

ADMISSION CRITERIA

Primary Residential

To be admitted to Heart of Iowa's residential program a woman must be an Iowa resident and either be pregnant or have children that will accompany her into treatment. An ASAM assessment recommending Level III.5 Primary Residential and a pre-authorization by Magellan (MBC) is also required. A candidate for residential treatment must have a substantial substance abuse problem that has significantly affected other areas of her life to a point where a structured living environment is needed. An acceptable client must also exhibit a willingness to participate in the treatment planning process and work toward established goals to change her life. Priority will be given to pregnant women and IV drug users whose substance use has impaired their health and those who may injure themselves or others as a result of their actions or neglect.

Halfway House

To enter Heart of Iowa's Halfway House program, a woman must either be pregnant or have children living with her, successfully completed a primary residential substance abuse treatment program, and not have used alcohol or drugs for at least 30 days.

Outpatient Treatment

Women may participate in Heart of Iowa's gender-specific outpatient program if they have received a substance abuse evaluation that recommends outpatient services.

AFTERCARE

Follow-up counseling and continued support is provided to clients upon completion of all the Heart of Iowa treatment programs. On-site individual and group counseling is available.

REFERRALS

Direct client referrals to Heart of Iowa's Intake Coordinator/Case Manager at (319) 862-1050.

FINANCIAL SUPPORT

ASAC programs are designed to meet the needs of individuals and families for whom the high cost of treatment is a concern. Our fees are established on a sliding scale based on family size and income. No one is turned away due to their inability to pay. We work with insurance companies regarding service coverage and accept Medicaid funding.



The Area Substance Abuse Council
is a United Way Funded Agency

A special program of the
Area Substance Abuse Council



4050 Bowling Street S.W.
Cedar Rapids, IA 52404
TEL (319) 862-1050
FAX (319) 862-1052
www.asac.us

The Heart of Iowa Mother and Child Recovery Center is one of the Area Substance Abuse Council's substance abuse treatment programs for pregnant women and women with children. Established in 1993, Heart of Iowa provides the following treatment services.

RESIDENTIAL TREATMENT

Families entering this program are housed in individual apartments on the Heart of Iowa campus. This arrangement allows the family to live in a less institutional environment while still receiving the support and reinforcement needed for them to remain free of drugs and alcohol. Length of treatment averages 60 - 90 days but varies with each individual, depending on need.

HALFWAY HOUSE

ASAC's Heart of Iowa Halfway House program allows recovering women and their children time to stabilize their lives, seek housing, and transition back into the community. Clients must either work or attend school and receive at least 5 hours of substance abuse treatment per week.

OUTPATIENT TREATMENT

Heart of Iowa provides gender specific outpatient treatment for women. The program includes individual, group and family counseling.



SPECIAL SUPPORT SERVICES

Children's Services

Heart of Iowa has on-site child care for newborns, toddlers and pre-schoolers while the moms attend treatment. The older children also receive after-school



and summer programming. Early childhood educational assessments and mental health services are also held on campus.

Education

Literacy programming, tutoring and assistance with GED completion are provided to clients wishing to continue their education.

Mental Health Services

Clients receive mental health screenings, assessments and counseling as needed. Family, domestic violence, and sexual abuse counseling are also available.



Independent Living Skills

Heart of Iowa residential and halfway house clients receive educational group sessions on topics such as budgeting, meal planning, nutrition, parenting, and leisure time activities.

Vocational Assistance

Referrals are made to community agencies for career planning and job seeking.

Medical Care

Initial medical screenings are given to the clients and their children upon entering Heart of Iowa's residential and halfway house programs. St. Luke's Family Health provides a monthly on-site clinic for OB checks, gynecological exams, and care. Local clinics and hospitals provide any additional medical needs as required.



Housing

The Heart of Iowa campus includes 36 apartments. Families live in supervised two and three bedroom fully furnished apartments. Pregnant women may share an apartment. There are free laundry facilities located next to the three 12-unit apartment buildings.

Transportation

During their initial stage of their stay, clients are transported to their outside appointments. As they progress through treatment, clients begin to use the city's mass transportation system. A bus stop is located just outside the Heart of Iowa facility. School buses transport children to and from schools within the College Community School District.