



## WHAT WE DO

Cedar Valley United Way connects people and organizations to address the **areas of greatest need** within our community. United, we can help local programs change lives with lasting solutions, and achieve more than any of us can on our own.

## COMMUNITY PARTNER PROGRAM DESCRIPTIONS



Allen College  
UnityPoint Health

### Allen College

- *ACE-SAP Free Clinic*

ACE-SAP aims to enhance health outcomes among disadvantaged populations in Waterloo. It offers comprehensive services including preventive, acute, and mental healthcare, chronic disease management, diabetic screening, foot care, employment/school physicals, immunizations, prescription medications, health education, and social service referrals. In 2021, nutritional counseling and dental services were added. The clinic also involves nurse practitioner students in clinical rotations, fostering professional growth and cultural competence. Since inception, ACE-SAP has served over 4,900 individuals, delivering services valued at over \$1.5 million. In 2023, it provided care for 356 patients in 599 visits, issued 666 prescriptions, and offered dental services to 61 individuals. ACE-SAP also conducts community screenings and provides translation and community referral services to address social determinants of health.



UnityPoint Health  
Waterloo

### Allen Memorial Hospital (UnityPoint Health - Allen Hospital)

- *Allen Child Protection Center*

The Allen Child Protection Center (ACPC) supports children and dependent adults suspected of experiencing sexual or physical abuse, or witnessing violence. It offers a safe environment for forensic interviews, medical exams, family advocacy, and mental health therapy. Thanks to Cedar Valley United Way's support, the ACPC launched its mental health services line in 2016. Therapists use evidence-based treatments like Play Therapy and EMDR. Core services include forensic interviews conducted in a sensitive, unbiased manner to aid criminal justice and child protection decisions, with law enforcement observing. Medical exams, performed by trained nurse practitioners, diagnose and reassure children. Family advocates discuss safety planning and connect families to resources. The Family Resiliency Program helps children overcome barriers from prenatal and environmental drug exposure through assessments, treatment plans, and education.

- *Enhanced Maternal Health*

Allen Hospital serves as the Title V Maternal Child Health agency for Black Hawk, Bremer, Buchanan, and Grundy counties, focusing on promoting health equity through Enhanced Maternal Health Services. They provide services such as assisting with Medicaid Presumptive Eligibility forms, prenatal education, psychosocial/depression screening, oral health education, and referrals for improved birth outcomes and parenting preparation. Each woman receives individual instruction, with additional time for specialized concerns like weight management, diabetes, and tobacco cessation. They also offer labor and delivery education, breastfeeding support, and oral health services including screenings and preventive care. Care coordination ensures access to necessary medical, dental, and mental health services, with social workers offering psychosocial support and depression screening. The program aims to improve birth outcomes by promoting full-term pregnancies, healthy birth weights, and addressing mental health and substance use concerns promptly.



American  
Red Cross

### American National Red Cross

- *Disaster Services - Preparedness, Response and Recovery*

The Red Cross responds swiftly to disasters, including home fires, by deploying trained Disaster Action Team (DAT) volunteers who assess families' immediate needs and provide prepaid debit cards for essentials like food, clothing, and shelter. They collaborate with first responders to ensure timely assistance. Additionally, the Red Cross evaluates if further recovery support is necessary and coordinates with partners to meet ongoing needs. For services outside their scope, they refer survivors to appropriate organizations for specialized assistance.



### Americans for Independent Living

- *Housing and Transitional Resources for Veterans*

AFIL focuses on improving the quality of life for Veterans through programs like Veteran Housing, Home Modifications, and Furniture for Veterans. The Veteran Housing Program offers transitional and permanent housing solutions, including supportive services to foster financial stability and independence. Participants receive weekly case management to set and achieve personal goals, such as financial literacy and job readiness. The Furniture for Veterans Program assists low-income Veterans with household items for new permanent residences, while the Home Modifications Program adapts homes for disabled or elderly Veterans, enhancing accessibility and independence. Home Modifications are personalized home assessments to tailor modifications that maximize each Veteran's quality of life and participation in daily activities.



UnityPoint Health  
Black Hawk-Grundy  
Mental Health Center

## **Black Hawk - Grundy Mental Health Center**

- *Care Coordination*

Care coordination plays a pivotal role in today's healthcare landscape, aiming to mitigate costs and improve outcomes by ensuring patients adhere to treatment plans and avoid unnecessary hospitalizations. The program focuses on mental health services, crucial due to service shortages and long waitlists. By coordinating care, patients receive timely access to needed services, reducing confusion and enhancing support throughout their healthcare journey. The Care Coordination Social Worker at Allen Hospital engages with patients at various touchpoints like the ED MH Walk-In Clinic and during hospitalizations. They develop discharge plans, address barriers to treatment, and connect individuals with essential services such as food and shelter. This proactive approach not only promotes follow-through with mental health treatment but also fosters improved overall outcomes for patients, their families, and healthcare providers.

- *School-Based Mental Health*

The School-Based Mental Health Program at Black Hawk-Grundy Mental Health Center plays a vital role in addressing the mental health needs of numerous youth in our community. By offering on-site evaluations, treatment, and care coordination, the program effectively reduces barriers to care and supports youth in achieving success both academically and socially. Many families facing challenges such as transportation issues, financial constraints, stigma, and limited social support would otherwise struggle to access these essential services. The program's success hinges on flexible scheduling to accommodate school routines and effective communication with referral sources. Frequent collaboration with Waterloo and Cedar Falls Community School Districts ensures that services align closely with students' needs and schedules, overcoming obstacles like testing schedules and academic activities. This proactive approach fosters confidence among families in accessing mental health care and promotes the overall well-being of our youth in the community.



