

## Goal 1. Individuals access mental health and addiction resources

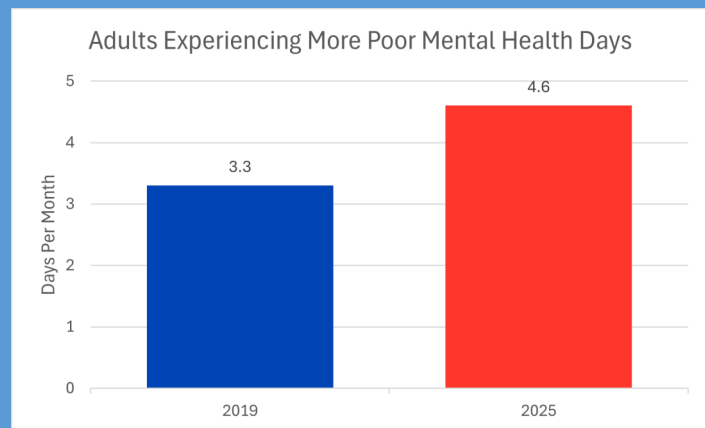
### United Way of Siouxland Priorities:

- Improve access to affordable treatment and recovery resources through expanded hours and/or delivery methods, thereby increasing participation.
- Increase access and participation in prevention programming.

## SIouxLAND DATA SNAPSHOT

- Adults in Siouxland are experiencing more poor mental health days, despite an increase in mental health providers. (See Graph)
- Excessive drinking is rising in Siouxland. Rates now reach 25% in Woodbury County (+6% since 2020), 25% in Union County (+5%), and 17% in Dakota County (+1%)

*Sources: Source for Siouxland*



## United Way FUNDED PROGRAMS

### Behavioral Health Services Program

#### Catholic Charities of Iowa

Expand mental health services by adding a youth therapist, case manager, and more psychiatric care. Implement substance use treatment, prevention, and early intervention, and offer Spanish-language support groups and parenting classes.

### Peer Support Program

#### Heartland Counseling

Comprehensive wraparound services addressing mental health and substance abuse.

### Resource Center Program

#### Crittenton Center

Supports families based on individual needs, helping them access mental health and addiction resources, build parenting skills, and improve health, safety, and wellbeing.

### Serving All That Enter Program

#### Siouxland Mental Health

Expands psychiatric and therapy services in Dakota County, NE, focusing on medication management, walk-in crisis services, urgent care, substance abuse screenings, and suicide prevention.

# Goal 2. Adult learners become more employable and independent in the community

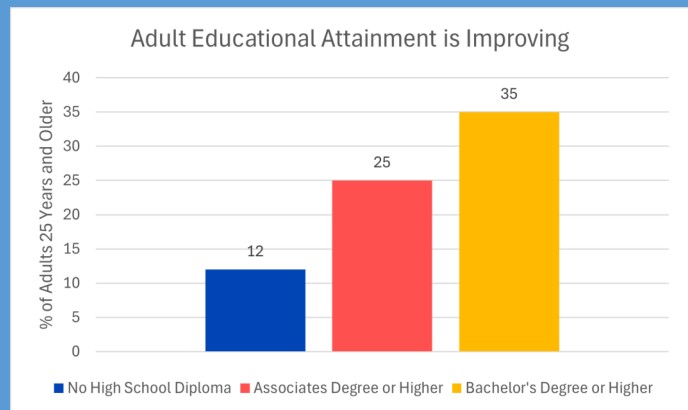
## United Way of Siouxland Priorities:

- Increase adult literacy instruction and participation.
- Increase household income through career development opportunities and job training.

## SIouxLAND DATA SNAPSHOT

- Educational attainment is improving, but gaps remain. (See Graph)
- Poverty remains a challenge despite low employment. Nearly 13% of residents in Woodbury and Dakota Counties—and 16-20% of children—live below the poverty line (under \$33,000 for a family of four).

