

# **Mental Health and Substance Abuse Service Guide**

## **Purpose of Guide:**

While the Dubuque area has many mental health and substance abuse services, citizens have complained of the difficulty locating and accessing these services. In response to this need, the Mental Health/Substance Abuse Envision Task Force in collaboration with local mental health agencies and advocacy groups has designed this guide to help everyone easily find providers that help with mental health or substance abuse issues.

Providers are listed in alphabetical order following the Table of Contents. In the index, located at the end of the guide, providers have been organized by category of service to help you find the type of provider you need.

If you are confused about how to get started, providers listed in the Advocacy and Beacon category will be most beneficial. They are familiar with most services and are willing to help you begin the search for support, treatment and recovery.

Considerable effort was made to include all services. If you discover an omission or error, please message VNA at:

**[Molly.Lammers@finleyhospital.org](mailto:Molly.Lammers@finleyhospital.org)**

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## **Alcoholics Anonymous Groups**

Centralized Dubuque AA Center located at Intergroup  
1668 Asbury Road  
Dubuque, Iowa 52001  
563-557-9196

**Serves Children, Adolescents and Adults who are affected by substance abuse:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Families are supported through Alanon and Alateen.

**How to Access Services:** Call Dubuque Area Intergroup at 557-9196. There are 34 regular meetings each week in Dubuque and Asbury and more than 75 meetings each week in the Tri-State area.

## **Anderegg and Associates**

The Pines  
2100 Asbury Rd, Suite 5  
Dubuque, IA 52001  
563-556-1225  
Contact Jan Anderegg, Office manager

### **Thomas Anderegg, PhD**

**Serves Adolescents, Adults and Families.** A Licensed Psychologist who provides individual and family counseling services. Sees individuals age 13 and up and treats individuals for anxiety and depression. Accepts Medicare but not Medicaid (Title 19) clients.

### **Keith Gibson, PhD**

**Serves Adults.** Treats anxiety disorders, trauma, stress management, depression, and chronic pain. Provides marital therapy, psychological testing and evaluation.

**Brenna Healy, MA, Licensed Psychologist**

**Serves Adolescents, Adults and Families.** A general practitioner who treats anxiety, depression, families, couples, women's issues, and provides psychological testing.

**How to Access Services:** To make an appointment, call 563-556-1225 Mon-Fri 8:00 a.m. to 5:00 p.m. Individuals and families need to bring insurance cards and some form of picture identification to their first appointment. Evening appointments may be available. Services are covered by most medical insurance policies. Discount for private pay.

**Area Residential Care (ARC)**

1170 Roosevelt St Ext.

Dubuque, IA 52001

563-566-7560

Contact: Quality Services Coordinator

Website: [www.areasidentialcare.com](http://www.areasidentialcare.com)

**Serves Adults Ages 16 & Older.** Under the Habilitation Waiver, provides home based services and supported employment that includes job coaching and group enclave settings. Home based habilitation helps develop the skills needed for community living. The services are intended to provide for the daily living needs appropriate for the individual. These skills include: adaptive skill development; community inclusion; transportation; adult education supports; social /leisure skill development; personal care; protective oversight; and supervision.

Supported Employment Habilitation provides help finding employment for individuals with disabilities and is designed to assist members in obtaining and maintaining employment. Services include: initial vocational and educational assessment; job development; on-site vocational assessment, disability related support or vocational training, assistance in learning specific job skills; including transportation for job exploration.

Services provided to maintain employment include: individual work-related behavioral management; job coaching; on-the-job work-related crisis intervention; assistance with skills related to maintaining competitive employment; assistance with time management; assistance with appropriate grooming; employment-related supportive contacts; on-site vocational assessment; and employer consultation.

**How to Access Services:** First contact case management at DHS at 557-8251 for funding options. The next step would be to contact the ARC Quality Services Coordinator at 563-556-7560.

**Asbury Counseling & Evaluation Services**

5900 Saratoga Road, Suite 4B

Asbury, IA 52002

563-588-3500

**Susan Hoppenworth, LMHC, LMSW, ACADC, MAC**

**Serves Adolescents, Adults, and Families.** A Licensed Mental Health Counselor (LMHC), Licensed Masters' Social Worker (LMSW), Advanced Certified Alcohol and Drug Counselor (ACADC), and Master Addiction Counselor (MAC) with 32 years of experience in the mental health, alcohol and substance abuse counseling field. Provides individual, couple, and family counseling. Works with clients having anxiety, depression, family issues focusing on teen problems, and co-occurring disorder.

**How to Access Services:** Call 588-3500 to make an appointment. Accepts Medicaid (Title 19),

medical insurance & private pay for services.

### **Batterer's Education Program**

Classroom: 1494 Elm Street

Dubuque, IA 52001

Coordinator: Jennifer Wymore at:

527 E 5<sup>th</sup> St

Waterloo, IA 50703

319-292-1294 or 800-485-8151

E-mail: [jennifer.wymore@iowa.gov](mailto:jennifer.wymore@iowa.gov)

**Serves Adults.** A 24-wk. educational program designed to address power & control in **adult** domestic relationships. Program is court-ordered for those convicted of domestic assault but can be attended by anyone who admits to having & using abusive techniques in their relationship.

**How to Access Services:** Call 1-800-485-8151 or 319-292-1294 to register or talk to Jennifer Wymore with questions.

### **Body & Soul Counseling, Coaching & Healing Services**

2728 Asbury Road

Suite 777 Fountain Park

Dubuque, IA 52001

563-556-9642

Website: [www.relaxlivewell.com](http://www.relaxlivewell.com)

**Serves Children, Adolescents, Adults and Families.** Individuals, couples, children, and families can choose from a wide range of holistic wellness services to restore balance, perspective, and peace of mind. Staff offers traditional counseling services in a private, tranquil counseling wing, as well as a host of other complementary therapies that may be used to empower, clarify, and support the personal growth process. The goal of the program is to provide support to clients by experiencing personal empowerment and an overall feeling of wellness.

#### **Martha Degree, MSW, LISW**

**Serves Children, Adolescents and Adults:** Licensed Independent Social Worker. Provides general counseling for children and adolescents. Provides play therapy, parenting assistance & grief counseling

#### **Betty Heil, MSW, LISW**

**Serves Adults:** Licensed Independent Social Worker. Provides general counseling for adults. Specializes in anxiety, depression, grief/loss, stress, self-esteem, trauma/sexual abuse, & abuse recovery.

#### **Catherine McDermott, MSW, LISW**

**Serves Adolescents and Adult:** Licensed Independent Social Worker, Certified Hypnotherapist. Provides mental health and general counseling, couples counseling, hypnotherapy & EMDR.

#### **Mary Moothart, PhD, LMFT**

**Serves Adults and Families.** Certified Life Purpose Coach, Licensed Marital and Family Therapist, Trained Sedona Method Facilitator. Provides professional life coaching to individuals, couples, and small groups. Also provides marital therapy.

Website: [www.drhartcoach.com](http://www.drhartcoach.com)

**Loie Poll, MA, ACCHT**

**Serves Adolescents and Adults:** Counselor & Holistic Practitioner, Advanced Certified Clinical Hypnotherapist. Provides general counseling, hypnotherapy/hypnosis, guided relaxation and mediation. Specializing in children's healing, treatment of trauma and domestic violence.

**Brigid Rahlf, MS, ACCHT**

**Serves Adults:** Counselor & Holistic Practitioner, Advanced Certified Clinical Hypnotherapist, Certified Domestic Violence Professional. Provides general counseling, hypnotherapy/hypnosis, and specializing in the treatment of trauma and domestic violence. Energetic, spiritual, and/or intuitive healing techniques may be utilized upon request.

**Scott Theisen, MA, LMHC**

**Serves Adolescents and Adults:** Licensed Mental Health Counselor, National Board Certified Hypnotherapist. Provides, general counseling, couples counseling, hypnotherapy, and spiritual psychotherapy.

**How to Access Services:** Call 563-556-9642 to schedule an appointment. Some medical insurance companies, including BC/BS, John Deere, & SISCO pay for services. Medicaid (Title 19) is not accepted. A sliding fee is available.

**Catholic Charities Counseling Program**

1229 Mt. Loretta Avenue  
Dubuque, IA 52003  
563-588-0558

Website: [www.charitiesdbq.com](http://www.charitiesdbq.com)

E-mail: [dbqcccr@arch.pvt.k12.ia.us](mailto:dbqcccr@arch.pvt.k12.ia.us)

**Angella Link, MA, LMSW**

**Amy Mahoney, LISW**

**Joann Weitz, MA**

**Serves Children, Adolescent, Adults and Families.** Provides **individual, marriage, couple, and family therapy.** The counselors treat a wide range of problems including: Past trauma, depression, marital problems, stress at work or in family relationships, being overwhelmed as a step parent, confusion over an unplanned pregnancy, trauma of a post abortion, relationship change with boyfriend/girlfriend, and problems from a family member's drinking. Counselors are graduates of accredited colleges and/or universities, professionally trained in counseling and licensed through the state of Iowa. All information is confidential.

**How to Access Services:** Appointments may be made by calling 563-588-0558 or 563-556-2580 in Dubuque or 1-800-772-2758 Toll free. Office hours are 8:30 a.m. to 4:30 p.m. Evening appointments can be arranged if necessary. Fees are based on a sliding scale and/or insurance. No one is turned away because of inability to pay.

**Child in Need of Assistance (CHINA) Petition**

Iowa Department of Human Services  
**P.O. Box 87 Dubuque, IA. 52004**  
Dubuque, Iowa 52001  
888-583-1039

### **Serves Children and Adolescents.**

CHINA is a program for children who are in need of assistance. When the parent or caretaker makes a call to the DHS Intake Unit, they need to explain the problem their child is having. The worker will determine if it fits one of the categories for a CHINA Assessment. This means the case can be assigned to a social worker to decide if the information will be sent to the Dubuque County Attorney who will decide whether or not the CHINA Petition is filed in Court.