BOYS & GIRLS CLUBS  
OF AMERICA

## **Boys and Girls Clubs of the Cedar Valley**

- *Power Hour*

Power Hour: Making Minutes Count at Boys & Girls Clubs of the Cedar Valley focuses on academic success by offering homework help, tutoring, and engaging learning activities. It promotes self-directed learning among young members, ensuring they receive support to complete daily school assignments. After homework, participants can choose from a variety of educational activities to further enhance their learning. The program creates a positive environment across its sites, featuring dedicated Power Hour classrooms that foster healthy homework habits with quiet, well-lit spaces and ample learning resources. Staff are trained to cater to diverse learning styles, aiming to meet each member's specific needs. The program aims to help students maintain or improve their math and reading proficiency, as well as their overall grade point average, emphasizing holistic academic growth and development.

- *Smart Girls / Passport to Manhood*

SMART Girls and Passport to Manhood are programs designed to address the unique developmental needs of young members. SMART Girls focuses on health, fitness, and self-esteem enhancement for female-identifying Club Members through engaging activities, field trips, and discussions. It aims to foster positive attitudes, healthy habits, and strong relationships with peers and adults. Passport to Manhood targets male-identifying Club Members with discussions and activities centered on character, leadership, and positive behavior. Participants use a personal "passport" to track their journey of maturation and growth, learning skills such as navigating peer pressures, promoting healthy living, and making informed decisions. Both programs provide a supportive environment where young members can develop crucial life skills and attitudes that empower them to make positive choices and build resilience.

- *Summer Brain Gain*

Summer Brain Gain is a comprehensive program at Boys & Girls Clubs aimed at keeping Club Members actively learning during school breaks. Organized into one-week modules, the program engages youth with themed activities aligned with common core anchor standards. Through project-based learning, participants explore subjects creatively, collaborate in groups, and culminate their efforts with a final project or production. The program not only prevents summer learning loss but also fosters higher-order thinking skills essential for academic success.



Catholic  
Charities  
Archdiocese of Dubuque

## **Catholic Charities of the Archdiocese of Dubuque**

- *Immigration Legal Services*

Catholic Charities offers affordable, high-quality legal services to immigrants who cannot otherwise afford representation. By removing barriers to lawful status and employment, we empower immigrant families to stabilize their lives and achieve self-sufficiency. Our program centers around free consultations with immigration attorneys to assess legal options and provide direct representation at a significantly reduced fee compared to private attorneys. We also conduct extensive outreach to educate communities about immigration law, dispelling myths and ensuring informed decision-making. Our goal is to stabilize immigrants' legal status, facilitate family reunification, and enable lawful employment. Many families lack access to legal services due to financial constraints or misinformation, often resulting in missed opportunities for legal status or falling victim to fraud. By equipping individuals with knowledge about their options, we prevent exploitation and empower families to secure basic needs and pursue economic stability.



### **Catholic Charities of the Archdiocese of Dubuque (Cont.)**

- *Poverty Reduction Services*

Catholic Charities collaborates closely with partner organizations to provide essential rental assistance to low-income families facing financial hardships in the Cedar Valley area. By accepting direct referrals from local social service agencies, we streamline the process for families in need, eliminating the need for multiple applications across different agencies. Despite existing government-funded programs, many families still struggle to qualify for assistance, highlighting the critical role of our program in filling gaps. As a HUD-certified Housing Counseling agency, we ensure comprehensive support by providing financial literacy, budgeting assistance, and guidance on accessing public benefits to enhance housing affordability. Our goal is not only to alleviate immediate financial burdens but also to promote long-term self-sufficiency among participants. By helping families stabilize their housing situations, we aim to prevent evictions and enable them to meet their basic needs effectively. This support is foundational in assisting families on their journey out of poverty, empowering them to achieve stability and resilience for a brighter future.



### **Cedar Valley Friends of the Family**

- *Black Hawk County Housing Project*

The Black Hawk County Housing Project uses outreach, diversion strategies, rapid rehousing, and case management to combat homelessness. The outreach program prioritizes building trust and understanding with the homeless population through relationship-building. Trained staff utilize diversion strategies to identify alternatives to shelter living. Once immediate crises are managed, the focus shifts to identifying critical needs and barriers to permanent housing. Participants may receive short to medium-term rental and utility assistance under the rapid rehousing model, supplemented by services aimed at promoting housing stability. Case managers assess individual needs, make referrals to community programs, and provide ongoing support to enhance housing retention. By fostering community integration and providing wraparound services, the program aims to achieve several key objectives: reducing new entries into homelessness, shortening homelessness durations, increasing exits into permanent housing, and equipping participants for long-term housing stability post-program. This holistic approach not only addresses immediate housing needs but also empowers individuals to build sustainable support networks for enduring stability.

- *Emergency Shelter Services for Survivors of Violence*

Friends of the Family's Shelter Services program provides 24/7 support to survivors escaping violence. Trained advocates conduct shelter assessments using the Lethality Assessment Program to assess risk levels and explore alternatives to shelter, such as staying with friends or family. If shelter is needed, immediate safety and transportation are provided, either at the FOF Friends House or through local hotel partnerships ensuring confidentiality. The program also offers short-term rent and utility assistance to help survivors stabilize. Case management includes victim advocacy, housing assistance, budgeting, and referrals to community resources, aiming to empower survivors towards long-term safety and self-sufficiency. The goal is to support each survivor in accessing safety, stability, and a sustainable path forward.



