HEARTLAND FAMILY SERVICE
SOUTHWEST IOWA PROGRAMS & SERVICES

Since 1875, it has been the mission of Heartland Family Service to strengthen individuals and families in our community through education, counseling, and support services. Heartland Family Service offers services from 11 locations in nine counties in southwest Iowa.

Let’s create a community of opportunity. So everyone can.

COUNSELING & PREVENTION

Assertive Community Treatment
Multi-disciplinary support for adults with chronic mental illness.

Employee Assistance Program
Brief counseling referrals for area business employees.

Family Works
Residential substance use treatment for pregnant women and mothers with children.

Heartland Bridges
Short-term housing for people transitioning to or from mental health or substance use treatment, support services, and/or the justice system.

InShape
An evidence-based wellness program for adults experiencing Serious Persistene Mental Illness (SPMI).

Integrated Health Home
Whole health services for Harrison, Mills, and Pottawattamie counties.

Intensive Psychiatric Rehabilitation
Designed to restore, improve, or maximize the level of functioning, independence, and quality of life for people experiencing a disabling mental illness.

Mental Health Counseling
Professional therapy for individuals, couples, family, and children, including Dialectical Behavioral Therapy (DBT), Medication Assisted Treatment, Moral Reconciliation Therapy (MRT), Seeking Safety, and 24/7 Dad groups.

Mental Health Crisis Response Team
24/7 assistance to law enforcement on mental health crises calls. Face to face availability in Pottawattamie County, Iowa and Telehealth services are available in southwest Iowa.

Peer Center
A drop-in center, run by peer support staff, for anyone with a mental health diagnosis.

Prevention
Community outreach and educational activities that aim to reduce the need for intervention and treatment.

Problem Gambling Treatment
Community education and help for problem gamblers and their families. Distance Treatment available in Adair, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, and Shelby counties in Iowa.

24-hour Gambling Crisis Line | 866-322-1407

Substance Use Treatment
Outpatient individual treatment and groups for adults and adolescents. OWI and DUI classes also available in English or Spanish.

Therapeutic School
Full-day academic and therapeutic programming for K-12 special education students with major mental health diagnoses.

HOUSING & FINANCIAL STABILITY

Family Flex Solutions
Provides short-term case coordination and access to flexible funding source for families, that can be used to meet needs related to housing, employment, transportation or childcare.

Homeless Prevention & Homeless Diversion
Short-term financial assistance and supportive services focusing on crisis resolution and the prevention of homelessness for residents of Pottawattamie County.

Rapid Rehousing
Temporary financial assistance (one to 24 months) and case management for individuals and families experiencing homelessness.

• Heartland Housing Opportunities
• Heartland Housing Opportunities Expansion
• Heartland Housing Passages
• Pottawattamie County Homeless Link (PCHL) Rapid Rehousing
• Heartland Housing Connections

Permanent Supportive Housing
Housing and support services to help individuals who are literally homeless.

• Heartland Housing Solutions
• Heartland Homes & Transitions

Support Services
Services designed to connect individuals experiencing homelessness or a housing crisis to safe and affordable housing.

• Family Peer Support
• Heartland Housing Navigation
• Homeless Street Outreach
• Pottawattamie County Homeless Link (PCHL) Projects to Assist and Transitions from Homelessness (PATH) Case Management

Ways to Work
Low-interest auto loans for eligible parents in five counties in Iowa and Nebraska.

NOTICE

Heartland Family Service complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender, gender identity, or any other individual characteristic.

ATTENTION: If you speak limited English, language assistance services, free of charge, are available to you.

Call (402) 552-7400 | TTY: 711

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (402) 552-7400 | TTY: 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (402) 552-7400 | TTY: 711

SOUTHWEST IOWA ADVISORY COMMITTEE

The Southwest Iowa Advisory Committee supports our fundraising efforts and helps educate the southwest Iowa community about Heartland Family Service programs and successes.

Bryan Biederman Tricia Danielsen Jim Koch Sherrie McDonald
Rob Brown Donna Dostal Dawn Landon

11 locations in nine counties in southwest Iowa.
Heartland Family Service offers programming in nine southwest Iowa counties, including Adair, Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, and Shelby.