### **How to Access Services:**

The child's caretaker needs to call the Iowa Department of Human Services Intake Unit at 563-583-1039 or 888-583-1039. The Intake Unit is available Mon-Fri from 8:00 a.m. to 4:30p.m. After Office Hour calls are taken by an on-call Worker 24 hours per day.

## **Community Circle of Care**

Nesler Center  
799 Main St., Suite 230 (Clinic)  
Suite 370 (Administrative Office)  
Dubuque, IA 52001  
563-556-3700 (Clinic) or 888-588-0903  
563-583-5545 (Administrative Office)  
Website: [www.communitycircleofcare.org](http://www.communitycircleofcare.org)  
E-mail: [communitycircleofcare@uiowa.edu](mailto:communitycircleofcare@uiowa.edu)

**Serves Children and Adolescents and Their Families.** Community Circle of Care (CCC) is a system of care that provides evaluation, treatment, and wrap-around support to children and youth, birth to 21, and their families in a family-driven, youth-guided manner. The Clinic Team consists of a nurse practitioner (ARNP), nurse, social worker, and parent consultant. The child psychiatry staff at the University of Iowa Hospitals and Clinics is available via web cam. The staff also contracts with psychiatrists and psychologists in Dubuque on an as needed basis. At the clinic site clients receive both a physical and mental health exam.

Counseling, community, and home-based services are provided through a wrap-around system. The coordinators provide family and youth services activities to support the whole family as they help their child. These include a parent support group, family activities, and a newsletter for both parents and youth. CCC is a team approach based on the strengths of the individual, family and community. It serves children who live in Allamakee, Buchanan, Clayton, Clinton, Delaware, Dubuque, Fayette, Howard, Jackson and Winneshiek counties.

**How to Access Services:** Call the clinic at 563-556-3700. An interview will be scheduled with the Care Coordinator within 24-48 hours. Crisis intervention services can be put in place immediately if needed. These services are covered by Medicaid (Title 19) benefits, private insurance, and a sliding fee scale if the family does not have insurance.

## **Crossroads Counseling Center**

909 Main St, Suite 505

Dubuque, IA 52001

563-556-0699

Website: [www.crossroadsdbq.com](http://www.crossroadsdbq.com)

**Serves Children, Adolescents, Adults, Seniors and Families.** Provides mental health services to all age groups. Our therapy techniques include, but are not limited to, Theraplay, play therapy, EMDR, biofeedback, Parent-Child Interaction Therapy and Cognitive-Behavioral therapy. We facilitate therapy in numerous environments such as outpatient, in-home, nursing facilities, and school settings. We also provide counseling for older adults, remedial services, ADHD coaching, and have a family support program & hold a variety of support groups. Our mission is to join with each person in building a therapeutic relationship and discover solutions through strength-based approaches.

**Remedial Services:** Provides a great opportunity to help children develop social, communication, and self-regulation skills in the home, office & community setting. Also assist parents in developing a plan best suited for their child. The remedial service provider may spend time with the child or the entire family to help everyone develop the skills needed. Remedial services can be provided to anyone who is Medicaid eligible. Our counselors are all designated as Licensed Practitioners of the Healing Arts (LPHA) and may issue a remedial service order. Remedial services & outpatient counseling can occur simultaneously. The remedial service provider and outpatient counselor will collaborate on the treatment goals to provide seamless care.

**Lisa Botsford**

**Provides Remedial Services.** Facilitates the Truancy program for Dubuque Schools.

**Brad Cavanagh, LISW**

**Serves Adolescents & Adults.** Specializes in the elderly/senior population; In-house and mobile services.

**Ann Fichtinger, LMHC**

**Children, Family & Adults.** Attachment & Trauma work; EMDR II certified; Play Therapy; Dyadic Developmental Psychology trained; Theraplay II training.

**Jon Filitti, LMHC**

**Serves Children, Adolescents, Families & Adults.** Coordinates referrals for Family Support Program.

**Steve Heer, LISW**

**Serves Children, Families & Adults.** Experienced in school counseling.

**Jennifer Hoyer, LMHC**

**Children, Families & Adults.** Attachment & Trauma work; Theraplay training; Mental Health Evaluations; Play Therapy.

**Larry Jackson, MSE**

**Serves Children, Adolescents & Adults.**

**Kim Kluesner, LISW**

**Serves Adolescent, Families & Adults.** Mental Health and Substance Abuse certified.

**Lynne Lutze, PhD, LMHC**

**Serves Children, Families & Adults.** Mental Health evaluations for children & adults; Child custody

evaluations; certified Theraplay; trained Play Therapy.

**Carrie Merrick, LMHC**

**Serves Adolescent, Families and Adults.** Mental Health and Substance Abuse certified.

**Tara Smith Pybril, LMHC**

**Serves Children, Families & Adults.** Child custody evaluations; Play Therapy.

**Elizabeth Ramos, MSE**

**Serves young children, adolescents, families & adults.**

**Yvette Saeugling, LISW**

**Serves Young Children, Adolescents, Families & Adults.**

Reactive Attachment Children, Attachment & Trauma work:

EMDR II certified; TheraplayII trained; Dyadic Developmental Psychology II trained; Play therapy.

**How to Access Services:** Call the office or visit our website. Intake paperwork can be completed upon arrival or downloaded from the website and completed prior to arrival. Most insurance policies cover all or most of the services. Bring insurance cards, current address, phone numbers, emergency contact information, employer information if employed, and contact information for the person who referred you.

## **Dubuque Community Y (DCY)-Domestic Violence Program**

P.O. Box 1301

Dubuque, IA 52004

563-588-0048 or 800-332-5899

24-Hour Emergency Phone: 563-556-1100

Website: [www.dubuqueY.org](http://www.dubuqueY.org)

**Serves Children, Adolescents and Adults.** The program provides safe and confidential services and shelter for abused victims and their children. All services are free and confidential. Services include:

- 24-Hour Hotline
- 24-Hour Shelter
- Crisis Intervention
- Advocacy
- Youth Response Program
- Referrals and Information
- Education and Awareness

**How to Access Services:** Individuals needing to access services simply call. Services are free. This is a United Way Agency.

## **Dubuque County Mental Health Developmental Disabilities Department Central Point of Coordination (CPC)**

Dubuque County Courthouse-Fourth Floor

720 Central

Dubuque, IA 52001

563-589-7870

E-mail: [cpc1@dbqco.org](mailto:cpc1@dbqco.org)

**Serves Adults.** The development of a Central Point of Coordination (CPC) was in response to the problems in the past for individuals to access services within the Mental Health (MH)/Mental Retardation (MR)/Developmental Disabilities (DD) service delivery system. The Central Point of Coordination (CPC) is the term adopted by the State County Management Committee to define the "Single Point of Entry" required by Chapter 331 of the Iowa Code. Some of the CPC duties include: Centralized intake for persons wishing to access county funded MH/MR/DD services, determining an individual's legal settlement, referral for service coordination, and collaboration with other funders, service providers, consumers, and stakeholders.

**How to Access Services:** Access points to the system are: Targeted Case Management; Department of Human Services Adult Services Workers; Hillcrest Mental Health Center; Hillcrest Family Services; the CPC Office; and the Judicial System (Clerk of Court). Note: When a consumer enters the system through the Judicial System, original intake information will be provided by the consumer or his/her family to the CPC or MH/MR /DD Assistant.

## **Dubuque County Commission of Veterans Affairs**

350 Nesler Center, Rm. 350

Dubuque, Iowa 52001

563-589-7840

**Serves Veterans and their Families.** The Executive Director of the Dubuque County Commission of Veterans Affairs monitors the progress of benefits for veterans and refers veterans and their families for

counseling, assists with paperwork for obtaining benefits, and link veterans with other veterans in the WeCare DAV Program.

**How to Access Services:** Call Charlie Brimeyer at 563-589-7840.

## **Families First Counseling Services**

Fischer Building

880 Locust St; Suite 130

Dubuque, IA 52001

319-433-0395 or 888-316-3025

Website: [www.families-first.net](http://www.families-first.net)

E-mail: [Lkishman@families-first.net](mailto:Lkishman@families-first.net)

**Serves Children, Adolescents, Adults and Families .** Provides remedial services to families in their homes. In-home mental health services include skill building to address such issues as depression, attention deficit disorder, conduct disorder, anger management, conflict resolution, and development of interpersonal skills. The staff provide services to a broad age range including **children ages 4-18 yrs. to adults in their 50's**. Family support is provided as it relates to the child's problems. This program works closely with the Iowa Department of Human Services, Juvenile Court Services, school systems, and community physicians. All staff have bachelor's degrees in human service related fields.

**How to Access Services:** All individuals are seen on a voluntary basis. Appointments are made by calling 319-433-0395 or 888-316-3025 toll free. In order to be eligible for services the individual must be Medicaid (Title 19) eligible and have a mental health diagnosis.

## **Finley Home Health Care**

1333 Delhi

Dubuque, Iowa 52001

563-583-5833

Website: [www.Finleyhospital.org](http://www.Finleyhospital.org)

**Serves Children, Adolescents and Adults:** Provides professional nursing services for patients with mental health problems. Nursing services are provided under the supervision of the patient's psychiatrist or medical provider. These services include patient medication monitoring & counseling for behavioral issues.

**How to Access Services:** Call 563-583-5833 Mon-Fri from 7 a.m.-5 p.m. for more information.

## **Finley Hospital-Summit Health Center for Older Adults**

350 N. Grandview

Dubuque, IA 52001

563-589-2547 or 877-918-5185

Outpatient Clinic: 563-557-2777

Website: [www.finleyhospital.org](http://www.finleyhospital.org)

**Roger Shafer, MD**

**Katherine Gansen, ARNP**

**Sandra Sullivan, Office Manager**

**Serves Adults.** Provides psychiatric services to individuals age 55 and older who are experiencing mental health problems. The services include 24-hour emergency hospital-based care as well as

outpatient support services. Referrals can be made by anyone and free assessments are done professionally and confidentially. The center is designed to meet the needs of elderly adults & provides a unique atmosphere of comfortable & peaceful care by highly trained professionals. Dr. Shafer also visits all nursing homes in the region.

