

## EDUCATION

### Early Education

**Cedar Valley Preschool – Childcare Support:** The first 2000 days are the most critical and magical days of your child's life! Cedar Valley Preschool and Child Care Center provides services for children ages 18 months to 11 years engaging them in exciting classroom "hands on" learning experiences, as well as a unique outdoor classroom to explore nature's wonders, and a consistent, nurturing staff. Children grow and flourish, each in their own unique manner, make friends, and become life-long learners.

**Covenant Medical Center – Primetime Reading Buddies:** The focus of the Waterloo Community School District's Primetime Reading Buddy program is to provide Primetime Reading Buddy volunteers to help elementary students who are not reading at age/grade level proficiency improve their reading skills to grade level proficiency. Reading Buddies work with the students on a one to one basis with the students reading to the volunteers. All students in need of this service are identified by the school literacy coaches. Activities take place in school.

**Grin and Grow – Childcare Services:** Research shows that the first 5 years of life are crucial to a child's brain development and ability to acquire the skills needed for their future educational, social and economic success. Grin and Grow seeks to ensure that all children, especially low-income and at-risk children, receive an early childhood experience that develops the child's social, emotional, intellectual and physical developmental skills, thereby increase their success upon entering school and in later life

### Afterschool and Summer Learning

**Boys and Girls Club – Great Futures:** The Great Futures program is the academic portion of the Boys & Girls Clubs of the Cedar Valley's after-school and summer programming. Great Futures focuses on homework completion, tutoring, and improving reading and math proficiencies. This will be done in traditional ways, but the Club will also use untraditional learning methods by using certified professional staff to work with students with special needs and mental health issues.

**Family YMCA of Black Hawk County – Y Achievement Gap:** The YMCA Achievement Gap Afterschool Program improves academic performance and reduces the achievement gap by facilitating the development of non-cognitive factors: social and emotional learning (SEL) and academic behaviors. The program emphasizes deep and intentional integration with schools and includes a strong emphasis on using evidence-based tools for assessing and improving program quality and delivery.

**EMBARC – Youth Navigator:** EMBARC's Youth Navigator Literacy Project is a comprehensive literacy intervention program that strengthens literacy skills for English Language Learners (ELL) in the Waterloo School District using a peer to peer framework and EMBARC's signature train the trainer model; Youth Navigators gain leadership and

literacy skills by becoming literacy coaches at a summer camp for elementary students. This project is held in partnership with UNI Literacy Department.

### **Parent and Mentor Support**

**Big Brothers Big Sisters – One to One Youth Mentoring:** Big Brothers Big Sisters of Northeast Iowa provides children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever. By partnering with families, volunteers and others in the community, we hold ourselves accountable for each matched child achieving higher aspirations, greater confidence, better relationships, avoidance of risky behaviors and educational success.

**Operation Threshold – Home Visitation Program:** The OT Home Visitation Programming provides family support and parent education programming for low-income, at-risk families. The goal of the programming is to provide opportunities for parents to learn positive parenting skills, conduct valuable child screenings, improve school readiness and reduce incidents of child abuse and neglect.

### **College and Career Preparation**

**Allen College – Summer Nurse Camp:** Across Iowa and the nation, students from disadvantaged backgrounds face substantial barriers accessing higher education. In 2012, Allen College created Summer Nurse Camp: Career Exploration and College Readiness Program to help overcome these obstacles. Summer Nurse Camp is a free six-week program of study that empowers up to 30 disadvantaged high school students interested in nursing and health science careers with the academic skills and inspiration needed to succeed.

**iJAG – Transforming At-Risk Students into Future Ready Graduates:** iJAG addresses three areas, graduation, workforce development, and post-secondary transition. The program uses a comprehensive model, targeted to individual needs, which includes classroom instruction, mentoring, job training, leadership development, job and post-secondary education placement, and 12-months follow up services. This evidence-based model has benefited over 18,500 Iowa youth since 1999 – 3000 this year alone – transforming them from at-risk students into future-ready graduates.

**Volunteer Center of the Cedar Valley - Service Learning:** The Volunteer Center of Cedar Valley's (VCCV) service-learning program allows youth within our community to use the skills gained in the classroom to identify community needs, create a plan of action to produce positive change and implement the plan through volunteer service.

