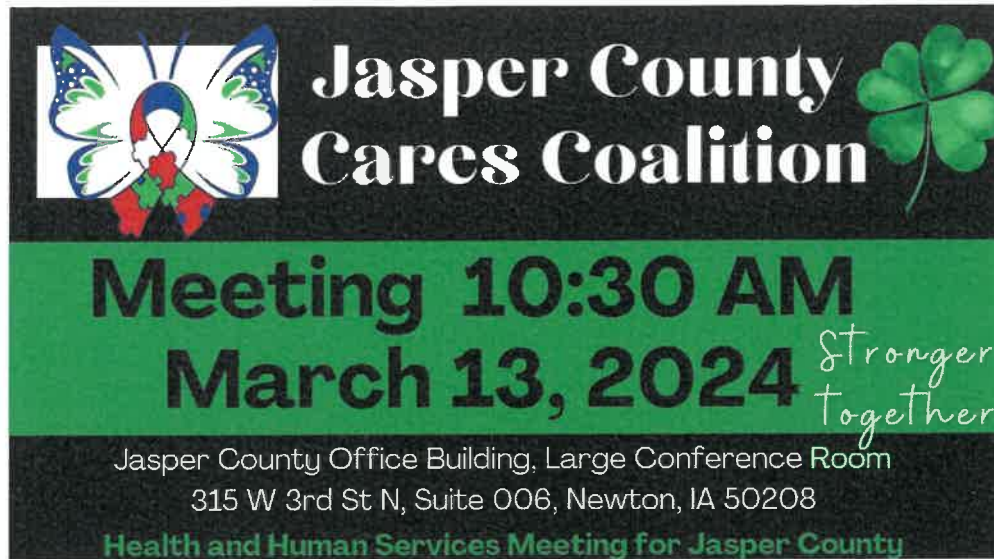


# Agenda- Jasper County Cares Coalition



**Mission:** To enhance the awareness of health and human service resources and promote collaboration to better serve Jasper County.

**Vision:** Safe, healthy, and connected Jasper County.

**Sign-in and information table:**

- Please check your agency contact information and make sure it is correct.
- Information Table: Please bring any information or giveaways that you would like to share.

**Welcome/Updates:** Welcome folders are available.

Welcome back: Local DHS (IHHS) and HIRTA

New\* Celebrating WINS for Jasper County Cares! (Sharing positive connections for Jasper Co. Cares)

New\* Agency Spotlight: Capstone Behavioral Healthcare: 10-minute limit

**Member Introductions/Share (1 minute for each organization)**

- Please state your name, organization, services provided, any changes, and upcoming events.  
Take a moment for any questions.

**Special Request:**

**Addressing gaps of service in Jasper County** (Becky Pryor, Jasper County Health Dept.)

- SWOT analysis follow-up. Start with strengths.
- Focus on the “Weakness” section this time. (See handout.)
  - 2 areas to discuss today: transportation and mental health.

**Other business**

- **Resource guide:** <https://www.jasperia.org/resources/> New and updated.  
Please check your information. Same QR code, new cards available on resource table.  
February numbers 1289 views and 256 users  
E-mail: [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org). Please send updates.
- **EFR Grant:** Integrated Provider Network (IPN) Grant Assessment Update
- Any special, immediate needs from the group?

**Subgroups:** Open invitation for JCC to attend. All subgroups will be in the large conference room.

- **Subgroup meetings will need to end at 10:15 AM for the main meeting start at 10:30 AM.**
- Senior focus dates 2024: May 8, August 14, November 13<sup>th</sup> from 9:30-10:15 AM
  - Senior Health Fair- ask Sarah at the Newton YMCA for more information.
- Maternal Health Coalition dates 2024: **March 13**, June 12, September 11, December 11 from 9:30-10:15 AM, Virtual and in person.
- Transportation for those in need (Gaps of service): April 10 at 9 AM. Who can lead a meeting?
- Jasper Co. Schools dates 2024: after each meeting
- Today's agenda: School focus after meeting:
  - How do we recruit mental health therapists for schools?
  - Child Abuse Prevention signs and pinwheel bouquet distribution.
  - Stop the Bleed kits in process. Instructors in schools?
  - 988 posters

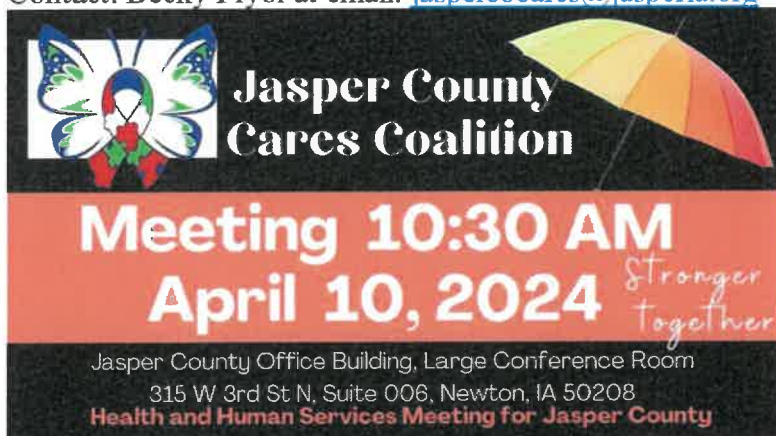
**Anything else to share?**

**Next Meeting:** April 10, 2024, 10:30-noon, Jasper County Office Building Conference #006

- April Spotlight Organization- Pregnancy Center of Central Iowa
- If you would like to be a spotlight organization, please email us.

Facebook: <https://www.facebook.com/JasperCountyCaresCoalition/>

Contact: Becky Pryor at email: [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org)



# ORGANIZATION

## SPOTLIGHT

### CAPSTONE

#### BEHAVIORAL HEALTHCARE

#### Services: Mental Health & Substance Treatment

**Mission:** "To promote mental health, and reduce the impairments associated with mental disorders, substance abuse, and chemical dependency by providing education, support, and treatment services."

Capstone Behavioral Healthcare has been providing quality services in mental health, chemical dependency counseling, residential and community based care in Jasper County since 1968.

**Services:** Community Support, Connections Drop-In Center, Integrated Health Home, Jail Diversion, Representative Payee, ADHD testing, ID waiver

**Accepts:** Insurance, Medicare, Medicaid, CHIP

**Needs:** Staff- Mental Health Therapists

#### MORE INFORMATION

(641) 792-4012

Julie Smith, [julies@capstonebh.com](mailto:julies@capstonebh.com)

[capstonebh.com](http://capstonebh.com)

1123 1st Ave E, Suite 200, Newton, Iowa



Jasper County Care Coalition's 1st featured agency in March is Capstone Behavioral Healthcare.

