.preludeiowa.org</p>	<p style="text-align: center;">General</p>	<p style="text-align: center;">1-800-BETSOFF 24 hours/7 days 365 days</p>	<p>Counseling and support</p>	<p>Eligibility Requirements ~ none Documents ~ none Fees ~ contact program</p>
<p>Quitline Iowa www.QUITLINEIOWA.org</p>	<p style="text-align: center;">General</p>	<p style="text-align: center;">HOTLINE 1-800-784-8669</p>	<p>It can be difficult to quit tobacco use, but the Quitline Iowa is here to help. The Quitline Iowa is a free program that provides helpful tools, information and support throughout your quit process.</p>	
<p>Stop Bullying www.stopbullying.gov</p>	<p style="text-align: center;">General</p>	<p style="text-align: center;">HOTLINE 800-228-1625</p>	<p>When you, your child or someone close to you is being bullied, there are many steps to take to help resolve the situation. Visit the website www.stopbullying.gov to get help now.</p>	
<p>Suicide Prevention National Suicide Prevention Lifeline www.suicidepreventionlifeline.org</p>	<p style="text-align: center;">General</p>	<p style="text-align: center;">HOTLINE 800-273-8255</p>	<p>Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.</p>	
<p>Veterans Crisis Line https://www.veteranscrisisline.net/</p>	<p style="text-align: center;">Veteran</p>	<p style="text-align: center;">HOTLINE 1-800-273-8255 x 1 24 Hours 7 days - 365 days Text: 838255 24 Hours 7 days - 365 days</p>	<p>The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.</p>	<p>Eligibility Requirements ~ Contact program Documents ~ Contact program Fees ~ Contact program</p>
<p>Your Life Iowa—Youth Crisis Counseling 3 ways to get help www.yourlifeiowa.org</p>	<p style="text-align: center;">Youth</p>	<p style="text-align: center;">Talk 1-855-581-8111 24 Hours 7 days - 365 days Chat www.yourlifeiowa.org 24 Hours 7 days - 365 days Text 1-855-895-8398 2:00 pm – 10:00 pm</p>	<p>Youth suicide prevention program funded by the Iowa Department of Public Health. Provides crisis counseling, suicide prevention and intervention and support to youth in the state of Iowa.</p>	<p>Eligibility Requirements ~ Free service to youth in the state of Iowa. Documents ~ none Fees ~ none</p>