

Section 12:

Resources

1st Five

<https://idph.iowa.gov/1stfive>

1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions, and follow-up.

For a participating provider in your area visit: <https://idph.iowa.gov/Portals/1/userfiles/88/1stFiveParticipatingProvidersMAP2022.pdf>.

2-1-1

<https://www.uweci.org/what-we-do/our-programs/2-1-1/>

A free, confidential service that connects families and individuals to services that can help to stabilize them while meeting basic needs.

9-8-8

<https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

988 is the three-digit dialing code routing calls to the National Suicide Prevention Lifeline. While some areas may not be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022. When you call, text, or chat 988, you will be connected to trained counselors who will listen, understand, provide support, and connect you to resources if necessary.

ABBE Center for Community Mental Health

<https://www.unitypoint.org/cedarrapids/abbe-mental-health-center.aspx>

520 11th Street NW, Cedar Rapids, IA 52405

Main Office with Emergency/Crisis Services 24 hours/7 days a week 319-398-3562

Abbe Center for Community Mental Health is a state accredited community mental health center, serving clients of all ages for 70 years. We currently have locations in eight counties throughout Eastern Iowa. We offer a variety of behavioral health service options to provide help and healing to you and your family. Our diverse group of professionals have expertise in nearly all aspects of counseling, mental health and psychiatric treatment.

Access to Independence

<https://access2independence.org>

317 7th Ave SE, Cedar Rapids, IA 52401 · 319-366-0642

Access 2 Independence empowers individuals with disabilities to advocate for themselves in order to achieve greater independence and integrated community participation. In addition, Access 2 Independence connects individuals with direct services to help individuals obtain the skills and supports they choose, in order to accomplish their self-determined goals.

Asperger Syndrome Support Group

<https://www.parentingaspergerscommunity.com/public/497.cfm>

Support group for Iowa City and Cedar Rapids.

Autism Society

<https://autismia.com>

P.O. Box 65311, West Des Moines, IA 50265 · 515-327-9075

The mission of the Autism Society of Iowa is to provide advocacy, support and information to individuals with Autism Spectrum Disorders, their families, professionals, and communities throughout the state of Iowa.

The Autism Society of Iowa is an integral part and affiliate of a nationwide association, the Autism Society, that has provided accurate information about autism since its inception in the early 70's.

Balance Autism

<https://www.balanceautism.org>

700 Bell Drive SW, Cedar Rapids, IA 52404 · 319-294-9577

The organization provides autism services.

Camp Courageous

<https://campcourageous.org>

12007 190th Street, Monticello, IA 52310 · 319-465-5916

Camp Courageous of Iowa is a year-round respite care and recreational facility for individuals of all ages with disabilities. The camp was established in 1972 with the first 211 campers attending in the summer of 1974. Today, Camp Courageous serves nearly 7,000 individuals with disabilities annually.

Camp Lee Mar

<https://www.leemar.com>

450 PA-590, Lackawaxen, PA 18435 · 215-658-1708

Lee Mar is a private, innovative 7-week residential summer program for campers with special needs age 7 to 21.

Circle of Care: A Guidebook for Mental Health Caregivers

<https://www.nami.org/Support-Education/Publications-Reports/Guides/Circle-of-Care-Guidebook>

NAMI has partnered with the National Alliance for Caregiving (NAC) to create “Circle of Care: A Guidebook for Mental Health Caregivers.” This guidebook emerged from the national study on mental health caregiving, “On Pins and Needles: Caregivers of Adults with Mental Illness.” This study’s findings were released in February 2016. It was the first national survey of mental health caregivers conducted in the United States, and it identified numerous challenges faced by these caregivers. The guide is available in English and Spanish.

Discovery Living, Inc.

<https://discoveryliving.org>

1015 Old Marion Rd NE, Cedar Rapids, IA 52402 · 319-378-7470

Discovery Living provides services to adults (age 18 and older) with developmental disabilities. They strive to be a provider for life and have served many people for more than 20 years, adapting homes and vehicles as members’ needs change over the course of their lives.