### **Cedar Valley Preschool and Child Care Center**

- *Childcare Assistance*

Cedar Valley Preschool & Child Care Center, a 4 Star QRS rated facility with 53 years of service, offers a comprehensive program for children of all ages. Key features include a dedicated and well-trained staff, a Visiting Curriculum enhancing education with music, storytelling, pet therapy, and character development shows. The center boasts the only Certified Nature Explore Outdoor Classroom in Black Hawk County, enriching learning through nature-based activities like gardening and bird watching. The program collaborates extensively with community agencies to support child development, safety, and health. A Kindness Curriculum emphasizes communication and friendship alongside traditional subjects like motor skills, social development, science, math, and art. Nutritionally balanced meals and snacks are provided daily, incorporating garden-grown vegetables. The center aims to foster children's physical, intellectual, social, and emotional growth, honoring their unique strengths and talents to help each child thrive.



### **CommonBond Communities**

- *Adult Education and Advancement*

Unity Square's Adult Education and Advancement program empowers low-income residents by focusing on three core areas: employment and career advancement, financial coaching, and accessing income supports. These services are provided on-site at no cost, eliminating barriers related to finances and transportation. The program is facilitated by Unity Square's Advantage Services Coordinator, who builds trusting relationships with residents to guide them towards stability and independence. Stable, affordable housing serves as a foundation, allowing residents to concentrate on achieving financial stability and building assets. The program offers personalized support and integrates services to help residents and their families steadily progress towards a stronger financial future. By supporting residents in achieving financial stability and independence, Unity Square's Adult Education and Advancement program aims to enhance the quality of life for its participants.



## Community Housing Initiatives

- *Permanent Housing*

Permanent Supportive Housing (PSH) provides permanent housing with support services to chronically homeless individuals with disabilities, including mental illness, substance abuse, chronic health issues, and other barriers to housing stability. Operated under the Housing First model, CHI offers housing without imposing conditions like sobriety or participation in services, allowing tenants to engage on their own terms. Participants receive assistance accessing and maintaining benefits such as Medicare, Medicaid, SSI/SSDI, TANF, and SNAP. CHI covers security deposits and provides rent assistance, with participants contributing 30% of their income once financially stable. Tenancy is indefinite, aimed at fostering self-sufficiency and housing retention. Each participant works with a case manager to identify needs, goals, strengths, and weaknesses, receiving assistance in accessing employment, food, medical care, behavioral health services, and public transportation through community collaborations. The program aims to enhance long-term stability by addressing individual needs comprehensively within a supportive housing framework.



## Friends of Iowa CASA and ICFCRB

- *Iowa Child Advocacy Board (ICAB) Programs*

The Waterloo ICAB Programs recruit and train community volunteers appointed by juvenile court judges to serve as Foster Care Review Board (FCRB) members or Court Appointed Special Advocates (CASAs). FCRB members convene monthly to review foster care cases, collaborating with families, foster parents, and providers to compile reports and recommend safe, stable permanency solutions like reunification or adoption. CASAs advocate for children's best interests in court, offering consistent support and gathering crucial information to inform judicial decisions. They meet with children monthly, striving for safe, permanent placements under program guidance. Effective volunteer recruitment, training, and support are crucial for ICAB's success in ensuring every child in the system finds a nurturing, permanent home, contributing to community safety and family resilience.



## Growing Minds Early Learning Center (Formerly Grin and Grow)

- *General Childcare Services*

We aim to provide a comprehensive learning environment that nurtures children's social, emotional, intellectual, and physical development through our program. Specifically, this program focuses on achieving the following developmental goals:

1. Advancing all children by at least one developmental level over the program year.
2. Ensuring children transitioning to kindergarten demonstrate age-appropriate levels of social, cognitive, language, and motor skills.
3. Maintaining affordability for families in need.

- *Removing Childcare as a Barrier to Work for Low-Income Families*

This program aims to support the working poor by facilitating access to affordable, high-quality child care, thereby removing a significant barrier to employment or training opportunities that enhance financial stability. Child Care Scholarships are offered based on family size and income, utilizing a sliding fee scale. This represents a substantial discount, approximately 60%, depending on the age of the child (infant/toddler or preschool-aged). Children eligible for other scholarship sources are redirected to those programs when appropriate, optimizing the allocation of United Way scholarship funds. The focus is on infants, toddlers, and two-year-olds, addressing gaps where other programs primarily cater to older children.



## Habitat for Humanity (Iowa Heartland Habitat for Humanity)

- *Homebuyer Education and Financial Counseling*

IHHFH is dedicated to empowering low- and moderate-income individuals and families through comprehensive financial education, particularly in preparation for homeownership. Our programming includes a mandatory series of 10 homebuyer education courses taught by financial professionals. These courses cover essential topics such as personal finances, mortgages, homeowner's insurance, estate planning, home maintenance, and career planning. In addition to homebuyer education, our "Blueprints" program, launched in 2021, offers intensive credit and financial counseling aimed at qualifying participants for conventional mortgages within 24 months. Our approach emphasizes personalized case management to ensure participants are well-prepared and equipped for successful homeownership. We believe that by imparting key financial planning concepts and offering robust counseling, individuals and families can achieve their goal of homeownership with confidence and stability.



