

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	
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	
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	

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Community and Family Resources	Detox Services, Gambling Services, Housing Assistance, Mental Health Services, Substance Use Treatment	Community and Family Resources is dedicated to proactively assisting individuals, families, and communities achieve healthy behavior and lifestyle through advocacy, prevention, and treatment of substance use, problem gambling, and mental illness. Offers recovery housing, inpatient/outpatient substance use treatment, prevention and education services.	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	
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	

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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	
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/freementalhealthcliniowacity.com/website/home	(319) 322-8317	1039 Arthur St., Iowa City, IA 52240	clinic@freementalhealthcliniowacity.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

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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, un-mounted 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	NAMI Johnson County serves residents across our counties with free mental health support, online groups, resources and education.	https://namijc.org/	(319) 337-5400	1531 S. Gilbert St., Iowa City, IA 52240	
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.unitepoint.org/locations/unitepointthehealth---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			
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

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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. Provides in-home care, supportive housing, supportive community living, and more.	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
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
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	

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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