Capstone is a Community Mental Health Center located in Newton.

Other services provided include Community Support, Connections Drop-In Center, Integrated Health Home, Jail Diversion, Representative Payee, ADHD testing, and ID waiver.

Needs: #1 is mental health therapists! If you are interested in applying, please contact Julie Smith at [julies@capstonebh.com](mailto:julies@capstonebh.com).

Anything else: Capstone serves 78% of Medicaid clients. Medicaid has not increased rates in many years for Community Mental Health Centers but has for private practice. CMHC desperately needs a higher rate increase from Medicaid to keep mental health therapists.

Website: <http://www.capstonebh.com/>

Facebook: <https://www.facebook.com/CapstoneBehavioralHealthcare>

If any Jasper County Cares organizations would like to be in the Organization Spotlight, please email [jaspercocare@jasperia.org](mailto:jaspercocare@jasperia.org).

we are **hiring!**

## MENTAL HEALTH THERAPIST

Capstone is hiring mental health therapists, MSW, LISW, TL mental health therapists, MSW, LISW, TLMHC, LMHC, or psychologists.  
MHC, LMHC, or psychologist.

Please send cover letter and resume to  
[julies@capstonebh.com](mailto:julies@capstonebh.com).

Sign on incentive and tuition reimbursement may be available.

### MORE INFORMATION

-  (641) 792-4012
-  [Julie Smith, julies@capstonebh.com](mailto:julie.smith@capstonebh.com)
-  [capstonebh.com](http://capstonebh.com)
-  1123 1st Ave E, Suite 200, Newton, Iowa



Is your health or human service organization interested in becoming a Spotlight Organization?

Email: [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org)

# ORGANIZATION SPOTLIGHT

“NAME”







Mission:

Services provided:

Needs: Example: staff or volunteers

Is there anything else you would like people to know.

## MORE INFORMATION

-  Phone
-  Email, contact person
-  Website
-  Address

Send logo to  
[jaspercocares  
@jasperia.org](mailto:jaspercocares@jasperia.org)

# Analysis of services offered in Jasper County

Current Health and Human Services Programs 3/2024

## **(S) STRENGTH**

- #1- Jasper Co. Cares Coalition
- Community collaboration, participation, and growth
- The amazing amount of services and resources available
- Resource guide- easy to use
- High-quality senior care
- Schools and law enf. involved
- Services mentioned hospital, YMCA, new PAT, food programs, Public Health, lots of organizations

## **OPPORTUNITIES (O)**

- Cont. community collaboration
- Nest program- Pregnancy Center
- Expansion and new space JCC
- Discover Hope- drop in center
- Educ. on services available
- Transportation funding
- Mental health support groups for seniors
- Educate about resources
- 24 mobile crisis - utilize more
- Need the following agencies to attend- Sal. Army, HIRTA, DHS
- Better funding Medicaid - MH/dental

## **(W) WEAKNESS**

- #1- Transportation- can't afford
- Need more Mental Health providers, placements, school programs,
- MH drop in center- Connections promo
- Long term care- lack of admissions on the weekend/evenings
- Staffing shortage and changes- healthcare, mental health, human services, law enforcement
- childcare options late hours.
- Consumers need to self motivate to find resources
- Dental- Medicaid and Medicare

## **THREATS (T)**

- #1 - State changes AEA
- IHHS restructuring- Mental Health and Public Health
- Dental providers don't take Medicaid or patients
- Funding- local/County property tax reform
- Lack of Medicaid funding for Mental Health center
- Lack of funding for no cost transportation

March 13<sup>th</sup>- focus on the weakness area and the topics of transportation and mental health.

# Gaps of Service: Transportation for those in need in Jasper Co.

## Problem- What we know

### Who?

- Low income, can't pay
- Those who don't want to pay
- Older adults, disabled, families, mental health

### What?

Lack of data, using EMS unnecessarily

When? Evenings/nights weekends

### Where?

- Hospital to/from LTC
- Rural areas

### Why?

- Payment for some
- Limited hours
- Have to plan
- Long wait times
- Rural areas
- Need wheelchair access

## Options- Brainstorming

- Explore funding options
- Transportation focus subgroup
- Gather data/do a survey
- Educate on EMS
- Community para medicine model

## Solutions

Examples:

- Explore Grants
- Promote resource guide
- Host a subgroup on April 10th

# Gaps of Service: Mental Health in Jasper Co.

## Problem- What we know

- Lack of mental health therapists even offering tuition reimbursement and bonus,
- Need more mental health in schools.
- Low reimbursement from Medicaid.
- Need volunteers for NAMI.
- Lack of available placement locations.
- Mental health transportation

## Options- Brainstorming

- Explore Medicaid increase reimbursement. How?
- How do we recruit volunteers for NAMI. How?
- How do we recruit Mental Health providers. How?
- DMACC programs

## Solutions

Examples:

- Promote resource guide
- Educate about Capstone services
- Meeting with schools.



## March packet

- Jasper County Cares Agenda: 2 pages
- Organizational Spotlight, Capstone Behavioral Health
- Mental Health Therapist needed- Capstone.
- Future Spotlight Organization, please email the information to [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org)
- SWOT Gap of services offered (health and human services) for Jasper County - for the meeting.
- Solutions for transportation and mental health gaps.
- Help numbers, QR code for Resource Guide Flyer. Available on the resource table, along with cards.
- Jasper Community Foundation Grant info <https://www.jaspercommunityfoundation.org/>
- Protecting Iowa's Children (2 pages) <https://hhs.iowa.gov/media/11517/download?inline=>
- Behavioral Health System Alignment See link: <https://hhs.iowa.gov/media/11539/download?inline=>
- Jasper County Cares contact list. (4 pages)
- Events in Jasper- see the events calendar. <https://www.jasperia.org/calendar/>
  - Prom Dress Giveaway, March 16 and 17 <https://www.facebook.com/daughtersbeautyboutique>
  - Prairie City Spring Celebration, March 23 <https://bit.ly/42YTted>
  - Public Speaking Skills, 5<sup>th</sup> and 6<sup>th</sup> graders, March 26, April 9, April 23, ISU Extension <https://www.facebook.com/ISUEOJasperCo>
  - Free movie- Child Abuse Prevention- March 29 and 30 <https://www.facebook.com/capitol2theatre>
  - Accura Healthcare of Newton, Easter Egg Hunt, March 30 <https://www.facebook.com/accuranewtoneast>
  - American Lung Association, Fight for Air Climb, April 7 <https://www.facebook.com/LungIowa>
  - Postpartum Support Group- UnityPoint Health, Grinnell
  - NAMI Connection Recovery Support Groups <https://namicentraliowa.org/>
  - Free car seat event 5/4/2024 at the Pregnancy Center
  - Voices of Inspiration, May 9 <https://www.facebook.com/UnitedWayofJasperCounty>
  - Iowa Breastfeeding Conference, May 15 and 16 <https://www.facebook.com/events/2139778793030725>

