

# Monona County Community Directory



## **Abuse/Neglect & Substance Abuse:**

**Abuse & Neglect Hotline**  
**Department of Human Services**  
**5<sup>th</sup> Floor Hoover Bldg.**  
**Des Moines, IA.**  
**Phone: 800-362-2178**

Individuals can report suspected child abuse or dependent adult abuse to this number. Calls are taken on a 24-hour basis.

**Family Crisis Centers of Northwest Iowa**  
**Phone: Crisis Hotline: 1-800-382-5603**  
**Office Phone: 1-712-263-3765**  
**Website: <http://www.familycrisiscenters.org/>**

Serving victims of domestic violence and sexual assault in Calhoun, Carroll, Crawford, Monona, Lyon, O'Brien, Osceola, and Sioux Counties. Offering **FREE AND CONFIDENTIAL** services for children and adults including:

- **Shelter and Transitional Housing** – safe haven for victims of domestic violence and sexual assault and their children. The newly-constructed shelter has a bed-and-breakfast home-like environment. Food and personal items are provided for our shelter guests.
- **Information and Referrals** – to various agencies to meet current needs.
- **Legal and Personal Advocacy** – to assist individuals or on behalf of individuals as they seek additional services. Types of advocacy include legal, medical and personal.
- **Support Groups** – to help individuals break the cycle of violence in their lives through peer support.
- **24-Hour Crisis Hotline** – is a 24-hour telephone service providing support, crisis intervention, general information, and referrals to various agencies: **1-800-382-5603**
- **Crisis Counseling** – to provide support and to assist individuals in identifying needs and options.

## **Abuse/Neglect & Substance Abuse: (continued)**

### **Iowa Gambling Treatment Program (See Jackson Recovery Centers)**

**Iowa Department of Public Health**

**321 E. 12th Street**

**Des Moines, Iowa, 50319-0075**

**Phone: 1-800-BETS-OFF or 1-800-238-7633**

The Office of Problem Gambling Treatment and Prevention works to reduce the harm caused by problem gambling by funding a range of services for Iowans. These services include: outpatient counseling for problem gamblers, concerned persons and family, housing services for problem gamblers in treatment and with no other housing options, financial counseling including budgeting and debt reduction plans and a state-wide help line that provides information and referral services. In addition, the program funds prevention and education services for schools, community groups, casino employees, and other at-risk groups. **(Jackson Recovery Centers provide this service to Monona County residents)**

**Jackson Recovery Center**

**1011 10<sup>th</sup> St.**

**Onawa, IA 51040**

**Phone: 712-423-9098**

**(Call Denison to make and appointment for the Onawa site for adult/ adolescent outpatient services): 712-263-5065**

**Website: <http://jacksonrecovery.com>**

**or**

**Jackson Recovery Center**

**800 5th St. Suite 200**

**Sioux City, IA. 51101**

**Phone: 800-472-9018**

Jackson Recovery Center is dedicated to meeting the addiction-related needs of Siouxland. They provide prevention and educational services as well as outpatient and inpatient addiction treatment to adults, adolescents and families. Some of the services they provide include: Adolescent inpatient services, Women's and Men's inpatient services, Adult and Adolescent outpatient services, Specialty services including children's services, behavioral addictions, eating disorders, medication-assisted treatment, gambling problems, OWI/DUI classes, and other education/prevention classes and counseling. See website for more detailed information and services.

### **Jackson Recovery Centers**

**Holly Keegan**

**SPF SIG Coordinator**

**800 5<sup>th</sup> St.**

**Sioux City, IA. 51101**

**Phone: 712-205-5585**

Holly Keegan of Jackson Recovery Center is the Coordinator for the Strategic Prevention Framework (of Iowa) State Incentive Grant (SPF SIG) for Monona County. "SPF is a five-step planning process known to support positive youth development, reduce risk-taking behaviors, build on assets and prevent problem behaviors." Its goals are to (1) Reduce underage alcohol use for those under age 21 and (2) Reduce adult binge drinking for those 18 and over. This is a five-year grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and Center for Substance Abuse Prevention (CSAP).

# Strategic Prevention Framework of Iowa

## What is SPF?

The Strategic Prevention Framework (SPF) is a five-step planning process known to support positive youth development, reduce risk-taking behaviors, build on assets and prevent problem behaviors. The SPF State Incentive Grant (SPF SIG) is a five year grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP). The SPF SIG funds 23 Iowa counties to meet the following goals:

- Reduce underage alcohol use (under age 21)
- Reduce adult binge drinking (18 and over)



## Iowa's SPF Services

Conducting statewide assessments using existing alcohol, tobacco and other drugs data.

Developing a comprehensive Strategic Plan to assist Iowa counties.

Mobilizing and building state/local collaborations to address identified needs.

Implementing an evidence-based prevention strategies

Monitoring and evaluating the effectiveness of the Strategic Plan, sustaining effective prevention strategies and improving or replacing those that were not as successful.

## Iowa's drinking problem

Alcohol is the substance most frequently used by adults and youth in Iowa.

52.6% of Iowans age 12 or older have used alcohol during the past month.

27.5% of Iowans age 12 or older have binged on alcohol during the past month, which is higher than the national average of 23.1%.

Iowa's binge drinking rate for those age 18-25 is 51%.

Nearly three in five 18-24 year old Iowans who reported drinking engaged in binge drinking.

CONTACT  
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FUNDING ADMINISTERED BY



**SEE SUPPORT GROUPS for Alcoholics Anonymous, Jackson Recovery Center for alcohol, drug, and gambling problems as well as Siouxland Area Narcotics Anonymous, etc.**

## **Abuse/Neglect & Substance Abuse: (Continued)**

**Quitline Iowa**

**Des Moines, IA**

**Phone: 800-784-8669 (1-800-QUIT-NOW)**

**Website: <https://www.quitnow.net/iowa/>**

“We understand quitting is about more than just not smoking. When you join our program, a Quit Coach® will help you become an expert in living without tobacco using "The 4 Essential Practices to Quit For Life," based on 25 years of research and experience helping people quit tobacco. Quitting tobacco is the best thing you can do for your health, but we'll never pressure you to quit before you're ready.”