

Clarke County
**MENTAL
HEALTH**
RESOURCE BOOKLET



Clarke County Mental Health Resource Booklet

The Clarke County Mental Health Resource Booklet is intended to help people find support when they, or a loved one, have mental health needs. Adults, youth, or individuals can use this guide to find additional information on mental health illnesses and the availability of treatment resources in Clarke County. The Resource Booklet also aims to support the community's education about psychological and chemical dependency disorders while reducing the stigma surrounding them.

Mental Health problems can be common, and individuals with mental health challenges can get better and recover completely. If you or someone you know is struggling with mental health, recognize that help is out there, and you are not alone.

Contact numbers are listed for each service - please reach out and feel comfortable asking questions about mental health issues: the agencies listed provide safe and non-judgemental assistance to those in need.



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- Adult
- Substance Abuse

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Please visit: www.clarkecountypublichealth.org for a downloadable copy of the Clarke County Mental Health Resource Booklet.

Crossroads Behavioral Health Services - Behavioral Health Intervention Services (BHIS)

■ Serves children between the ages of 3 and 21

BHIS is a voluntary program offered to help families and children manage mental health challenges, healthy choices, and social issues at home and in the community by addressing:

- **Communication**
- **Conflict Resolution**
- **Social Skills**
- **Emotional Coping**

Services are provided in the home on a weekly basis, more often if needed. This allows children and families to learn and apply skills in their natural setting.

📍 405 E McLane St.
Osceola, IA 50213

📞 Phone: 641-342-4888

✉️ crossroads@crossroadsbhs.org
🌐 crossroadsbhs.org

Crisis Intervention and Advocacy Services - Crisis Counseling and Victim Services

■ Serves all victims/ survivors of domestic violence, sexual assault, homicide, violent crime, and those experiencing homelessness. Our services are free, voluntary, confidential, and are available to all without discrimination.

We meet survivors where they are at in their healing journey and support them as they move forward.

- **State Certified Victim Advocates**
- **Long-Term Advocacy Services**
- **Individual Needs Assessment**
- **Understanding Victim Rights**
- **Emotional Support**
- **Connection to Resources**
- **Acute Crisis Response**
- **Support on the Healing Journey**
- **Safe and Confidential**
- **Non-Judgmental**
- **Option Explorations**

24 Hour Crisis Lines

📞 Domestic Violence: 1-800-400-4884

📞 Sexual Assault: 1-800-550-0004

🌐 <https://supportingsurvivors.org>

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.”

- Matt Haig

CROSS Mental Health Disability Services (MHDS) Region- Mental Health

■ Serves adults, children, and families experiencing mental health and behavioral needs

CROSS MHDS Region can assist individuals with coordination and referrals to mental health services in their own community. Coordination can include assisting individuals with identified needs and how those needs can be met based on an individual's own goals. The region also can provide limited funding for some needed services for those who qualify.

Mary DeLong
📍 100 S Main
Osceola, IA 50213
📞 641-342-7076

✉️ mary.delong@crossmhds.org

📞 Your Life Iowa Hotline: 855-581-8111
Or Text: 855-895-8398
🌐 <https://crossmentalhealth.org>

Clarke County Hospital - Childhood Trauma Resource Library

■ Available to all individuals who want to educate themselves on childhood trauma

Resource library that provides education and resources relating to childhood trauma and adverse childhood experiences.

Children may go through a range of experiences that classify as psychological trauma; these might include:

- Neglect
- Abandonment
- Mental Illness
- Childhood Sexual/Physical Abuse
- Incarceration of Parent or Sibling
- Parent with Substance Abuse

The Childhood Trauma Resource Library is free for individual and/or group use:

- Parent/Guardian
- Student
- Teacher/Educator
- Private Business
- Government Services
- Healthcare Provider
- Non-for-profit
- Social Services

🌐 <https://www.clarkehosp.org/resource-center.aspx>

“If you are broken, you do not have to stay broken.”
- Selena Gomez

Crossroads Behavioral Health Services - Integrated Home Health (IHH)

■ Serves adults with mental illness and children with emotional disturbances

IHH is a team of professionals working together to provide whole person, patient-centered, and coordinated care for adults with serious mental illness and children with serious emotional disturbances.

- Adult Mental Illness
- Patient-Centered
- Children with Emotional Disturbances

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Heal the Child, Heal the Adult - Mental Health Therapy

■ Specializes in working with children and adolescents

Utilizes play therapy, EMDR (eye movement desensitization and reprocessing), and other therapy approaches to help clients heal from difficult experiences, learn new ways to cope with emotions, and strengthen their relationships with others.

