



Make It **OK**



Healthiest State  
INITIATIVE

**HEY IOWA,  
WEAR GREEN ON  
MAY 15TH**

**MENTAL**

**HEALTH**

Take a picture and send to  
[Jaspercocares@jasperia.org](mailto:Jaspercocares@jasperia.org)

Notes from Cares meeting on 5/14/2025:

[See Community Calendar](#). Submit events online.

<https://www.mercyone.org/newton>. Open positions available

Jasper Co. EMA, [Jasper Ready](#)

NAMI: needs volunteers

Newton Fest: June 13 and 14<sup>th</sup>

Newton YMCA: Senior Health and Fitness Fair, May 28<sup>th</sup>, 8-10 AM.

[Capstone](#): hiring a certified alcohol and substance counselor

[Capstone](#): fundraising. <https://bit.ly/3F7r91D>

[Pregnancy Center of Central Iowa](#): Walk for Life on May 10<sup>th</sup>

The Public Health Emergency Prep drill will be held on 5/15/2025 at 9 AM. Contact Becky Pryor for more details.



# GIVE BACK LOCAL!



Capstone Behavioral Healthcare is proud to join communities across the nation in recognizing May as Mental Health Month, a time dedicated to raising awareness, reducing stigma, and promoting mental wellness for all. At Capstone Behavioral Healthcare, we are committed to providing essential mental health and substance use services to individuals and families across our community, regardless of income, background, or circumstance.

Capstone Behavioral Healthcare is a community-based mental health provider serving central Iowa since 1968. With a dedicated team of clinicians, support staff, and peer professionals, Capstone offers a full continuum of care, including therapy, child-focused therapy, psychiatry, substance use treatment, crisis response, psychological testing, and supportive housing services.

Help us meet the growing need—your tax-deductible donation directly supports essential expanded services. Give today and make a lasting impact.

Your generous donation will help us:

- Expand and **increase supportive housing options** for those in need
- **Enhance** the delivery of services to reach more individuals and families
- Launch **NEW services** that address emerging behavioral health needs
- Complete essential **lower-level building improvement projects** to improve the facility and house future health and human service providers

Capstone invites individuals, schools, businesses, and organizations to get involved and help spread the message that mental health matters every day, not just in May.



**Capstone Behavioral  
Healthcare Website**

**Capstone Behavioral Healthcare**  
**1123 1<sup>st</sup> Ave E**  
**Suite 200**  
**Newton, IA 50208**  
**Office : 641-792-4012**



**Zeffy Donation Website**

Zeffy Direct Link - <https://www.zeffy.com/donation-form/donate-for-mental-health-month-awareness-month>





# Senior Health and Fitness Fair

Wednesday May 28<sup>th</sup> 8:00-10:00am Newton YMCA

Come to this FREE event and enjoy breakfast provided by Park Centre, chair massages, raffle prizes, senior focused presentations and meet with local vendors.

## Special Events

8:00 Cardio Drumming with Park Centre

8:30 "New In-Home Palliative Services for Jasper County Residents"  
presented by Aimee Spores, WesleyLife Director of Hospice

9:00 Presentation by Dr. Patrick Edwards

9:45 Cardio Drumming with Park Centre





SAVE THE DATE



CENTRAL IOWA SHELTER & SERVICES AND IOWA TOTAL CARE  
**GRINNELL  
EMPOWERMENT  
COMMAND CENTER  
RIBBON CUTTING**

WEDNESDAY, MAY 21 | 11AM  
**306 6TH AVE, GRINNELL, IA 50112**

Please join Central Iowa Shelter & Services and Iowa Total Care as we celebrate the opening of the Grinnell Empowerment Command Center (former Sweet Treats location), a space dedicated to connecting our neighbors experiencing homelessness to vital support and empowering services.

**Hear from guest speakers, learn about the facility,  
and enjoy some refreshments!**

**Please RSVP by May 16th**  
Scan the code to RSVP



MADE POSSIBLE BY





# Join Our Team!

SUBMIT YOUR  
RESUME NOW!



