

Johnson County, Iowa
Resource Directory

| Name of Organization | Categories | Programs | Website | Phone Number | Address | Email |
|--|---|---|---|----------------|---|--|
| UnityPointHealth - AbbeHealth Services | Crisis Services, Mental Health Services | Behavioral Health care including psychiatry, counseling, therapy, and care coordination. Same day access available. | https://www.unitypoint.org/locations/unitypoint-health---abbehealth-services--abbe-center-for-community-mental-health---iowa-city | (319) 338-7884 | 1039 Arthur St., Iowa City, IA 52240 | |
| Abbe Center Projects for Assistance in Transition from Homelessness (PATH) | Case Management, Homeless Services, Mental Health Services | Outreach and engagement, training in resiliency, short-term case management, assistance in obtaining permanent supportive housing, transitional housing, or emergency shelter, assistance in obtaining screenings and treatment, medications, and co-occurring mental health and substance use treatment, referrals for primary health care, Social Security Disability, job training, educational services. | https://hhs.iowa.gov/programs/programs-and-services/housing-homelessness-transition | (319) 430-7234 | 1039 Arthur St., Iowa City, IA 52240 | ccardwell@unitypoint.org |
| AbbeHealth Chatham Oaks Residential Care Facility | Residential Care | Provide short and long-term residential treatment services for adults with mental health and medical conditions, intellectual disabilities and elderly who require 24-hour treatment and supervision. Our programs help individuals gain the necessary skills to return to live in the community of their choice. Psychiatric services, medical services, social services, nursing services, skill attainment and community integration activities. | https://www.unitypoint.org/locations/unitypoint-health---abbehealth-services-chatham-oaks-residential-care-facility---iowa-city | (319) 887-2701 | 4515 Melrose Ave, Iowa City, IA 52240 | |
| Access to Independence | Case Management, Care Coordination, Home and Community Based Services | Employment Supports, Independent Living Skills Training, Information & Referral, Peer Counseling, Transition Services, Youth Services | https://access2independence.org/ | (319) 338-3870 | 1556 S. 1st Ave., Suite B, Iowa City, IA 52240 | info@access2independence.org |
| AIDS/HIV Clinic UIHC | Financial Assistance, Housing Assistance, Mental Health Services | The Virology Clinic uses a multidisciplinary approach to provide comprehensive care including: Medication counseling, clinical trials, education, housing services, medical care, psychiatry services, and social services and community referrals. | https://uihc.org/services/hiv-aids-treatment | (319) 356-8133 | 31205 Pomerantz, 200 Hawkins Dr., Iowa City, IA 52242 | |
| Brain Injury Alliance | Brain Injury Services, Case Management, Mental Health Services | Offers support in coping with the issues of living with brain injury and transitioning back to work and the community. Provides brain injury specific information and resources, enhances natural supports, provides training to service providers to increase Iowa's capacity to provide appropriate services, accessing, securing, and maximizing funding, monthly support groups, and provides information and guidance related to brain injury and multi-occurring conditions like mental health and substance abuse. | https://biaia.org/donate/ | (855) 444-6443 | 1556 S. 1st Ave, Iowa City, IA 52240 | info@biaia.org |

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| Caring Hands and More | Day Habilitation, Employment Services, Home and Community Based Services | Caring Hands mission is to serve local individuals and families with a wide variety of care services. Offers short or long-term home care assistance, community living support, adult day habilitation, medicaid services, and vocational services. | https://caringhandsandmore.com/ | (319) 337-8922 | 409 Kirkwood Ave, Iowa City, IA 52240 | |
| Child Serve | Autism Services, Brain Injury Services, Disability Services, Mental Health Services, Youth Services | ChildServe improves the health and well-being of 5,800 children each year through specialized clinical, home, and community-based programs and services. Experts in pediatric rehabilitation and care for children and young adults who have a wide variety of developmental delays, disabilities, injuries, and other special healthcare needs. | https://www.childserve.org/ | (319) 351-5437 | 2350 Oakdale Blvd., Coralville, IA 52241 | |
| Community and Family Resources | Detox Services, Gambling Services, Housing Assistance, Mental Health Services, Substance Use Treatment | Services are provided in a respectful and confidential manner. Every person regardless of race, beliefs, gender identity, age, national origin, disability, sexual orientation, or source of payment can expect the most appropriate service to help meet their needs. Individuals who are pregnant and/or have used IV drugs in the last 30 days seeking substance use disorder services receive priority in admission. Language translation services are available and include access to a live interpreter. | https://www.cfrhelps.org/iowa-city-residential | (319) 351-4357 | 430 Southgate Ave., Iowa City, IA 52240 | |
| CommUnity Mobile Crisis | Crisis Services, Mental Health Services | Mobile Crisis Response dispatches mental health counselors to homes, schools, businesses, or public spaces where a mental health crisis is occurring. Anyone who is experiencing or is concerned about someone experiencing a mental health crisis can call. | https://builtbycommunity.org/ | -988 | 1121 S. Gilbert Ct., Iowa City, IA 52240 | |
| CommUnity Healing Prairie Farm | Crisis Services, Emergency Shelter, Mental Health Services, Youth Services | The Youth Shelter provides long-term care for youth who are unhoused, have run away from home, were kicked out of the home, or are couch surfing. The Youth Crisis Stabilization provides short-term stabilization for youth experiencing a mental health crisis | https://builtbycommunity.org/i-need-help/hpf/ | (319) 255-7006 | 1121 S. Gilbert Ct., Iowa City, IA 52240 | |
| Community Inclusion Club | Peer Support Services | Create Socially Inclusive Opportunities for People with Disabilities and Their Non-Disabled Peers. | https://www.communityinclusionclub.com/home | | | communityinclusionclub@gmail.com |