Events -Jasper County			
Date	What	Who	Location
3/16 & 3/17/2024	Prom Dress Giveaway	open to the public	Daughters Boutique
3/20/2024	Library with Miss Carole	open to the public	Newton Public Library
3/23/2024	Prairie City Spring Celebration	open to the public	Prairie City Middle School
3/26,4/9 & 4/23/2024	Public Speaking Class	5th & 6th graders	ISU Extension Office, Jasper County
3/27/2024-4/24/2024	Indoor T-Ball Skills	Ages 4-7	Newton YMCA
3/27/2024	Questions for Legal Aid	age 60+	Jasper Co. Comm. Center
3/29/2024 & 3/30/2024	Free movies	open to the public	Capitol II Theatre
3/30/2024	Easter egg hunt	Ages 0-12	Accura Healthcare
3/30/2024	Eggstravaganza	open to the public	First Baptist Church of Newton
4/1 Sign up now - Starts April	Spring Flag Football	Grades K-6	Newton YMCA
4/7/2024	Fight for Air Climb	open to the public	Downtown Des Moines
4/8/2024	Spring Book Swap	open to the public	Newton Public Library
4/27/2024	Baseball Camp	pre-k - 7th grade	
5/4/2024	Car seat check event	open to the public	Pregnancy Center of Central Iowa
4/20/2024 ( Possible date, no	Healthy Kids Day	open to the public	Newton YMCA
5/15/2024 & 5/16/2024	34th Annual Iowa Breastfeeding C	open to the public	DMACC
5/29/2024 - TBA	Senior Health Fair	open to the public	Newton YMCA
6/21/2024, 22,23, 28,29,30	Steel Magnolia	Newton Community Theater	1701 S 8th St, Newton
9/20/2024, 21, 22, 27, 28, 29	Agatha Christie's Murder on the O	Newton Community Theater	1701 S 8th St, Newton
12/6/2024 and 7,8,13,14,15	June B in Jingle Bells, Batman Sme	Newton Community Theater	1701 S 8th St, Newton
On going	Postpartum Support group	Parents/caregivers of newborns to age 1	Grinnell Regional Medical Center
on going	Just for Job seekers-Resume & Tec	For Job Seekers	Newton Public Library
	NAMI Connections support Group	open to the public	Capstone Connections Center Newton

Health fairs at Newton YMCA- highlighted

Events -Jasper County			
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Health fairs at Newton YMCA- highlighted

# In the State of Iowa, Help is 3 Numbers Away



**211** maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

**211** also can connect people with information and referrals for:



**988** provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress



**911** provides first responder dispatch for:



## Jasper County Community Resource Guide



<https://www.jasperia.org/resources/>

### Sponsored by :

- Community Partnership for Protecting Children
- Jasper County Cares



Grant  
Available

# Grant Application

HOME

GRANT INFORMATION

GRANT APPLICATION

## Instructions:

1. Complete the application form. In order to be considered, your application form must include all requested attachments. Application must be typed.
2. Provide evidence of your tax exempt status. It is usually done through a copy of the most recent determination letter from the IRS recognizing your tax exempt status under section 501(c)(3) of the Internal Revenue Code.
3. Submit two (2) copies of the application, along with the attachments outlined on page 3 of the application.

APPLICATION DEADLINE: April 30, 2024

## MAIL TWO (2) COPIES TO:

Jasper Community Foundation  
P.O. Box 924  
Newton, Iowa 50208

YOU MAY ALSO E-MAIL YOUR APPLICATION AS A PDF TO [JCFoundation@outlook.com](mailto:JCFoundation@outlook.com)

**[CLICK HERE FOR A COPY OF THE APPLICATION](#)**

# Protecting Iowa's Children

## The Child Protective Services Landscape in Iowa



- Child Protective Services (CPS) cases have increased in volume and complexity in the last several years.
- This means Iowa families and children are experiencing extended child welfare assessments, longer stays in foster care, as well as delayed reunification for families.



- Partnerships that are essential to successful outcomes in CPS cases are suffering.
- Our court communications and reports are delayed, and foster parents are not getting the devoted time and resources they need from our team.



- Time spent with children and families is a measure of success in our system.
- Despite our best efforts and passionate workforce - we are failing to meet the federal benchmark.

## Are children and families better off because HHS is involved?



In response to our two year assessment with CIA, the legislature appropriated funding in 2023 to support the child welfare workforce.

### Completed Initiatives



- Beginning September 28, 2023 all eligible Social Worker II (SWCM), Social Worker III (CPW) and Supervisor staff were offered a one-time \$5,000 retention bonus.
- New staff were offered a one-time recruitment bonus of \$2,500.
- Staff had to agree to stay with HHS CPS for 12 months following payment.



- On December 1, 2023, announced the hire of one Social Worker IV in each service area to help manage complex cases.

### In Process



- Reclassify the Social Worker II (SWCM) pay baseline to be in line with the Social Worker III (CPW) pay baseline.

Our assessment identifies key areas of focus that will transform the Child Welfare system in Iowa and improve outcomes for Iowa's children and families.

### **Focus on Prevention**

- Increase prevention efforts to support families before Child Protective Services gets involved.
- Establish a prevention and support line, as an alternative to intake (hotline) referrals.
- Implement a closed-loop referral system to better send and receive referrals between services and ensure an appropriate resolution.
- Narrow the use of CINA as an entry pathway and enhance the availability of community-based resources for mental health and behavioral services to support post-adoptive supports.

### **Support Relative Kin and Foster Parents**

- Increase financial support to relative kin and foster parents.
- Develop expedited and separate licensing standards for relative or kinship foster family homes.
- Remove barriers to providing the engagement and services needed to move cases to safe closure.

### **Increase System Efficiencies**

- Support consistent process during intake with standardized decision making protocol.
- Elevate complex cases to the correct level of leadership.
- Tailor documentation to families' needs.
- Improve communication with our court and community partners.