## CERTIFIED ALCOHOL AND DRUG COUNSELOR SUBSTANCE ABUSE PROGRAM

### REQUIREMENTS:

- ✓ Bachelors degree in human services field, education or health care
- ✓ Masters degree in counseling, social work, or other related human services field preferred
- ✓ Certification from the Iowa Board of Substance Abuse Certification required, ACADC preferred

### RESPONSIBILITIES:

- ✓ At least 3 years post degree experience in the delivery of substance abuse/dependence services
- ✓ At least 1 year of supervisory experience
- ✓ This position requires in-depth knowledge of all state and federal regulations and requirements regarding alcohol/substance abuse delivery systems

SEND YOUR CV &  
RESUME TO:

julies@capstonebh.com



# Jasper County Cares Coalition

**Meeting 10:30 AM  
June 11, 2025**

**Health, Human Services, & Supporting Agencies**

**Info: [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org)**

*Jasper Cares!*







# Jasper County Cares Coalition

Meeting Dates (2nd Wednesday)

2025

May 14	Sep 10
Jun 11	Oct 8
July 9	Nov 12
Aug 13	Dec 10

Contact: [jaspercocares@jasperia.org](mailto:jaspercocares@jasperia.org)  
Jasper Co. Office Building, Large Conference Room  
315 W. 3rd St N. Newton, IA 50208



Join at [menti.com](https://menti.com) | use code **1973 6286**



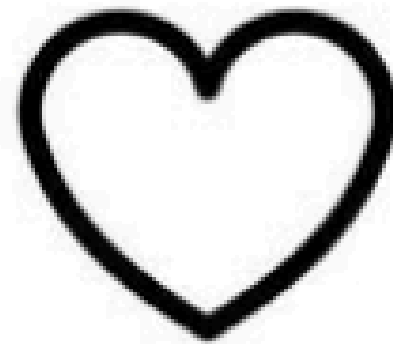
MAY IS  
**MENTAL HEALTH AWARENESS**  
MONTH



# Mental Health Month

Lingo  
babies

SENDING LOVE TO THOSE WHO...



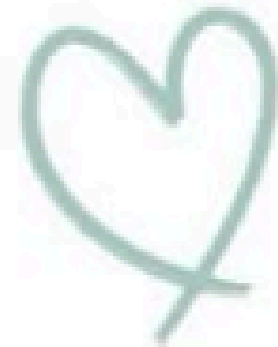
suffer from  
mental illness



are too  
afraid to speak



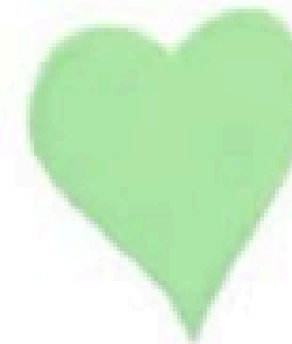
feel alone



have no  
support system



are fighting  
suicidal thoughts



are getting  
support



are in recovery



are supporting  
loved ones



have lost someone  
to mental illness





**1 in 5 U.S. adults** experience mental illness each year.



**473,000 adults** in Iowa have a mental health condition.

That's more than **3X** the population of Cedar Rapids.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **42.2% of adults in Iowa** reported symptoms of **anxiety or depression**.  
**25.4%** were unable to get needed counseling or therapy.



**1 in 20 U.S. adults** experience serious mental illness each year.

In Iowa, **128,000 adults** have a **serious mental illness**.



**1 in 6 U.S. youth** aged 6–17 experience a **mental health disorder** each year.

**37,000 Iowans** age 12–17 have depression.

**Iowans struggle to get the help they need.**



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **154,000 adults in Iowa** who **did not receive needed mental health care**, 29.3% did not because of cost.

**4.7% of people in the state** are uninsured.



**Iowans** are over **2x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

**1,821,280 people** in Iowa live in a community that **does not have enough mental health professionals**.

Make It OK Healthiest State INITIATIVE

**HEY IOWA,  
1 IN 5**

Iowans will experience a mental illness.



# Mental Health in Iowa

**An inadequate mental health system affects individuals, families and communities.**



**High school students** with depression are more than **2x more likely to drop out** than their peers.

**58.1% of Iowans** age 12–17 who have depression **did not receive any care** in the last year.



2,647 people in Iowa are homeless and **1 in 5 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Iowa, **490 lives were lost to suicide** and 129,000 adults had thoughts of suicide in the last year.