**How to Access Services:** Call for information at 563-589-2547. Please bring insurance information to initial visit.

### **Pat Flynn, MS, ACSW**

280 Bluff St  
Dubuque, IA 52001  
563-583-7784  
E-mail: flynnvet@yahoo.com

**Serves Adults and their Families.** Pat is a veteran who is registered with the VA and **provides contractual counseling to veterans and their families.** To be eligible for services, veterans must have served in a war zone. (Note: Veterans Centers serve those who have not served in a war zone.) Services include: readjustment counseling; trauma group counseling; life skills group training; occupational therapy; and educational training including two groups which provide a healthy and positive environment where veterans have access to someone they trust to express their emotions and develop more effective ways of coping.

**How to Access Services:** Veterans can be referred by calling the Veterans' Affairs Office at 563-589-7840. Services are provided at no cost to veterans if they are eligible for services. Some medical insurance coverage accepted, including Medicaid (Title 19). Call 563-583-7784 and leave a message and Pat will return your call.

### **Four Oaks Family & Children's Services-Cornerstone Program**

180 W. 15th St  
Dubuque, IA 52001  
563-557-3100  
Website: [www.fouroaks.org](http://www.fouroaks.org)  
Email: [julieweber@fouroaks.org](mailto:julieweber@fouroaks.org) or [dleeser@fouroaks.org](mailto:dleeser@fouroaks.org)

**Serves Children, Adolescents, Adults, and Families.** Cornerstone is a voluntary, strength-based home visiting program that serves low-income families across an eight county area. Cornerstone helps families break down the barriers that prevent them from leaving welfare permanently. During home visits, Family Support Workers partner with families to develop and set goals that may include: attaining additional schooling or training; finding employment; obtaining affordable daycare or transportation, setting a budget & achieving self-sufficiency. Some families need help locating additional resources or may have other barriers to address before reaching their ultimate goal of self-sufficiency. All Cornerstone staff are trained in child development and use that knowledge and expertise during home visits.

**How to Access Services:** To apply for services, families need to contact either Julie Weber or Danielle Leeser at 563-557-3100. To be eligible for services the head of the household needs to receive FIP or cash assistance from the State at the time of enrollment.

### **Four Oaks Family and Children's Services-Outpatient Mental Health Therapy and**

## **Counseling Services.**

180 W. 15th St

Dubuque, IA 52001

563-557-3100

Website: [www.fouroaks.org](http://www.fouroaks.org)

### **Serves Children, Adolescents, Adults, and Families.**

Teen +Plus provides outpatient mental health therapy and counseling **services to individuals and families eligible for Medicaid (Title 19) services.** Teen +Plus serves children, young adults, and older adults who are parents. Services focus on the individual needs of children and their families and are voluntary and confidential.

**Remedial Services:** Four Oaks also offers Remedial Services to children who are eligible for Medicaid (Title 19) and have a mental health diagnosis. Remedial services help children with peer relationships, conflict resolution, management of emotions, effective communications, and independent living skills. The goal is to support a child to improve functioning at school, home, and in the community.

**How to Access Services:** Appointments for outpatient counseling services are made by calling Dane Schrobilgen at 563-557-3100. Teen +Plus also accepts referrals from families, mental health and medical professionals, schools and other community members. Arrangements are always made with a responsible adult family member on a voluntary basis. Counseling services can be paid for by using private insurance, Medicaid (Title 19), or by making private payment arrangements.

### **Four Oaks Family and Children's Services-Parents as Teachers**

180 W. 15th St

Dubuque, IA 52001

563-557-3100

**Serves Families:** This Program serves all families in Dubuque County with children pre-natal to age five. Provides parent education through home visits, monthly parent education groups, and developmental screening, and provides resources to families. The Program takes referrals from families or other referral sources.

**How to Access Services:** Make appointments by calling the office at 557-3100. Ask for Karri Newman. There is no charge for services which are grant funded by Dubuque Empowerment

### **Four Oaks Family & Children's Services-Supervised Community Treatment Program**

180 W. 15<sup>th</sup> St.

Dubuque, IA 52001

563-557-3100

Email: [Dschrobilgen@fouroaks.org](mailto:Dschrobilgen@fouroaks.org)

**Serves Adolescents:** The program aims to keep our youth in the community. Aggression Replacement Training Program (ART) young people learn different skills to manage their aggression, which they can apply in the community.

**How to Access Services:** This program works with youth referred by Juvenile Court Service. Further information about this program, contact Dane Schrobilgen (563) 557-3100.

## **Goodwill Industries of Northeast Iowa**

2121 Holiday Dr  
Dubuque, IA 52002  
563-583-8859  
Website: [www.gwneia.org](http://www.gwneia.org)  
E-mail: [mwoywood@gwneia.org](mailto:mwoywood@gwneia.org)

**Serves Children, Adolescents, and Adults.** Serves children and adolescents with primary diagnosis of Mental Retardation, Brain Injury or Physical Disability and adults with diagnosis of Mental Retardation, Mental Illness, Brain Injury, or Developmental Disability. Services include: Hourly Supported Community Living, Site-based Services, Respite, CDAC, Work Services, Pre-vocational Services, Enclave Services, Vocational Evaluations, Job Coaching, & Work Adjustment. Adult Day Care services will be starting in 2009.

**How to Access Services:** To access Supported Community Living, Respite and Vocational Services there needs to be a referral from a funding source, typically, through the Iowa Department of Human Services Case Management (563) 557-2488 or Iowa Vocational Rehabilitation Services (563) 588-4697. Contact Department of Human Services Case Management at (563) 557-2488 to arrange for services or call Goodwill Industries of NE IA at (563) 583-8859.

### **Helping Services For Northeast Iowa**

2728 Asbury Suite 510  
Dubuque, Iowa 52001  
563-582-5317  
[www.helpingservices.org](http://www.helpingservices.org)

**Provides Prevention Services for Children, Adolescents and Families.** A substance abuse prevention program focusing in the following three areas: 1) Youth and School programs providing general drug information regarding how to refuse drugs, how to resist peer pressure, empowering students to make good decisions; 2) Parenting and family skills to improve family communication, problem solving and behavioral management tools, learning how to improve family function and cohesion; 3) Community policy setting working toward sensible policies and practices that deal with substance use and abuse problems, and education in the workplace.

**How to Access Services:** Contact the office at 563-582-5317 to learn about services. There is no charge for services which are grant funded. Some services are offered in the school or community setting and are advertised at these locations.

## **Hillcrest Family Services-Adult Residential Homes**

2671 Marywood  
Dubuque, Iowa 52001

**and**

1785 Vizaleea Drive  
Dubuque, IA 52002  
563-557-4401

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

E-mail: [jerry.schroeder@hillcrest-fs.org](mailto:jerry.schroeder@hillcrest-fs.org)

**Serves Adults.** Hillcrest Adult Residential Homes are transitional residential programs for adults diagnosed with a serious mental illness. There are two 5-bed group homes in Dubuque. Programs are staffed 24 hours a day, seven days a week, by trained and caring staff. Residents are encouraged to develop personal meaningful goals that can help them gain or re-gain a valuable role in the community. Staff then assist the individuals in those goal areas. Examples of goals are: independent living skills, social skills, community integration, personal care, coping skills and medication management.

**How to Access Services:** Funding for the program can be paid through a combination of state and county funds, as well as client participation in some form such as, SSI, SSDI, State Supplementary Assistance, or through employment earnings. Any interested party or professional can make a referral by calling Jerry Schroeder, Program Manager at 563-557-4401.

## **Hillcrest Family Services-Big Brothers Big Sisters (BBBS) of Eastern Iowa**

Anne Hedrick, LMSW  
2005 Asbury Road  
Dubuque, Iowa 52001  
563-583-7357

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

E-mail: [ahedrick@hillcrest-fs.org](mailto:ahedrick@hillcrest-fs.org).

**Serves Children ages 5-15 years.** BBBS has full affiliation with Big Brothers Big Sisters of America. program offers community-based and school-based mentoring opportunities. In the community program, the volunteer and child plan activities together in the community such as fishing, playing catch, baking or just hanging out. In the school program, volunteers go to an assigned school to provide a child with extra attention and help with school work. may spend time reading, talking or playing games with the child.

BBBS is an approved program for Mentoring Children of Prisoners: Caregiver's Choice. This program is designed to connect caregivers and parents with quality mentoring programs. Each volunteer is trained by professional staff. Volunteers agree to meet with children weekly or twice a month. Caring volunteers (18 and older) are "matched" with a child or youth ages 5-15. Volunteers make a one-year commitment and maintain a consistent one-to-one friendship. Service area includes Dubuque, Jackson, Clayton and Allamakee counties.

**How to Access Services:** Contact Anne Hedrick at 563-583-7357.

## **Hillcrest Family Services-Family Centered Services**

2005 Asbury Road

Dubuque, IA 52001

563-582-7357

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

### **Serves Children, Adolescents, Adults and Families providing Remedial and Early Intervention Services**

Remedial Services are offered to individuals age six and older to help cope and learn new ways of managing feelings, behaviors, and relationships. Remedial Services will help you work through emotional or behavioral issues that may be affecting you or your family. Eligibility requirements apply. Must be Title 19 eligible. A therapist or Licensed Practitioner of the Healing Arts (LPHA) will decide whether a child or adult is eligible for services during an LPHA assessment.

#### **How to Access Services:**

**Remedial Services:** Appointments can be made at the Hillcrest Family Services 563-583-7357.

**Early Intervention:** Referrals through Community Circle of Care.

## **Hillcrest Family Services-Homeless Outreach Program (PATH)**

220 West 7<sup>th</sup> St

Dubuque, IA 52001

563-588-0605, ext 203

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

**Serves Adults & Families.** Serves individuals who have a serious mental illness **OR** have a serious mental illness and have a substance abuse disorder **AND** are homeless or are in imminent risk of becoming homeless. Services available include: outreach; assistance in obtaining income support services, housing services- including assistance in obtaining shelter or apartment searching, security or utility deposit assistance (if funds available), applying for Section 8 housing program; help with prescription medication costs (if funds available); assistance in obtaining basic needs; referrals to community resources, including mental health/drug/alcohol treatment; and case management.