Sources: Source for Siouxland



## United Way FUNDED PROGRAMS

### Financial Literacy & Empowerment Program Center for Siouxland

Provide financial counseling and education on budgeting, debt reduction, credit scores, money management, avoiding predatory lending, and resolving identity theft.

### Resettlement Workforce Development & Education Program

#### Lutheran Services of Iowa

Provides workforce development and education for refugees in Siouxland, enhancing employability and family independence through case management, career services, cultural orientation, job-readiness training, and English Language Learner education.

# Goal 3. Individuals engage in behaviors that improve their health or safety

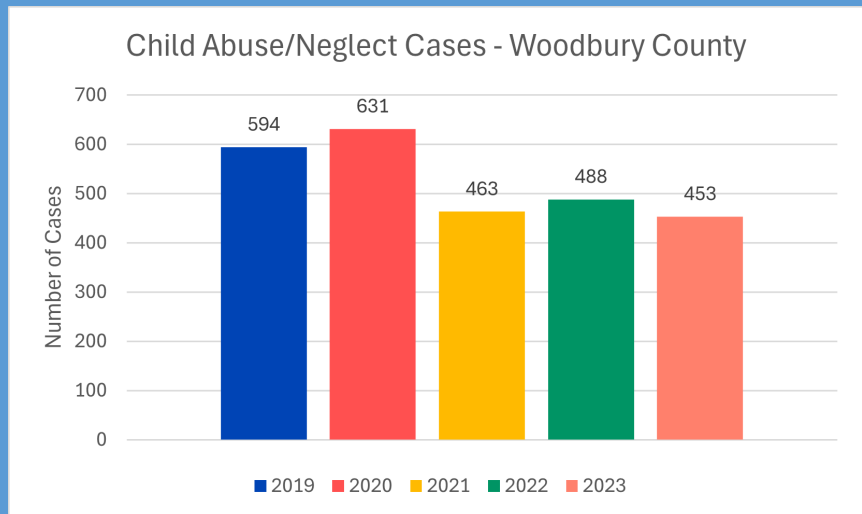
## United Way of Siouxland Priorities:

- Promote healthy habits for adults and children to reduce obesity.
- Increase access to violence and trauma treatment and support services.

## SIouxLAND DATA SNAPSHOT

- Child abuse and neglect cases are declining. (See Graph)
- Adult obesity remains high. Rates are 46% in Dakota County (up 6%), 39% in Woodbury County, and 33% in Union County (down 5%). Dakota County has remained above 40% since 2022.

Sources: Source for Siouxland



## United Way FUNDED PROGRAMS

### Supervised Apartment Living Program

#### Crittenton Center

A 12-bed independent living, foster care program for teens and young adults ages 16 1/2 to 21.

### Transitional Therapeutic Home Program

#### Crittenton Center

Provides comprehensive and holistic service programs to homeless children in the care of the Crittenton Center.

### Client Services Program

#### Haven House

Offers violence and trauma treatment, mental health, and support services. Addresses abuse and safety, improves household behavior, leading to better learning opportunities and increased school attendance.

### Legal Assistance Program

#### Iowa Legal Aid

Provides essential legal services for survivors of domestic violence in Woodbury County who cannot afford to hire an attorney.

# United Way FUNDED PROGRAMS (Goal 3 cont.)

## Siouxland Child Advocacy Center Program

### UnityPoint Health–St. Luke’s Foundation

Champions the needs of abused children through prevention, intervention, therapy, advocacy, and collaboration during their journey toward healing and justice.

## Wellness Program

### Norm Waitt Sr. YMCA

Offers facility access, group exercise, wellness coaching, and monthly challenges. Empowers participants to make positive changes through education, support, and specialized fitness sessions.

## Safety for all Residents Program

### SafePlace

Provides secure shelter, advocacy, and counseling for those facing partner violence, including one-on-one support, basic needs, safety planning, relocation, and legal advocacy.