**1 in 4 people with a serious mental illness has been arrested**

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



**7 in 10 youth** in the juvenile justice system have a mental health condition.



National Alliance on Mental Illness

NAMI Iowa is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

*This fact sheet was compiled based on data available in February 2021. For full citations, visit: [nami.org/mhpolicystats](https://nami.org/mhpolicystats).*



## 2. Mental Health: survey/data

### MENTAL HEALTH snapshot

**4.4**  
Poor mental health days per month

4.4 days/mo.  
Iowa avg

Poor mental health is associated with **smoking, physical inactivity, housing insecurity, food insecurity, and insufficient sleep.** Mental disorders like **depression and anxiety** can affect people's ability to take part in healthy behaviors.

### shortage MH

Jasper County is a **shortage** area for Mental Health Care Providers

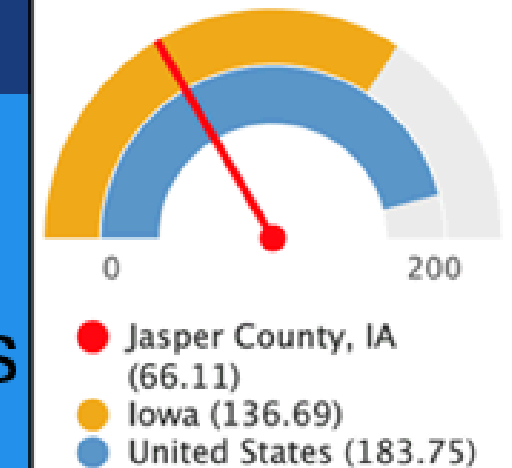
There are far fewer mental health providers in Iowa than the national average. There are wide differences in **access to mental health providers** across the state.

### Mental Health - Survey Improve access

- need more counselors
- parenting programs
- life skills classes
- longer hours
- more school MH training
- more inpatient
- more prevention
- improved crisis response

Rating- Survey  
Mental health  
2.75/5

Mental Health Care Providers, Rate per 100,000 Population



**2nd data-  
RED  
1/2 providers  
as State**

**4.4 days poor MH/month, Why?**

**Mental Health providers 858 to 1**  
**Survey SHORTAGE-64%- highest**

### Mental Health - Survey Cares

- 1st Lack of MH Therapist
- 2nd Long wait for appointments.
- 3rd Barriers to get MH
- 4th Schools lack MH
- 5th State of Iowa changes
- 6th Lack of MH Placement



## 2. Mental Health (MH):



**Suicide mortality**  
Jasper 20.80  
State 17.10  
(per 100,000 population)

**50 Mental Health legal cases**

(civil) Per Jasper Co. Attorney Office



**Suicide: know someone**

- KNOW SOMEONE: **61%**
- HAS TALKED: **49%**
- HAS ATTEMPTED: **39%**
- NO- 15%
- Decline- 5% **Survey**