## **INCOME**

### **Workforce Development**

**CommonBond Communities - Adult Education and Advancement:** The Adult Education and Advancement Program seeks to promote stability and independence for low-income residents at CommonBond's Unity Square affordable townhomes through: (1) on-site employment services, (2) financial coaching and counseling, and (3) maximizing income supports. The program is provided free and on-site at Unity Square, eliminating barriers to participation for this underserved population.

**Community Housing Initiatives – Permanent Housing:** The Permanent Housing program supplies 12 rental units and comprehensive supportive services to the disabled homeless population in Black Hawk County. The program participants are provided with an individualized program which will assist them in securing suitable permanent housing, along with a comprehensive network of support services designed to both improve the quality of life for the program participant as well as reduce their tendency to become homeless on a recurring basis.

**Hawkeye Community College – Family Literacy Program:** Adults participating in Hawkeye's Family Literacy Program progress toward family self-sufficiency while obtaining educational skills necessary to fill a critical role in their children's educational development. Participants model lifelong learning for their children by attending High School Completion, or English Language Learning classes and transitioning to higher education.

### **Achieving Financial Stability**

**Catholic Charities – Immigration Legal Services:** Catholic Charities' immigration attorneys provide affordable and quality legal services to enrich the lives of immigrants in the Cedar Valley for them to understand their legal status, work authorizations, citizenship, or other immigration services that they may otherwise not be able to afford. Immigration attorneys help immigrants gain lawful status in order to eliminate barriers so they can reach financial stability and become contributing members of the community.

**Christian Community Development – House of Hope:** The House of Hope provides support for homeless single mothers to achieve self-sufficiency. This is done by providing safe and affordable housing, basic needs, individualized case management, and life skills classes.

**Community Housing Initiatives – SOAR:** SOAR is an initiative started by the Substance Abuse and Mental Health Service Administration (SAMSHA) that is intended for those who experience homelessness or are at risk of being homeless. Community Housing Initiatives is assisting homeless disabled individuals in completing the application and applying for Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI).

**Grin and Grow – Removing Childcare as a Barrier to Work for Lower Income Families:** Childcare is cited as one of the main barriers to low-income families in pursuing work or training goals that will enable them to escape poverty. With the assistance of the Cedar Valley United Way, Grin and Grow is able to offer childcare scholarships based on the family size and income that removes this barrier by providing the family with affordable child care.

This in turn allows the parent(s) to pursue work or training goals that will provide their family with greater financial security.

**Iowa Legal Aid – Income Stability Project:** Iowa Legal Aid uses the power of the law to help low-income individuals and families overcome barriers and challenges to financial stability. Direct legal services are one of the most effective means of addressing barriers and challenges to obtain favorable outcomes. Priorities include preserving safety and stability, preserving the home, maintaining or improving economic stability, obtaining necessary health care, and preserving fundamental rights for populations with special vulnerabilities. A successful legal case can lead to a cascade of positive outcomes that can improve the financial and economic well-being for Iowa Legal Aid’s clients and their families.

**Job Foundation – Financial Stewardship Mentoring Program:** The Job Foundation walks with children and their families as they achieve financial and life goals. Children gain essential financial and leadership knowledge, skills, and tools to help them attain financial stability in adulthood. The Job Foundation works together in community to elevate the financial position of all children.

**Operation Threshold – Refugee Services:** OT Refugee Services welcomes those who came as refugees or were granted asylum, orienting them to the Cedar Valley and our culture and norms, improving their employment options, enhancing their financial knowledge and independence, and preparing them for the self-sufficiency and confidence they desire for themselves and their families.

**Pathways Behavioral Services – Junkman-Knoebel Transitional Housing:** The Junkman/Knoebel Center provides supervised transitional housing for persons in recovery from alcohol and/or drug addictions where residents develop living skills needed to independently maintain their sobriety. The program requires that residents: commit to sobriety, demonstrate employment, and meet financial obligations.

**YWCA of Black Hawk County – Language, Advocacy, Resources and Support:** Language, Advocacy, Resources and Support empowers adults in and entering our community as immigrants or refugees by providing English language instruction, financial stability information and resources. Other pertinent information and referral to community resources needed to address issues as they integrate into our community and acquire the skills necessary to be stable and self-sufficient will also be offered.

**YWCA of Black Hawk County – Summer Daze Child Care:** Summer Daze is a licensed full day school-age child care program provided during the summer. Children participate in activities including literacy, Character Counts, math, science, and fitness, with opportunities to explore new ideas. Meals/snacks are provided. Financial assistance is available to all eligible families based on household income and size.