- Play Therapy
- Healing from Difficult Experiences
- Coping with Emotions
- Strengthen Relationships

Audrey Wheeler
☎ 641-324-6378
📍 134 W Jefferson St.
Osceola, IA 50213

✉ audrey.wheeler.lmhc.rpt@gmail.com
🌐 www.healthechildhealtheadult.com

Community Health Centers of Southern Iowa (CHCSI) Access Center - Mobile Crisis Response

■ Available to individuals at any age experiencing a mental health crisis

On-site intervention provided by a qualified response staff that reduces the level of risk present in the crisis situation. The intervention will include:

- Identifying Needs
- Developing Action Plans
- Coordinating Referrals
- Follow-Up Care

📍 219 W Washington
Osceola, IA 50213

☎ Peer Hotline: 800-708-5129
☎ Access Center: 641-342-1742
☎ Outpatient Services: 641-342-9000

Community Health Centers of Southern Iowa (CHCSI) Access Center - Outpatient Mental Health Services

- Serves you or loved ones that are needing mental health services of any age
- **Counseling**
- **Substance Abuse Disorder**
- **Psychiatric Medication Management**

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Crossroads Behavioral Health Services - Outpatient Mental Health Therapy

- Serves any age with no insurance exclusions and available grants
- Mental health therapy for those experiencing mental illness.

📍 405 E McLane St. Osceola, IA 50213 📞 641-342-4888	✉ crossroads@crossroadsbhs.org 🌐 crossroadsbhs.org
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Clarke County Public Health - Parents as Teachers (PAT)

- Serves any family who is expecting a baby or has young children who would benefit from the services listed
- PAT is a family support program for families with children prenatal until Kindergarten entry. Families who participate in the program receive personal visits in their home or another location of their choosing. Additional services can include:
- **Group Meetings**
 - **Health & Development Screenings**
 - **Family Rewards Program**
 - **Resource Referral**

Jennifer Mitchell 📞 641-414-7105	✉ clarkecountypat@yahoo.com
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Community Health Centers of Southern Iowa (CHCSI) Access Center - Peer Support

- Serves individuals who are experiencing emotional distress at any age
- Peer-operated hotline where individuals can talk with someone who has experienced:
- **Mental Illness**
 - **Trauma**
 - **Behavioral Health Issues**

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Crossroads Behavioral Health Services - Psychiatry

- Serves any age with no insurance exclusions and additional funding for services may be available based on income.

An on-site psychiatric nurse practitioner provides personalized, individualized care that involves services including:

- Patient Education
- Therapy
- Psychiatric Evaluations
- Medication Management

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Community Health Centers of Southern Iowa (CHCSI) Access Center - 23 Hour Observation

- Available for individuals who require protection or when an individual's ability to cope in the community is compromised

Twenty-three hour crisis observation and holding services for individuals who need short-term crisis intervention in a safe environment.

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Clarke County Community Resources - Clarke County General Assistance

- Appropriate for individuals experiencing difficulty paying rent, utilities, or food insecurities in addition to needing information about other programs that may meet their needs

Clarke County General Assistance can assist with basic living expenses on an emergency basis for individuals who qualify. Basic living expenses may include the following:

- Food Vouchers
- Rent
- Other Assistive Program Opportunities
- Utilities

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Crisis Intervention and Advocacy Services - Crisis Counseling and Victim Services

- Serves all victims/ survivors of domestic violence, sexual assault, homicide, violent crime, and those experiencing homelessness. Our services are free, voluntary, confidential, and are available to all without discrimination.

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Community Health Centers of Southern Iowa (CHCSI) Access Center - Crisis Stabilization Services

- This is for individuals, 18 and older, who need a short-term (5 days), safe, and secure environment.

Stabilization is for individuals in a crisis for 5 days. During this time, individuals will be meeting with a mental health provider daily and participate in:

- Intervention
- Discharge
- Treatment Planning
- Their Own Admission

Access to a substance abuse therapist for individuals with a co-occurring diagnosis will be available. Once treatment is completed, individuals will be aligned with ongoing resources and services.

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“There is hope, even
when your brain tells you
there isn’t.”
- John Green

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 <https://crossmentalhealth.org>

Osceola Ministerial Association - Emergency Aid

- Serves anyone (without any outstanding wants or warrants) in an emergency situation that needs the available services:
- Voucher for Meal
 - Voucher for Local Hotel
 - Voucher for 5 Gallons of Gasoline

 Dr. Al Adams
 641-931-0567

 Rev. Amy Johnson
 641-342-2830

Clarke County Hospital - Childhood Trauma Resource Library

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- Parent with Substance Abuse

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- Student
- Teacher/Educator
- Private Business
- Government Services
- Healthcare Provider
- Non-for-profit
- Social Services

 <https://www.clarkehosp.org/resource-center.aspx>

Crossroads Behavioral Health Services - Integrated Home Health (IHH)

■ Serves adults with mental illness and children with emotional disturbances
IHH is a team of professionals working together to provide whole person, patient-centered, and coordinated care for adults with serious mental illness and children with serious emotional disturbances.