### **Hawkeye Community College Foundation**

- *WE Build Waterloo*

WE Build Waterloo is a transformative workforce education program launched by Hawkeye Community College in June 2020. It addresses critical community issues such as minority underrepresentation in construction trades, affordable housing scarcity, and systemic poverty in Black Hawk County. The program offers a 12-week, no-cost competency-based education focused on construction trades to individuals facing employment barriers. Participants gain industry-recognized skills and certifications while working on residential construction or rehabilitation projects, which are later sold to families partnered with Iowa Heartland Habitat for Humanity. Beyond workforce training, WE Build Waterloo serves as a community development initiative, establishing a talent pipeline for local registered apprenticeship employers and revitalizing neighborhoods by providing quality affordable housing.



### **Iowa Jag, Inc. (iJAG)**

- *iJAG: Creating Inclusive Career Pathways for Underserved Youth*

Since 2004, iJAG has implemented evidence-based strategies in Waterloo schools to foster community, build workforce and life skills, and provide real-world experiences preparing students for success. Program Specialists act as mentors, using Healing Centered Engagement principles to build trust and empower students based on their strengths. Students engage in project-based learning and connect with local employers for workforce skills and certifications. iJAG ensures readiness by offering work-based learning, internships, and support for continuing education or training. Specialists assist students with applications for post-secondary education and financial aid. Overall, iJAG helps students feel valued, develop essential skills, and gain practical experience, preparing them for future careers and education.



### **Iowa Legal Aid**

- *Solutions to Systemic Poverty through Legal Assistance*

Iowa Legal Aid, a nonprofit law firm, has served low-income Iowans in the Cedar Valley since 1977, offering crucial legal assistance on issues like eviction, foreclosure, debt, abuse protection, and public benefits. In civil cases where there's no guaranteed right to an attorney, outcomes profoundly impact housing, safety, and financial stability. Legal representation ensures fairness and empowers clients with knowledge to navigate their challenges effectively. Iowa Legal Aid's services extend to negotiation and court representation, and through the Volunteer Lawyers Project, private attorneys contribute significantly. By addressing legal issues, clients achieve stability, self-sufficiency, and improved living conditions, benefiting the entire community through increased contribution and wellbeing.



### **Jesse Cosby Neighborhood Center**

- *No One Without a Home*

No One without a Home is a self-sufficiency program designed to educate and provide tools to strengthen family structure: The Crisis Management and Senior Community Engagement (which includes later in life elderly abuse programming). The programs are designed to reduce barriers, reduce homelessness, food dessert and nutritional needs and families directly or indirectly affected by crime and who maybe experiencing trauma in their lives. Jesse Cosby will be collaborating with Black Hawk County Health Department to provide youth services.



### **The Job Foundation**

- *Financial Stewardship Mentoring Program*

The Job Foundation provides comprehensive financial literacy education and incentivizes student learning with conditional cash earnings based on academic performance, attendance, and behavior. Students learn essential financial skills such as budgeting, banking, debt management, and investing through age-appropriate programming. They earn money which must be partially saved during school years, with goals set to accumulate at least \$3,400 by graduation for financial independence. Elementary and middle school students manage their earnings through supervised shopping trips, while high school students gain independence in managing their finances with oversight. Volunteer mentors support students monthly, fostering cross-class friendships that can help break the cycle of poverty. Graduates of The Job Foundation have achieved financial milestones, including attending college and securing employment, using savings for vehicles, education, and rental deposits.



### **Leader Valley**

- *Leader In Me*

Leader in Me is a school initiative focusing on equipping middle and high school students with leadership and employability skills crucial for their future success. Partnering with schools, the Leader Valley team integrates Stephen Covey's 7 Habits of Highly Effective People and social-emotional learning into the curriculum. This approach empowers students to set goals, take ownership of learning, participate in school decisions, and gain practical career insights. The program fosters essential skills like work ethic, time management, teamwork, and communication, benefiting students from diverse backgrounds, including those at Expo Alternative Learning Center. Positive outcomes expected include enhanced leadership capabilities, improved school culture, and academic engagement, narrowing the achievement gap.



## **MERCYONE** MercyOne Northeast Iowa

- *SHIIP (Senior Health Insurance and Information Program)*

SHIIP (Senior Health Insurance and Information Program) is a free service provided by trained volunteers to help resolve Medicare related issues. There are no income restrictions for this service. MercyOne hosts monthly Welcome to Medicare seminars for those reaching the age of 65 to provide information and assistance in learning more about Medicare.

## **NAMI** Black Hawk County

- *Services for People with Mental Illness, their Families, Partners and Friends*

NAMI is dedicated to supporting individuals affected by mental illness through education and community. We emphasize lifelong management and coping strategies, providing education to enhance understanding of mental health conditions. Through support groups and classes led by trained volunteers, we teach coping skills, foster peer support, and combat stigma. Families and partners learn effective communication and support techniques, crucial for aiding recovery. Our programs, including NAMI Basics, Family-to-Family, and Peer-to-Peer, offer structured learning and sharing environments. We also host educational events, provide resources, and offer personal support through various channels to ensure individuals and families have the tools and community they need for better mental health outcomes.

## **NORTH STAR** Community Services

- *Supported Community Living*

Supported Community Living (SCL) programming aims to enhance self-sufficiency for individuals with disabilities through tailored support services and education. The program focuses on achieving personal goals such as community inclusion, self-advocacy, and independent living skills. It prioritizes health and safety, aiming to reduce hospitalizations by promoting preventive healthcare and assisting with medical appointments and medication management. SCL provides essential transportation for daily needs and community activities, addressing gaps in public transport accessibility. By fostering independence and well-being, SCL enables individuals to live safely and inclusively in their communities, supporting them in achieving their aspirations and leading fulfilling lives.