**YWCA of Black Hawk County – Y’s Kids Before and After School Care:** Y’s Kids provides before and after school child care in 13 school locations, throughout Black Hawk County. Children participate in homework assistance, character building activities, games, crafts

and physical activity; with opportunities explore new ideas in a safe environment. Financial assistance is available based on household income and size.

## **HEALTH**

### **Maternal Health and Infant Well-Being**

**Allen - Enhanced Maternal Health:** Allen Women's Health promotes health equity by providing Enhanced Maternal Health Services for pregnant women in its service area. Services include assistance in completing Medicaid Presumptive Eligibility forms, prenatal education, psychosocial/depression screening, oral health education, and community referrals for improved birth outcomes and preparation for the role of parenting.

**Lutheran Services in Iowa – HOPES:** LSI's Healthy Families America (HFA)-HOPES program is a nationally recognized evidence-based home-visiting program model designed to work with families at-risk for child abuse/neglect. Services are available to Black Hawk County families and are offered voluntarily, intensively and over the long-term. Families are enrolled prenatally or within three months of birth; services are offered until the child's fifth birthday. In FY17, 96% of families remained free from abuse while in the program.

**Operation Threshold – Nest:** The Nest program is an education for incentives-based program for parents and their children in Black Hawk, Buchanan and Grundy counties. The program offers at-risk families education and support that promotes healthy pregnancies, children, families and adults, accomplished by teaching fundamental parenting skills, life skills, and healthy behaviors.

**Together for Youth/Allen – Young Parents Together:** YPT provides adolescent parent education & support collaboratively for pregnant/parenting teens, or first-time young parents & their children. YPT increases knowledge during pregnancy, childbirth, & parenting so children have healthy outcomes. YPT has met the needs of families for two decades utilizing evidence informed curricula, & has also earned the distinction of being accredited, earning the Iowa Family Support Credential in 2012 & earning our re-credential in June of 2017.

### **Access to Physical Healthcare:**

**Allen College – ACE-SAP Clinic:** Since 2008, the ACE-SAP Free Clinic has provided no-cost convenient health care to 4,000 low-income, uninsured, and underinsured individuals throughout Waterloo and the Cedar Valley. The clinic operates out of space donated by the Waterloo Salvation Army and is primarily staffed by Allen College MSN students, supervised by licensed nurse practitioner faculty. Routine services include physicals, screenings, immunizations, prescriptions, health education, and community referrals.

**Covenant – SHIIP program (Senior Health Insurance Information Program):** SHIIP is a free service provided by trained volunteers to help participants understand their Medicare options and help resolve Medicare related issues. There are no income guidelines for the service.

**People's Health Clinic – Access to Dental Care Relating to Missing Teeth:** Access to Dental Care Related to Missing Teeth Program assists low income adults to receive procedures related to restorative dental care and/or missing teeth including tooth extractions, dentures or other services that improve overall oral health and self-esteem. Many patients in need of these procedures do not have dental insurance and find extractions, dentures, denture adjustments, denture repairs, or other services related to missing teeth unaffordable.

**People's Health Clinic – Access to Health Care through Interpretation Assistance:** Access to Health Services through Interpretation Assistance Program assists patients that speak Chin, Karen, Karenni, other languages of the Burma population, or French to access medical care at Peoples Community Health Clinic and receive medical visits conducted in their native or preferred language.

**Waterloo Visiting Nurses Association – Maintaining Independence:** The Waterloo Visiting Nursing Association has been providing in-home healthcare support in our community for over 85 years. As an independent, not-for-profit organization, the mission of the VNA includes providing health services for our community's most vulnerable. As people age, and choose to remain in their own homes, the VNA offers physician-directed health services and medical education to individuals and their families.

### **Access to Mental Healthcare**

**Allen - Child Protection Center:** The Allen Child Protection Center (ACPC) assists children and dependent adults who are suspected victims of sexual or physical abuse, or who have witnessed violence. The ACPC offers a safe, neutral place to talk to a forensic interviewer and undergo a medical exam. Clients can also access a Mental Health Therapist specially trained in evidence-based treatment. A family advocate guides clients and non-offending caregivers from intake, to seeking community services, to prosecution as appropriate.

**Black Hawk Grundy Mental Health Center – Care Coordination:** Care coordination is crucial in today's mental health care system given the costs associated with treatment noncompliance, duplication of services, emergency department visits and inpatient treatment. In order to address these ongoing problems and improve outcomes for patients, families, payors and our community, coordinating care more systematically with area hospitals to ensure that patients do not "fall through the cracks" is critical.

