

asac action

March 2009

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Visit our web site at
www.asac.us

New Vinton Office Location

On February 5th, ASAC moved out of its Benton County offices at 216 W. 4th Street in Vinton and set up temporary offices at Wesley United Methodist Church, 516 West 2nd Ave. It was decided by our Board of Directors that an immediate move was necessary due to the results of an air quality test we had conducted by Linn County Public Health. We will be moving just down the street at 1003 W. 4th Street.

We are excited about our new office space. The new office will be a professional, well-lit, well-ventilated, comfortable and confidential environment and it will also have handicap accessibility. ASAC maintenance staff have been working hard to remodel the office space and have created a large group room, 4 offices and a reception area. The design of the area will also provide a small break room for the staff, including a refrigerator and a microwave oven. We hope to move into our new location on March 11th and plan to have an Open House to show off our new Vinton office sometime in mid-April.

THANK YOU to **Wesley United Methodist Church** for providing us with space to conduct our substance abuse treatment and prevention programming during this transition period.



JUNIOR LEAGUE OF CEDAR RAPIDS
Women building better communities®

On Saturday, April 25, Junior League of Cedar Rapids' new member class will make-over the recreation room of ASAC's Youth Residential treatment program as its "It Takes a League to Build a Community" project. JLCR is teaming up with several local businesses to modernize and improve the usability of the current room and to create an area for relaxation and renewal and improve the healing processes taking place throughout the program.

"We are thrilled to be able to collaborate with ASAC. After all of ASAC's work towards bettering our community, we cannot think of a better way to join ASAC's efforts of improvement and provide this room make-over," said Tara DeWolf, co-chair of the project.

For more information about this event please contact Junior League of Cedar Rapids at (319) 364-7892 or visit the website at <http://www.juniorleaguecr.org/>.

Student Project Benefits Heart of Iowa Children

The Leadership and Resiliency Program is a model program being implemented under the Grant to Reduce Alcohol Abuse in four rural Linn county schools: Mt. Vernon, Central City, Springville, and Center Point-Urbana. LRP consists of small groups of students who meet once during the school week during school hours. The groups participate monthly in one adventure project to teach the students healthy risk taking and one service learning project monthly. The three components that LRP students and facilitators discuss throughout all activities are healthy relationship building, coping skills, and goal setting.

Every month the rural LRP groups participate in a service learning activity to help their community. For the month of February the students decided to help victims of the June flood. While some people were donating money and household items to families who lost everything, the LRP students sat down after school and started tying! The group made twenty blankets for children at Heart of Iowa. The students really enjoyed making the blankets and hope they can do another activity like this in the future.

For more information about the Leadership and Resiliency Program or if you would like to suggest a service learning project for the group, contact Erin Gavin at gavin@asac.us.



Participants of the Central City LRP

Iowa Drug Trends

- * Alcohol is the substance most abused by Iowans (Iowa Department of Public Health, SFY 2007).
- * Iowa liquor sales increased by 6.4%, beer sales rose by 1.8% and wine sales by 3% (Alcohol Beverage Division, SFY 2008).
- * The average adult Iowan consumed 37.23 gallons of beer, 1.98 gallons of liquor, and 1.69 gallons of wine during the 12 month period of SFY 2008 (Alcohol Beverage Division, SFY 2008).



Heart of Iowa has immediate openings for women in need of primary residential substance abuse treatment. The ideal candidate needs to be pregnant or have at least one child that can accompany her to treatment. We accept children of all ages as long as they are still in school.

For more information, contact Cece Toms, Heart of Iowa Intake Coordinator/Case Manager, at 319-862-1050 x 417