

Area Substance Abuse Council

VOLUNTEER OPPORTUNITIES

Residential Client Assistance

HEART OF IOWA - 4050 Bowling Street SW, Cedar Rapids

Days & Times Needed: 5:30pm – 10pm, one or more days a week.

Description of Duties: Interact with clients, monitor client behavior,
Transport clients to appointments and meetings.

Skills Needed: Valid drivers license; some knowledge of substance
abuse and chemical dependent behaviors beneficial.

ADULT RESIDENTIAL - 3601 16th Avenue SW, Cedar Rapids

Days & Times Needed: 5:30pm – 10pm, one or more days a week
Noon – 1:00pm Monday, Wednesday, Friday
4 – 5 pm Friday
1:00pm- 3:00pm Tuesday & Thursday (recreation)

Description of Duties: Interact with clients, monitor client behavior,
Transport clients to appointments and meetings.

Skills Needed: Valid drivers license; some knowledge of
substance abuse and chemical dependent
behaviors beneficial.

YOUTH RESIDENTIAL (CD+) - 3601 16th Avenue SW, Cedar Rapids

Days & Times Needed: Noon – 4pm, Saturdays
Noon – 3pm, Wednesdays
6 – 9pm, Thursdays

Description of Duties: Assist clients with recreational activities, free
time, and possible group discussions.

Skills Needed: Some knowledge of substance abuse and conduct
disorder behaviors and prior experience working
with youth is beneficial.

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Heart of Iowa Child Care Assistance

4050 Bowling Street SW, Cedar Rapids

**There are five age groups for children's programming
infant, toddler, preschool, elementary and middle/high school**

MONDAY/TUESDAY/WEDNESDAY AND FRIDAY EVENINGS CHILDREN'S PROGRAMS – ALL AGES

Duties: Assist teachers in supervising children and conducting activities such as reading, crafts and games.
Hours: Tuesdays, 6-8pm

THURSDAY EVENING PLAY GROUP – WOMEN AND CHILDREN

Duties: Assist facilitator in conducting group focused on teaching mothers how to play with their children and teach families new games they can play together.
Hours: Thursdays, 6-7pm

ASSIST IN DAY CARE/SCHOOL – AGES INFANT – 5

Duties: Assist with play, caring of babies, preschool activities, story times.
Hours: Monday – Friday
8:30am – 11:45am & 1:00pm - 4:30pm
(Any help during these hours beneficial)

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Substance Abuse Prevention

3536 18th Avenue SW, Cedar Rapids

PREVENTION PROGRAM DELIVERY

Duties: Assist an ASAC Prevention Specialists in providing prevention programming. Assist with preparation and facilitation of projects and large group presentations. Assist with compiling outcome data and evaluations from prevention programs. Co-facilitate family-based prevention programming.

Days & Times Needed: Hours are open and flexible anytime Monday – Friday
8am – 5pm and some evenings

PREVENTION COALITION SUPPORT

Duties: Assist local coalitions in media campaigns, disseminating written information to the community, development and implementation of community awareness activities, and office/clerical support.

Days & Times Needed: Hours are open and flexible anytime Monday – Friday
8am – 5pm

Linn County Partnership on Substance Abuse

This group is working to create a unified effort to increase community involvement and support among existing coalitions. The Linn County Partnership provides a link among these coalitions and serves as a source of information and support to connect interested community members with the appropriate group or service. For more information contact Melissa Walker at 390-1884 or mwalker@asac.us

COMMIT Coalition

The COMMIT Tobacco Free Coalition is a diverse group of individuals dedicated to the prevention, cessation and education of tobacco and related issues in Linn County. COMMIT is represented by individuals from various healthcare organizations as well as business and community members interested in creating, promoting and maintaining tobacco free environments. Some of the COMMIT Coalition projects include the Great American Smoke-Out, TAKE CHARGE! Teens Against Tobacco Use Peer Education Program, Smoke Free Dining Guide for Greater Cedar Rapids, Tar Wars, CAFE of Cedar Rapids (Clear Air for Everyone), and Tobacco Compliance Checks. If you would like more information or are interested in supporting Smoke-Free environments please contact Meredith Slaymaker at 390-1884 or msslaymaker@asac.us

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Underage Drinking Coalition

The Underage Drinking Coalition of Linn County works to combat underage drinking by increasing community awareness and advocacy. The coalition currently utilizes various media and in-person venues to disseminate information about the health effects of underage drinking and legal consequences for providing to minors. In addition, we provide support to other local groups in schools and across the community that are addressing similar issues. The coalition seeks representatives who can assist the group in challenging community acceptance of underage drinking by sharing ideas and assisting with the implementation of action steps. For more information contact Beth Goldberg at 390-1884 or bgoldberg@asac.us.

Healthy Young Promotion Effort (HYPE) Coalition

This coalition's mission is to create a community in which youth and parent figures feel competent and confident in seeking services and programs that can meet their needs and which consistently promote youth development through prevention activities that reduce substance abuse and other risky behaviors. Projects that have been completed include a HYPE section of the Linn County Community Services Resource Directory and a Primary Prevention binder of services that was distributed to Linn County schools. The coalition is comprised of representatives from various human service organizations such as Young Parents Network, Rapids AIDS Project, Waypoint Services, Girl Scouts, Alternative Services and ASAC. The Coalition is looking for business and community representation. For more information contact Kim Hilby at 390-1884 or khilby@asac.us.

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ASAC Patient Support

Main Campus – 3601 16th Avenue SW, Cedar Rapids
Heart of Iowa – 4050 Bowling Street SW, Cedar Rapids

MAINTENANCE

Days & Times Needed: 8:00am – 4:00pm Monday - Friday

Description of Duties: Under staff supervision, perform general maintenance and repairs such as painting, lawn care, plumbing, simple building repairs and acquisition of donations.

KITCHENS

Days & Times Needed: 9:00am – 11:00am; 1:00pm – 4:00pm
Monday - Friday

Description of Duties: Assists cook(s) with organizing and inventorying food supplies and storage.