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| Community Violence Intervention Program (CVI) | Case Management | Community Violence Intervention (CVI) is an approach that uses evidence-informed strategies to reduce violence through community-centered initiatives. Community violence affects millions of people, families, schools, and communities every year, causing significant physical injuries, trauma, economic impact, and mental health conditions. JOCO CVI establishes relationships between individuals and the community to provide support that saves lives, addresses trauma, provides opportunity, and improves the physical, social, and economic conditions that drive community violence within Johnson County and surrounding areas. | https://johnsoncountyiowa.gov/home/community-violence-intervention | (319) 930-6259 | 500 S. Clinton St., Suite 400, Iowa City, IA 52240 | jlang@johnsoncountyiowa.gov |
| Compeer | Mental Health Services, Peer Support Services | The Compeer Program matches community volunteers in supported friendships with adults who are receiving mental health treatment. Participants are referred to the program by their mental health professional. Community volunteers are screened, trained, and meet with the selected participant's mental health professional before they learn the identity of the client. | https://compeerjohnsoncountyiowa.org/ | (319) 383-6264 | 2701 Rochester Ave., Iowa City, IA 52245 | |
| Four Oaks | Adoption Services, Community Based Services, Foster Care, Housing Assistance, Mental Health Services | When children hurdle obstacles to success, whether it be housing, education, family stability, or safety, our families, homes, neighborhoods, and communities become stronger. Four Oaks believes in a family-centered approach. Children need adults to guide them. Sometimes, adults need help with parenting. We work to heal and to help families become stronger. | https://fouroaks.org/ | (319) 337-4523 | 1916 Waterfront Dr., Iowa City, IA 52240 | info@fouroaks.org |
| Goodwill | Day Habilitation, Disability Services, Employment Services, Home and Community Based Services | Mental Health Supports, Job Readiness Training, Helms Career Center, Thrift Store | https://www.goodwillheartland.org/locations/ | (319) 337-4158 | 1025 Wade St., Iowa City, IA 52240 | |
| Guidelink Center | Crisis Services, Detox Services, Mental Health Services | Provide access to immediate, onsite assessment and stabilization—outside of a hospital setting—for those 18+ years of age who are experiencing a mental health or substance use crisis. Services offered: Community mental health services Sub-acute stabilization services (beyond 5 day stays) Substance use services Peer support General medical services Housing support Vocational support | https://guidelinkcenter.org/ | (319) 688-8000 | 300 Southgate Ave., Iowa City, IA 52240 | |

