

Provider	Location	Phone
* provider serves other counties but has one brick & mortar location		
Crisis Services		
Foundation 2	Cedar Rapids	319-362-1170
Horizons, A Family Svc Alliance	Cedar Rapids	319- 373-8987
Penn Center, Inc.	Cedar Rapids	319-294-5236
Hillcrest Family Services	Dubuque	563-231-3205
Full Circle Services Inc.	Independence	319-334-4341
Caring Hands and More	Iowa City	319-337-8922
Iowa Helpline		855-800-1239
CSP (Community Support Program)		
Abbe Center for Community Mental Health	All locations	
Adult Day Center and Day Habilitation		
Abbe Center for Community Mental Health	Cedar Rapids	319-398-3562
AbbeHealth Aging Services (Milestones)	Cedar Rapids	319-398-3647
Arc of East Central Iowa (DH) *	Cedar Rapids	319-365-0487
Cedar Valley Community Support Services (CVCSS)	Cedar Rapids	319-826-3421
Goodwill Industries of the Heartland	Cedar Rapids	319-739-5013
Optimae Life Services	Cedar Rapids	319-364-4803
Optimae Life Services (Comm. Integration Program)	Cedar Rapids	319-364-4803
Options of Linn County	Cedar Rapids	319-892-5800
To The Rescue*	Cedar Rapids	319-550-1890
Rural Employment Alternatives	Conroy	319-662-4043
Village Community	Coralville	319-643-7446
Area Residential Care *	Dubuque	563-556-7560
Hillcrest Family Services	Dubuque	563-583-7357
Hills & Dales	Dubuque	563-584-2276
		563-556-7560
Life Choices Adult Day Care	Dubuque	7560
REM Iowa	Hiawatha	319-393-1944
Darrell E. Davis Adult Day Center (ADC)	Independence	319-334-2401
Full Circle Services, Inc	Independence	319-334-4314
ARC of Southeast Iowa *	Iowa City	319-351-5017
Goodwill Industries of the Heartland	Iowa City	319-248-4636
Harambee, LLC	Iowa City	319-354-1177
Mayor's Youth Employment Program (MYEP)	Iowa City	319-341-0060
Optimae Life Services	Iowa City	319-337-2008
Pathways Adult Day Hlth Ctr.	Iowa City	319-339-6162
Penn Center, Inc.	Iowa City	TBA
Reach for Your Potential	Iowa City	319-354-2983
Successful Living	Iowa City	319-356-0947
Systems Unlimited, Inc.	Iowa City	319-338-9212
Systems Unlimited, Inc. (AKA Employment Systems)	Iowa City	319-248-1006
Penn Center, Inc.	Manchester	563-929-6421
AbbeHealth Aging Services (Milestones)	Marion	319-373-3494
Advancement Services of Jones County	Monticello	319-465-5991
North Star Community Services	Waverly	319-352-1425

Drop In Center & Peer Support		
Cedar Valley Comm. Support Svc.	Cedar Rapids	319-826-3421
Club 520 - Abbe	Cedar Rapids	319-398-3562
Discovery Club	Cedar Rapids	319-247-2222
Hillcrest Wellness Center (peer support)	Dubuque	563-690-1239
Abbe Center for Comm. Mental Health	Independence	319-334-4010
Abbe Center for Comm. Mental Health	Iowa City	319-338-7884
R Place / NAMI	Iowa City	515-354-3455
Plugged-In Iowa (peer support)	Manchester	319-432-4748
Plugged-In Iowa (peer support)	Marion	319-432-4748
North Star Community Services	Vinton	319-472-4246
Plugged-In Iowa (peer support)	Vinton	319-432-4748

Integrated Health Homes		
Abbe Center for Comm. Mental Health	Anamosa	319-462-4807
Abbe Center for Comm. Mental Health	Cedar Rapids	319-261-0576
Hillcrest Family Services	Dubuque	563-557-4422
Abbe Center for Comm. Mental Health	Independence	319-334-4010
Abbe Center for Comm. Mental Health	Iowa City	319-338-7884
Abbe Center for Comm. Mental Health	Manchester	563-927-6700
Abbe Center for Comm. Mental Health	Vinton	319-472-5226
Pathways Behavioral Services	Waverly	319-352-2064

Partial Hospitalization		
Unity Point St. Lukes Hospital	Cedar Rapids	319-369-7190

Residential Care Facility (RCF)		
Penn Center, Inc.	Delhi	563-922-2881
Hillcrest	Dubuque	563-583-1791
Chatham Oaks	Iowa City	319-887-2701
Cedar Valley Ranch Inc	Vinton	319-472-2671

Residential Treatment for Dual Dx		
Area Substance Abuse Council (ASAC)	Cedar Rapids	319-390-4611

Supportive Housing		
Resources For Human Development (RHD)	Cedar Rapids	319-826-2823