## Goal 4. Families access quality childcare and early learning opportunities

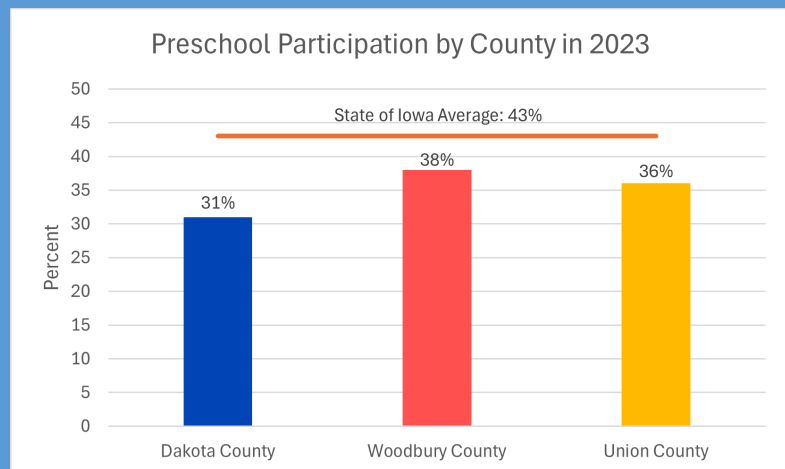
### United Way of Siouxland Priorities:

- Children are assessed ready for kindergarten.
- Increase safe, affordable, quality childcare slots. (Priority given to infant care and extended hours).

## SIUXLAND DATA SNAPSHOT

- Preschool participation trails state averages in all tri-state counties. (See Graph)
- Many children enter kindergarten behind. In 2024, 33% were lacking early literacy skills and 25% were lacking early math skills.

Sources: Source for Siouxland



# United Way FUNDED PROGRAMS (Goal 4)

## Sleep Away Program

### Camp High Hopes

Offers adults and children of all abilities tailored physical activities and healthy meals, aiming to promote healthy behaviors and reduce obesity.

## Childcare Program

### Crittenton Center

Increases the number of safe, affordable, quality childcare slots, including infant care and extended hours.

## Childcare Program

### Lutheran Services of Iowa

Helps English Language Learner childcare providers, particularly refugee/immigrant women, gain financial stability and increase culturally appropriate childcare spots by registering them with the Iowa Department of Human Services.

## Childcare and Preschool Program

### Mary Elizabeth Childcare

Offers extended hours (6 am to 6 pm) and full-time, active learning care during summer, aiming to provide safe, high-quality daycare and preschool services while removing barriers for families.

## Preschool, Infant and Toddler, Extended Care Programs

### Norm Waitt Sr. YMCA

Enhanced access to safe, affordable, high-quality care and education – Infant Toddler: Quality care and early learning for ages 6 weeks to 3 years; Preschool: Prepares children for kindergarten with age-appropriate activities; Extended Care: Provides structured care outside traditional hours for families; STEAM: Engages school-age children in science, technology, engineering, arts, and math.