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| Iowa City Free Mental Health Clinic | Mental Health Services | Provides transitional mental health care to bridge the gap for uninsured or underinsured in the state of Iowa. Scheduled in-person psychiatric clinics and telepsych appointments. | https://sites.google.com/freementalhealthclinic/iowacity.com/website/home | (319) 322-8317 | 1039 Arthur St., Iowa City, IA 52240 | clinic@freementalhealthclinic-iowacity.com |
| Iowa City Sober Living | Sober Living, Substance Use Services | Iowa City Sober Living is a safe haven for women in early recovery who wish to break the bonds from their primary addiction. The mission of the home is to provide a safe and sober haven for women in early recovery where healing of mind and body continues. Let us help you rebuild your courage, success, friendships, and confidence. | https://iowacitysoberliving.com/ | | | IowaCitySoberLiving@gmail.com |
| Iowa Harm Reduction Coalition | Substance Use Services | Provides comprehensive health and social services to people who use or inject drugs. Can provide risk reduction kits, naloxone kits, HIV/HCV rapid testing, fentanyl test strips, and operates a 24 hotline to answer questions related to safer injection, vein health, and wound care. Provides free transportation for individuals experiencing withdrawal symptoms from opioids to access Suboxone. | https://www.iowaharmreductioncoalition.org/ | (319) 214-0540 | | hello@iowaharmreductioncoalition.org |
| Mayor's Youth | Day Habilitation, Mental Health Services, Residential Services | MYEP is a non-profit organization dedicated to providing advocacy and person-centered services which facilitate personal growth and community inclusion to people with disabilities. Offers a residential supported community living program and an adult day program. | https://myep.us/ | (319) 341-0060 | 407 Highland Ct., Iowa City, IA 52240 | info@myep.us |
| Miracles in Motion Therapeutic Equestrian center | Disability Services, Mental Health Services | At Miracles in Motion Therapeutic Equestrian Center we use horses to work effectively with adults and children who, due to disabilities or complex medical conditions, need assistance in developing the kinds of everyday skills that allow them to function more independently at home, school, or work. We offer several options for people with physical, motor, social, or cognitive disabilities, including therapeutic riding classes, hippotherapy sessions, unmounted programs, or a combination to aid in rehabilitation, therapy routines, and strengthening. Scholarships available. | https://miraclesinmotion.com/ | (319) 857-4141 | 2049 120th St. NW., Swisher, IA 52338 | miraclesinmotion@gmail.com |
| NAMI Johnson County | Mental Health Services, Peer Support Services | Support groups for individuals and family members of those experiencing mental illness. | https://namijc.org/ | (319) 337-5400 | 1531 S. Gilbert St., Iowa City, IA 52240 | |

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| Narcotics Anonymous | Substance Use Services | If you or someone you care for has been affected by drug addiction, you have likely heard of Narcotics Anonymous (NA) meetings. You may be wondering if 12-step programs like this work or if NA could work for someone like you. NA and other 12-step programs offer regularly scheduled meetings for people who want to quit using substances. When coming together, often weekly, NA members share their drug-related experiences and provide one another with support, encouragement, and guidance. | https://www.narcotics.com/na-meeting/unity-group-3/ | (515) 784-0524 | 511 Melrose Ave, Iowa City, IA 52246 | |
| Optimae | Mental Health Services | Services have grown to include community-based, behavioral health, home health, supported employment, rehabilitation and residential services. | https://optimaelifeservices.com/ | (319) 499-5522 | 2460 Towncrest Dr., Suite 1, Iowa City, IA 52240 | tliptak@optimaelifeservices.com |
| Pathways Adult Day Health Center/Aging Services | Day Habilitation, Mental Health Services, Older Adult Services | Pathways Adult Day Health Center provides cognitively and physically stimulating programming, assistance with personal care, and nursing services for adults with physical, cognitive or mental health challenges. Our program provides opportunities for socialization for the participant as well as providing respite for caregivers. | https://www.unitypoint.org/locations/unitypointhealth---abbehealth-services-pathways-adult-day-health-center---iowa-city | 319-339-6162 | 817 Pepperwood Lane, Iowa City, IA 52240 | |
| Quitline Iowa | Substance Use Services | Quitline is a free tobacco cessation program. Professional quit coaches and an online community provide support needed. Connection to resources like nicotine quit medications. | https://www.quitlineiowa.org/en-US | | | |
| R Place | Peer Support Services | Activities, classes, groups, fun, games, arts and crafts, outings, holiday activities, peer-led meeting place, restorative environment, safe, nurturing, non-judgmental community. R Place offers free phone or Zoom calls and texts with a Peer Support Specialist. Receive remote emotional support, help with referrals, coping skills, and more! | https://namijc.org/r-place/ | (319) 354-3455 | 702 S. Gilbert St, Suite 111, Iowa City, IA 52240 | rplace@namijc.org |
| Reach for Your Potential | Brain Injury Services, Disability Services, Day Habilitation Services, Disability Services, Payee Services | RFYP provides hourly and 24-hour supported community living services. Service hours are available seven days a week during times individuals would like staff. From medical monitoring to daily living skills training and active community involvement, we strive to support our members' development of interpersonal relationships, pre-employment skills, and/or educational development. | https://rfyp.org/ | (319) 354-2983 | 1705 S. First Ave, Suite I Iowa City, IA 52240 | |
| REM Iowa | Brain Injury Services, Disability Services | Intermediate Care Facilities (ICF) that offer personalized support for adults and children with Intellectual and Developmental disabilities (ID). Provides home and community based services and intermediate care facility services. | https://www.remiowa.com/coralville2/ | (319) 834 - 1155 | 2570 Holiday Road, Suite 120 Coralville, IA 52241 | |