Specialty Services		
Applied Behavioral Analysis for Autism		
Hills & Dales	Dubuque	563-584-2276

Assertive Community Treatment		
Abbe Center for Comm. Mental Health	Cedar Rapids	319-398-3562
University of Iowa Hosp. & Clinics	Iowa City	319-384-8442

Intensive Psychiatric Rehab		
Hillcrest Family Services	Dubuque	563-588-0605
Abbe Center for Comm. Mental Health	Cedar Rapids	319-398-3562
Optimae LifeServices	Cedar Rapids	319-364-4803

Homeless Outreach		
Hillcrest Family Services PATH	Dubuque	563-588-0605
Abbe Center for Comm. Mental Health	Cedar Rapids	319-398-3562
Abbe Center for Comm. Mental Health	Iowa City	319-338-7884
Cedar Valley Friends of the Family	Waverly	319-352-1108
Shelter House	Iowa City	319-351-0326

Neuro-Resource Facilitation		
Brain Injury Alliance	Cedar Rapids	855-444-6443
Brain Injury Alliance	Iowa City	855-444-6443

Supported Community Living		
Abbe Center for Comm. Mental Health	Cedar Rapids	319-247-2222
Arc Of East Central Iowa *	Cedar Rapids	319-365-0487
Cedar Valley Community Support Services (CVCSS)	Cedar Rapids	319-826-3421
Community Hands	Cedar Rapids	319-850-0674
Crest Services	Cedar Rapids	319-364-6774
Discovery Living	Cedar Rapids	319-378-7470
Goodwill Industries of The Heartland	Cedar Rapids	319-739-5076
Hillcrest	Cedar Rapids	319-362-3149
Optimae LifeServices	Cedar Rapids	319-364-4803
Optimae LifeServices	Cedar Rapids	319-364-4803
To The Rescue	Cedar Rapids	319- 826-6068
REM Iowa Community Services	Coralville	319-665-2530
Area Residential Care, Inc *	Dubuque	563-556-7560
Hillcrest Family Services	Dubuque	563-588-0605
Hills & Dales	Dubuque	563-584-2276
REM Iowa Community Services	Hiawatha	319-393-1944
B & D Services	Independence	319-334-6997
Full Circle	Independence	319-334-4341
Goodwill Industries of NE Iowa	Independence	319-334-2015
Abbe Center for Comm. Mental Health	Iowa City	319-338-7884
Arc of Southeast Iowa	Iowa City	319-351-5017
Builders Of Hope	Iowa City	319-358-2912
Caring Hands & More	Iowa City	319-337-8922
Chatham Oaks	Iowa City	319-325-4568
Goodwill Industries of The Heartland	Iowa City	319-248-4628
Harambee, LLC	Iowa City	319-354-1177
Hillcrest	Iowa City	319-337-4204
Mayor's Youth Empowerment Program	Iowa City	319-341-0060
Optimae LifeServices	Iowa City	319-337-2008
Reach For Your Potential	Iowa City	319-354-2983
Shelter House	Iowa City	319-338-5416
Social Outreach Services	Iowa City	319-855-2744
Successful Living	Iowa City	319-358-6800
Systems Unlimited	Iowa City	319-338-9212
Delaware County Community Life	Manchester	563-927-1077
Optimae LifeServices	Marengo	319-642-3108
Linnhaven Inc.	Marion	319-377-9788
Tailored Living Inc.	Marion	319-377-0184
Advancement Services Of Jones Co.	Monticello	319-465-5991
Systems Unlimited	Monticello	319-465-6360
North Star Community Services	Vinton	319-472-4246
Community Based Services	Waverly	319-352-2990
Larrabee Center	Waverly	319-352-2234
North Star Community Services	Waverly	319-352-1425

Transitional Housing		
Abbe Center for Comm. Mental Health	Cedar Rapids	319-247-2222
Tailored Living Inc.	Cedar Rapids	319-377-0184

Transportation Services		
JETS Transportation (Jones Economic)	Anamosa	319-462-2143
Horizons, A Family Service Alliance	Cedar Rapids	319-398-3943

Transportation Services (cont.)

Linn County LIFTS	Cedar Rapids	319-892-5170
To The Rescue	Cedar Rapids	319-550-1890
NE Iowa Community Action-Transit	Decorah	563-382-8436
Penn Center, Inc.	Delhi	319-398-3534
Unlimited Services, Inc.	Guttenberg	563-252-1062
REM Iowa Community Svcs, Inc.	Hiawatha	319-378-9333
Full Circle Services, Inc.	Independence	319-334-4341
Johnson Co. MH/DS Services	Iowa City	319-339-6169
Johnson County SEATS	Iowa City	319-339-6128
Benton County Transportation	Vinton	319-472-2413
IA Northland Regional Transit Comm. (RTC)	Waterloo	319-235-0311