### **Eliminate Barriers to Engagement and Services**

- Assure children are receiving the correct level of care for the correct amount of time.
- Allow for supervision flexibility in the Family Centered Services contract, based on risk and need.
- Make services available to families as soon as possible (within a minimum of 5 days), rather than upon completion of a child abuse assessment.
- Consider a pathway for volunteers to support Child Welfare.
- Expand Tribal Agreements beyond Meskwaki to other tribes along the border.
- Increase social worker engagement with children and families who have higher needs.

### **Support Child Welfare Staff**

- Establish a mentoring program with clear goals and outcomes and provide financial stipends for mentors.
- Reduce the supervisor to worker ratio to improve quality of work and turnover rate.
- Continued focus on workforce retention and recruitment.
- Reduce documentation duplications to increase efficiencies.
- Standardize and prioritize training on the new child welfare computer system: VISION

To view the full report, use the QR code or url below and click on the "Child Protective Services Data and Reports" expandable tab.

<https://hhs.iowa.gov/programs/CPS>



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STATE OF IOWA DEPARTMENT OF

**Health**<sub>AND</sub> **Human**  
SERVICES

# Behavioral Health System Alignment

2024



## Why System Alignment

- In the current system:
  - lowans do not know how to access services
  - Health outcomes for lowans are not satisfactory
  - There's a large amount of duplicative administration system-wide
- Through alignment HHS plans to:
  - Ensure lowans have consistent access to health and human services
  - Use funding more effectively to achieve outcomes
  - Consolidate and streamline contracting and administration





# Assessment

- HHS worked with Health Management Associates (HMA) to conduct an assessment.
- HMA's recommendation report includes:
  - An overview of the service delivery areas
  - Proposed funding models for the local HHS systems
  - Identification of Iowa Code and Iowa Administrative Rules impacted by the recommendations.

## 7 Town Halls

**PARTICIPANTS: 764**

**IN-PERSON: 4**  
(232 people)

**VIRTUAL: 3**  
(532 people)

HMA asked

*"What's working?"*

*"What issues should be addressed?"*

## 35 Stakeholder Interviews

**PARTICIPANTS: 167**

- ▶ HHS staff
- ▶ HHS contractors
- ▶ Iowa State Association of Counties (ISAC)
- ▶ Managed Care Organizations (MCOs).

## 3,152 Stakeholder Surveys

**PARTNERS: 860**

**CONSUMERS: 2,292**

### Challenges

Insufficient funding, lack of workforce, training needed in best practices.

### Strengths

Committed local providers, good communication between services and support.

## 7 Director Roundtables

**PARTICIPANTS: 160**

- ▶ Local Service Providers
- ▶ County System Administrators
- ▶ Legislators

# Case for Behavioral Health System Alignment

## SIGNIFICANT NEED

- Nationally, 38.3% of adults aged 18 or older with any mental illness reported unmet need for mental health treatment due to not knowing where to go for services (2021).
- Nationally, 17.9% of individuals 12 or older reported unmet need for substance use treatment due to not knowing where to go for services (2021).
- 13.5% of Iowans reported experiencing frequent mental distress in 2022.

## INCENTIVE FUND

- Currently, the incentive fund includes \$23,955,429 in unspent dollars by the Mental Health and Disability Services (MHDS) regions.
- Areas in need of support include statewide efforts such as 988, Your Life Iowa, and the development of Certified Community Behavioral Health Clinics (CCBHCs).

## ONGOING LITIGATION

- Both the Children's Mental Health lawsuit and the DOJ consent decree target areas of inconsistent support by MHDS regions: crisis services for children and services for individuals with disabilities.

## SYSTEM-WIDE REDUNDANCIES EXIST

- Certified Community Behavioral Health Clinics (CCBHCs) will transform the provider network in Iowa. Review of existing structures in the behavioral health safety net and continued system alignment will be critical.

# Goals for Behavioral Health System Alignment

A well coordinated system with clear access points for Iowans.

Iowans will have access to the same set of behavioral health services across the state no matter where they live.

Reduce system redundancies by linking Federal, State and local governance.

Eliminate administrative red tape and duplicative efforts.

## Current State

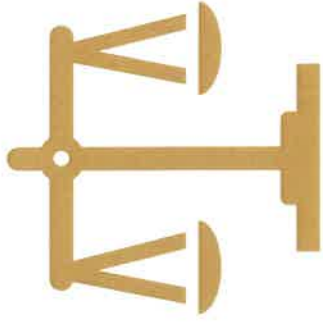
Funding a variety  
of things not linked  
to outcomes.



## Future State

Provider funding  
tied to measurable  
outcomes.