**NAMI – Services for People with Mental Illness and Their Families:** NAMI (National Alliance on Mental Illness) works to improve the quality of life for all people affected by mental illness. We engage in advocacy, education, and mutual support for people with mental illness, their families, partners, and friends through free programs and services.

**Riverview – Sexual Assault Intervention:** Riverview Center's crisis intervention program provides 24-hour trauma-informed support to help survivors of sexual assault/abuse return

to their previous level of functioning and increase healthy coping skills and daily functionality to improve their quality of living. Through 24-hour and ongoing client-driven crisis interventions, survivors have the potential to overcome chronic mental, physical, and social issues resulting from the abuse.

### **Increase Healthy Behaviors**

#### **Obesity Prevention**

**Family YMCA of Black Hawk County – EXPAND Inclusive Wellness:** EXPAND (Expanding Physical Activity and New Dimensions) will enhance the services provided to our members and partner agency caregivers and clients. EXPAND will integrate education and inclusive programming aimed at empowering members, caregivers and their clients to become more active and make healthier choices. Activities include quarterly challenges, monthly group game days and wellness workshops, and weekly activities focused on socialization and increasing physical activity.

**Family YMCA of Black Hawk County - FirSteps:** The Y FirStep Program is designed to support participants, with a special emphasis on low-income individuals, in starting a journey to wellness and healthier tomorrows. The FirStep Program, led by Certified Personal Trainers, will help guide participants into a healthy routine, with wellness coaching and goal setting, nutritional consultation, and body composition testing. Participants will increase their feelings of well-being, sense of belonging, and improved quality of life.

**YWCA of Black Hawk County – Know Your Numbers:** Know Your Numbers uses a full range of resources to empower, educate and provide opportunities to adults to support healthy lifestyle choices. The program identifies and helps reduce risk factors, improving health through quarterly health assessments, health and wellness education, nutrition education and physical activity participation. Assessments are free to participants and financial assistance for fitness classes is available to eligible individuals based on household income and size.

#### **Substance Abuse Treatment and Prevention**

##### **Pathways Behavioral Health – On-site Adolescent Substance Use Disorder**

**Treatment:** This program's purpose is to provide early intervention, and treatment to minimize substance use consequences for adolescents and the community. This program eliminates transportation and time restraint barriers by providing services at schools in Black Hawk County. The On-Site Adolescent program directly affects the future success of participants.

#### **Sexual Health**

**Together for Youth/Allen – Adolescent Pregnancy Prevention:** Together For Youth (TFY) prevention programs include Health Education, Individual Health & Pregnancy

Prevention Education (IHPPE), Girls Circle and/or SiHLE (Sistas Informing, Healing, Living, & Empowering). The purpose of TFY adolescent sexual health programming is to increase adolescent's knowledge about their sexual health by providing education on healthy & responsible sexuality through proven effective, comprehensive education.

### **Family Violence, Child, and Elder Abuse**

**Cedar Valley Friends of the Family – Northeast Iowa Shelter Services:** Friends of the Family provides safe shelter, housing assistance, case management, and advocacy to survivors of domestic violence, sexual assault, and human trafficking. The operation of a 24-hour crisis hotline and safe shelter assures survivors' access to safety at all times. Our array of housing assistance options help reduce the length of homelessness for survivors, and in some cases, can prevent homelessness altogether.

**Family and Children's Council – Parent Connection/Empowering Parents:** Parent Connection and Empowering Parents provide parent education, access to community resources and formal social support to parents or caregivers residing in Black Hawk County with children birth to twelve utilizing an evidenced-based curriculum and assessments. Parent Connection provides in-home services while Empowering Parents is group-based. All programming is available with minimal eligibility guidelines and at no cost to participants.

**Family and Children's Council – Sexual Abuse Prevention:** Family & Children's Council offers sexual abuse prevention programming in Black Hawk County. The "Take Charge of Your Body" (TCOYB) program provides education to children in preschool-sixth grades on how to stay from child sexual abuse and features a three-step safety plan that is the cornerstone of the curriculum. "Stewards of Children" (SOC) is an evidence-based program that provides adults the opportunity to learn how to recognize and keep children safe from child sexual abuse.