## **NORTHSTAR IOWA** Area Agency on Aging

- *Assisted Transportation*

The Assisted Transportation Program offers essential transit services for seniors, facilitating access to medical appointments, pharmacies, shopping, nursing homes, and senior centers. Information about these services is disseminated through word-of-mouth, Lifelong Links, NEI3A programs, and partnerships with agencies like 211. Upon completing registration forms, individuals undergo a needs assessment and are provided with transportation tickets by NEI3A staff. Riders can contribute to ticket costs and arrange rides directly with MET, which offers ADA-compliant door-to-door service from 8:00 am to 4:30 pm, Monday through Friday. This program supports seniors in maintaining health, independence, and social connections within their community.

## **NORTHSTAR IOWA** Food Bank

- *Cedar Valley Food Pantry*

The Northeast Iowa Food Bank's mission is to provide nutritious food and grocery products to individuals and nonprofit organizations in Northeast Iowa, while also offering hunger education programs to the community and those in need. In Black Hawk County alone, Feeding America identifies 11,660 food insecure individuals, including 3,980 children. Beyond meeting basic meal requirements set by Feeding America, our goal is to ensure equitable access by providing 259 additional meals per food insecure individual annually, representing 25% of their needed meals. To achieve this, we focus on advocacy, donor relations, and community involvement, increase meal distribution, strengthen staff and volunteer capacity, and enhance the Food Bank's operations. The Cedar Valley Food Pantry, providing nearly 2.6 million meals last year, now offers more frequent and comprehensive grocery distributions to meet increasing demand, aiming to improve health outcomes and alleviate financial strain for those we serve.

## **ONE** Cedar Valley

- *SHIPHT Youth Career Technical Education and Entrepreneurship Academy*

SHIPHT's mission is to empower the next generation of diverse leaders in career technical education and entrepreneurship with strong partnerships, wrap-around support, intention and resources. Now entering its fourth year, SHIPHT has engaged over 300 youth through outreach efforts, providing direct services to more than 150 young individuals aged 12 to 24, with 90% from minority backgrounds. Notably, 85% of high school students supported by SHIPHT have successfully graduated and are either pursuing higher education or have secured full-time employment. Formerly under SuccessLink's fiscal sponsorship, SHIPHT is now part of ONE Cedar Valley, aligning closely with shared goals. Recognized by the Waterloo Career Center for increasing diversity in their training programs, SHIPHT offers internships to middle and high school students, particularly those at risk of not graduating or facing barriers to career advancement. These internships prepare youth for high-demand careers, emphasizing both work experience and essential personal skills.



## One City United

- *One City Momentum*

The Momentum Urban Employment Program prepares participants, regardless of their past, for gainful employment. Many face significant barriers, so Momentum customizes support to eliminate these obstacles through a comprehensive 6-week training program. This includes 100 hours of classroom instruction and 100 hours of volunteer work to enhance job readiness and life skills. Led by skilled volunteers and tailored to local employer needs, the curriculum focuses on soft skills, interpersonal effectiveness, and conflict resolution. The program builds strong, trusting relationships with participants, fostering accountability and long-term success. One City United supports participants by connecting them to wrap-around services like transportation, counseling, housing, and childcare. Adding key roles like a Classroom Coordinator and Support Services Coordinator enhances Momentum's ability to support graduates and expand enrollment in educational and work-based learning programs.



## Operation Threshold

- *Crisis Utility Assistance*

Operation Threshold's Crisis Utility Assistance (CUA) program provides crisis utility assistance to low-income families by integrating crisis interventions such as the Low-Income Home Energy Assistance Program (LIHEAP). The program prevents utility disconnections, facilitates reconnections, and covers costs related to fuel delivery. Key components include application intake, direct client communication for verification and additional support assessment, negotiation of payment agreements with utility providers, and timely eligibility determination. Eligible households may also access LIHEAP-related services like ECIP for essential home repairs and replacements. Payments are made directly to vendors, ensuring effective utility support. Anticipated outcomes include reduced energy burdens, restored utilities for disconnected households, fewer service interruptions, and safer home heating and lighting practices among beneficiaries.

- *Home Visitation Program*

Our home visitation program utilizes the evidence-based Parents As Teachers (PAT) model, focusing on bi-weekly home visits lasting 60-90 minutes. Parent Educators (PEs) employ the PAT Foundational Model curriculum to teach parents essential skills like communication, effective discipline, stress management, and child development stages. Families also benefit from monthly Nest group parent education classes. PEs use Ages & Stages Questionnaires to screen children for developmental delays and facilitate referrals to Early Intervention services as needed. PEs also screen mothers for pre/post-natal depression and connect them with mental health services, providing transportation if necessary. Assessments like the Life Skills Progression screen help identify family strengths and areas for growth, with PEs offering referrals to additional programs and services when needed. Participation in our program aims to enhance family functioning, increase child development knowledge, and improve access to supportive resources, ultimately promoting improved school readiness for children.

- *Nest*

The Nest program provides group parent education and support to at-risk families through weekly group parent education sessions and a unique incentive system. Using the Partners for a Healthy Baby curriculum and local experts, the program covers essential topics like mental health, substance use, and child abuse prevention. Participants earn Nest points by attending classes and relevant appointments, which they can use to acquire essential items like diapers and car seats. This helps alleviate financial pressures associated with childcare. By engaging with the Nest program, families not only learn positive parenting techniques but also connect with community resources and build supportive social networks, fostering lasting positive changes in their lives.