Dolly Parton’s Imagination Library

<http://www.crlibrary.org/imagination-library>

An early literacy program that delivers one free, age-appropriate book per month to children ages 0 to 5 in Cedar Rapids (zip codes 52401-6 and 52411) and Marion. The Library Foundation covers the costs of books and postage, an average of \$25 per child per year. This FREE service provides 60 books for your child, all age-appropriate during the five years. To enroll, click here: www.crlibrary.org/imagination-library (if you are a resident of Marion, you can en-roll here as well!).

Early Access

<https://www.iafamilysupportnetwork.org/families>

1-888-425-4371

Early Access is Iowa's system of early intervention services for infants and toddlers with or at risk for developmental delays, connecting families with free statewide information and referral services.

Eastern Iowa Health Center

<https://easterniowahealthcenter.com>

1201 3rd Avenue SE, Cedar Rapids, Iowa 52403 · 319-730-7300

Eastern Iowa Health Center provides comprehensive family medicine, pediatrics, OB/GYN, behavioral health, and dental care. Eastern Iowa Health Center offers discounts based upon your family size and income. They accept Medicaid, Medicare, Iowa Health and Wellness and most private insurance plans. Their doors will always be open to serve your health needs, regardless of ability to pay.

Heritage Area Agency on Aging

<https://www.heritageaaa.org>

6301 Kirkwood Blvd SW, Cedar Rapids, IA 52404 · 319-398-5559

Heritage Area Agency on Aging is a non-profit organization providing innovative services and access to local resources that improve the quality of life for older adults, adults with disabilities and family caregivers.

Foundation 2

<https://foundation2.org>

Help Line: 1-800-332-4224 or 319-362-2174

Crisis Center: 1540 2nd Ave SE, Cedar Rapids, IA 52403 · 319-362-2174

Crisis Services: 1714 Johnson Ave NW, Cedar Rapids, IA 52405 · 319-362-1170

Youth Shelter: 3015 12th Ave SW, Cedar Rapids, IA 52404 · 319-366-8797

Foundation 2 is a not-for-profit human service agency that offers crisis prevention and intervention programs to people of all ages. We are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone.

Four Oaks Family and Children's Services

<https://www.fouroaks.org>

1924 D Street SW, Cedar Rapids, IA 52404 · 319-363-0636

The organization provides support for children with behavioral health needs.

Frank A. Varvaris and Associates

<http://www.disabilityplanning.org/home.aspx>

311 3rd Ave SE, Cedar Rapids, IA 52401 · 319-862-0363

The organization provides clients with specialized estate planning, financial planning, and benefits planning assistance to more favorably impact their lives and enhance their well being.

HACAP

<https://www.hacap.org>

1515 Hawkeye Dr, Hiawatha, IA 52233 · 319-393-7811

HACAP is a community action agency serving 9 counties in Eastern Iowa. We embrace the philosophy of "a help up, not a handout" in our commitment to empower and improve the lives of families, living with the everyday barriers of poverty.

Hawkeye Area Down Syndrome Association (HADSA)

<http://www.hadsa.org>

The association's goal is to provide education, support, and advocacy to those individuals, their friends, families, and professionals in the Iowa City and Cedar Rapids area that are blessed by Down Syndrome.

Horizons Family Services

<https://horizonsfamily.org>

819 5th Street SE, Cedar Rapids, IA 52406 · 319-398-3943

A Family Service Alliance has been dedicated to providing opportunities to improve the lives of individuals and families. Horizons provides a variety of human services across Eastern Iowa including transportation, financial wellness center, Meals on Wheels programs, elder services, etc.

infoNET: Iowa's Disability Policy Resources

<https://www.infonetiowa.org>

The Iowa Developmental Disabilities Council created infoNET (short for information network) in partnership with Iowans with Disabilities in Action to give you the information, tools, resources, and opportunities you need to take action on the issues important to you. Our newsletter and network of resources helps advocates with disabilities stay up to date on current issues.