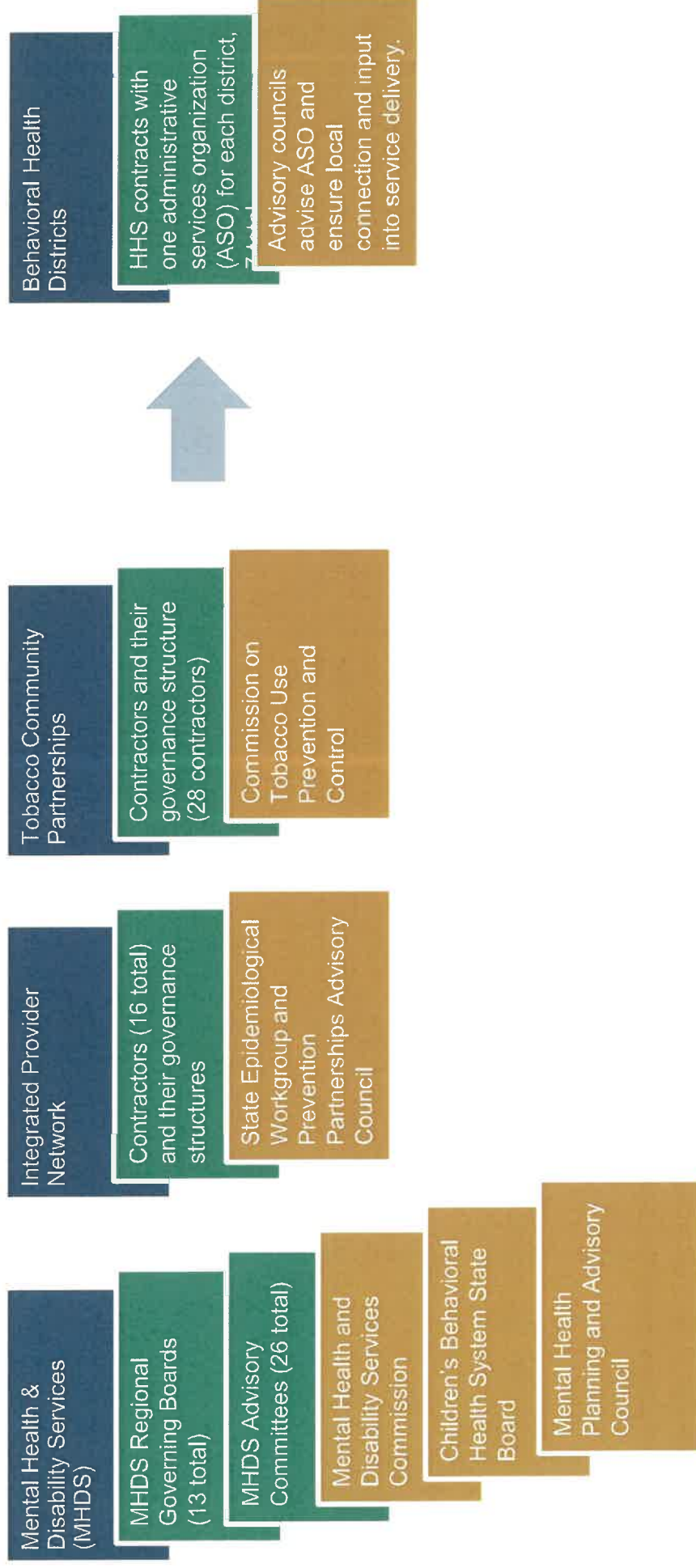
# Next Steps



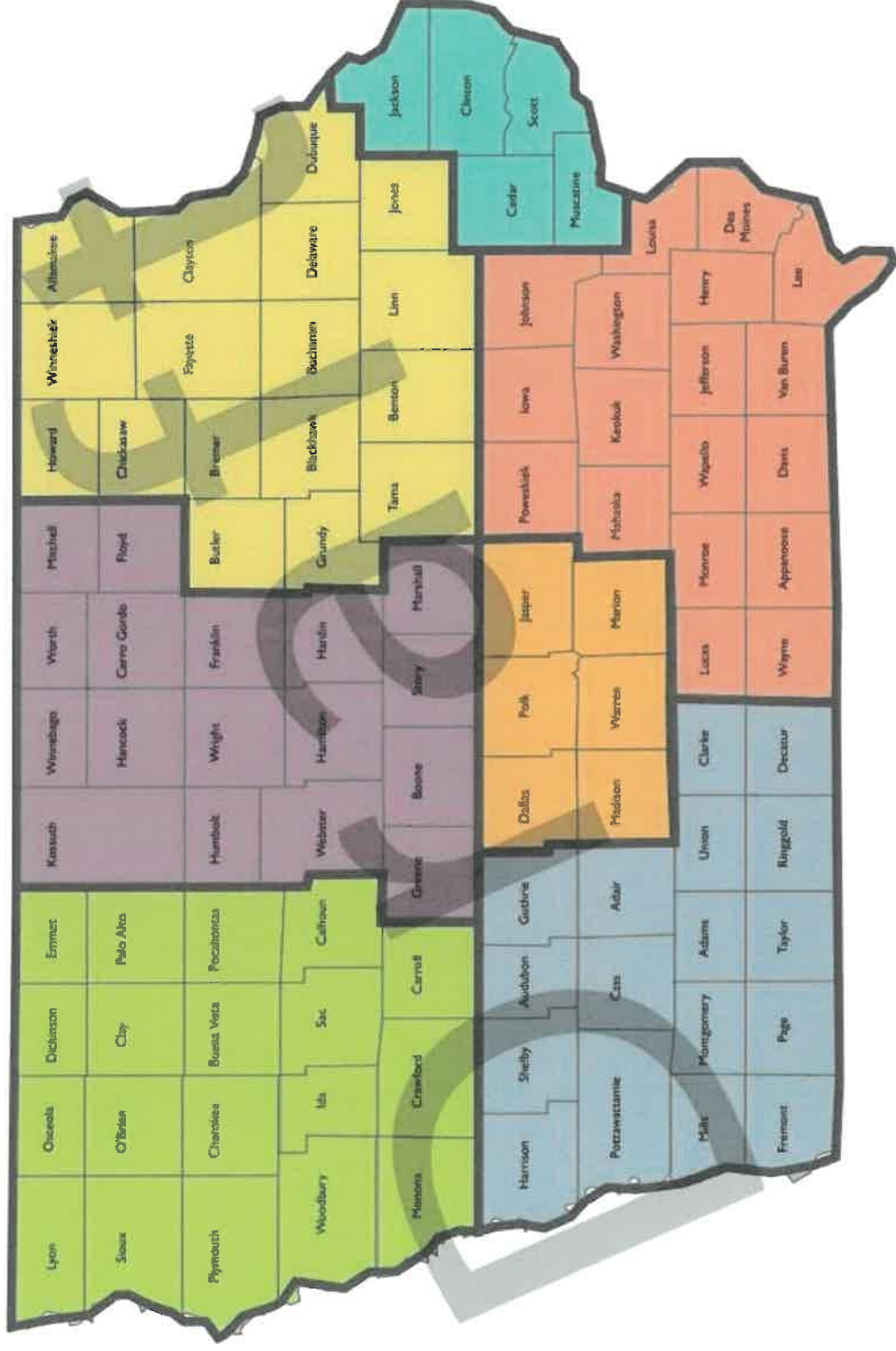
## **Introduce Legislation for a new Behavioral Health Services System:**

- Establish new code chapter for Iowa's Behavioral Health Service System
- Integrate disability services language with Aging to concentrate focus on home and community based long term services and supports
- Establish structure, function, governance and authority for new district Administrative Service Organizations (ASO).