- *Pocket Change*

Pocket Change is designed to fill a gap in crisis funding. Pocket Change provides households with onetime assistance of up to \$500 for help with maintaining financial stability or increasing income opportunities. In some instances, Pocket Change supports families with family stability needs, when no other alternatives are available.

- *Refugee Services*

OT Refugee Services focuses on enhancing financial literacy and stability for refugee and immigrant households through comprehensive case management. Case Managers provide varying levels of support to address barriers such as unfamiliarity with workplace norms, job searches, financial planning, and preparation for U.S. citizenship. Programming includes case management, financial literacy education, community empowerment & educational training, citizenship classes, advocacy & referral services, and interpretive services. These efforts aim to empower refugees and immigrants, fostering their integration into the Cedar Valley while addressing their diverse needs and challenges.

- *Safe and Stable Housing*

The Safe & Stable Housing (SSH) program focuses on providing essential assistance to low-income households facing housing crises. It offers security deposits, rent aid, and health/safety improvements to ensure families can secure and maintain affordable, safe housing. The SSH program aims to alleviate housing instability and improve overall living conditions for vulnerable families.

Expected impacts include:

1. Enabling households to access safe, affordable housing through security deposit assistance.
2. Enhancing living conditions by addressing health and safety concerns.
3. Supporting households in maintaining stable housing situations.



## Pathways Behavioral Services

- *Junkman - Knoebel Transitional Housing*

The Junkman-Knoebel Center (JKC) offers supervised transitional housing for individuals recovering from substance addiction. Residents must commit to sobriety, secure employment, and meet financial responsibilities, including court costs and living fees. Referrals come from local jails, treatment centers, and probation officers. Pathways, supported by United Way, funds the first 3 weeks for unemployed residents actively seeking jobs. Upon admission, residents sign contracts pledging sobriety, employment within three weeks, and financial obligation fulfillment. JKC staff assist with resume building, job searches, and financial planning to foster independence. Successful discharge requires sobriety, financial stability, and secure housing. JKC aims to empower residents with skills for long-term sobriety, financial security, and successful community reintegration.



## Peoples Community Health Clinic

- *Access to Dental Care Relating to Missing Teeth*

The Access to Dental Care Related to Missing Teeth Program assists low income adults to receive procedures related to restorative dental care and/or missing teeth including tooth extractions, dentures, or other services that improve overall oral health and self-esteem. Many patients in need of these procedures do not have dental insurance and find extractions, dentures, denture readjustments, denture repairs, or other services related to missing teeth unaffordable. Many people who have missing teeth do not feel good about their smile. Granting patients the opportunity to receive dentures and/or restorative dental care will have a positive impact on patients self-esteem.

- *Access to Health Services through Interpretation Assistance*

The Access to Health Services through Interpretation Assistance Program will provide high quality medical care to non-English speaking patients. Clear communication with providers is critical to understanding treatments. The role of the Clinic's interpreters is to fill the language gap so that the Clinic's patients are able to communicate their needs and symptoms appropriately to their providers and in turn, the providers can explain the patients diagnosis, treatment plan, medications, etc. to the patient. Many individuals in the Cedar Valley are better served in a language other than English. Granting patients the opportunity to receive medical care in their native language will have a positive impact on their overall health and wellbeing.



## Riverview Center

- *Sexual Assault Intervention Services*

Riverview Center provides specialized crisis intervention services to meet the unique needs of survivors of sexual assault/abuse, offering 24-hour hotline and in-person response services. They provide trauma-informed support to enhance coping skills, reduce self-blame, and provide information on medical, legal, and advocacy options. Crisis counseling aims to stabilize survivors, improve functionality at work or school, and evaluate service outcomes for holistic support. Their primary goals include de-escalating crises, enhancing coping skills, and preventing long-term mental, physical, and social issues associated with trauma. Without such intervention, survivors risk developing chronic health issues, substance abuse, suicidal behavior, PTSD, and impaired social and academic functioning. Riverview Center ensures ongoing support, addressing immediate and long-term needs to promote survivors' quality of life and recovery.



## RIYO

- *Youth Navigator Program*

RIYO is a grassroots newcomer and youth-led community-based organization with a mission to help newcomer youth embark on a journey of connection, growth, and empowerment. Founded by former West High ELL program participants and educators, RIYO expands on EMBARC's youth programming to support newcomer youth in Waterloo. Through its Youth Navigator & Community-Based Support Program, RIYO offers comprehensive aid including after-school English learning, 1:1 future-ready coaching, leadership training, summer literacy programs, and parent involvement. This initiative fosters leadership skills and enhances academic performance while promoting a sense of belonging and empowerment among participants. RIYO's peer-to-peer model empowers youth to tackle community issues and integrates culturally sensitive support, aiming to enhance well-being and integration. Key activities include engaging 120 youth in after-school programs, training college students to mentor high schoolers, and organizing summer literacy activities like the Summer Kids Club. Collaborators include UNI departments, West High School, Bunger Middle School, and the WCSD, strengthening RIYO's impact on refugee and immigrant youth.





## SuccessLink

- *Success Street*

Success Street is made up of caring people from local agencies who work directly in all Waterloo & Cedar Falls community school to provide crucial services directly to students. These include health, mental health, parenting, substance use, and more, aiming to enhance student well-being and academic success. By addressing issues like health, mental health, substance use, hunger, legal challenges, domestic violence, sexually transmitted disease, dental and vision issues within the school setting, Success Street supports students in achieving higher academic levels. Key services are provided by partners like Black Hawk-Grundy Mental Health Center, Pathways Behavioral Services, Riverview for sexual assault support, and others offering health care referrals and advocacy. Since its inception in 1999, students benefiting from multiple Success Street services have shown improved attendance, GPA, proficiency scores, and reduced behavior issues, reinforcing its impact on student success and community contribution.