Iowa Compass

<https://www.iowacompass.org>

100 Hawkins Drive S295, Iowa City, IA 52242 · 1-800-779-2001

Iowa COMPASS is a free database service that connects people with disabilities to over 50 different types of programs and services and includes a listing of used assistive technology equipment for sale. Talk with an information specialist to be matched with a specific program or service.

Iowa Department of Elder Affairs

<https://iowaaging.gov>

866-468-7887

The department is a local Cedar Rapids agency dedicated to helping aging adults to remain independent in their homes, thereby reducing the risk of premature and unnecessary nursing home placement. The Iowa Department of Aging is the state wide agency with some similar programs.

Iowa Family Support Network

<https://www.iafamilysupportnetwork.org>

1111 9th Street #320, Des Moines, IA 50314 · 515-558-9986

Iowa Family Support Network (IFSN) is a statewide system that provides information and resources to expecting families or families with young children and professionals that serve them. You will find information that includes family support services; group based parent education programs; and prenatal services.

Iowa Social Security Disability Benefit Resources

<https://www.disability-benefits-help.org/social-security-disability-locations/iowa>

3165 Williams Blvd SW, Cedar Rapids, IA 52404 · 1-866-495-0088

The residents of the state of Iowa have a number of Social Security field offices, 1 Disability Determination Services office and 2 Offices of Disability Adjudication and Review to help them with their Social Security disability application.

Iowa Vocational Rehabilitation Services

<https://ivrs.iowa.gov>

4444 1st Ave NE #436, Cedar Rapids, IA 52402 · 319-294-9308

The program assists individuals with disabilities with employment and economic independence and determines eligibility of Iowa residents who apply for disability benefits under Social Security Disability Insurance (SSDI).

JAN - Job Accommodation Network

<https://askjan.org>

800-526-7234 (V) or 877-781-9403 (TTY).

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. Serving customers across the United States and around the world for more than 35 years, JAN provides free one-on-one practical guidance and technical assistance on job accommodation solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation, and self-employment and entrepreneurship options for people with disabilities.

Linn County Community Resource Sheets

<https://www.linncountyiowa.gov/130/Community-Resources>

A comprehensive listing of human service resources in Linn County.

Linn County Early Childhood Iowa (ECI)

<https://www.linncountyiowa.gov/981/Early-Childhood-Iowa>

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5721

Using local informed decision making to support families prenatal through age 5 by promoting healthy children, safe and supportive communities,

children ready to succeed in school, secure and nurturing families and secure and nurturing child care environments.

Mental Health/Disability Services of the East Central Region (MH/DS of the ECR)

<https://ecriowa.org>

Call 855-581-8111 or Text 855-895-8398

Your Life Iowa provides free information and referral, counseling, crisis service coordination, and linkages to crisis screening and mental health services 24 hours a day.

The East Central Region (ECR) is a partnership between 9 counties to provide comprehensive brain health and disability services to individuals in eastern Iowa. Iowans have a regional base of services which meet statewide standards to address their needs. Counties pool their resources and offer an array of services to improve the health of Iowans.

Opportunity Center at Ladd Library

<https://www.crlibrary.org/opportunity-center>

3750 Williams Blvd SW, Cedar Rapids, IA 52404 · 319-261-7323

The center assists with:

- Job applications
- Resume writing
- Obtaining an education
- Applying for food stamps
- Family Investment Program or Child Care Assistance
- Finding resources
- Healthcare Navigation
- Financial Literacy assistance
- Knowing if you qualify for energy assistance or other income-based support payments
- Transportation for work or school
- Feeding your family

Some services require an appointment in advance. Please call ahead.

O*Net Online

<https://www.onetonline.org>

O*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, developers, researchers, and more. Find, search, or browse across 900+ occupations based on your goals and needs. Then use comprehensive reports to learn about requirements, characteristics, and available opportunities for your selected occupation.