**67% of 951 surveyed Jasper residents are satisfied with life.**

Source: Jasper Co. survey 2024

**Capstone BH appointments**  
**20451- FY 24**  
**879-2012**

**23X**

**Strengths on survey**  
**Mental Health 5.72% &**  
**Gap survey 16.63%**  
**#1 workforce shortage**

Data: Capstone BH



# Jasper County Community Health Improvement Plan CHIP

Jasper County Community Health Improvement Plan 2025-2030					updated 1.8.2025	YEAR 1	YEAR 2
	Objective 1	Mental Health and Substance Misuse Priority			Goal Status		
*State plan also	Promote mental health and substance use prevention and treatment for Jasper County residents by the 4 actions by 12/31/2027.					12/31/2025	12/31/2026
	Action / Strategy	Likely Effect	Resources	Partners			
1- Providers	Increase the number of mental health and substance misuse providers in Jasper Co. by 12/31/2027. 1.) Capstone Behavioral Health will explore options for students and interns. 2.) Capstone Behavioral Health will explore opportunities to partner with Substance Treatment Providers. 3.) Capstone will explore recruitment and retention for mental health providers. 4.) Capstone will launch a marketing campaign to recruit providers.	Increase the number of people who receive services in Jasper Co. Decrease the number of people who use substances in Jasper Co. Increase the number of mental health providers at Capstone.	Staff time Funding Loan Payback Incentives Options for Telehealth Indeed, Iowa Workforce Social Media: Facebook, LinkedIn, Websites	Capstone & CICS or new State Mental Health System-Lead Mental Health Providers: House of Mercy, Private Providers, Jasper County Schools, DMACC, DMU, Grandview University, & other colleges Mercy One Newton & Newton Clinic Substance Treatment Partners: Clearview Recovery, Sheepgate, Capstone, ITS, House of Mercy Jasper Co. Cares Coalition NAMI Iowa Workforce	3.2025 Capstone BH marketing and has hired numerous counselors and is fully staff. They have numerous students. 3.12.2025 Meeting with Capstone and Clearview Recovery, exploring partnering options.		
2- Schools	Work with Jasper Co. 5 School Districts to increase mental health counselors and substance misuse prevention programs by 12/31/2027. 1. Capstone BH will work with schools to explore options for mental health services. 2. EFR and SROs will work with schools to explore evidence-based prevention programs in schools.	Increase the number of students who receive services as needed in Jasper Co. Increase access to Mental Health services by school-aged children. Increase in the prevention of children misusing substances.	Staff time Funding	EFR and Capstone BH- Lead Mental Health partners & CICS Jasper County school & college Partners Mercy One Newton and Newton Clinic Treatment Partners: Clearview Recovery, Sheepgate, Capstone, ITS, House of Mercy Jasper Co. Cares Coalition Law Enforcement, SROs	3.2025 Jasper Co. Schools met after Cares and also meet with law enforcement meeting. Julie and Becky are scheduled to talk about resources on 5.7.2025. 3.2025 New SRO at Lynnville 5-11, 715-1		
3- Outreach	Provide access to and outreach to increase the distribution of mental health resources to the public by 12/31/2026. 1.) Launch a social media campaign in coordinating with Jasper County Cares Coalition of available resources. 2.) Offer materials for the Jasper County Cares Resource Table and online Resource Guide.	Increase access to Mental Health information Increased equity of access for all the community Increased awareness of mental health issues and resources	Staff time Funding Flyers Resource Guide Website	Mental Health partners & CICS Jasper County school & college Partners Mercy One Newton and Newton Clinic Treatment Partners: Clearview Recovery, Sheepgate, Capstone, ITS, House of Mercy Jasper Co. Cares Coalition NAMI Mindspring Alliance			
4. Promote Mental Health America & Mental Screening tools	Promote the Mental Health America (MHA) screening link and MH screening tools by 12/31/2026. 1.) Jasper County Cares and Mercy One will activate a media and social media campaign about the screening link. 2.) Mercy One Newton will promote the link to providers. 3.) Capstone BH will discuss screening tools including the PHQ9 and GAD7 with Jasper Co. Cares.	Increased community awareness of online screening availability with resources based on results Increase access to Mental Health information.	Link provided. mhanational.org Resources with website link results. Screening tools and training for providers. Staff time.	CICS, Capstone BH, Mental Health Providers Jasper Co. Health Dept Mercy One Newton Jasper Co. Cares Coalition NAMI Mindspring			

# MENTAL HEALTH

Jasper County Resource Guide

Need Help?

SCAN QR  
OR GO TO THE WEBSITE



[www.jasperia.org/resources/](http://www.jasperia.org/resources/)

Resources are available:  
[jasperia.org/resources](http://jasperia.org/resources)



# MENTAL HEALTH

Take a Mental Health Screen: Visit the MHA's website and take the first step toward wellness.

**Resources available:  
[jasperia.org/resources](https://jasperia.org/resources)**







# What is the Behavioral Health Service System?

On May 15, 2024, a new law (House File 2673) was signed. This law combines mental health and substance use services into one system, now called the Behavioral Health Service System. This new system starts on July 1, 2025, and will make it easier for mental health and substance use providers to help Iowans get the care they need, no matter where they go for help.

## Why is this important?

- **There is no wrong door** to accessing mental health and substance use services.
- **No matter where you are** in Iowa, you can get the help you need.
- The Administrative Service Organization (ASO), **Iowa Primary Care Association** [↗](#), **will handle tasks on the backend** that make it easier for behavioral health providers to focus on giving quality care.

