



Section 12:

Resources

This Resource listed below are organized by categories. When possible, links are provided to longer lists of programs, from the Iowa Compass and 211 online databases. Links to Iowa Compass are marked with . Links to 211 are marked with . You can narrow each list by zip code. Contact Iowa Compass and 211 to speak directly to an information and referral specialist about available resources unique to your needs

Iowa Compass

<https://www.iowacompass.org>

100 Hawkins Drive 221, Iowa City, IA 52242 · 1-800-779-2001

Iowa Compass has free information about programs and services for Iowans with disabilities, their families and service providers. Access thousands of local, state and national programs for people with health-related conditions and disabilities. Call, email, chat, text or search the website for answers to your disability-related questions.

2-1-1

<https://www.211iowa.org/>

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

ADVOCACY

Access 2 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.

InfoNET: Iowa's Disability Policy Resource

<https://www.iowaddcouncil.org/infonet>

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. Their newsletter and network of resources helps advocates with disabilities stay up to date on current issues.

CAMPS

[Day Camps](#) 

[Residential Camps](#) 

[Virtual Camps](#) 

CRISIS SERVICES

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. 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.

CommUnity

<https://builtbycommunity.org/>

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

Crisis Phone: 988

Mobile Crisis Outreach: 1-855-581-8111

Business Line: 319-351-2726

Food Bank: 319-351-0128

Food Bank Address: 1045 Highway 6 East, Iowa City, IA 52240

CommUnity Crisis Services is a volunteer-driven organization based in Iowa City, IA providing immediate and non-judgmental support for individuals facing emotional, food, or financial crisis.

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. They are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone.

Your Life Iowa

<https://yourlifeiowa.org/>

Help Line: 855-581-8111 or Text 855-895-8398

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

Your Life Iowa is funded by the Iowa Department of Health and Human Services under the Division of Behavioral Health. Their staff provide free confidential support with gambling, mental health, substance use, suicidal thoughts, or related concerns 24 hours a day, 7 days a week. They connect people to resources meant to help them get their life back on track.

EARLY CHILDHOOD

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://hhs.iowa.gov/sites/default/files/portals/1/userfiles/88/1stfiveparticipatingprovidersmap2022jun.pdf>

Dolly Parton's Imagination Library

<https://www.crlibrary.org/children/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: <https://imaginationlibrary.com/> (if you are a resident of Marion, you can enroll 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.

Family Learning Connection (FLC)

<https://www.hacap.org/flc>

Amie Buckley: Phone: 319-540-2426

Email: familylearningconnection@gmail.com or abuckley@hacap.org

The family learning groups are free to any family with young children 0-5 years in Linn County. FLC provides Linn County families with group education, resources and connections that can help them raise healthy, school-ready children. Family Learning provides parenting information, advice, and the support parents/caregivers through their free 6-8 week family learning groups. FLC was previously known as Parent Education Consortium.

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

Contact for information about childcare, in-home services, pre-school, Early Headstart, Headstart, and screening services (dental, developmental, hearing, vision).

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, parents are trained to work in a classroom to actively practice the skills they are learning. It is staffed by both professionals and parents who have completed the program with their own children.

EMPLOYMENT

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.

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).

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:

1. Job applications
2. Resume writing
3. Obtaining an education
4. Applying for food stamps
5. Family Investment Program or Child Care Assistance
6. Finding resources
7. Healthcare Navigation
8. Financial Literacy assistance
9. Knowing if you qualify for energy assistance or other income-based support payments
10. Transportation for work or school
11. 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.

FINANCIAL INFORMATION AND SERVICES

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 impact their lives and enhance their well-being more favorably.

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.

HEALTH AND MEDICAL SERVICE

COMMUNITY HEALTH CLINICS

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.

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.

HOUSING SERVICES

RENT PAYMENT ASSISTANCE

UTILITY PAYMENT ASSISTANCE

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.

INFORMATION & REFERRAL

Click on "INFORMATION & REFERRAL" to access specialized information and referral sources. The link will take you to a comprehensive list.

LONG TERM SUPPORTS AND SERVICES

Click on the below title links to access specialized information for each program.

- [Adult Day Programs](#)
- [Day Hab Programs - Chronic Mental Illness](#) or Day Habilitation for Adults with Chronic Mental Illness
- [Day Hab Programs - Developmental Disabilities](#) or Development Disabilities Day Habilitation Programs
- [Consumer Directed Attendant Care \(non-skilled\)](#) or Personal Care
- [Consumer Directed Attendant Care \(skilled\)](#) or In-Home Nursing
- [Host Homes for Adults](#) or Adult Foster Homes

- [Hourly-Based Supported Community Living](#) or Supported Living Services
- [Site-Based Supported Community Living](#) or Semi-Independent Living Services for Adults with Disabilities
- [Residential Care Facilities](#) or Group Residences for Adults with Disabilities
- [Residential Based Supported Community Living](#) or Group Homes for Children and Youth with Disabilities
- [Intermediate Care Facilities](#) or Intermediate Care Facilities for Individuals with Developmental Disabilities

MENTAL HEALTH SERVICES

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. They currently have locations in eight counties throughout Eastern Iowa. They offer a variety of behavioral health service options to provide help and healing to you and your family. Their diverse group of professionals have expertise in nearly all aspects of counseling, mental health and psychiatric treatment.

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.

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

<https://ecriowa.org>

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.

Mindspring Mental Health Alliance

<https://www.mindspringhealth.org>

Mindspring provides no-cost mental health education, support, and advocacy programs. All of Mindspring's programs feature evidence-based curriculum and are available to all community members.

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 Iowa and Illinois.

MENTAL HEALTH SERVICES FOR CHILDREN

[Autism Therapy \(Applied Behavior Analysis: ABA\)](#) 

[Behavioral Health Intervention Services \(BHIS\)](#) 

[Psychiatric Medical Institutions for Children \(PMIC\)](#) 

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.

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, they build understanding and hope within the community. Because when parents have a strong network of support, children have the best chance to overcome these obstacles and build a brighter future.

PARENTING RESOURCES

Family Learning Connection (FLC)

<https://www.hacap.org/flc>

Amie Buckley

Phone: 319-540-2426

Email: familylearningconnection@gmail.com or abuckley@hacap.org

The family learning groups are free to any family with young children 0-5 years in Linn County. FLC provides Linn County families with group education, resources and connections that can help them raise healthy, school-ready children. Family Learning provides parenting information, advice and the support parents/caregivers through their free 6-8-week family learning groups. FLC was previously known as Parent Education Consortium.

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 the 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.

PSYCHOLOGICAL EVALUATIONS

View the below list of professionals or click the link for additional support:

[Find more therapists](#)

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

SUPPORT OPTIONS

[Peer to Peer Networking](#) 

[Support Groups](#) 

[Service Animal Providers](#) 

Service & 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/resources/service-animals-faqs/>

<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>