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- Patient-Centered
- Children with Emotional Disturbances

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Community Health Centers of Southern Iowa (CHCSI) Access Center - Mobile Crisis Response

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- Coordinating Referrals
- Follow-Up Care

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Community Health Centers of Southern Iowa (CHCSI) Access Center - Outpatient Mental Health Services

■ Serves you or loved ones that are needing mental health services of any age

- Counseling
- Substance Abuse Disorder
- Psychiatric Medication Management

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Crossroads Behavioral Health Services - Outpatient Mental Health Therapy

■ Serves any age with no insurance exclusions and available grants
Mental health therapy for those experiencing mental illness.

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Community Health Centers of Southern Iowa (CHCSI) Access Center - Peer Support

■ Serves individuals who are experiencing emotional distress at any age
Peer-operated hotline where individuals can talk with someone who has experienced:

- Trauma
- Behavioral Health Issues
- Mental Illness

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Crossroads Behavioral Health Services - Psychiatry

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- Patient Education
- Psychiatric Evaluations
- Therapy
- Medication Management

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Community Health Centers of Southern Iowa (CHCSI) Access Center - Subacute Services

■ Services are for those who have high degrees of impairment and low levels of stability
For individuals that need continued mental health services for up to 10 days. Subacute services are intended to be:

- Short-Term
- Stabilize Mental Health Needs
- Recovery-Oriented

Once treatment is completed, you will be aligned with ongoing resources and services.

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- 📞 Outpatient Services: 641-342-9000

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”
- Glenn Close

Crossroads Behavioral Health Services -
Medication Assisted Treatment (MAT)

■ Serves clients struggling with addiction of opioids, alcohol, or heroin
MAT can help clients recover from addictions through individualized treatment programs offering a combination of medication and counseling. This combination creates a greater opportunity for clients to be successful in their long-term recover:

- **Addiction Recovery**
- **Medication**
- **Counseling**
- **Individualized Treatment Programs**

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🌐 crossroadsbhs.org

Community Health Centers of Southern Iowa (CHCSI) Access
Center - **Outpatient Mental Health Services**

■ Serves you or loved ones that are needing mental health services of any age

- **Counseling**
- **Substance Abuse Disorder**
- **Psychiatric Medication Management**

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Osceola, IA 50213

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Crossroads Behavioral Health Services -
OWI (Operating While Intoxicated) Screenings

■ Serves individuals who have had previous driving violations related to substance use
Crossroads counselors are able to complete substance abuse evaluations as required by the Iowa Department of Transportation.

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Osceola, IA 50213
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🌐 crossroadsbhs.org

Crossroads Behavioral Health Services -
Substance Use Disorder Outpatient Therapy

■ Serves clients who are struggling with addiction
Our addiction treatment services are provided to adolescents, adults, and families. The services include:

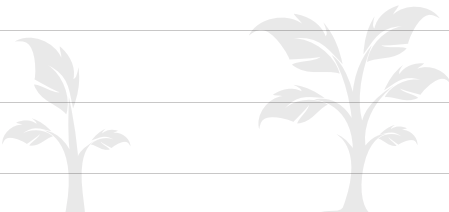
- **Assessment**
- **Individual & Group Counseling Services**

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Important Numbers/ Notes

Clarke County MENTAL HEALTH RESOURCE BOOKLET



Please visit: www.clarkecountypublichealth.org for a downloadable copy of the Clarke County Mental Health Resource Booklet.

THERE IS HOPE MAKE THE CALL

National Runaway Switchboard

**(800) 786-2929 or
Text 66008**

www.1800runaway.org

Individuals with suicidal thoughts.

Crisis Intervention Advocacy Center

(800) 708-5129

www.chcsi.org

Mental health crisis.

Mosaic in South Central Iowa

(712) 800-8801

www.mosaicinfo.org

*Support to people with intellectual
disabilities and habilitation.*

Crossroads

(641) 342-4888

www.crossroadsbhs.org

*Offers therapy, addiction counseling,
group therapy, behavioral health
intervention services, integrated health.*

National Suicide Prevention Lifeline

(800) 273-8255

www.suicidepreventionlifeline.org

Individuals with suicidal thoughts.

Iowa Department of Public Health

(855) 581-8111 or

Text (855) 895-8398

www.yourlifeiowa.org

*Alcohol, drugs, gambling, mental
health, or suicidal thoughts.*



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