



Cedar Valley United Way



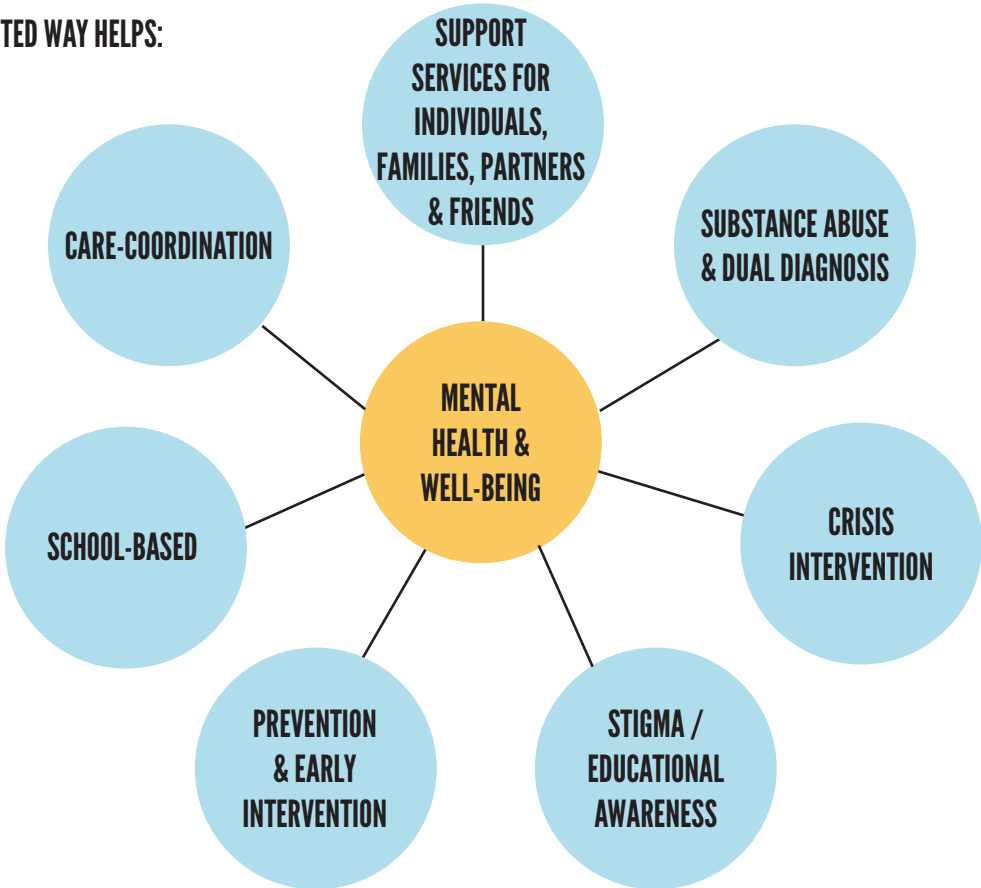
MENTAL HEALTH

CEDAR VALLEY UNITED WAY SUPPORTS CRUCIAL MENTAL HEALTH SERVICES, PROVIDING A LIFELINE TO THOSE IN NEED. THROUGH COLLABORATION, WE WORK TO FOSTER A STRONGER, MORE RESILIENT COMMUNITY.

THE ISSUE:

- Mental health matters. In our fast-paced world, 1 in 4 individuals faces a mental health challenge. In Black Hawk County, that's roughly 32,500 adults who will experience a mental health problem or illness in their lifetime. 60% of these individuals don't receive treatment for a variety of reasons including stigma, lack of health insurance, transportation barriers and a shortage of providers.
- According to the National Institute of Mental Illness, approximately 50% of students age 14 and older with a mental illness drop out of high school. This is one of the greatest risk factors for dropping out.
- Adverse Childhood Experiences (commonly called ACEs) are potentially traumatic events that occur during childhood (0-17 years). Examples include: experiencing violence, abuse (physical, emotional or sexual) or neglect; parental substance abuse; suicide or death; crime or imprisoned family; and more. Individuals with 4 or more ACEs as children are 2.3x more likely to report poor health as adults, 5x more likely to have clinical depression and 3x more likely to have heart disease.

HOW CEDAR VALLEY UNITED WAY HELPS:



**WHAT IF...WE COULD CHANGE THE STIGMA TOGETHER?
LEARN MORE AT WWW.CEDARVALLEYUNITEDWAY.ORG.**



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MENTAL HEALTH

Funding from Cedar Valley United Way provides support across the spectrum of mental health needs. These include: care coordination, school-based mental health services, access to mental health services, support, crisis intervention, substance abuse and dual diagnosis and more.

CARE COORDINATION*:

(*Mental Health Center staff visit both hospitals' mental health units regularly to meet newly referred and existing clients to facilitate the transition of care to outpatient mental health services.)

Black Hawk - Grundy Mental Health Center

SCHOOL-BASED MENTAL HEALTH SERVICES:

Black Hawk - Grundy Mental Health Center
Success Street

ACCESS TO MENTAL HEALTH SERVICES:

Black Hawk - Grundy Mental Health Center

SUPPORT SERVICES FOR INDIVIDUALS, FAMILIES, PARTNERS AND FRIENDS:

Lutheran Services in Iowa's HOPES Program
NAMI Black Hawk County
Together for Youth's Young Parents Together Program

CRISIS INTERVENTION:**

(**Including violence and sexual assault intervention)

Allen Child Protection Center
Cedar Valley Friends of the Family
Riverview Center
Waypoint Services

SUBSTANCE ABUSE & DUAL DIAGNOSIS:

Black Hawk - Grundy Mental Health Center
Pathways Behavioral Services

PREVENTION & EARLY INTERVENTION:

Lutheran Services in Iowa
UnityPoint Health's Enhanced Maternal Health Program (Anxiety and Depression screenings)

COMMUNITY COLLABORATION FOR MENTAL HEALTH:

Black Hawk County ACEs Coalition
Cedar Valley Coalition for Suicide Prevention
Cedar Valley Mental Health Coalition

If you or someone you know is currently experiencing an immediate and urgent mental health crisis, please contact 911 immediately. The Suicide and Crisis Lifeline can be reached by dialing 988 to connect with a trained counselor. Other resources include: Allen Hospital Mental Health Walk-In Clinic (164 W. Dale St., Suite 6B, Waterloo / 319-226-2106) | Black Hawk - Grundy Mental Health Center (3251 W 9th St., Waterloo / 319-234-2893) | Elevate (405 E 5th St., Waterloo / 833-370-0719) | Pathways Behavioral Services (3362 University Ave., Waterloo / 319-235-6571) | Your Life Iowa (yourlifeiowa.org) | 211 Iowa (211iowa.org)

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