Founded in Omaha in 1875, Heartland Family Service connected with more than 79,000 individuals and families through direct services, education, and outreach last year, from more than 15 locations in east central Nebraska and southwest Iowa.

Our programs provide critical human services to children, individuals and families, in the following focus areas:

- Child & Family Well-Being
- Counseling & Prevention
- Housing, Safety, & Financial Stability

Our programs and services enable staff to hand-craft an integrated, multi-service, trauma informed approach to guide our clients toward safety, well-being, and, ultimately, self-sufficiency. Some of our counseling services are offered on a sliding fee scale.

For more information contact us today!

(402) 552-7400
info@HeartlandFamilyService.org
HeartlandFamilyService.org
COUNSELING & PREVENTION

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

Employee Assistance Program (IA/NE)
Brief counseling referrals for area business employees.

Family Works (IA/NE)
Residential substance use treatment for pregnant women and mothers with children.

Heartland Bridges (IA)
Short-term housing for people transitioning to or from mental health or Substance Use Treatment, support services, and/or the justice system.

InShape (IA)
Physical health initiative for adults with serious mental illness.

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

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

KidSquad (NE)
To help child care providers identify and resolve child behavior problems.

Mental Health Counseling (IA/NE)
Professional therapy for individuals, couples, family, and children, including Dialectical Behavioral Therapy (DBT), Medication Assisted Treatment, Mental Reorientation Therapy (MRT), Seeking Safety, Walk-in Mental Health & Substance Use Assessments, and 24/7 Dad groups.

Mental Health Crisis Response Teams (IA/NE)
24/7 assistance to law enforcement on mental health crisis calls. ASAP is available in Cass and Sarpy Counties in Nebraska. MHCRT is available in Pottawattamie County in Iowa.

Mental Health for Youth in Detention (NE)
Crisis intervention for youth at the Douglas County Youth Center and Sarpy County Juvenile Justice Center.

One Oak (NE)
A therapeutic day school for children with behavioral or mental health challenges that provides resources and an alternative approach to learning, healing, and growth.

OnTrack of the Heartland (NE)
Innovative team approach to providing recovery-oriented treatment for young people ages 14-35 who have recently begun to experience psychosis.

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

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

Problem Gambling Treatment (IA)
Community education and help for problem gamblers and their families.

Substance Use Treatment (IA/NE)
Outpatient individual treatment and groups for adults and adolescents.

OWI and DUI classes also available in English or Spanish.

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

HOUSING, SAFETY, & FINANCIAL STABILITY

Domestic Violence/Sexual Assault (NE)

- Criminal justice advocacy
- Safe Haven concealed emergency shelter
- Therapy and support groups for victims and survivors

Heartland Housing Sanctuary (NE)
A crisis stabilization shelter serving survivors of sexual exploitation or sex trafficking. 24/7 Shelter Lines | (402) 597-1009 | (402) 672-8608

Family Flex Solution (IA/NE)
Short-term case coordination and access to a flexible funding source for families

Homeless Prevention & Homeless Diversion (IA/NE)
Short-term financial assistance and supportive services focusing on crisis resolution and the prevention of homelessness.

Rapid Rehousing (IA/NE)
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 (IA/NE)
Housing and support services to help individuals who are literally homeless.

- Heartland Housing Solutions
- Heartland Homes & Transitions

Support Services (IA/NE)
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) Case Management

Ways to Work (IA/NE)
Low-interest auto loans for eligible adults 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. Líame 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