## SuccessLink / Together for Youth

- *Adolescent Pregnancy Prevention Programs*

Together for Youth provides a range of health education programs tailored for middle and high school students, including out-of-home placed youth. Health Educators lead sessions covering abstinence, STDs, contraception, consent, condom use, and community resources using effective curriculum. Addressing adolescent sexual health in conjunction with child abuse prevention, topics include sexting, resistance skills, age of consent, sexual coercion, safe relationships, and healthy relationships. Individual Health Education (IHE) offers confidential sessions focusing on preventing pregnancies, STDs, and relationship reassessment for teens in crisis. Girls Circle supports youth with discussions on relationships, wellness, social media, mental health, and body image. SiHLE specifically targets African American females aged 14-18 with education on STDs, contraception, communication skills, healthy relationships, gender, cultural pride, and local health services through Success Street School-Based Health.

- *Young Parents Together*

Young Parents Together is a long standing, successful coalition of agencies serving the youngest families in the Cedar Valley, offering 38 program sessions annually without duplication. Their services focus on early family support, providing comprehensive educational groups covering child growth and development, adolescent health choices, child health and nutrition, child safety, including abuse prevention, and parent-child interaction activities crucial for nurturing relationships and literacy development. YPT distributes books regularly to families as incentives. They utilize the Partners for Healthy Babies curriculum, culturally sensitive with multicultural handouts tailored for teen parents. YPT hosts community speakers on topics like car seat safety, mental health, and dental screenings. They collaborate with Waterloo Schools' ELL Coordinator and other educational programs to ensure teen parents stay connected. YPT's research-based framework supports teen parents with education and positive choices, fostering safe and violence-free homes through economic supports, changing social norms, quality care, parenting skills, and interventions to reduce abuse and neglect.

## The Salvation Army of Waterloo / Cedar Falls

- *All-Purpose Aid*

The Salvation Army's All-Purpose Aid program aims to address critical, small-scale expenses that significantly affect individuals' health and well-being. This includes ensuring access to medications and healthcare visits without financial hardship. Additionally, the program assists individuals in obtaining essential identification documents necessary for employment and accessing public aid. By meeting these financial needs, the program aims to reduce the emotional and mental stress associated with budget constraints. Aid is available year-round at their Waterloo facility through walk-ins or online/phone requests. Eligibility is determined through intake forms and database checks, with optional one-on-one meetings with care managers to discuss resource allocation, budgeting, and further assistance options. Recurring requests prompt more extensive evaluations to offer sustained support. Vouchers are issued directly to participants for timely access to resources like medications, gas, or government services.

- *Food Assistance*

The Salvation Army Food Assistance program provides individuals and families access to nutritious meals and perishable goods at no cost, helping the homeless, low and limited income households, and seniors meet their most basic need for sustenance in an environment that is supportive, encouraging, and welcoming to all.



### **The Salvation Army of Waterloo / Cedar Falls (Cont.)**

- *Housing Services*

The Salvation Army is the largest provider of emergency shelter services in Northeast Iowa, including shelters for Women & Children, Men, and Families, totaling 56 beds for those facing homelessness. Upon arrival, residents undergo an initial interview with a care manager to discuss their situation and complete necessary paperwork. Residents are given an estimated exit date upon entry, typically within four weeks, during which they collaborate with their care manager to set goals and action plans. Using the Coordinated Entry process, residents staying longer than seven days complete the VI-SPDAT to prioritize access to additional resources statewide. Weekly meetings with care managers allow for goal review, adjustment, and connection to Salvation Army and community supports. As residents near their exit dates, focus shifts to planning for continued success and stability post-shelter. The Housing Services prioritize providing temporary shelter while aiding individuals and families in resolving homelessness through a strengths-based, trauma-informed approach, fostering empowerment and accountability. By supporting longer stays as needed, the Salvation Army aims to help residents achieve sustainable housing, reducing the likelihood of recurring homelessness.

- *Pathway of Hope*

The Salvation Army's Pathway of Hope initiative serves as an intercessory program for families in poverty, helping break the cycle of generational poverty through an intense, strengths-based, comprehensive approach that acknowledges and addresses the different forms poverty takes. Upon enrollment, families collaborate with a care manager to set personalized goals aimed at achieving stable self-sufficiency. Weekly meetings track progress, address challenges, and connect families with Salvation Army and community resources. The program typically spans six to twelve months, culminating in graduation when families demonstrate significant goal achievement and reduced reliance on social services. Graduates undergo assessments to measure overall outcomes and receive modest rewards like gift cards. Following graduation, families receive a year of follow-up support at 3, 6, and 12 months to ensure sustained stability and success beyond the program's intensive phase.

- *Rent / Utility Assistance*

The Salvation Army's Rent & Utilities Financial Assistance program helps those facing the immediate crisis of eviction or utility disconnection remain in their home with vital gas, electric, and water services intact. By providing financial aid for rent, gas, electric, and water services, the program alleviates the stress of potential homelessness or service loss. Applicants can apply online and are reviewed for eligibility within 3-5 business days by the Salvation Army's Social Ministries Coordinator. Upon approval, payments are made directly to landlords or utility companies. The program also emphasizes establishing relationships with applicants to understand their circumstances and explore ways to prevent future emergencies. All interactions and payments are documented in a database for statistical purposes, ensuring efficient assistance delivery and ongoing support.