## Dolly Parton's Imagination Library

### United Way of Siouxland

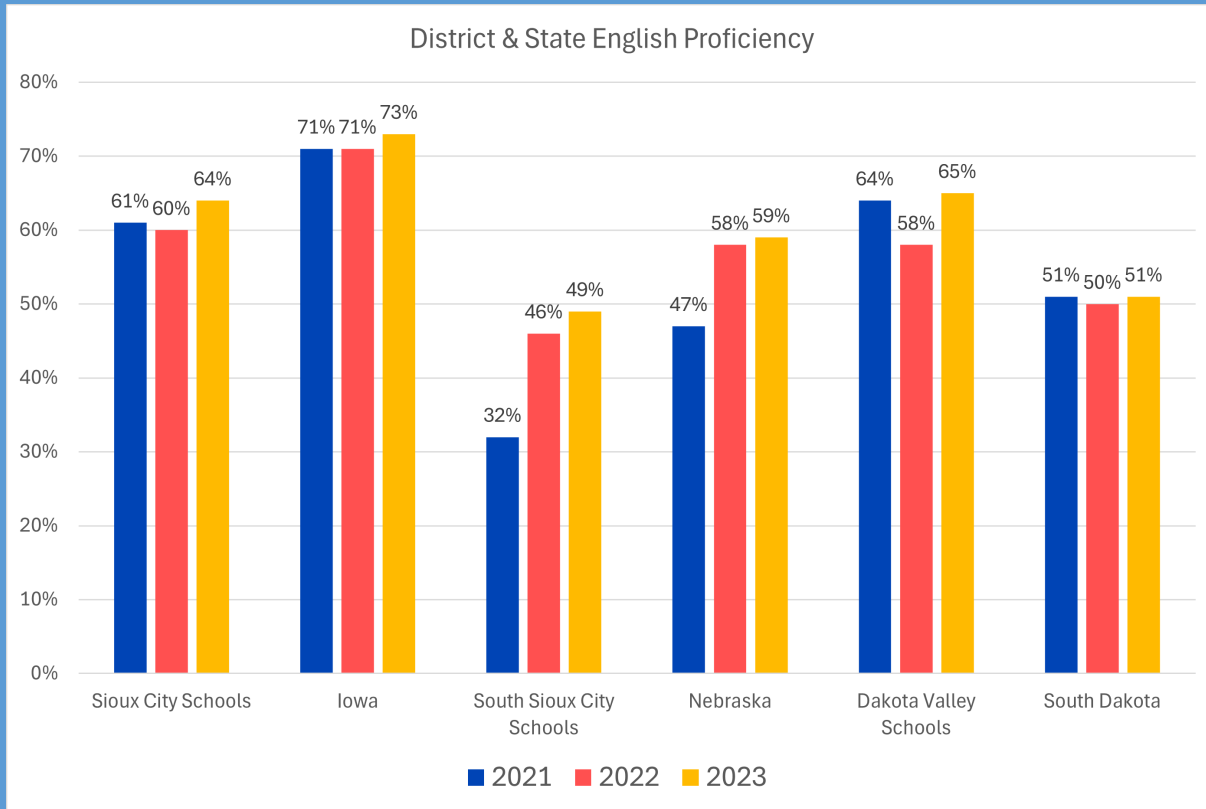
Improves early literacy and Kindergarten readiness and inspires a love of reading by providing books to children from birth to age five.

## 5. Youth demonstrate grade-appropriate school readiness academically, socially, and emotionally

### United Way of Siouxland Priorities:

- Help students maintain or improve grade level reading and math skills.
- Decrease barriers for children to participate in before and after school activities.
- Increase school attendance rates.

# SIouxLAND DATA SNAPSHOT (Goal 5)



- Academic progress is improving, but still lags state averages. (See Graph)
- Juvenile violent crime is increasing. Detention rates rose 20% from 2018-2022 with 299 violent charges in 2023—a 38% increase from the prior year.

Sources: Source for Siouxland

## United Way FUNDED PROGRAMS

### Mentoring Youth Program

#### Big Brothers Big Sisters of Siouxland

Supports at-risk children through personalized mentoring by offering academic help, social connections, and emotional guidance to build resilience and promote overall well-being.

### Summer and After School Programs

#### Boys and Girls Clubs of Siouxland

Provides affordable summer and after-school activities for children ages 6-18, focusing on healthy lifestyles, character building, academic success, and workforce readiness.

### Mental Health Outreach Program

#### Sanford Community Center

Helps children and families address issues to support school success, including crisis management, mental health referrals, law enforcement coordination, and resource connections.

### After School and Summer Programs

#### Girls Inc.

Fosters resilience and confidence through mentoring in a supportive environment, skill-building opportunities, and tutoring to address learning loss and boost academic success.

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