Options of Linn County

<https://www.linncountyiowa.gov/145/Options>

1240 26th Avenue Court SW, Cedar Rapids, IA 52404 · 319-892-5800

Options of Linn County provides day habilitation and pre-vocational services to adults with disabilities as a department of Linn County Community Services.

Parent Education Consortium

<https://www.parenteducationconsortium.com>

383 Collins Rd NE, Suite 201, Cedar Rapids, IA 52402 · 319-377-9839

The Parent Education Consortium (PEC) is an organization committed to increasing the capacity of the community to provide ongoing parenting education, professional development, and access to resources to facilitate the development of caring, competent, healthy children.

Psychological Evaluation Physicians

Center for Disabilities and Development University of Iowa Children's Hospital

100 Hawkins Drive 213 CDD, Iowa City, IA 52242 · 319-356-1347

Age: Children and up

Davis Psychological

809 5th Avenue, Grinnell, IA 50112 · 641-236-0632

Age: 6 and up

Family Psychology Associates

1221 Center Point Road NE, Cedar Rapids, IA 52404 · 319-378-1199

Age: 6 and up

Mercy - Luke Hansen, PsyD

701 10th St SE, Cedar Rapids, IA 52403 · 319-369-4777

Age: 6 and up

Mercy - Ronald Ridder, PhD

701 10th St SE, Cedar Rapids, IA 52403 · 319-369-4777

Age: 6 and up

Orchard Place Child Guidance Center

808 5th Avenue, Des Moines, IA 50309 · 505-244-2267

Age: 3 and up

Seashore Hall – University of Iowa

335 E. Jefferson Street, Iowa City, IA 52242 · 319-335-2467

Age: 3 and up

Reading Assistant: Peggy Lee

319-364-8888

Providing assistance with correspondence, mail, newspapers, and workplace memos.

Riverview Center

<https://riverviewcenter.org>

Highley Building, 118 3rd Avenue SE, Suite 500, Cedar Rapids, IA 52401
319-540-0080

Riverview Center is a nonprofit agency committed to providing compassionate, client centered care for individuals affected by sexual assault in Iowa, and for individuals affected by sexual and domestic violence in Illinois.

Safe Kids Worldwide

<https://www.safekids.org/coalition/safe-kids-linn-county>

505 1st St. SW, Cedar Rapids, IA 52404 · 319- 286-5434

Safe Kids Linn County is led by Cedar Rapids Police Department, which provides dedicated and caring staff, operation support, and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car seat checkups, bicycle helmet giveaways, and safety presentations that help parents and caregivers prevent childhood injuries.

Support Animals

Many of our families have questions on emotional support, service, and therapy animals. Below you will find websites to access and a brief breakdown of each group.

<http://publications.iowa.gov/13700/1/Factsheet%2520Service%2520Animals.pdf>

https://www.ada.gov/regs2010/service_animal_qa.html

<https://www.akc.org/expert-advice/news/everything-about-emotional-support-animals>

<https://www.avma.org/resources-tools/animal-health-and-welfare/service-emotional-support-and-therapy-animals>

Emotional Support Animals (ESA) –

They are:

- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.
- Required to have their primary function be providing companionship in the form of emotional support for their owner.

They are NOT:

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Required to be comfortable and/or tolerant of different environments and people.

- Specifically trained to assist one person.
- Required to provide emotional support and comfort to multiple people.

Psychiatric Service Dog (PSD) – In order to qualify as a service animal under ADA laws, the animal must be a dog.

They are:

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Required to be comfortable and/or tolerant of different environments and people.
- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.
- Specifically trained to assist one person.

They are NOT:

- Required to have their primary function be providing companionship in the form of emotional support for their owner.
- Required to provide emotional support and comfort to multiple people.

Therapy Animal

They are:

- Required to be comfortable and/or tolerant of different environments and people.
- Required to provide emotional support and comfort to multiple people.