**How to Access Services:** Funding for the program is provided by a federal SAMHSA (Substance Abuse and Mental Health Services Administration) grant. This project is specifically designated as a PATH (Projects for Assistance in Transition from Homelessness) program. Individuals or professionals can make a referral by calling Homeless Outreach Counselor at 563-588-0605, ext 203.

## **Hillcrest Family Services-Intensive Psychiatric Rehabilitation (IPR) Program**

220 West 7<sup>th</sup> St

Dubuque, IA 52001

563-588-0605, ext 208

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

E-mail: [kim.nelson@hillcrest-fs.org](mailto:kim.nelson@hillcrest-fs.org)

**Serves Adolescents & Adults.** The IPR Program is designed to assist individuals in making a change in a certain aspect of their life and is based upon the recovery and empowerment philosophy. Provide services to persons who are diagnosed with a serious mental illness and are over the age of 16. The program includes services that can address the following roles: Education, Employment, Living, and Socialization. A self-assessment is completed by the individual to determine which role the individual is most interested in developing. Once this is chosen, the consumer- driven process begins lasting anywhere from six months to two years. There are four phases of the process: Readiness Development, Goal Setting, Goal Achieving, and Goal Keeping. Individuals meet with their practitioners between 4 and 10 hours a week. Participants will gain new skills and supports that will help speed their recovery in the area they have chosen.

**How to Access Services:** Funding for the program can be through County funds, Medicaid (Title 19) Magellan, and the State Payment Program. Any interested party or professional can make a referral by calling Kim Nelson, Program Manager at 563-588-0605, ext 208

## **Hillcrest Family Services-Mental Health Center**

Professional Arts Plaza

200 Mercy Drive, Suite 200

Dubuque, IA 52001

563-582-0145 or 800-437-8634

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

Additional Services Available at:

Jackson County Mental Health Center  
117 South Olive Street  
Maquoketa, IA 52060  
563-652-4958 or 800-281-7444

**Serves Children, Adolescents, Adults, and Families.** The Mental Health Center provides mental health counseling services to individuals, families and children. Medication management and a wide range of therapies and crisis support are available. This includes follow-up services for those discharged from mental health inpatient settings. We also provide family and couples counseling. Hillcrest Mental Health Center is well equipped to expand our offerings to those who are chronically mentally ill. Existing and new resources, we are able to tap into a number of programs, and funding streams, to provide services to those who need us most. Depending on the criticality of a patient's needs, we can offer same-day medication management appointments and same-day therapy intake appointments. We are able to be more responsive to clients' needs than ever before. This is due to a more flexible delivery model, partnerships with other providers and a clear vision for mental health in our community.

The Mental Health Center provides professional services & consultation with patients in the areas of: Anxiety Disorders; Treatment of behavioral problems; Family & Marriage counseling; Depression & Bipolar Disorders; Eating Disorders; Suicide; Recovery; Schizophrenia; Grief /Loss; Alzheimer's; Multi-infarct Dementia; Stress; Trauma & Disaster;

**MEDICATION PRESCRIBERS:**

**Carl Ageson, DO**  
**Adults Only**

**Karen Fullwood, DNP, ARNP**  
**Children, Adolescents and Adults**

**Sara Justman, ARNP**  
**Children, Adolescents and Adults**

**Chris Okiishi, MD**  
**Children, Adolescents and Adults**

**Marcus Pressler, MD**  
**Adults Only**

**Tom Piekenbrock, MD**  
**Adults Only**

**THERAPISTS:**

**Holly Brietbach, LMSW**  
**Serves Children, Adolescents and Adults.** Depression; Anxiety; Grief/Loss Issues; Parenting Issues; Behavioral Issues

**Denny Grant, LMHC**  
**Serves Adolescents and Adults.** Anxiety; Anger; OCD Issues; Chronic Mental Illness Issues

**Betty Heil, LISW**  
**Serves Adults Only.** Nursing Home Clients; Grief & Aging Issues

**Patti Heer, PhD, LMHC**  
**Serves Children, Adolescents, Families and Adults.** Depression, anxiety, parenting issues, trauma, and aging issues.

**Jan Lombardi, LMHC**

**Serves Adults Only.** Chronic Mental Illness Issues

**Joe Nemmers, LISW**

**Serves Children, Adolescents, Families and Adults.** Anxiety; Trauma; Divorce and Blended Families

**Alana Neuwoehner, LMHC**

**Serves Adults:** Anger Management; Eating Disorders

**Tom Ottavi, PhD, Psychologist**

**Serves Children and Adolescents:** Psychological Evaluations

**Tam Prenosil, LISW**

**Serves Adults Only:** ADHD Issues; Aging Issues

**Jenny Schuhmacher, LISW**

**Young Children, Adolescents, and Adults.** Anxiety; Depression; ADHD; Children's Issues.

**Cheryl Walters, LMHC**

**Serves Children, Adolescents and Adults.** Borderline Personality Disorder; Emotional Intensity Issues

**Michelle Watters, LMHC**

**Serves Children, Adolescent and Adults.** Anxiety Disorders; Relaxation; Spiritual Issues; Children's Grief Issues

**Greg Weber, LMHC**

**Serves Adolescents and Young Adults.** Depression, Anxiety; Behavior Problems

**Sue Whitty, MA, ARNP**

**Serves Children, Adolescents, Families and Young Adults.** Depression; Anxiety; ADHD; School Issues; Family Issues

**How to Access Services:** Call Monday– Friday at 563-582-0145 Ext. 111 or 137 to schedule an intake. Paperwork is completed 30 minutes prior to first appointment. Funding and CPC County of Origin need to be verified before first appointment.

### **Hillcrest Family Services-Molitore Psychiatric Medical Institution for Children (PMIC)**

2445 Hillcrest Road

Dubuque, IA 52001

563-588-4388

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

**Serves Adolescents.** Molitore is our PMIC (Psychiatric Medical Institution for Children) co-ed residential home for adolescents from the ages of 12-17 years old with a primary mental health diagnosis and a secondary substance abuse diagnosis. We staff a mental health counselor and a CADC (Certified Alcohol Drug Counselor) and offer Motivational Interviewing and 12 Step programming.

**How to Access Services:** Access services through Medicaid (Title 19) coverage or insurance (voluntary

placement), the Department of Human Services and Juvenile Court Services.

## **Hillcrest Family Services-Residential Services for Children**

2435, 2465 and 2489 Hillcrest Road  
Dubuque, IA 52001  
563-588-4388  
Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

**Serves Adolescents.** We offer four Residential Education programs on our campus in Dubuque: **New Hope** is a specialized residential education program for adolescent male sexual offenders ages of 12-17 years old. We offer intense structure & groups specifically addressing the offending issues. We also work on the client's own victimization issues.

**Pathways** is a co-ed specialized residential education program for low functioning adolescents ages of 9-17 years old. We offer a Tru-thought curriculum that is designed to work at a reading level that works with the lower functioning so they can comprehend & make the desired changes needed to become productive citizens in our communities.

**New Pathways** is a specialized residential education program for low functioning adolescent males ages 12-17 years old offering a Tru-thought model curriculum that is designed to work at a reading level that works with the lower functioning so that they can make the desired changes needed to become productive citizens.

**Peterson** is a residential education program for adolescent males from the ages of 12-17 years old. This program offers a curriculum that includes the Equip Program anger replacement and social skills groups as well as the Tru-thought model corrective thinking groups and curriculum.

**How to Access Services:** You can access services through Medicaid (Title 19) coverage (voluntary placement), the Department of Human Services, Juvenile Court Services, or private insurance.

## **Hillcrest Family Services-School Based Youth Services (SBYS) Program**

**Serves Children and Adolescents in participating schools.** Master's level counselors provide on-site mental health services that include: mental health assessment, individual and group therapy; family support; care coordination services; educational services & crisis management. This on-site program offers students and their families help navigating access to mental health services.

**How to Access Services:** Contact your school guidance counselor to ask if services are available. General questions about the program can be answered at Hillcrest Mental Health Center at 563-582-0145 ext. 139.

## **Hillcrest Family Services-Supported Living Program**

220 West 7<sup>th</sup> St  
Dubuque, IA 52001  
563-588-0605, ext 208  
Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)  
E-mail: [kim.nelson@hillcrest-fs.org](mailto:kim.nelson@hillcrest-fs.org)

**Serves Adolescents & Adults.** Hillcrest Supported Living Program is a supported community living (SCL) program that serves adults who have been diagnosed with a serious mental illness, brain injury or developmental disability. The program provides an individual with a Visiting Counselor who assists

them in developing the supports and skills they want or need, in order to gain satisfaction in their lives. Services are provided in individual homes, apartments, or family homes, and can be provided as often as the individual requests. Visiting Counselors provide skill building and training in all areas of daily life, including: decision making, money management, community independent living skills, time management, coping skills, developing and maintaining a daily routine, medication and illness education, developing community resources and supports and scheduling and attending appointments.

**How to Access Services:** Funding can be provided through County funds, Medicaid (Title 19) Habilitation and Waiver Programs, and the State Payment Program. Any interested party or professional can make a referral by calling Kim Nelson, Program Manager at 563-588-0605, ext 208.

### **Hillcrest Family Services-Vocational Program**

220 West 7<sup>th</sup> St

Dubuque, IA 52001

563-588-0605, ext 208

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

E-mail: [kim.nelson@hillcrest-fs.org](mailto:kim.nelson@hillcrest-fs.org)

**Serves Adults.** Hillcrest Vocational Program is a Supported Employment Program that provides Vocational Counselors who help individuals by: teaching the skills necessary to obtain and maintain a job, provide crisis intervention in the workplace, job coaching, assist in the development of a support system at the workplace, and provide on-going support after employment.

**How to Access Services:** Funding for the program can be through Iowa Vocational Rehabilitation Services (IVRS), County funds, Medicaid (Title 19) Habilitation and Waiver Programs, and the State Payment Program. Any interested party or professional can make a referral by calling Kim Nelson, Program Manager at 563-588-0605, ext 208.

