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.
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
- 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
- Coping with Emotions
- Healing from Difficult Experiences
- 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
- Coordinating Referrals
- Developing Action Plans
- 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

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**
- **Family Rewards Program**
- **Health & Development Screenings**
- **Resource Referral**

Jennifer Mitchell
📞 641-414-7105
📧 clarkecountypat@yahoo.com

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**

📍 219 W Washington
Osceola, IA 50213

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

405 E McLane St.
Osceola, IA 50213
Phone: 641-342-4888

crossroads@crossroadsbhs.org
crossroadsbhs.org

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.

219 W Washington
Osceola, IA 50213

Peer Hotline: 800-708-5129
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Outpatient Services: 641-342-9000

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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https://crossmentalhealth.org
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24 Hour Crisis Lines
美味しい Domestic Violence: 1-800-400-4884
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美味しい https://supportingsurvivors.org

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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Osceola, IA 50213

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美味しい Access Center: 641-342-1742
美味しい Outpatient Services: 641-342-9000

“There is hope, even when your brain tells you there isn’t.”
- John Green
CROSS Mental Health Disability Services (MHDS) Region - Mental Health

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Or Text: 855-895-8398
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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- Student
- Teacher/Educator
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- Government Services
- Healthcare Provider
- Non-for-profit
- Social Services

https://www.clarkehosp.org/resource-center.aspx
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- 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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641-342-4888  
crossroads@crossroadsbhs.org  
crossroadsbhs.org

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

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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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Osceola, IA 50213  
Peer Hotline: 800-708-5129  
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Outpatient Services: 641-342-9000

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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Osceola, IA 50213  
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crossroads@crossroadsbhs.org  
crossroadsbhs.org
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
  - Mental Illness
  - Behavioral Health Issues

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Peer Hotline: 800-708-5129
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Crossroads Behavioral Health Services - Psychiatry
- Serves any age with no insurance exclusions and available grants
- An on-site psychiatric nurse practitioner provides personalized, individualized care that involves services including:
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  - Therapy
  - Psychiatric Evaluations
  - Medication Management

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🔗 crossroadsbhs.org

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
  - Recovery-Oriented
  - Stabilize Mental Health Needs
- Once treatment is completed, you will be aligned with ongoing resources and services.

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

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

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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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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
- Psychiatric Medication Management
- Substance Abuse Disorder

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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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📞 Phone: 641-342-4888
🔗 crossroads@crossroadsbhs.org
🔗 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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🔗 crossroads@crossroadsbhs.org
🔗 crossroadsbhs.org
THERE IS HOPE
MAKE THE CALL

National Runaway Switchboard
(800) 786-2929 or
Text 66008
www.1800runaway.org
Individuals with suicidal thoughts.

Crossroads
(641) 342-4888
www.crossroadsbhs.org
Offers therapy, addiction counseling,
group therapy, behavioral health
intervention services, integrated health.

Crisis Intervention
Advocacy Center
(800) 708-5129
www.chcsi.org
Mental health crisis.

National Suicide
Prevention Lifeline
(800) 273-8255
www.suicidepreventionlifeline.org
Individuals with suicidal thoughts.

Mosaic in
South Central Iowa
(712) 800-8801
www.mosaicinfo.org
Support to people with intellectual
disabilities and habilitation.

Iowa Department
of Public Health
(855) 581-8111 or
Text (855) 895-8398
www.yourlifeiowa.org
Alcohol, drugs, gambling, mental
health, or suicidal thoughts.

Clarke County
MENTAL
HEALTH
RESOURCE BOOKLET