Therapy and Treatment Services

Abbe Center for Comm. Mental Health	Amara	319-622-3231
Abbe Center for Comm. Mental Health	Anamosa	319-462-4307
Jones Regional Medical Center, David Kleist	Anamosa	319-481-6386
Life Connections	Anamosa	319-462-3772
Abbe Center for Comm. Mental Health	Cedar Rapids	319-398-3562
Cedar Centre	Cedar Rapids	319-365-3993
Family Systems	Cedar Rapids	319-654-9195
Lagrange, Dennis	Cedar Rapids	319- 310-2979
Mercy Medical Center	Cedar Rapids	319-398-6011
St. Lukes Hospital	Cedar Rapids	319-369-8356
Ziskovsky,Rosemary Rohde	Cedar Rapids	319-538-9373
Hillcrest Mental Health Center	Dubuque	563-582-0145
Medical Associates Clinic PC	Dubuque	563-584-4159
Mercy Medical Center	Dubuque	563-589-8000
Abbe Center for Comm. Mental Health	Hiawatha	319-369-7952
Assoc. For Behavioral Hlthcare	Hiawatha	319-396-1066
Abbe Center for Comm. Mental Health	Independence	319-334-4010
Counseling & Assessment Services, P.C.	Independence	319-334-6820
Wapsi Valley Family Counseling, LLC	Independence	319-361-4867
Abbe Center for Comm. Mental Health	Iowa City	319-338-7884
Prodzinski, Cynthia	Iowa City	319-313-2116
Successful Living	Iowa City	319-356-0947
University of Iowa Hosp. & Clinics	Iowa City	319-384-8442
Abbe Center for Comm. Mental Health	Manchester	563-927-6700
Life Connections	Monticello	319-313-5510
Abbe Center for Comm. Mental Health	Vinton	319-472-5226
Families, Inc.	Vinton	319-472-4081
Vinton Counseling Services	Vinton	319-472-4499
Virginia Gay Hospital - Dr. Morcuende, Psychiatric	Vinton	319-472-6270
Covenant Clinic Psychiatry	Waverly	319-352-9606
Monarch Therapy Services	Waverly	319-231-9399
Pathways	Waverly	319-352-2064

Vocational Services

ARC of East Central Iowa	Cedar Rapids	319-365-0487
Goodwill Industries of The Heartland	Cedar Rapids	319-739-5016
Iowa Vocational Rehabilitation Services	Cedar Rapids	319-294-9308
To The Rescue	Cedar Rapids	319- 826-6068
Rural Employment Alternatives	Conroy	319-662-4043

Vocational Services (cont.)

Area Residential Care, Inc	Dubuque	563-556-7560
Goodwill Industries of NE Iowa	Dubuque	563-557-3158
Hillcrest Family Services	Dubuque	563-588-0605
REM Iowa Developmental Services	Hiawatha	319-393-1944
Goodwill Industries of NE Iowa	Independence	319-334-3400
ARC of Southeast Iowa	Iowa City	319-351-5017
Goodwill Industries of The Heartland	Iowa City	319-248-4621
Iowa Vocational Rehabilitation Services	Iowa City	319-354-4766
Systems Unltd (Employment Systems)	Iowa City	319-338-9212
Advancement Services of Jones County	Monticello	319-465-5991
Goodwill Industries of NE Iowa	Waverly	319-352-8804
Larrabee Center	Waverly	319-352-8868

Mental Health/Disability Services of the East Central Region funds mental health services for low-income residents in these nine counties. Each county has an access point for residents to apply for services.

Benton

303 1st Ave
Vinton, IA 52349
319-472-4743

Buchanan

210 5th Ave NE
Independence, IA 50644
319-334-7450
Julie Davison

Dubuque

Dubuque Co Courthouse
720 Central
Dubuque, IA 52001
563-589-7870
Jody Jansen

Johnson

855 S. Dubuque St.
Iowa City, IA 52240
319-339-6169
Jan Shaw

Linn

1240 26th Ave Ct. SW
Cedar Rapids, IA 52404
319-892-5671

Mechelle Dhondt, CEO

Bremer

203 1st Ave NE
Waverly, IA 50677
319-352-2993
Jan Heidemann

Delaware

601 Grant St.
Manchester, IA 52057
563-927-5116
Peggy Petlon

Iowa

495 4th Ave
Conroy, IA 52220
319-662-4245
Marilyn Austin (Liaison)

Jones

105 Broadway Pl
Suite 2
P.O. Box 427
Anamosa, IA 52205
319-462-4457
Lucia Herman

Iowa Helpline 1-855-800-1239



**Mental Health/Disability Services of the
East Central Region (ECR)**
www.ecriowa.us

Service providers in the East Central Region are listed in this brochure.
ECR also partners with three judicial districts for jail diversion,
five hospitals, and 47 pharmacies throughout the nine counties.