### **Try Pie**

- *Try Pie Bakery*

Try Pie Bakery hires a diverse group of young women in the Cedar Valley for a meaningful first job experience, focusing on more than just baking pies and serving customers. This social enterprise nonprofit empowers teens through a holistic approach that includes financial literacy and job readiness programs. Starting in 9th grade, students engage in three years of intentional programming aimed at building trust and meaningful skills. Mentoring sessions with local leaders occur monthly, setting goals for work and financial management. Leadership roles within the bakery and on business committees allow teens to develop practical skills in marketing, finance, and community engagement. Monthly Classroom Workshops cover topics like financial literacy and job readiness, taught by local experts. Students also earn a paycheck, and are encouraged to start a college savings account with a 3% match towards a SIMPLE IRA, ensuring immediate application of financial learning. This comprehensive approach equips Try Pie teens with essential skills and confidence for future success in employment and financial stability.



### **University of Northern Iowa Foundation**

- *Veggie Vouchers*

For seven years, Veggie Vouchers has provided fresh foods to low-income and underserved individuals in Black Hawk County while supporting the local food economy. Host sites distribute cash vouchers redeemable at farmers markets and produce stands, capped at \$120 per household monthly. Originally launched with MercyOne for pediatric patients, it now serves diverse populations across Waterloo through seven strategic sites. Waterloo Urban Farmers Market is the primary redemption site, alongside others like Cedar Valley Farmers Markets. Demand, especially from post-COVID-19 homebound seniors, has surged, prompting partnerships with programs like We Arose Greens to Go.



### **Volunteer Center of Cedar Valley**

- *RSVP Primetime Reading Buddies*

The Reading Buddies program aims to enhance elementary students' reading proficiency through one-on-one sessions with dedicated adult volunteers. Targeting students identified by the school's Literacy Coach as needing support, certified volunteers engage them weekly. Activities include reading aloud, summarizing plots, discussing themes, and practicing fluency and word pronunciation. Improved reading skills correlate with better academic performance, increased reading for pleasure, and higher graduation rates. Beyond academic gains, volunteers foster supportive relationships with students, making impactful contributions like encouraging participation in school events and donating books. Teachers highlight the program's positive impact on students' confidence and academic engagement. The Reading Buddies initiative not only improves literacy but also enriches students' lives through mentorship and personal connections, reinforcing its value within the Waterloo community.



### **Waypoint Services for Women, Children and Youth**

- *Waypoint Domestic Violence Victim Services Program*

Waypoint's Domestic Violence Victim Services Program provides comprehensive services to individuals who have experienced violence and/or coercive control from an intimate partner. The goal of the program is to reduce domestic violence by enhancing the overall health and well-being of survivors through a range of supportive services. These include peer counseling, legal and medical advocacy, financial literacy education, housing support, safety planning, and support groups. The program seeks funding for a full-time Victim Advocate in Black Hawk County. This advocate will offer free, confidential services such as emotional support, safety planning, and community education on domestic violence dynamics. Goals include addressing barriers to employment, transportation, childcare, housing, and education, empowering survivors toward self-sufficiency through budgeting tools, and implementing the Allstate Foundation Purple Purse Moving Ahead Curriculum to promote financial independence. All services are client-driven with the ultimate aim of achieving stability and safety for survivors and their children.



### **YWCA of Black Hawk County**

- *Parents Achieving Success with Support (PASS)*

Parents Achieving Success with Support, PASS, is an accredited, strengths-based parent education and support program for parents aged 20-35 and their children. Focused on increasing positive parenting skills and understanding of child development and promoting school readiness, PASS is provided free to participants and includes meals, incentives, childcare services and transportation.

- *Summer Daze Child Care*

Summer Daze is a full-day child care program located at the YWCA and one Waterloo elementary school during the summer months. This program allows parents to work, attend school, or pursue training, knowing their children are in a safe and affordable environment. Summer Daze features structured activities based on weekly themes like STEM, music, art, fitness, and nutrition. Field trips to local educational and recreational sites enrich the experience. Financial assistance is available based on household income, with no limit on the number of families served. The program's primary goal is to support families, particularly those with lower incomes, by ensuring access to quality child care, thereby aiding parents in maintaining employment or pursuing education.

- *Wize Girlz*

Wize Girlz, facilitated by experienced staff, offers girls positive learning experiences, service projects, and recreational activities aimed at enhancing self-esteem, character, decision-making skills, and overall potential. Program topics include personal health, career development, leadership, relationships, STEAM education, community service, and prevention of issues like violence, bullying, and substance abuse. The program collaborates with community experts and institutions like the Grout Museum for STEAM activities and organizes educational field trips and career exploration outings. There is no cost to participate, and transportation is provided to ensure accessibility. Wize Girlz focuses on supporting middle school-aged girls in understanding their unique needs and fostering their development to achieve their goals.

- *Y's Kids Before and After School Child Care*

Y's Kids operates as a before and after school child care program in thirteen elementary schools across Waterloo, Cedar Falls, and Hudson. This program supports working parents by providing safe, affordable care that includes structured activities to prepare students for successful school days. Morning sessions offer breakfast, homework assistance, and activities promoting readiness to learn. Afternoons include snacks, homework help, and a variety of activities such as music, arts, STEM, literacy, and physical play to engage children and foster learning. Y's Kids is committed to inclusivity and accessibility, offering financial assistance without limits based on income and family size. The program's primary aim is to assist families, especially those with lower incomes, in achieving their goals by providing reliable, quality child care during the school year.