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| Shelter House | Emergency Shelter, Employment Services, Financial Assistance Housing Assistance, Homeless Services, Mental Health Services | Emergency shelter with supportive case management. Street outreach services. Eviction Prevention services. Permanent Supportive Housing. Recovery program for people with mental illness who are seeking community, peer support, longterm stable housing, supported employment, and mental health stability. | https://shelterhouseiowa.org/ | (319) 351 - 0326 | 429 Southgate Avenue Iowa City, IA 52240 | info@shelterhouseiowa.org |
| Successful Living | Disability Services, Housing Assistance, Mental Health Services | Development of skills and support through hands on training such as: budgeting, housing, education, communications, socialization, self-care, nutrition, meal planning, conflict resolution and interpersonal skills. | https://icsuccess.org/ | (319) 358-6800 | 2406 Towncrest Dr, Iowa City, IA 52240 | |
| Systems Unlimited | Disability Services, Mental Health Services | Individualized support services for people with developmental disabilities and mental health needs. Offers employment services, supported living, behavioral health solutions, and therapy. | Systems Unlimited, Inc Changing Lives... One at a Time | (319) 338-9212 | 2533 Scott Blvd SE, Iowa City, IA 52240 | |
| Tanager Place | Family Services, Mental Health Services, Substance Use Services, Youth Services | Residential programs, Summer Camps, Psychiatric Medical Institute for Children, Care Facilities, Freedom Schools, LGBTQ+ Youth Center, and therapy. | Tanager Child & Teen Counseling. Family Therapy | (319) 286-4520 | 250 12th Ave, Coralville, IA 52241 | |
| Thrive Now Recovery Centers | Detox Services, Substance Use Treatment | The facility in Iowa City, IA offers Detox & Stabilization, Short-Term Residential, and Medication-Assisted Treatment (MAT) services. Detox may be the first step to overcoming addiction and oftentimes uses medication-assisted treatment for assistance. After detox is completed, clients will transition to short-term residential treatment where you will continue to be in a substance-free environment and simultaneously learn how to develop healthy coping skills. | https://thrivenowrc.com/locations/iowa-city/ | (515) 824-5154 | | info@thrivenowrc.com |
| The Trevor Project | Crisis Services, LGBTQ Services | Crisis counselors are trained to answer calls, chats, or texts from LGBTQ+ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ+ identity, depression, and suicide. Text "START" to 678-678 | https://www.thetrevorproject.org/ | (866) 488-7386 | | advocacy@thetrevorproject.org |
| UIHC Child & Adult Psychiatry | Mental Health Services | From inpatient to outpatient, we provide comprehensive care to children, adolescents, adults and older adults in a safe, comfortable, and confidential setting. | https://uihc.org/services/psychiatry | (319) 353-6314 | 200 Hawkins Dr, Iowa City, IA 52242 | |
| UIHC MAT Clinic | Substance Use Treatment | MAT is the combination of medications to treat addiction along with counseling and behavioral therapies. Our clinic offers all of these components of the treatment, and our providers will help you decide which combination of treatments is best for you. | Opioid Addiction Clinic University of Iowa Health Care | (319) 384-8765 | 200 Hawkins Dr, Iowa City, IA 52242 | uiarc@healthcare.uiowa.edu |

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| United Action for Youth | Crisis Services, Family Services, Health Services, Housing Assistance, LGBTQ Services, Mental Health Services, Substance Use Services, Youth Services | Youth Centers, Young Parent Services, Health Education, Youth Groups, Transitional Living Program, Art Programs, Music Programs, Crisis, Advocacy, & Mediation Program (CAAMP), Counseling services, Runaway & Homeless Youth services. | https://www.unitedactionforyouth.org/ | (319) 338-7518 | 1700 S. 1st Ave #14, Iowa City, IA 52240 | |
| University of Iowa Addiction & Recovery Collaborative | Substance Use Treatment | UI ARC is a division of the Department of Psychiatry that brings together clinicians, researchers, educators, and recovery advocates to support individuals with substance use disorders throughout their recovery journey. Offers Medication for Addiction Treatment (MAT), outpatient therapy, substance use evaluations, and partial hospitalization-dual diagnosis program. | https://uihc.org/locations/medical-center/addiction-and-recovery-collaborative | (319) 384-8765 | 200 Hawkins Dr, Iowa City, IA 52242 | uiarc@healthcare.iowa.edu |