



# Iowa—State Resource Guide

## State Behavioral Health Agency

For more information about admission, care, treatment, release, and patient follow-up in public or private mental health and substance abuse treatment facilities, contact your State agency:

Iowa Department of Human Services  
Division of Mental Health and Disability Services  
1305 East Walnut Street  
Des Moines, IA 50319  
Phone: 515-281-5454  
Fax: 515-281-4980  
E-mail: [contactdhs@dhs.state.ia.us](mailto:contactdhs@dhs.state.ia.us)  
Internet: <http://www.dhs.state.ia.us/mhdd/>

Iowa Department of Public Health  
Bureau of Substance Abuse  
321 East 12th Street  
Des Moines, IA 50319  
Phone : 515-281-0928  
Toll-free : 866-227-9878  
Internet: [http://www.idph.state.ia.us/bh/substance\\_abuse.asp](http://www.idph.state.ia.us/bh/substance_abuse.asp)

## State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Substance Abuse and Mental Health Services Administration (SAMHSA). Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Disability Rights Iowa  
400 East Court Avenue, Suite 300  
Des Moines, IA 50309  
Phone: 515-278-2502  
Toll-free: 800-779-2502  
TDD: 515-278-0571  
Toll-free TDD: 866-483-3342  
Fax: 515-278-0539  
E-mail: [info@disabilityrightsowa.org](mailto:info@disabilityrightsowa.org)  
Internet: <http://www.ipna.org>

*Spanish language assistance available*

## Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

Iowa Federation of Families for Children's Mental Health  
106 South Booth  
Anamosa, IA 52205  
Phone: 319-462-2187  
Toll-free: 888-400-6302 (Families only)  
Fax: 319-538-0238  
E-mail: [help@iffcmh.org](mailto:help@iffcmh.org)  
Internet: <http://www.iffcmh.org>

## Centers for Medicare and Medicaid Services (CMS)

The Centers for Medicare and Medicaid Services, which are part of the U.S. Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services  
7500 Security Boulevard  
Baltimore, MD 21244-1850  
Phone: 410-786-3000  
Toll-free: 877-267-2323  
TDD: 866-226-1819  
E-mail: [question@cms.gov](mailto:question@cms.gov)  
Internet: <http://www.cms.gov>

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 7. The regional office address and telephone numbers are:

Kansas City Regional Office  
Centers for Medicare and Medicaid Services  
Richard Bolling Federal Building  
601 East Twelfth Street, Suite 235  
Kansas City, MO 64106  
Phone: 816-426-5233  
Fax: 816-426-3548  
Internet:  
<http://www.cms.gov/RegionalOffices/Downloads/KansasCityRegionalOffice.pdf>

#### **Advocacy Organizations**

Mental Health America (formerly the National Mental Health Association) maintains a referral and information center and can help you locate local chapters. These local groups have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health America Resource Center  
2000 N. Beauregard Street - 6<sup>th</sup> Floor  
Alexandria, VA 22311  
Phone: 703-684-7722  
Toll-free: 800-969-6642  
TDD: 800-433-5959  
Fax: 703-684-5968  
E-mail: [info@mentalhealthamerica.net](mailto:info@mentalhealthamerica.net)  
Internet: <http://www.nmha.org>

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups. The local self-help groups have support and advocacy components and offer education and information about community services for families and

individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI Iowa  
5911 Meredith Drive, Suite E  
Des Moines, IA 50322-1903  
Phone: 515-254-0417  
Toll-free: 800-417-0417  
Fax: 515-254-1103  
E-mail: [info@namiowa.com](mailto:info@namiowa.com)  
Internet: <http://www.namiowa.com>

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by SAMHSA, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse  
1211 Chestnut Street, Suite 1207  
Philadelphia, PA 19107  
Phone: 215-751-1810  
Toll-free: 800-553-4KEY (539)  
Fax: 215-636-6312  
E-mail: [info@mhsselfhelp.org](mailto:info@mhsselfhelp.org)  
Internet: <http://www.mhsselfhelp.org>

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area, contact:

The National Empowerment Center  
599 Canal Street  
Lawrence, MA 01840  
Phone: 978-685-1494  
Toll-free: 800-769-3728

Fax: 978-681-6426

Internet: <http://www.power2u.org>

### **Other Sources of Information**

There are many sources of information that you can tap. Your area mental health authority, which is generally a part of the local government, may be useful. Other branches of your city or county government also may be able to help. For example, the education office might have information about help for children, and the agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association or go to <http://www.findlegalhelp.org>. Also, your local library and telephone yellow pages may have resource lists for sources of help in your community.

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12/11