

ADMISSION CRITERIA

Primary Residential

To be admitted to Heart of Iowa's residential program a woman must be a state 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) is 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. 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.

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
Kitchen Supplies
Kitchen Tables and Chairs
Living Room Chairs and Sofas
Personal Care Items
Towels, Washcloths and Twin Bedding

Those wishing to make a contribution may give them directly to Heart of Iowa or to:

Area Substance Abuse Council
3601 16th Avenue SW
Cedar Rapids, Iowa 52404

VOLUNTEERS

Heart of Iowa appreciates the donation of time. Please visit our web site at www.asac.us for a current listing of volunteer opportunities for individuals and groups.

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

Web Site: www.asac.us

ASAC's Heart of Iowa Mother and Child Recovery Center was established in 1993 in response to a need to provide substance abuse treatment alternatives for women. The program provides multi-level services, including Residential, Halfway House, and Outpatient treatment services. The residential and halfway house programs can 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. Length of treatment 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 and receive a minimum of five hours of substance abuse treatment per week.

OUTPATIENT TREATMENT

Heart of Iowa provides gender specific outpatient treatment for women. The program includes individual, group and family counseling. Counselors also provide service coordination for clients.

SPECIAL SUPPORT SERVICES

Children's Services

Newborn, toddler and preschool child care is provided while the moms attend treatment. There is also after-school and summer programming for the older children. Other services, such as individual counseling, are provided as needed

Education

Literacy programming, tutoring and assistance with GED completion are provided to clients wishing to continue their education.

Housing

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

Independent Living Skills

Residential and halfway house clients receive 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 entering residential or halfway house. St. Luke's Family Care Center provides a monthly on-site clinic for OB checks, gynecological exams and care. Local clinics and hospitals provide any additional medical care.

Mental Health Services

Mental health screenings, assessments and counseling are provided on-site. Family, domestic violence, and sexual abuse counseling are also available.

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 and accept Medicaid funding.