



BOONE

FRANKLIN

GREENE

HAMILTON

HARDIN

JASPER

MADISON

MARSHALL

POWESHIEK

STORY

WARREN



CICS supports individuals and strengthens communities by serving the unique needs of individuals with mental health and intellectual and other developmental disabilities in the following 11 Iowa counties.

Contact a Service Coordinator in your local CICS county office listed below, Monday–Friday, 8:00 a.m.–4:30 p.m.

**BOONE COUNTY**

900 W. 3rd St.  
Boone, Iowa 50036  
**(515) 433-4883**

**MADISON COUNTY**

209 E. Madison St.  
Winterset, Iowa 50273  
**(515) 462-2931, ext. 227**

**FRANKLIN COUNTY**

123 1st Ave. SW  
Hampton, Iowa 50441  
**(641) 456-2128**

**MARSHALL COUNTY**

101 E. Main St.  
Marshalltown, Iowa 50158  
**(641) 754-6390**

**GREENE COUNTY**

114 N. Chestnut St.  
Jefferson, Iowa 50129  
**(515) 386-5686**

**POWESHIEK COUNTY**

200 4th Ave. W  
Grinnell, Iowa 50112  
**(641) 236-9199**

**HAMILTON COUNTY**

500 Fairmeadow Dr.  
Webster City, Iowa 50595  
**(515) 832-9550**

**STORY COUNTY**

126 S. Kellogg Ave. Ste. 001  
Ames, Iowa 50010  
**(515) 663-2930**

**HARDIN COUNTY**

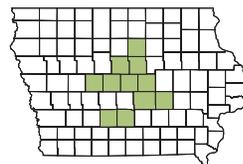
1201 14th Ave.  
Eldora, Iowa 50627  
**(641) 939-8167**

**WARREN COUNTY**

1007 S. Jefferson Way  
Indianola, Iowa 50125  
**(515) 961-1068**

**JASPER COUNTY**

115 N. 2nd Ave. E  
Newton, Iowa 50208  
**(641) 791-2304, ext. 2**



[WWW.CICSMHDS.ORG](http://WWW.CICSMHDS.ORG)

An 11–county region that works to develop support for people with **mental health concerns** or **developmental disabilities**.



Supporting Individuals.  
Strengthening Communities.



**CICS**

Supporting Individuals. Strengthening Communities.

*Each county has a service coordinator that will help you find and apply for programs and services to reach your goals. CICS may also be able to pay for services.*

## SERVICES AVAILABLE AT NO COST

**Service Coordination** – Meetings with a social worker who will help you find and apply for programs and services to reach your goals.

**Community Drop-In Centers** – A place to gather with others to relax, learn, socialize, or participate in activities.

**Mobile Crisis Response** – Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring – in an individual's home, the community, or other locations where an individual lives, works, attends school, or socializes. To access, call the Central Iowa Crisis line 24/7.

**Crisis Psychiatry** – Appointments reserved by CICS for people experiencing a crisis with their psychiatric medication.

**Crisis Therapy** – Appointments reserved by CICS for people experiencing a crisis that they would like to speak to a therapist about.

**Crisis Stabilization** – A place to stay during a mental health crisis. Private rooms are provided, as well as therapy, medication evaluation and help making a plan for when you are ready to leave.

**Psychiatry While In Jail** – Psychiatry appointments are available to those in jail within the CICS region.

**Crisis Line** – Support on the telephone, anytime day or night, for people looking for help with their emotions or mental health.

**Warm Line** – A phone line staffed by peer counselors, who provide support to an individual who is experiencing a personal crisis.

## SERVICES THAT MAY HAVE A FEE

### Outpatient Services

**Non-Crisis Psychiatry** – Service coordinators have information available about psychiatrists where you live. They can help you set up an appointment.

**Non-Crisis Therapy** – Service Coordinators have information available about therapists in your area. They can help you set up an appointment.

### Housing Supports

**Transitional Living Centers** – A place to live when you need time and support to develop a new plan.

**Supported Community Living** – Assistance with learning skills such as cooking, cleaning and money management. These skills are taught one on one, in your home and in the community.

**Residential Care Facilities** – A place to live with a group of people when there is not enough support for you to live alone.

**Short-Term Rental and Utilities Assistance** – Help paying your rent and utilities in a time of crisis.

### Work Supports

**Supported Employment** – Help with the entire job-finding process, as well as support after you are hired.

**Pre-Vocational Training** – Help to build skills so that you are ready for the job-finding process.

**Group Employment Training** – Opportunity to build on-the-job skills in a group setting to prepare you for a job on your own.

**24-HOUR CENTRAL  
IOWA CRISIS LINE  
844-258-8858**

**A crisis is any stress or pressure that has become too great for you to cope with alone.**

**IOWA WARM LINE  
844-775-9276**

**Feeling down and need someone to talk to?  
Available 5 p.m. to 10 p.m. daily**

### Other Services

**Transportation** – Public transit to do essential shopping, receive medical services, go to work and reduce social isolation.

**Home Health Aides** – Services that provide personal care, including help to bathe, get in and out of bed and exercise.

**Intensive Psychiatric Rehabilitation** – Services designed to prevent or reduce the need for services in a hospital or residential setting, and to promote recovery.

**Mental Health Advocate** – An individual who helps people who are under a court commitment for mental health.

**Respite** – Support for the caregiver to provide temporary relief for individuals and their families.