### **Hillcrest Family Services-Wellness Center**

225 W. 6<sup>th</sup> St

Dubuque, IA 52001

563-690-1239, ext 257

Website: [www.hillcrest-fs.org](http://www.hillcrest-fs.org)

E-mail: [carolyn.ingram@hillcrest-fs.org](mailto:carolyn.ingram@hillcrest-fs.org)

**Serves Adults & Families.** The Hillcrest Wellness Center is a place of community for persons 'seeking to regain something that was lost' or who are 'working towards a positive future'. The Wellness Center offers services to all adults and aging adults regardless of ability to pay who are coping with mental illness, addictions, substance abuse, physical injury/illness, trauma/violence, and persons coping with significant life changes and stress like veterans, persons released from prison, immigrants and others.

#### **Services include:**

Peer Support Listening & Problem solving.

Wellness Activities that include: Walking, Meditation, Art, Nutrition Education, Book and Film

Discussions, Cards, Bingo, Board Games, Shared Interest Groups, Yoga, Art Therapy, Nutrition Education, Spirituality, Crafts and Shared Interest Groups.

Treatment Programs that include: WRAP (Wellness Recovery Action Plan); Integrated Dual Diagnosis Treatment, Intensive Psychiatric Recovery (IPR) and Wellness Management and Recovery

Support Groups for Parents, Veterans, Smoking Cessation, Anger Management, Spirituality, Philosophy, Weight Loss, Trauma Recovery, Suicide Survivors, Addictions Recovery, Dual Recovery Anonymous, Journaling, NAMI (National Alliance on Mental Illness)  
Support for Work/Meaningful Activity in cooperation with Iowa Workforce Development

**How to Access Services:** Any interested party or professional can make a referral by calling Carolyn Ingram, Program Manager at 563-690-1239, ext 257. Hours are 12-5 PM, Mon-Fri. Or, simply walk into The Wellness Center located in the United Way Building at 225 West 6<sup>th</sup> Street, Dubuque, IA 52001. Rules for acceptance and participation in programs at Hillcrest Family Services are the same for everyone without regard to race, religion, sex, sexual orientation, ethnicity, age, or disability. The Hillcrest Family Services is a United Way agency. Hillcrest Family Services is accredited by the Joint Commission.

## **Horizons, A Family Service Alliance-iCan**

1824 Central Ave

Dubuque, IA 52001

563-588-2227

Website: [www.horizonsfamily.org](http://www.horizonsfamily.org)

E-mail: [ecoates@horizonsfamily.org](mailto:ecoates@horizonsfamily.org)

**Serves Children, Adolescents, Adults, and Families.** The iCan program provides free counseling services for Medicaid (Title 19) children and adults. iCan help children and adults affected by emotional and behavioral problems gain control and become more self-sufficient. They learn anger management, conflict resolution, impulse control, relationship building, and employment-related skills. The iCan staff includes a team of college level counselors.

**How to Access Services:** Appointments can be made by contacting the iCan Program at 563-588-2227. The initial assessment is in the iCan Office. services can be provided anywhere: Your home, daycare, school, or the main office. iCan also accepts referrals from other social service agencies. You need to show your Medicaid (Title 19) card at the time of your initial appointment.

## **Involuntary Commitment**

Dubuque County Courthouse

720 Central Ave.

Dubuque, Iowa 52001

**For Children, Adolescents or Adults** who have a serious mental illness & because of that mental illness are a danger to themselves or others. Additionally, for others who habitually lack self-control using alcohol or other substances to the extent that they are a danger to themselves or others.

### **How to Access Services:**

Paperwork can be filled out on the second floor of the Dubuque County Courthouse at the Clerk of Court's office. There needs to be two adults willing to sign the required application who clearly list behaviors that are of concern. Once the application is completed, a judge will review the information and determine if sufficient grounds exist to order the person to be taken into custody and evaluated by qualified mental health evaluators.

## **Iowa Department of Human Services (DHS)-**

### **Case Management**

**Nesler Center**

**799 Main St, Suite 340**

**Dubuque, IA 52001**

**563-557-2488**

**Serves Adults.** Provides assessment, referrals, arrangement of funding for mental health services, and monitoring using a team approach. This is a voluntary service based on respecting consumer choice of services. To qualify for services an individual needs to be an adult with severe and persistent mental illness with Medicaid (Title 19) Eligibility. Habilitation Services is a program to provide Home and Community Based Services (HCBS) to individuals with functional deficits typically associated with chronic

mental illness. Case Management is required to access Habilitation Services. Services which Case Management will arrange, monitor, and arrange funding for include the following:

**Case Management Home-Based Habilitation Services provided in the person's home and community.**

**Typical examples would be assistance with medication management, budgeting, grocery shopping, etc.**

**Day Habilitation is usually provided in a day program setting outside the home. Focuses on areas such as social skills, communication skills, and behavior management.**

**Prevocational can be provided in a variety of settings, focuses on developing generalized skills that prepare a person for employment. Typical examples include attendance, safety skills, following directions, and staying on task.**

**Supported Employment assists in obtaining and keeping a job in the community. Typical examples would include: skills assessments, consultation with the employer, job coaching, and behavior management.**

**How to Access Services:** Call 563-557-2488 and provide information to an intake worker.

## **Iowa Department of Human Services (DHS)-Case Management for Children's Mental Health Waiver**

**Nesler Center**

**799 Main St, Suite 340**

**Dubuque, IA 52001**

**563-582-3878**

**Website: [www.OASIS.IOWA.GOV](http://www.OASIS.IOWA.GOV)**

**Serves Children and Adolescents Ages 0-18.** The Children's Mental Health Waiver provides funding and services to help children remain living in the home. These children exhibit severe behaviors usually treated in an out-of-home placement. Children must be diagnosed with a serious emotional disturbance (SED). The waiver brings together a team directed by the child and their parents to create a plan based on the child's needs. The family and the Targeted Case Manager (TCM) determine what services would benefit the child. Those services include in home family therapy, family and community support services, and respite services. In the event the family could not afford home and vehicle modification, it is possible that the Child Mental Health Waiver would cover this.

The Child Mental Health Waiver is for children who have a DSM –IV Mental Health Diagnosis and the child's behavior warrants possibly being placed outside the home. If the child's primary diagnosis is Autism or Asperger's Disorder the child does not qualify for services. The family is encouraged to call if they have questions about this. The Child's Mental Health Waiver is based on the family's income.

**How to Access Services:** To access services families need to apply through DHS Income Maintenance. If there are any questions, the family needs to call (563) 582-3878. Applications may be taken on-line at the above website.

## **Iowa Vocational Rehabilitation Services**

**820 Locust St**

**Dubuque, IA 52001**

**563-588-4697**

**Website: [www.ivrs.iowa.gov](http://www.ivrs.iowa.gov)**

**Serves Adolescents and Adults.** Iowa Vocational Rehabilitation Services will work with you if you are a qualified young lowan with a disability. We will work closely with you and your family to help you determine your career goals and develop a plan of action to set your future in motion. If you are the parent of a young lowan with a disability, we encourage you to contact your school to learn more about starting your child on the road to success. A broad range of services are provided to help you reach your destination:

**Employment:** Finding a job that is right for you may seem scary but with the guidance of a counselor you'll be on the road to success.

**Education:** Your counselor will help arrange accommodations, assist with financial aid packages, and provide valuable job seeking assistance as you near graduation

If you are currently working, your counselor will arrange the necessary training on the job and in the community to make certain you are a success in the workplace.

If you are looking for a job: Once training is completed, your counselor will provide you with additional skills to assist you in finding a good job. The counselor will also work with your employer to insure the experience is a win-win situation for you and the employer.

Iowa Vocational Rehabilitation Services currently has more people requesting assistance than we have resources to serve. Therefore your name may be placed on a waiting list. If you are determined eligible for services and in one of the categories currently being served, you will receive services. However, if you are determined eligible but do not fall into these categories, your name will be placed on a waiting list.

**How to Access Services:** Make an appointment at (563) 588-4697. Individuals who walk in will be given an application for services together with a scheduled appointment.

## **Jail Diversion Community Treatment Coordinator**

745 Main St  
Dubuque, IA 52001  
563-557-7244

**Serves Adults.** Nate Duccini, the Community Treatment Coordinator, assists individuals with past or present involvement in the criminal justice system to obtain mental health and substance abuse services. This includes referral for mental health and substance abuse counseling, medication management, supportive living program, and other structured living arrangements.

**How to Access Services:** Individuals may call Nate Duccini, Community treatment Coordinator, at the Department of Correctional Services (563) 557-7244 Ext. 5259

## **Julien Care Facility**

13034 Seippel Rd  
Dubuque, IA 52002  
563-583-1791

Website: [www.dacincorp.com](http://www.dacincorp.com)  
E-Mail: [dsmith@juliencares.com](mailto:dsmith@juliencares.com)

**Serves Adults 18 yr or older.** DAC operates this 72 bed accredited Residential Care Facility (RCF) program, a community-integrated program that offers a variety of services to individuals requiring licensed residential services. Individuals are provided with support and guidance in activities of daily living. RCF individuals are chronically mentally ill, mentally retarded, or developmentally disabled, with or without physical disabilities. No person may be admitted to or retained in RCF services who are actively self-injurious, assaultive to others, destructive to property, abusing substances, or require more services to meet individual needs than can be provided in the RCF program.

The PMI (Person's with Mental Illness Program) RCF Unit offers an assortment of services both in-house and through local community resources. The RCF/PMI unit is licensed for 9 beds and provides support, training, and rehabilitation needed to avoid transfer to a more restrictive setting and to prepare for advancement to a less restrictive setting. Services are provided based on individual consumer needs, including: assessment, evaluation, medication administration & management, crisis intervention & behavior management. Development of skills is focused in the following areas: coping skills, personal self-help and living skills, community living skills, social skills, money management skills, and recreation and leisure-time skills. Persons appropriate for services offered by the RCF/PMI must be 18 years old and have a primary diagnosis of mental illness and the primary barrier to functioning in a less restrictive setting must directly involve a psychiatric condition. These persons may experience acute or chronic psychiatric symptoms. Persons meeting the above criteria and having a secondary diagnosis of mental retardation, developmental disability, physical disability and/or substance abuse/dependence may also be appropriate for this residential service.