They are NOT:

- Covered under ADA to bring into public establishments (i.e., stores or restaurants).
- Protected under federal housing rights to live with their owner regardless of a “No Pets” policy.
- Able to fly inside the cabin of an airplane with their owner.

- Required to have their primary function be providing companionship in the form of emotional support for their owner.
- Specifically trained to assist one person.

Tanager Place

<https://tanagerplace.org>

2309 C Street SW, Cedar Rapids, IA 52404 · 319-365-9164

When mental health challenges disrupt the well-being of children, Tanager Place provides the tools and support to face them with confidence. Through a mix of prevention, treatment, and outreach, we build understanding and hope within our community. Because when parents have a strong network of support, children have the best chance to overcome these obstacles and build a brighter future.

Teaching Interventions to Empower and Strengthen Families (TIES) Program

<https://www.unitypoint.org/cedarrapids/services-ties.aspx>

4050 River Ridge Dr. NE, Cedar Rapids, IA 52402 · 319- 558-4861

TIES is a FREE early intervention program targeting children 18 months to five years of age. During program sessions, parent are trained to work in a classroom as a way to actively practice their skills they are learning. It is staffed by both professionals and parents who have completed the program with their own children.

The Arc of East Central Iowa

<https://arceci.org>

680 2nd Street SE, Cedar Rapids, IA 52401 · 319-365-0487

The Arc of East Central Iowa is a local provider empowering individuals with disabilities and their families to engage in lifelong opportunities to live, learn, work, play, and advocate with full dignity and inclusion in their communities. See Section 4 Medicaid Eligible Services for a list of waiver services. Contact your case manager or The Arc of East Central Iowa for service availability.

UIHC Stead Family Children’s Hospital – Center for Disabilities and Development

<https://uichildrens.org/medical-services/center-disabilities-and-development>

213 CDD – 100 Hawkins Drive, Iowa City, Iowa 52242
1-855-543-2884 (855 KID AT UI) or 1-319-356-1346 (Medical records)

The Center for Disabilities and Development at University of Iowa Stead Family Children’s Hospital is dedicated to improving the health and independence of people with disabilities and creating a life with opportunities for everyone. The center has been designated the state’s University Center for Excellence on Developmental Disabilities and strives to be the state’s most trusted resource for health care, training, research, and information for people with disabilities.

United Way of East Central Iowa

<https://www.uweci.org>

317 7th Ave SE, Unit 401, Cedar Rapids, IA 52401 · 319-398-5372

United Way focuses on education, financial stability, and health because they are the essential building blocks for a good quality of life.

Variety – The Children’s Charity

<https://www.varietyiowa.com>

505 5th Avenue, #310, Des Moines, IA 50309 · 515-243-4660

Variety – the Children’s Charity of Iowa is dedicated to improving the lives of underprivileged, at-risk, and special needs children throughout the state. Since the inception of the Telethon in 1975, Variety has raised more than \$113 million to support the children of Iowa. Variety is making a better future for our community by connecting people who care to programs that enable children to reach their full potential. Variety is helping create opportunities for children to fully share in the experiences of life.

Waypoint Services

<https://www.waypointservices.org>

318 5th Street SE, Cedar Rapids, IA 52401

Main Office: 319-365-1458

Domestic Violence Resource & Support Line: 800-208-0388 or 319-363-2093

Housing Services: 319-366-7999 or 1-833-739-0065

KidsPoint Child Care: 319-365-1636

Survivors' Program: 319-365-1458

Waypoint is a comprehensive organization offering support with housing services, domestic violence victim services, KidsPoint Child Care Program, and survivor programs.

Wrap - Wheelchair Ramp Accessibility Program

<https://www.wrapiowa.org>

1026 A Avenue NE, #5036, Cedar Rapids, IA 52402 · 319-369-7377

The Wheelchair Ramp Accessibility Program (WRAP) provides timely home access to people in need. We are a coalition of volunteers and service organizations who work together to build custom wheelchair ramps giving people with limited mobility the freedom to easily enter and leave their homes.