**Friends of Iowa CASA and ICFCRB – Court Appointed Special Advocate Program:** CASAs, as trained volunteers, advocate for abused and neglected children who have been removed from their family homes and whose families have entered the juvenile court system. Appointed by the court, CASAs investigate, make independent assessments, and report findings and recommendations in the children's best interests. CASAs continue to monitor and "be there" for the children until they live in a safe, nurturing, and permanent homes.

**Waypoint Services – Domestic Violence Victims Services:** Waypoint's Domestic Violence Victim Services Program provides comprehensive services to individuals who have experienced violence and/or coercive control from an intimate partner. The goal of the program is to decrease instances of family violence by increasing participants' overall health and wellbeing through knowledge of the dynamics of domestic/dating violence, safety planning, emotional support, and advocacy.

## **EMERGENCY AND BASIC NEEDS**

**American Red Cross – Disaster Services:** Disaster Services helps people affected by large and small-scale disasters, day or night, in response to local home fires, floods, tornadoes and other disaster emergencies. The Red Cross continually strengthens its own capacity and the capacity of community response, recovery and preparedness. By meeting emergency caused needs, our program helps individuals avoid sudden homelessness, and helps stabilize families by returning them more quickly to economic self-sufficiency and independence.

**Jesse Cosby Neighborhood Center – No One Without a Home:** NOWOAH is a self-sufficiency program, designed to help participants acquire the tools for self-sufficiency. Each participant is assessed and referred to appropriate agencies for mental health, legal aid, etc. Each participant is given pre, mid and post assessment surveys to track progress. The program assist participants with necessary financial help and programs to remove the barriers to self-sufficiency.

**Northeast Iowa Area Agency on Aging – Special Assistance:** The Special Assistance Program purchases one-time, low cost goods and services for financially challenged seniors and persons with disabilities not covered by other funding sources. This helps seniors stay safe and independent by assisting them with unforeseen short term expenses such as household repairs, appliances, prescription drugs, snow removal, and utility assistance as a means to remove immediate barriers to their safety.

**Northeast Iowa Area Agency on Aging – Elderly Transportation Assistance:** The Elderly Transportation Program provides para-transit service for older persons with rides to medical appointments, pharmacies, weekly shopping, nursing homes, and senior centers to help them remain independent and in the community. This program provides seniors with the opportunity to maintain their personal health care and independence in addition to providing socialization opportunities.

**Northeast Iowa Food Bank – Cedar Valley Food Pantry:** The Cedar Valley Food Pantry provides emergency and supplemental food to people in need in Black Hawk County. This is done by rescuing perishable and nonperishable food and distributing it through the onsite Pantry, the weekly Perishable Pantry, the Hawkeye Community Perishable Pantry and to Elderly Nutrition sites in Black Hawk County.

**Operation Threshold – Pocket Change:** Pocket Change is designed to fill a gap in crisis funding. Pocket Change provides households with one-time assistance of up to \$500 for help with maintaining financial stability or increasing income opportunities. In some instances, Pocket Change supports families with family stability needs, when no other alternatives are available.

**Operation Threshold – Tenant Based Rental Assistance:** Operation Threshold's Tenant Based Rental Assistance (TBRA) program is short term emergency assistance that meets a basic need as well as address barriers that prevent low-income families from accessing safe, affordable housing.

One time assistance includes a full security deposit and 70% of the first month's rent for inspected/approved units.

**Salvation Army – All-Purpose Financial Aid:** The Salvation Army's All-Purpose Aid helps individuals and families overcome barriers to healthy lives through assistance with basic needs such as prescription medicine co-pays, transportation vouchers to medical appointments, costs associated with GED testing, and replacement of government identification documents.

**Salvation Army – Food Assistance:** The Salvation Army Food Assistance program provides individuals and families access to nutritious meals and emergency food boxes at no cost, helping the homeless, low and limited income households, and seniors meet their most basic need for sustenance in an environment that is supportive, encouraging, and welcoming to all.

**Salvation Army – Housing Services:** The Salvation Army is the largest provider of emergency shelter services in Northeast Iowa, operating a Women & Children's shelter and Men's shelter, with a combined total of 50 beds for individuals and families facing homelessness. During their stay, residents of both shelters are afforded full access to trained care managers and the full bear of The Salvation Army's resources so as to exit the shelter successfully into stable, secure, and safe independent housing.

**Salvation Army – Rent and Utility Assistance:** The Salvation Army's Rent & Utilities Financial Assistance program helps those facing the immediate crisis of eviction or utility disconnection remain in their home with vital gas, electric, and water services intact.