**How to Access Services:** For referral information, please contact the Administrator of the Julien Care Facility, David Smith at 563-583-1791 or email [dsmith@julienicare.com](mailto:dsmith@julienicare.com).

### **Joel Lightcap, LMHC, LMSW**

Nesler Center  
799 Main St, Suite 310  
Dubuque, IA 52001  
563-583-5627  
E-mail: [joelightcap.lmhc@yahoo.com](mailto:joelightcap.lmhc@yahoo.com)

**Serves Adolescents, Adults, and Families.** Joel is a Licensed Mental Health Counselor with over 15 years of experience in a variety of mental health areas of need including but not limited to: anxiety, depression, head injury & traumatic brain injury, disability evaluations, misdemeanor criminal charges, anger management, veterans' issues, co-occurring disorders, and employee assistance counseling. Uses Solution-Focused Therapy in which the needs of the client are assessed and the direction of therapy is moving quickly toward a resolution. Also known as Brief Therapy, it is commonly used to settle issues with the most efficient investment of time and treatment for each issue.

**How to Access Services:** Call to make an appointment at 563-583-5627. Joel accepts Medicaid (Title 19) and Medicare payment. His service is also covered by several medical insurance policies.

### **Lutheran Services in Iowa**

2255 John F. Kennedy Road  
Dubuque, IA 52002  
563-582-0044

#### **Satellite Offices at:**

Manchester: 563-927-3281

Decorah: 563-382-5395  
Website: [www.lsiowa.org](http://www.lsiowa.org)

**Serves Children, Adolescents, Adults and Families.** Licensed Mental Health Counselors provide the following services:

**Remedial, Counseling and Mental Health Services:** If you are eligible for, or currently receive Medicaid (Title 19), LSI can help you work through emotional or behavioral issues. Counselors use a strengths based approach to provide adults, children, and adolescents with the skills needed to lead healthy lives. Counselors provide skill based in-office counseling in such areas as: stress/anxiety/anger management, depression/grief/behavioral issues, Attention Deficit Hyperactivity Disorder (ADHD), communication skills, domestic violence, family counseling, self esteem & trauma

**Family Team Meetings:** Family Team Meetings is a solution-focused intervention to provide an opportunity for the family to identify issues they are facing. The meetings also assist professionals in understanding the unique family dynamics and how those dynamics feed the current family circumstances. Family Team Meetings encourage the participants to ask questions, brainstorm, and contemplate solutions, therefore becoming a part of the solution as opposed to having decisions made for them.

**Drug Screening:** Facilitates private drug screening. Drug testing methods include urine analysis and hair follicle testing. Counseling for substance abuse is available.

**Services for People with Disabilities:** LSI's Dubuque Center provides support and assistance to children and adults with disabilities. Supported community living programs allow individuals to live independently with up to 24 hours of support. Respite care offers short-term relief to people caring for individuals with disabilities.

**Children's Mental Health (CMH) Waiver:** LSI provides services under the CMH Waiver. This waiver provides therapy, skills to assist in community and family living, and respite care for children who have a serious emotional disorder. These services allow an eligible child to live at home with their families, rather than living in a medical or residential facility.

**How to Access Services:** Agency & provider referral to programs. Clients may call directly 563-582-0044 for an appointment. LSI accepts Medicaid (Title 19).

## **Susan Maas, LISW**

350 W 6<sup>th</sup> St  
Dubuque, IA 52001  
563-582-6561  
E-mail: [maas1395@msn.com](mailto:maas1395@msn.com)

**Serves Adults and Families.** Specializes in couples therapy and individual therapy treating anxiety, depression, and various other clinical diagnoses including schizophrenia and bi-polar disorder. Susan sees military families having adjustment problems and military personnel who may be experiencing Post Traumatic Stress Disorder (PTSD).

**How to Access Services:** Individuals may make an appointment by calling 563-582-6561. Fees are covered by most medical insurances, Medicaid (Title 19), or working out a fee on a sliding scale basis. Clients should present their insurance coverage at the time of their initial appointment.

## **Medical Associates Clinic-Department of Psychiatry**

Professional Arts Plaza

200 Mercy Drive, Suite 201  
Dubuque, IA 52001  
563-584-3500 or 800-648-6868, ext. 3500  
Website: mahealthcare.com

**Carl Aagesen, DO**

**Serves Adults.** A fellowship-trained, board certified physician who provides a complete line of psychiatric care for adult patients. Provides evaluations and medication management, hospital-based care and

out-patient follow-up. Conducts legal exams and legal consultation for clients.

**Susan Amundsen, PA-C**

**Serves Adolescents and Adults.** A Physician Assistant who provides medication management and evaluations for adolescents and adults.

**Jerome Beckman, PhD**

**Serves Adolescents, Adults and Families.** A clinical psychologist who cares for adolescents and adults using individual, couple, and family counseling. Special interest in pain management, anxiety and anger.

**Thomas Boxleiter, MD**

**Serves Adults.** A board certified physician who specializes in adult, psychiatry. He also provides care to patients in nursing homes and is the Medical Director of Turning Point Treatment Center.

**Stephen Frommelt, PhD**

**Serves Older Adolescents and Adults.** A clinical psychologist who provides individual psychotherapy for all major mental health diagnoses and problems. Specific areas of interest include affective disorders (depression, anxiety, bipolar), eating disorders, and marital/relationship issues. He also provides neuro-cognitive testing.

**Karen Fulwood, DNP, PMHNP-BC**

**Serves Children, Adolescents and Adults.** An ARNP who provides mental health evaluation, assessment, and medication management for clients 4 years through adulthood (incl. geriatrics). She visits with patients on an out-patient and hospital basis. Karen is board certified in mental health and family practice and holds a doctorate in nursing.

**Adib Kassas, MD**

**Serves Children, Adolescents and Adults.** A fellowship-trained, board certified physician who specializes in Child, Adolescent, and Adult Psychiatry. His clients range from 2 years old through adulthood including the geriatric population. Dr. Kassas treats multiple psychiatric disorders and visits patients at nursing homes and residential group homes (including Four Oaks Treatment Center and Hillcrest Group Homes).

**Yasyn Lee, MD**

**Serves Adults.** A board certified psychiatrist who provides hospital consultation and care for patients residing in nursing homes.

**Gerald Odefey, MS**

**Serves Adults.** A clinical psychologist who provides treatment for anxiety and depressive disorders in adult patients, including individual and couples therapy. He conducts psychological assessments and

neuro-cognitive testing.

**Tim Wedeward, ARNP, PMHNP-BC**

**Serves Older Adolescents ,Adults, and Geriatrics.** An ARNP who provides mental health evaluations, assessment and medication management in the office and hospital settings, as well as providing care to nursing home residents. Tim is board certified in Mental Health. Tim will also offer service at the satellite office in Platteville, WI.

**How to Access Services:** Call Medical Associates Department of Psychiatry at 563-584-3500 or 800-648-6868. New patients are asked to provide a brief description of the problem for our triage nurse, who will call the patient and personally arrange the appointment (appointments for clients residing in group or residential settings are scheduled at those facilities). First-time patients will be asked to provide insurance and/or medical record documentation for the first visit.

**Medical Associates Clinic-Pediatric Psychology**

1000 Langworthy Drive

Dubuque, IA 52001

563-584-3441;1-800-648-6868

Website: [mahealthcare.com](http://mahealthcare.com)

**Martha Gould, PhD**

**Marion Huettner, PhD**

E-mail for Dr. Gould: [mgould@mahealthcare.com](mailto:mgould@mahealthcare.com)

E-mail for Dr. Huettner: [mhuettner@mahealthcare.com](mailto:mhuettner@mahealthcare.com)

**Serves Children, Adolescents, and Families.** The Pediatric Psychology Department provides the following types of services: Individual counseling, family counseling, psychological evaluations, consultation, and education. Dr. Martha Gould and Dr. Marion Huettner have a general child practice treating children from birth through the high school years. They are doctoral level Pediatric Psychologists who are listed in the National Register of Health Service Providers in Psychology. They treat a broad range of problems including: Adolescent adjustment, Attention Deficit Hyperactivity Disorder, Autism and Spectrum Disorders, behavioral/conduct concerns, emotional disorders including anxiety and depression, fears and phobias, grief, and suicidal feelings. Treatment of families includes adjustment to a move, a new baby, sibling rivalry, and family communication breakdown. They treat psychological problems associated with physical conditions such as asthma, abdominal pain, arthritis, cancer, diabetes, and headaches. Other problems treated include reaction to trauma, school avoidance, sleep disturbance, and toileting concerns.

**How to Access Services:** Patients may be referred to the Pediatric Psychology Department by parents, physicians, schools, community agencies, and/or other mental health professional. Appointments may be scheduled by calling 563-584-3441. The Pediatric Psychology Office is located in the Pediatric/Adolescent Medicine Department of Medical Associates Clinic-East Campus. Reimbursement for services is accepted by private pay or by third party (insurance) reimbursement which includes Medicaid (Title 19). Patients are encouraged to check with their insurance company about their coverage for child mental health services.

**Mental Health America (MHA) of Dubuque County**

P.O. Box 283 Dubuque, IA. 52004

563-584-0730

Website: [www.mhadbq.org](http://www.mhadbq.org)  
E-mail: [info@mhadbq.org](mailto:info@mhadbq.org)

**Serves Children, Adolescents, and Families.**

Our Mission is to enhance mental health in the Dubuque Community through advocacy, collaboration, and education.

Advocacy: Seek inter-agency cooperation. Respond to local situations as a voice for persons with a mental illness.

Collaboration: Work with other agencies to be sure persons with mental illness are adequately served.

Education: Provides the public with information about mental illness. Sponsors and co-sponsors educational programs for professionals, consumers and volunteers.