# Current State → Future State



# Behavioral Health Districts



## Jasper County Cares Contact List - updated 3/4/2024

Name	Emails	Organization
Alyssa Wilson	<a href="mailto:awilson@jasperia.org">awilson@jasperia.org</a>	Jasper County Veterans Affairs VA
Amanda Arrasmith	<a href="mailto:aarrasmithkerr@uwmidlands.org">aarrasmithkerr@uwmidlands.org</a>	211 Des Moines - United Way of the Midlands
Amanda Johnson Hoffman	<a href="mailto:ahoffman@baxter.k12.ia.us">ahoffman@baxter.k12.ia.us</a>	Baxter Schools
Amanda McNeeley	<a href="mailto:amcneeley2@wesleylife.org">amcneeley2@wesleylife.org</a>	Park Centre
Amanda Wobken	<a href="mailto:Amanda.Wobken@mercyoneiowa.org">Amanda.Wobken@mercyoneiowa.org</a>	Mercy One Newton Medical Center
Amber Tompkins	<a href="mailto:atompkins@centraliowashelter.org">atompkins@centraliowashelter.org</a>	Central Iowa Shelter
Amy Blanchard	<a href="mailto:amy@greaterpcf.org">amy@greaterpcf.org</a>	Greater Poweshiek Community Foundation
Amy Simmons	<a href="mailto:amsimmons@optimaelifeservices.com">amsimmons@optimaelifeservices.com</a>	Optimae Life Services
Andi Borsch	<a href="mailto:aborsch@dhs.state.ia.us">aborsch@dhs.state.ia.us</a>	Department of Human Services DHS
Andrew Boender	<a href="mailto:andrewboender@gmail.com">andrewboender@gmail.com</a>	New Creations Church
Angela Barnell	<a href="mailto:angela.parcntpartner@gmail.com">angela.parcntpartner@gmail.com</a>	Parent Partners
Angela Adam	<a href="mailto:Angela.adam@cassialife.org">Angela.adam@cassialife.org</a>	Newton Village
Angie Wells	<a href="mailto:angie.wells@progressindustries.org">angie.wells@progressindustries.org</a>	Progress Industries
Ann Breeding	<a href="mailto:stepsofhopewalk@gmail.com">stepsofhopewalk@gmail.com</a>	Steps of Hope
Araceli Roberts	<a href="mailto:araceli.roberts@micaonline.org">araceli.roberts@micaonline.org</a>	Mid Iowa Community Action Agency MICA
Ariel Pendroy	<a href="mailto:ariel.pendroy@progressindustries.org">ariel.pendroy@progressindustries.org</a>	Progress Industries
Austin Gross	<a href="mailto:agross@rosecrance.org">agross@rosecrance.org</a>	Rosecrance- inpatient
Becky Pryor	<a href="mailto:bpryor@jasperia.org">bpryor@jasperia.org</a>	Jasper County Health Dept
Beth Andrew	<a href="mailto:bandrew@quakerdale.org">bandrew@quakerdale.org</a>	Quakerdale Family Services
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**MARCH 23RD**

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**11AM PHOTOS WITH THE EASTER BUNNY**

**1130AM CANDY TOSS**



## PUBLIC SPEAKING SKILLS CLASS FOR 5TH AND 6TH GRADERS

\*CONFIDENCE \* ACADEMIC SUCCESS \* PRACTICE SPEAKING SKILLS \*

### SKILLS COVERED:

1. the power of words
2. Introducing yourself
3. Greeting others
4. Customer service
5. Interview questions
6. Developing a short speech
7. Presenting a short speech
8. Using public speaking skills

When: March 26, April 9, April 23

Time: 6:30—7:30 pm

Instructor: ISU Extension Employee, Sarah Patterson and RSVP Volunteers

Location: ISU Extension Jasper Co

LIMIT: 15 students

**Cost: FREE**

Funded by: Excellence in Extension of the ISU Foundation

**Dates: 3 class session/March 26, April 9, April 23**

**Days: All are Tuesday nights from 6:30-7:30 pm**

**Class limit: first 15 signed up**

**Location: ISU Extension Office of Jasper County**

ISU Extension: 550 N 2nd Ave W, Newton, IA 50208 located in the southeast end of the Newton DMACC Building

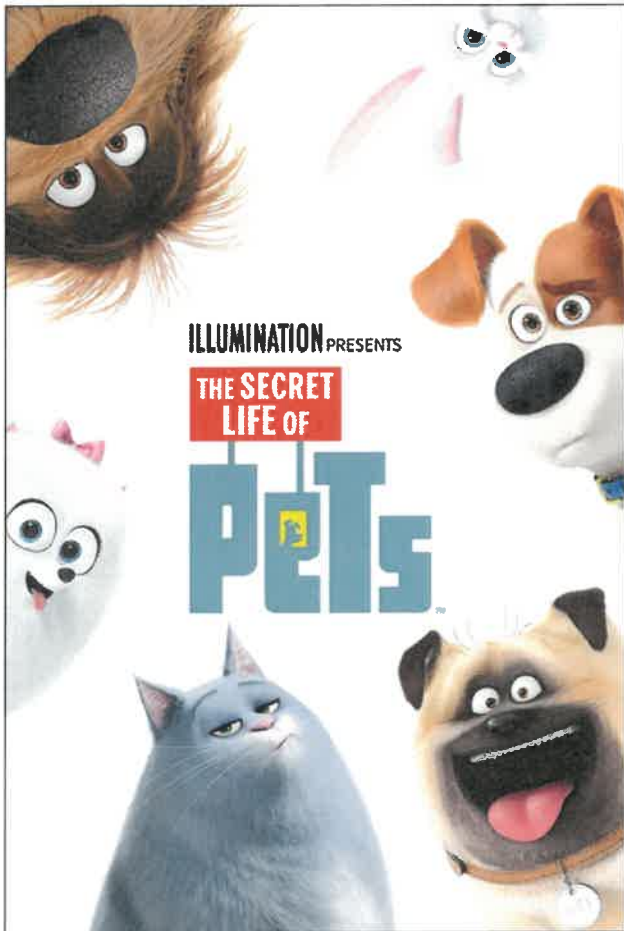
To sign up and/or ask questions, please contact the ISU Extension Office at 641-792-6433. Feel free to email instructor, Sarah Patterson, for more info: [patter@iastate.edu](mailto:patter@iastate.edu)

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to:

