

## **Transportation**

During the initial stage of their stay, clients are transported to their outside appointments. As they progress through treatment, clients begin to use mass transportation. A bus stop is located just outside the Heart of Iowa facility. School buses transport children to and from school.

## **Vocational Assistance**

Referrals are made to community agencies for career planning and job seeking.

## **AFTERCARE**

Follow-up counseling and continued support is provided to clients upon completion of all the Heart of Iowa treatment programs. On-site individual and group counseling is available.

## **REFERRALS**

Client referrals are to be directed to the Intake Coordinator/Case Manager at the Heart of Iowa Mother and Child Recovery Center at (319) 862-1050.

## **FINANCIAL SUPPORT**

ASAC programs are designed to meet the needs of individuals and families for whom the high cost of treatment are a concern. Our fees are established on a sliding scale based on family size and income. No one is turned away due to their inability to pay. We work with insurance companies regarding service coverage issues and accept Medicaid funding.

## **DONATIONS**

ASAC is a 501 (c) (3) non profit agency. All cash and in-kind donations are tax deductible. Items needed include:

Clothing  
Diapers  
Non Perishable Food  
Furniture  
Kitchen Supplies  
Kitchen Tables and Chairs  
Personal Care Items and Toiletries  
Pillows  
Towels  
Twin Beds and Bedding

Those wishing to make a contribution may direct them either to Heart of Iowa or to the Area Substance Abuse Council, 3601 16th Avenue SW, Cedar Rapids, IA 52404.

## **VOLUNTEERS**

Heart of Iowa is also in need of volunteers, both individuals and groups. Please visit our website at [www.asac.us](http://www.asac.us) for a current listing of volunteer opportunities.

A special program of the  
Area Substance Abuse Council



4050 Bowling Street S.W.  
Cedar Rapids, IA 52404  
TEL (319) 862-1050  
FAX (319) 862-1052

Website: [www.asac.us](http://www.asac.us)

*The Area Substance Abuse Council's Heart of Iowa Mother and Child Recovery Center was established in 1993 in response to a need to provide treatment alternatives for women. The program has since expanded to provide multi-level services, including Primary and Extended Residential, Halfway House, and Outpatient treatment services. The residential and halfway house programs have the capacity to provide services to thirty-six families.*

## **RESIDENTIAL TREATMENT**

Families entering this program are housed in individual apartments on the Heart of Iowa campus. This arrangement allows the family to live in a less institutional environment while still receiving the support and reinforcement needed for them to remain free of drugs and alcohol. Treatment duration is usually 90 days but varies with each individual, depending on need.

## **HALFWAY HOUSE**

ASAC's Heart of Iowa Halfway House program allows recovering women and their children time to stabilize their lives, seek housing, and transition back into the community. Clients must either attend school or be employed full-time in addition to receiving a minimum of five hours of substance abuse treatment per week.

## **OUTPATIENT TREATMENT**

The Heart of Iowa program provides gender specific outpatient treatment for pregnant women and women with children. The program includes individual, group and family counseling plus special supportive services.

## **ADMISSION CRITERIA**

### **Primary Residential**

To be admitted to the Heart of Iowa program a woman must be an Iowa resident and either be pregnant or have children that will accompany her into treatment. An ASAM assessment recommending Level III.5 Primary Residential and a pre-authorization by Magellan (MBC) are also required. A candidate for residential treatment must have a substantial substance abuse problem that has significantly affected other areas of her life to a point where a structured living environment is needed. An acceptable client must also exhibit a willingness to participate in the treatment planning process and work toward established goals to change her life. Heart of Iowa creates a waiting list for services based upon the date of contact. In most cases the next admission will be given to the person who has been waiting the longest, however, priority will be given to pregnant women and IV drug users whose substance use has impaired their health and those who may injure themselves or others as a result of their actions or neglect.

### **Halfway House**

To enter Halfway House program, a woman must either be pregnant or have children living with her, have successfully completed a primary residential substance abuse treatment program, and not have used alcohol or drugs for at least 30 days.

### **Outpatient Treatment**

Women may participate in the Heart of Iowa gender-specific outpatient program if they have received a substance abuse evaluation that recommends outpatient services and they are either pregnant or have children living with them.

## **SPECIAL SUPPORT SERVICES**

### **Children's Services**

Newborn, toddler and preschool child care is provided while the moms attend treatment. There is also afterschool and summer programming for the school age children. Other support services, such as individual or family counseling, are provided if needed

### **Education**

Literacy programming, tutoring and assistance with GED completion are provided.

### **Housing**

Residential and halfway house families live on-site in 2 or 3 bedroom apartments. Pregnant women may share an apartment.

### **Independent Living Skills**

Supervised apartment living and educational group sessions on topics such as budgeting, meal planning and leisure time activities.

### **Medical Care**

Initial medical exams are given to the moms and children in the residential and halfway house programs. Local clinics and hospitals provide family medical care.

### **Mental Health Services**

Mental health screenings, assessments and counseling are available on-site. Counseling for families and survivors of domestic violence and sexual abuse are also available.