**How to Access Services:** Call 563-584-0730 or e-mail [info@mhadbq.org](mailto:info@mhadbq.org)

**Mental Health / Substance Abuse Envision Task Force**

1951 Alta Vista Dubuque , IA. 52001

(563) 582-1909

Contact person: John Curtis

Concerned individuals and family members from the Dubuque Tri-State Area. The Envision 2010 Mental Health/ Substance Abuse committee came into being to plan, to act preventatively, and where needed, to develop services that are presently missing in the Tri –State area. The Tri-State Area Mental Health/Substance Abuse Field of Interest Endowment Fund was established to ensure a full continuum of mental health and substance prevention and treatment for Dubuque County and all adjacent Iowa, Illinois, and Wisconsin Counties.

**OUR CURRENT PROJECTS FOCUS ON THE FOLLOWING:**

Access to Services

Transitional Housing for the mentally ill & those with Co-Occurring Disorders.

Transportation Issues

**To Access the Committee:**

Contact John Curtis, Chair at: 582-1909 or attend a meeting on the third Thursday of the month from 6-7 p.m. at Mercy Medical Center. We invite you to join our group.

**Mercy Medical Center-Behavioral Health Unit**

250 Mercy Drive

Dubuque, IA 52001

563-589-9299

Website: [www.mercydubuque.com](http://www.mercydubuque.com)

**Serves Adolescents and Adults.** Mental Health inpatient hospitalization services are available for patients experiencing the symptoms of depression, mood disorders, anxiety disorders, substance abuse/addiction and personality disorders. The treatment team is headed by a board certified psychiatrist and is staffed by nurses, nurse case managers, activities coordinator, and licensed counselors. Treatment for Co-occurring Disorders is available for those individuals who need both mental health and substance abuse services. The variety of treatment options utilized includes medication therapy, individual therapy, educational programs/groups, recreational activities and electroconvulsive therapy (ECT).

**How to Access Services:**

Referrals may come from the patient, their family or significant other, family physicians, health care facilities; long-term care agencies and/or community agencies. A licensed independent practitioner affiliated with Mercy Medical Center assesses all referrals for treatment. Services can be accessed by speaking to a practitioner at Medical Associates Psychiatric Services, Hillcrest Mental Health Center or by presenting to the Emergency Room at Mercy Medical Center. Insurance information and numbers are helpful information to furnish at the time of admission.

**Mercy Medical Center-Emergency Department**

250 Mercy Drive  
Dubuque, Iowa 52001  
563-589-9666

**For Psychiatric Emergencies Call 911**

**Serves all ages:** Provides emergency triage and assessment of mental health needs including evaluation for inpatient hospitalization or after-hours involuntary commitment.

**How to Access Services:** 24-hour access is provided at our emergency room setting. We are located on the south side of the Mercy Campus by turning onto Wooten Street when accessing the hospital from Hill Street or call 563-589-9666 to consult with professional staff.

**Mercy Medical Center-Home Care**

250 Mercy Drive  
Dubuque, Iowa 52001  
563-589-8118  
Website: [www.MercyDubuque.com](http://www.MercyDubuque.com)

**Serves Children, Adolescents and Adults:** Specialized mental health nurses visit clients with mental health or substance abuse issues in their home to provide support, medication teaching, compliance assessment and help with recovery so that clients can continue to remain in their home setting. Serves the Tri-State Area.

**How to Access Services:** An individual must be referred by a physician or medical provider to be eligible for services. Call Mercy Home Care at 563-589-8118 to make an appointment for an assessment to determine if you meet the criteria. Accepts all payers.

**Mercy Medical Center-Employee Assistance Program**

250 Mercy Drive  
Dubuque, IA 52001  
563-589-8032 or 1-800-637-2922 (Toll Free)  
**Mike Collins, MA, CEAP, SAP**  
**Jean Cortez, MA, NCC, CADC, LCPC**  
**Gretchen Thompson, MSW, LISW**

**Serves Adolescents and Adults.** Provides counseling services to address life management, mental health and substance abuse issues.

**How to Access Services:** Consult your employer to define employee benefits that are provided as part of your employment. If covered, call for an appointment at 563-589-8032.

## **Mercy Medical Center-Turning Point Treatment Center**

250 Mercy Drive

Dubuque, IA 52001

563-589-8290

Website: [www.mercydubuque.com](http://www.mercydubuque.com)

**Serves Adolescents and Adults.** Provides outpatient substance abuse treatment services with highly qualified personnel to **adolescents & adults**. Individualized outpatient screenings are available as are day and evening programs. Treatment includes a variety of techniques including group and individual therapy, cognitive behavioral therapy, and educational programs. The treatment team is headed by a board certified psychiatrist and staffed by certified mental health and alcohol & drug counselors.

**How to Access Services:** Call 563-589-8290 Mon-Thurs from 9-4 p.m. to set up an evaluation. Insurance identification numbers are helpful information to furnish at the time the appointment is scheduled.

## **National Alliance on Mental Illness (NAMI)**

P.O. Box 3398

Dubuque, Iowa 52004

563- 564-2933 or (563) 557-7092

Website: [www.namidubuque.org](http://www.namidubuque.org)

E- mail: [dubuque@nami.org](mailto:dubuque@nami.org)

**Serves Children, Adolescents, Adults, and Families:** NAMI Dubuque is a grassroots organization-serving individuals with mental illnesses, their families and the community. NAMI provides support, education and advocacy to improve the quality of life for those who have been affected by these brain disorders. NAMI Dubuque offers two educational classes: Family-to-Family and Peer-to-Peer. In addition, NAMI Dubuque monthly meetings are held on the first & third Tuesday-7:00pm at the Hillcrest Wellness Center located at 225 West 6<sup>th</sup> Street, Dubuque, Iowa.

**How to Access Services:** Attend one of our regular meetings, call 563-564-2933 or e-mail [dubuque@nami.org](mailto:dubuque@nami.org)

## **Oak Tree Counseling**

**Judith R. Rowett, RN, LCSW, LISW**

**Lynette Howe, RN, LISW, LMT**

1120 University Ave.

Dubuque, IA 52001

563-556-1643 (J. Rowett)

563-556-3733 (L. Howe)

**Serves Adults and Families.** The staff of the Oak Tree Counseling Center work **primarily with adults and families** and provide counseling services for the following types of problems: emotional and behavioral problems, depression, anxiety, marital counseling, and stress management. Both staff members are licensed in Iowa as independent social workers and are registered nurses.

**How to Access Services:** Call the numbers listed above for appointment. Fees for services are established through medical insurance covering mental health problems. Clients are asked to bring health insurance information & records of previous contact to first appointment.

## **Project Concern**

1789 Elm St; Suite B

Dubuque, IA 52001

563-557-8331

Website: [www.project-concern.org](http://www.project-concern.org)

E-mail: [jmanders@project-concern.org](mailto:jmanders@project-concern.org)

**Serves Adults.** Provides information and referral services to community resources such as housing, financial assistance, counseling, support groups, etc. Also provides limited financial assistance for rent, utilities, and prescriptions.

**How to Access Services:** It is best to call first to ensure that staff are available, but someone can also walk-in to request services.

## **Recovery International**

Meeting Location:

St. Mathews Lutheran Church

1780 White St.

Dubuque, Iowa 52001

**Serves Adults and Families:** Recovery is a non-profit community service organization started by Abraham A. Low, MD in 1937. He developed a self-help method used by the organization.

### **Weekly meetings offer:**

REASSURANCE through meeting people with similar problems

UNDERSTANDING of what you are going through;

A SAFE PLACE to express your feelings without being judged;

HOPE from others who have become well; HELP through learning and practicing a simple set of coping tools which encourage personal growth and improved mental health. A voluntary collection is taken at each meeting and annual memberships are available

**How to Access Services:** Simply come to a meeting on Tuesdays at 7:30p.m. at St. Mathews Lutheran Church at 1780 White St. There is no required fee to attend meetings. information call Paul at 1-563-556-9078

## **Riverview Center, Inc.**

Contact Josh Jasper

2600 Dodge St

Dubuque, IA 52002

563-557-0310 or 888-557-0310

Website: [www.riverviewcenter.org](http://www.riverviewcenter.org)

E-mail: [ed@riverviewcenter.org](mailto:ed@riverviewcenter.org)

**Additional office at:**

705 South Dodge St.

Galena, Illinois 61036

815-777-8155

**Serve Children, Adolescents, Adults, and Families.** Riverview Center, Inc. serves children age 4 years

through Adulthood. who have been victimized by sexual violence or who are the non-offending significant other of a victim of sexual violence.

**Therapy:** All therapists have a Master's Degree and have many hours of continuing education specific to sexual abuse. Therapy can be either short or long term. The goal is to reduce the effects of the trauma, learn healthy survival skills & reduce the potential for re-victimization.

**24 Hour Crisis Hotline:** After-hours crisis counseling by calling our regular phone number (563-557-0310).

**Medical/Legal Advocacy:** Available 24 hours to respond to all area hospitals to serve as a liaison between the survivor, law enforcement, emergency room personnel, and the criminal justice system.

**Prevention Education/ Professional Training:** Providing age appropriate, accurate educational information to all community groups, educational institutions, professionals, law enforcement, social service, prosecuting attorneys and medical personnel.

**How to Access Services:** Call 1-888-557-0310 to talk to an advocate or volunteer or make an appointment with a therapist. All Services are free. For those 17 years and younger, a parent must sign a permission for therapy form after 3 visits.

### **The Routley Center P.C.**

**Lowell Routley, PhD and Karin Anderson, MA**

988 W. 3rd St; Suite 108

Dubuque, IA 52001

563-588-4476

**Serve Adolescents and Adults.** The focus of services is to provide individual and relationship counseling, and life coaching. The treatment team of two licensed mental health counselors have an area of specialization working with psychological trauma. Their approach to treatment is based on an injury model. This is solution focused and uses Narrative Therapy.