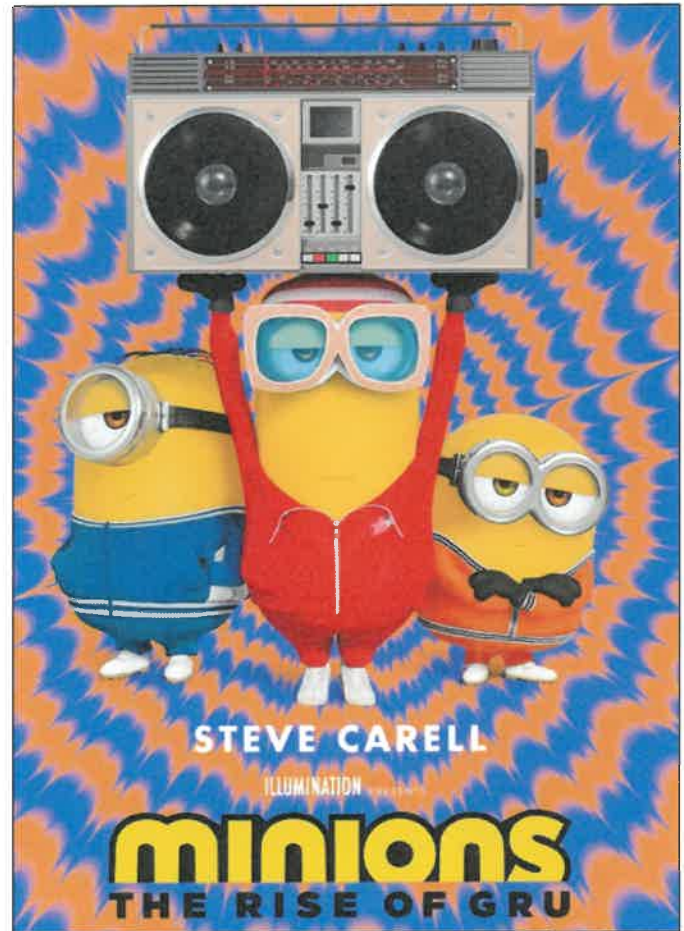
[www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).

# FREE Movies

## FREE Small Pop/Bag of Popcorn



**Fri, March 29th**  
**10:00 am**



**Sat, March 30th**  
**10:00 am**

Free tickets available at Capitol II Theatre.  
Seating first come, first served. Doors Open at 9:15 am.



Jasper County  
Cares Coalition



Residents and staff of **Accura HealthCare of Newton** are excited to host an **Easter Egg Hunt** on **Saturday, March 30 at 11 AM**. Bring your family and friends for an afternoon of fun finding colorful eggs, prizes, and surprises!



The hunt will take place outdoors, weather permitting.



Different age groups will have separate hunting areas for kids ages 0-4, 5-8, and 9-12.



After the hunt, enjoy photos with the Easter Bunny!

YOU'RE INVITED

## *Easter Egg Hunt*

**March 30 | 11 AM**





American Lung Association.  
Fight For Air



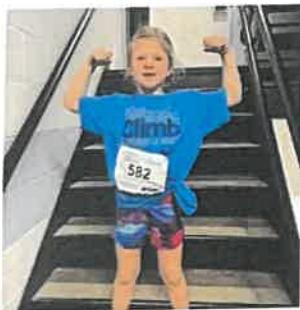
April 7, 2024

Downtown Des Moines  
85 Floors | 1,796 Steps



Join us for the 21<sup>st</sup> Annual Fight For Air Climb, presented by EMC Insurance Companies. Climb the stairwells of four Downtown Des Moines buildings and support people with lung disease who are fighting for every breath.

Register Today at [FightForAirClimb.org/DesMoines](https://FightForAirClimb.org/DesMoines)



SCAN TO REGISTER +  
LEARN MORE

Thank You to Our Sponsors

Presenting Sponsor



Event Sponsors



Building Partners



# Postpartum Support Group

You and your baby are invited to a free postpartum support group focused on caregivers and their infant(s), newborn to one year of age.

Connect with health care and lactation experts, as well as fellow moms and caregivers for guidance and resources including newborn care, postpartum recovery, immunizations and tips for successful breast or bottle feeding. Baby weight checks are available at each session.

5 - 6:30 p.m. | Tomasek Conference Room  
Grinnell Regional Medical Center | 210 4th Ave.  
2nd & 4th Mondays of the Month

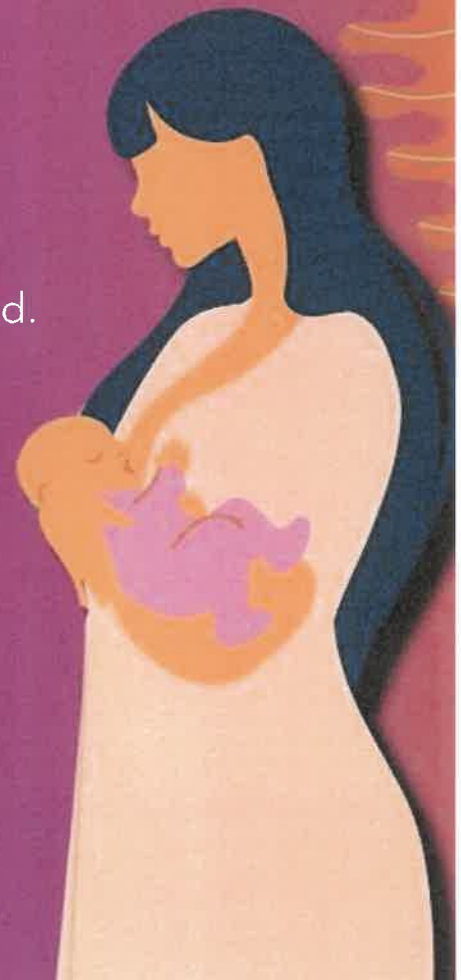
Enjoy refreshments, fellowship and peer and professional support in a casual, come-and-go atmosphere. No registration required; no cost to attend.

*\*You do not have to be a UnityPoint Health patient to attend.*

*“ You are exactly who your baby needs. Learn every day.  
Love every day.”*



UnityPoint Health  
Grinnell



NAMI Central Iowa is pleased to announce a NAMI Connection Support Group meets twice month on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays at Connections (Capstone Behavioral Health Care) at 1:00pm. The address is 306 North 3rd Avenue East in Newton. Zoom option is also available!

### What is the NAMI Connection Recovery Support Group?

- NAMI Connection is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there. By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.
- Designed to connect, encourage, and support participants using a structured support group model
- **We work for a better future in a realistic way! There is hope and you are not alone!**



### Participant Perspectives

"I believe NAMI Connection means hope."

"NAMI Connection is the promise of what is and what can be in our lives."

**Contact us to register for this support group, or other support groups or classes in your region.**

**Erik Gustafson, Senior Program Director**  
**515-292-9400**

**[egustafson@namicentraliowa.org](mailto:egustafson@namicentraliowa.org)**

NAMI Central Iowa was founded with a simple goal: to inspire better lives for Central Iowans affected by mental illness. We are hard at work to achieve this goal through support programs, educational outreach, and advocacy on local, state, and national. We support people with mental illnesses, their families, and their friends. **We support people with mental illnesses, their families, and their friends.** NAMI CI support programs provide individuals and those by their sides the tools and resources to cope with mental illness. Through meetings, support groups, courses and referrals, we are available to help Central Iowans, whatever their situation or need. **We educate communities about mental health issues.** A stigma surrounds mental illnesses, and we have set out to replace what people perceive about mental illness with the facts and real unique experiences of those who live and cope with mental illness. And we're doing this through educational programs. From informative public meetings to displays and communication pieces, to partnership with local leaders, NAMI CI educates members of communities about mental health issues so they can better understand, empathize, and support those with mental illnesses.

