

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

- **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.**
- **Behavioral Health Services Program / Catholic Charities of Iowa**  
(712) 252-4547 / [www.cathchar.com](http://www.cathchar.com)  
Expanding mental health services by adding a youth therapist to the children's wing, and more psychiatric care time. Implement substance use disorder treatment, prevention, and early intervention services, and offer Spanish-language support groups, including parenting classes.
- **Peer Support Program / Heartland Counseling**  
(402) 494-3337 / [www.heartlandcounselingservices.org](http://www.heartlandcounselingservices.org)  
Program offers comprehensive wraparound services addressing mental health and substance abuse.
- **Resource Center Program / Crittenton Center**  
(712) 255-4321 / <https://crittentoncenter.org>  
Program assists families based on individual needs, regardless of income, or other factors, helping them access mental health and addiction resources, develop parenting skills, and improve their family's health, safety, and wellbeing.
- **Serving All That Enter Program / Siouxland Mental Health**  
(712) 252-3871 / [www.siuoxlandmentalhealth.com](http://www.siuoxlandmentalhealth.com)  
Expands into more psychiatric and therapy services located in Dakota County, NE. Expansion will focus on medication management, walk-in crisis services and urgent care for psychiatric care, therapy, substance abuse screenings, and suicide prevention.

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

- **Increase adult literacy instruction and participation.**
- **Increase household income through career development opportunities and job training.**
- **Financial Literacy and Empowerment Program / Center for Siouxland**  
(712) 252-1861 x 102 / [www.centerforsiuoxland.org](http://www.centerforsiuoxland.org)  
Offer financial counseling and education to promote stability and independence, covering budgeting, money management, debt reduction, credit scores, avoiding predatory lending, and resolving identity theft.
- **Resettlement Workforce Development and Education Program / Lutheran Services of Iowa**  
(712) 255-2505 / [www.LSiowa.com](http://www.LSiowa.com)  
Provides workforce development and education for recently arrived refugees in Siouxland, enhancing employability and family independence through case management, career services, cultural orientation, job-readiness training, and English Language Learners education.

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

- **Promote healthy habits for adults and children to reduce obesity.**
- **Increase access to violence and trauma treatment and support services.**
- **Supervised Apartment Living Program / Crittenton Center**  
(712) 255-4321 / <https://crittentoncenter.org>  
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**  
(712) 255-4321 / <https://crittentoncenter.org>  
Program provides comprehensive and holistic service programs to homeless children in the care of the Crittenton Center.
- **Client Services Program / Haven House**  
(402) 494-7592 / <https://havenhousefsc.com>  
Program offers violence and trauma treatment, mental health, and support services. Addressing abuse and safety improves household behavior, leading to better learning opportunities and increased school attendance.

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- **Legal Assistance Program / Iowa Legal Aid**  
(800) 532-1275 / [www.iowalegalaid.com](http://www.iowalegalaid.com)  
Program provides essential legal services for survivors of domestic violence in Woodbury County who cannot afford to hire an attorney.
- **Siouxland Child Advocacy Center Program / MercyOne Siouxland Foundation**  
(712) 279-2204 / [www.mercyone.org](http://www.mercyone.org)  
Program champions the needs of Siouxland's abused children through prevention, intervention, therapy, advocacy, and collaboration during their journey toward healing and justice.
- **Wellness Program / Norm Waitt Sr. YMCA**  
(402) 494-8439 / [www.nwsymca.org/](http://www.nwsymca.org/)  
Program offers facility access, group exercise, wellness coaching, and monthly challenges, empowering participants to make positive changes through education, support, and specialized fitness sessions.
- **Safety for all Residents Program / SafePlace**  
(712) 277-0131 x1606 / [www.safeplacesiouxland.org](http://www.safeplacesiouxland.org)  
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.**

- **Children are assessed ready for kindergarten.**
- **Increase safe, affordable, quality childcare slots. (Priority given to infant care and extended hours)**
- **Sleep Away Program / Camp High Hopes**  
(712) 224-2267 / [www.camphighhopes.com](http://www.camphighhopes.com)  
Offers tailored physical activities and healthy meals to adults and children, aiming to promote healthy behaviors and reduce obesity.
- **Child Care Program / Crittenton Center**  
(712) 255-4321 / <https://crittentoncenter.org>  
Increases the number of safe, affordable, quality childcare slots, including: infant care, and extended hours.
- **Childcare Program / Lutheran Services of Iowa**  
(712) 255-2505 / [www.LSIowa.org](http://www.LSIowa.org)  
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**  
(712) 258-1605 / [www.maryelizabethchildcareandpreschool.com](http://www.maryelizabethchildcareandpreschool.com)  
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**  
(402) 494-8439 / [www.nwsymca.org](http://www.nwsymca.org)  
Offers programs that enhance 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.
- **Imagination Library**  
(712) 255-3551 / [www.unitedwaysiouxland.com](http://www.unitedwaysiouxland.com)  
Improves early Literacy and Kindergarten readiness and inspires a love of reading by providing books to children from birth to age five.

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

- **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.**
- **Mentoring Youth Program / Big Brothers Big Sisters of Siouxland**  
**(712) 239-9890 x111 / [www.bigbrothersbigsissters.com](http://www.bigbrothersbigsissters.com)**  
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**  
**(712) 258-5545 / [www.bgcsiouxland.com](http://www.bgcsiouxland.com)**  
Provides affordable summer and after-school activities for children ages 6-18, focusing on healthy lifestyles, character building, academic success, and workforce readiness.
- **After School and Summer Programs / Girls Inc.**  
**(712) 252-1088 / [www.girlsincofsiouxcity.org](http://www.girlsincofsiouxcity.org)**  
Fosters resilience, confidence, and problem-solving skills through: Mentoring in a supportive, pro-girl environment for mental health and social connections; Opportunities for skill practice, self-expression, and relationship-building within a role-model community; Tutoring and academic enrichment to address learning loss and enhance academic success and confidence.
- **Mental Health Outreach Program / Sanford Community Center**  
**(712) 252-0581 / [www.sanfordcenter.org](http://www.sanfordcenter.org)**  
Helps children and families address issues to ensure school success, including managing crises, connecting with mental health therapists, resolving law enforcement issues, and linking to resources.