**How to Access Services:** Schedule an appointment by calling 563-588-4476.

### **Jeannie M. Sims, Ph.D.**

Licensed Psychologist in Independent Practice

777 Mazzuchelli Place

Dubuque, IA52001

563-583-1558

**Serves Preschool, Children and Adolescents:** Psychological evaluation and consultation for children and adolescents. Experience with a wide variety of presenting concerns relating to learning, development, and mental health. Completes diagnostic work-ups addressing questions relating to learning disorders, ADHD, autistic spectrum disorders, anxiety, and depression. Enjoys doing comprehensive evaluations to help parents and referral sources understand a child's functioning in depth, with a detailed report.

**How to Access Services:** A flat fee is charged for evaluations. Insurance is not filed.

### **Scenic Valley Area Agency on Aging**

3505 Stoneman Rd.

Dubuque, IA. 52002

563-588-3970

Website: [www.scenicvalley.org](http://www.scenicvalley.org)

E- mail: [mail@scenicvalley.org](mailto:mail@scenicvalley.org)

**Serve Aging Adults.** Provide access to funding and services, including the elderly waiver, to help persons age 60 and older remain at home as long as possible. Provides case management services for older persons and information, assistance and services for their caregivers.

**How to Access Services:** Call 588-3970 or (888) 238-0831 (Toll Free).

## **The SOURCE**

1166 1/2 Main St (Upper Level)  
Dubuque, IA 52001  
563-583-5440

**Serves Families.** The Mission of the SOURCE is to provide the Dubuque Community access to substance abuse recovery based information in a safe, clean, and friendly environment in which to hold recovery meetings and recreational events for those seeking a new way of life. The SOURCE has an open hour schedule for people wanting to learn about recovery. Services are provided by recovering addicts. Narcotics Anonymous holds recovery meetings at the SOURCE several times during the week. NAR-ANON is a Program offered for friends and families of addicts. Recovery literature is also available.

**How to Access Services:** Self-referral by calling 563-583-5440 or by attending a Narcotics Anonymous group at The Source.

## **Substance Abuse Services Center (SASC)-Substance Abuse Treatment**

Nesler Center  
799 Main Street  
Dubuque, IA 52001  
563-582-3784  
Website: [www.sasc-dbq.org](http://www.sasc-dbq.org)

**Serves Adolescents, Adults and Families.** Substance Abuse Services Center (SASC) was organized in 1975 for the purpose of reducing the incidence of, and problems relating to, addictions in Dubuque and Delaware Counties. SASC is a not-for-profit agency governed by a volunteer Board of Directors comprised of citizens of Dubuque and Delaware Counties. It is licensed as both a substance abuse treatment facility and a problem gambling treatment facility by the Iowa Department of Public Health. SASC maintains full-time offices in Dubuque and Manchester. Our *mission* is to provide comprehensive prevention and treatment services for individuals and families experiencing problems related to alcohol and other drugs, compulsive gambling, and other addictive behaviors, and to provide affordable, quality care that prepares individuals to make no risk or low risk choices in their lives. SASC's funding is a combination of state/federal funds, client fees, contracted service contracts, United Way contributions, and other donations.

Iowa residents are eligible for reduced fees based on income and family size. No Iowa resident is refused services based solely on an inability to pay.

Out-of-state residents are eligible for services at full fees. Those out-of-state residents needing subsidized services are referred to programs in their states.

Health insurances and Medicaid (Title XIX) accepted.

Current programs and services provided include:

**Assessments for addictive disorders** including alcohol and other drug addictions, problem gambling, and co dependency for all ages.

**OWI assessments** for all arrested for drunk driving.

**Outpatient Treatment** including individual, family, and group counseling components for all ages.  
**High Risk Youth Programming** including on campus counseling services at Dubuque Middle and High Schools, Beckman High School & the office based Early Intervention Program for adolescents.  
**Alcohol Diversion Programming** for those ages of 18 - 21 who are arrested for alcohol possession under the legal age.  
**Marijuana Diversion Programming** for those under the age of 18 who are arrested for marijuana possession and/or possession of drug paraphernalia.  
**Prevention programming**, which includes community outreach and educational components – all ages and groups.  
**OWI Offender Treatment Programs** in conjunction with the Iowa Department of Correctional Services – corrections clients only.  
**Driving Unimpaired Classes** for drunk drivers – all ages.  
**Gambling Treatment Program** that provides a full continuum of prevention and treatment services for those experiencing problems due to legalized gambling for all ages.

**How to Access Services:** Drop-in initial screenings with no appointment Mon-Thurs 9-4 and Fri 9-12 or call 563-584-3784 for more information. Bring proof of income, insurance card, Medicaid (Title 19) card. Legal papers required if coming to SASC due to a legal charge.

## **Substance Abuse Services Center (SASC)-Gambling Treatment Program**

Nesler Center  
799 Main Street  
Dubuque, IA 52001  
1-888-771-6771  
Website: [www.TreatmentFirst.org](http://www.TreatmentFirst.org)

**Serves Adolescents, Adults and Families.** The SASC Gambling Treatment Program is for anyone who is experiencing distress in their lives due to gambling, whether it is their own gambling or the gambling of family or friends. The gambling treatment program offers assessments, crisis counseling, a 24-hour toll free gambling crisis line, counseling for individuals, couples and families, and financial counseling. For Iowa residents, services provided at minimal or no cost. Also provides community outreach and education services.

**How to Access Services:**  
For appointments, call 1-888-771-6771.  
For 24-hour crisis line, call 1-888-771-6771.

## **Veterans Affairs Clinic**

Professional Arts Plaza  
200 Mercy Drive  
Suite 106  
Dubuque, IA 52001  
563-588-5520  
VA Suicide Hotline: 800-273-8255

**Serves Veterans.** Outpatient mental health services include: Referral for PTSD; outpatient tele-psychiatry services offered by Dr. Laura Calderwood on Tuesdays and Wednesdays and

tele-psychological services weekly providing individual counseling, marital counseling, PTSD counseling, counseling for military sexual trauma, depression, and bereavement. Individuals can also be seen on a one-to-one basis at the VA Hospital in Iowa City. A nurse practitioner provides supportive therapy at the VA Clinic for stress and various mental health issues, such as, re-adjustment and fitting into the community after having served in the military for the past 2-3 years. Co-Management of Care is provided for veterans who may be seeing local physicians. Acute Care is provided for veterans needing same day services. These services include lab, x-ray services and EKG evaluations.

**How to Access Services:** Current veterans are eligible five years post discharge. Veterans need to complete an application to determine eligibility for services. This can be done through the Veterans Affairs Office at 350 Nesler Center, Room 350, 589-7840, or at the VA Clinic. Call 588-5520 for an appointment as a new patient.

## **Visiting Nurse Association**

1454 Iowa St  
Dubuque, IA 52001  
563-556-6200 or 800-862-6133  
Website: [www.finleyhospital.org/body.cfm?id=48](http://www.finleyhospital.org/body.cfm?id=48)

**Serves All Ages.** The VNA provides a variety of programs including:

**Parenting Programs:** Family education, support & guidance to families with children of all ages.

Trained in **Nurturing Program** curriculum and offer in-home **Nuturing Program**.

**Mom/Baby Program:** RN home visits to pregnant women & women with children less than 6 months old.

### **Child health services:**

Education & resource coordination;

Immunizations & lead testing;

Oral health education, screening, & care coordination;

Healthy Child Care Iowa Child Care Nurse Consultants;

EPSDT *Care for Kids* Informing and Care Coordination for Medicaid (Title 19) children;

**1st Five Healthy Mental Development Initiative;**

I-Smile Program;

**Hawk-i** Outreach.

**Representative Payee** services for those receiving Social Security Administration (SSA) benefits who need help managing finances.

**Care Net Services:** Home Care Aide/Homemaker services; adult health maintenance nursing, respite /case management for adults.

**Other Public Health Services:** communicable disease prevention, treatment & follow-up; HIV testing, counseling and case management; breast and cervical cancer early detection; preparedness planning for Dubuque County.

## **W.K.M. Psychology Clinic**

280 Bluff St

Dubuque, IA 52001

563-583-7784

Email: [cmabcmiller@msn.com](mailto:cmabcmiller@msn.com)

*and*

6058 S Chestnut, Suite 100

Platteville, WI 53818

**608-342-4853**

**William Miller, Ed.D**

**Candy Bolton, MS**

**Gina Trollop-Novinska, MSSW**

**Lisa Riley, MSW**

**Local Providers in the Dubuque Area Include:**

**Pat Flynn, MS, ACSW**

**Serves Adults:** Provides individual counseling for **problems related to depression, anxiety, marital/family counseling.**

**Craig Miller, LMHC**

**Serves Adolescents, Adults, and Families.** Provides individual, family and couples counseling for depression, relationship issues, anxiety issues, and stress. **How to Access Services:** Appointments can be made by calling the Dubuque Office: 563-583-7784 or the Platteville Office: 608-342-4853. Individuals need to present insurance cards, birth date, and social security number. Craig sees Medicare, but not Medicaid.

## **Women's Wellness Center**

4170 Pennsylvania Ave

Dubuque, IA 52001

563-588-0011

Website: [www.womenswellnessdbq.com](http://www.womenswellnessdbq.com)

**Lynette Howe, LISW ,Serves Female Adolescents and Adults.**

**Provides comprehensive female health care from adolescence through menopause. This means health care for women...by women. Health care services include mental health and counseling services.**

**How to Access Services:** Appointments can be made by calling 563-588-0011. The Women's Wellness Center participates with most health insurances.

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## **A Collaborative Effort of Local Mental Health and Substance Abuse Agencies and Advocacy Groups.**

**September, 2009**

# **A guide for those who need information or want to seek**

help for mental illness or  
substance abuse issues.

# **Mental Health & Substance Abuse Service Guide**

Mental Health & Substance Abuse  
Task Force

Taskforce

## **ENVISION**

**Dubuque Community School District**

*Integrating Schools & Mental Health Grant*

**Community School District**

Dubque

Dubuque Community School District

**Thank you to the following  
Collaborating Groups!**

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\*\*Most counseling services provide family therapy.

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