# MAR 2024: SUPPORT GROUPS AND CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b>	<b>02</b>
	<p>IP = In Person WC = Wellness Center in Ames</p>	<p>P2P = Peer to Peer class F2F = Family to Family class</p>	<p>FSG = Family Support Group</p>			<p>Connection 5:15pm (Zoom) Angela S / Jillissa H</p>
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>
	<p>Connection 5:15pm Zoom Angela S / OPEN</p> <p>Connection 12:30 pm The Rose Center Boone Erik G / Nicki R</p> <p>P2P Together We Can 6pm in Marshalltown/Zoom</p>	<p>Connection 2pm St. Paul in Ames Lindsay R / Anastasia T</p>		<p>Connection @WC 2pm (IP) Joleen D / Shelly T</p> <p>Connection 6pm (Zoom) Mike W / Angela S</p> <p>Connections Marshalltown Together We Can 2pm Deb / Becky</p>	<p>Connection @Connections in Newton 1pm RJ / Jared or Chrystle</p>	<p>Connection 5:15pm (Zoom) Angela S / Jillissa H</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<p>Connection 5:15pm Zoom Angela S / Lindsay R</p> <p>P2P At Together We Can 6pm in Marshalltown/Zoom</p>			<p>Connection @WC 2pm (IP) Joleen D / Shelly T</p> <p>FSG 6:30pm WC (also Zoom) Erik G / Angela A</p>		<p>Connection 5:15pm (Zoom) Angela S / Jillissa H</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<p>Connection 5:15pm Zoom Angela S / Mike W</p> <p>Connection 12:30 pm The Rose Center Boone Erik G / Nicki R</p> <p>P2P At Together We Can 6pm in Marshalltown/Zoom</p>	<p>Connection 2pm St. Paul in Ames Lindsay R / Anastasia T</p> <p>FSG Fort Dodge Public Library 2pm Erik / Angela A</p> <p>FSG The Roundhouse Webster City 4:30pm Erik / Angela A</p>	<p>Marshalltown Library Connection 12:30pm (IP) Angela S / Jillissa H</p>	<p>Connection @WC 2pm (IP) Joleen D / Shelly T</p> <p>Connection 6pm (Zoom) Mike W / Angela S</p> <p>Connections Marshalltown Together We Can 2pm Deb / Becky</p> <p>FSG 6pm Robert W Barlow library Iowa Falls Erik G / Angela A</p>	<p>Connection @Connections in Newton 1pm RJ / Jared or Chrystle</p>	<p>Connection 5:15pm (Zoom) Angela S / Jillissa H</p>
<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<p>Connection 5:15pm Zoom Angela S / Lindsay R</p> <p>P2P At Together We Can 6pm in Marshalltown/Zoom</p>	<p>FSG Eagle Grove Memorial Library in Eagle Grove at 4pm Erik / Angela A</p>	<p>FSG La Luz Centro Cultural Hampton 5:30pm Erik G and Angela A</p>	<p>FSG 6:30pm WC (also Zoom) Erik G / Angela A</p>		<p>Connection 5:15pm (Zoom) Angela S / Jillissa H</p>

Sign up today at 515-292-9400 or [egustafson@namicentrاليowa.org](mailto:egustafson@namicentrاليowa.org)

Wellness Center hours Monday – Tuesday - Thursday 10 am – 4 pm. 424-5<sup>th</sup> street in Ames

**SAVE THE DATE**

# Free Car Seat Event

Saturday, May 4, 2024

9:00am-11:00am

Pregnancy Center, 709 1st Ave W.  
Newton

**CPS Techs will check for:**

- \*Correct seat for your child
- \*Correct strap placement
- \*Correct installation
- \*Recalls
- \*Expirations
- \*Best practice for safety



Free car seats may be available for families in need

For more information call Melissa at 641-787-9224



# VOICES OF INSPIRATIO

9

THURSDAY, MAY 9, 2024 AT 6 PM – 8 PM

## Voices of Inspiration presents Olympian Ben Peterson

DMACC Newton

About

Discussion

Interested

Goir

### Details

22 people responded

Event by United Way of Jasper County

DMACC Newton

Duration: 2 hr

Public · Anyone on or off Facebook



# SAVE THE DATE



## 34th Annual Iowa Breastfeeding Conference

Wednesday, May 15th &  
Thursday, May 16th, 2024

FFA Enrichment Center  
DMACC Ankeny Campus  
1055 SW Prairie Trail Pkwy  
Ankeny, IA 50023

### Featured National Speakers:



**Catherine Watson Genna, BS, IBCLC** has been an IBCLC in private practice in NYC since 1992. She has a special interest in the anatomical, genetic and neurological influences on infant sucking skills, and writes and speaks internationally on these topics. Her current research projects involve investigating the biomechanics of the lactating nipple; analyzing infant sucking via ultrasound and studying suck:swallow rhythms using cervical auscultation. She is the author of *Supporting Sucking Skills in Breastfeeding Infants* (Jones and Bartlett Learning, 2008, 2013, 2017, 2023) and *Selecting and Using Breastfeeding Tools* (Hale Publishing, 2009; Praeclarus Press, 2016) and served as the founding Associate Editor of the *USLCA Journal Clinical Lactation*.



**Liz Brooks, JD, IBCLC, FILCA** is a private practice International Board Certified Lactation Consultant (IBCLC) and licensed lawyer. She works bedside at two BFHI-designated hospitals, and in parents' homes. Lactation helpers (like IBCLCs) struggle with ethical, legal, and moral concerns in their everyday work settings. With plain language and humor, Liz shares tips for immediate use, to protect both the family and the clinician. She authored the only textbook on legal and ethical issues for the IBCLC, and writes extensively for other textbooks, blogs, and peer-reviewed journals. Liz is a popular international conference speaker, using wit and wisdom to share pragmatic suggestions for anyone who supports lactating and human milk-using families. Liz self-identifies as a cisgender hetero white woman with unearned privilege, uses she/her/hers pronouns, and advocates for inclusive care and language.



Register online  
by scanning  
the QR code.

For questions, please contact Talia Greve at  
(515) 241-3537 or [talia.greve@unitypoint.org](mailto:talia.greve@unitypoint.org).



Health and Human Services