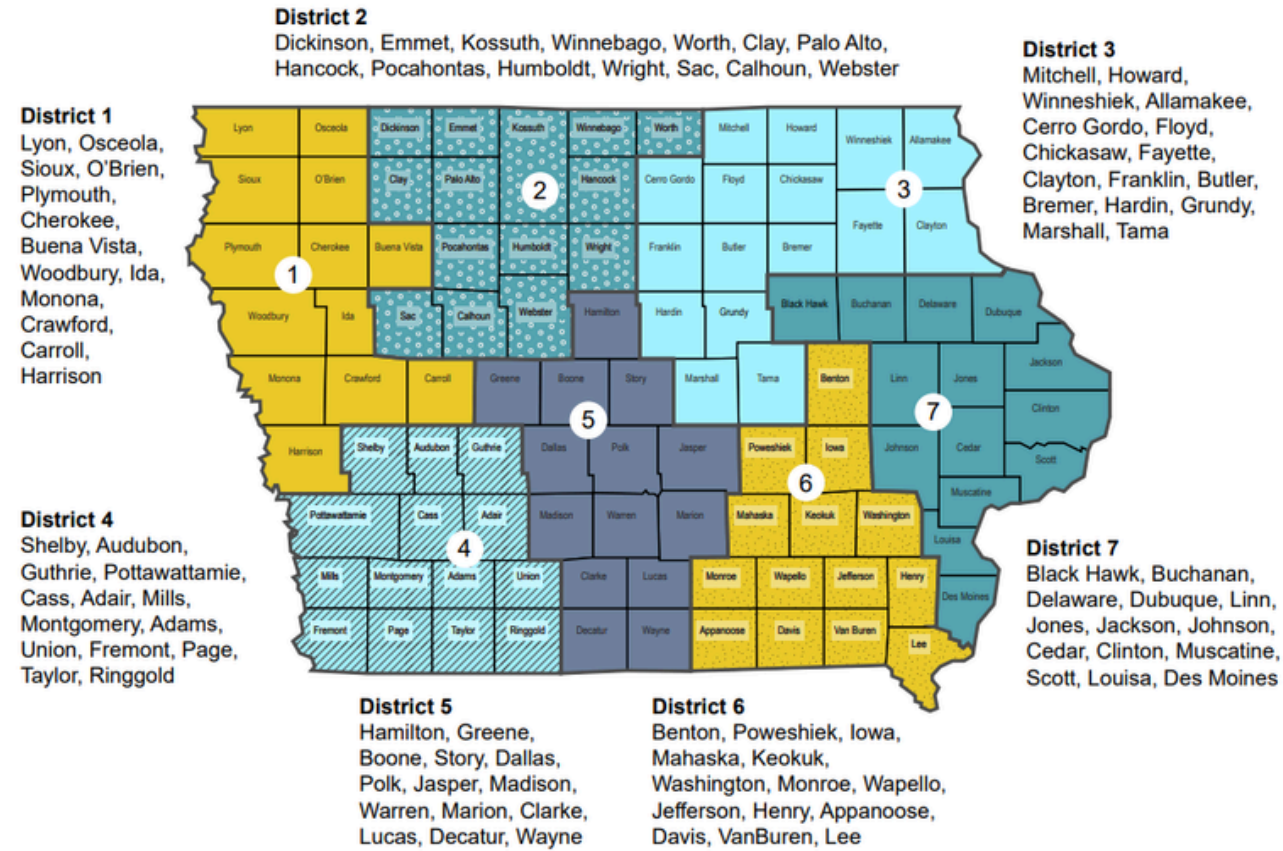
**7.1.2025**  
**Iowa Primary Care**  
**Assoc.**

## What will change as of July 1, 2025?

**Nothing will change for Iowans who have Medicaid or private insurance, services and providers will stay the same.** Iowans who do not have insurance or very limited insurance will be able to get help through the Behavioral Health Service System. All Iowans can use Your Life Iowa to get support through calls, texts, or chats. Behavioral Health System Navigators will guide people to the right care and services.

## What is a Safety Net provider?

A "safety net provider" is a healthcare provider, like a certified community behavioral health clinic (CCBHC), community mental health center (CMHC), community health center (CHC), or public hospital, that helps people with low income or no insurance. These providers offer care even if someone can't pay.



2025-2027

Behavioral Health Service System Statewide Plan

- District 5
- No longer have CICS in Jasper County



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# Make It OK MAY 2025

Mental health Awareness Month Prompt Calendar

				1 Chalk the Town Green - chalk kind messages in your community	2  Smile at a stranger today	3 Share three photos of things you find meaningful or memorable
4 Limit your screen time to 2 hours or less today	5 Show gratitude to someone who brings joy to your life	6  Go on a nature walk	7 Attend the MIO Presentation today	8  Focus on staying hydrated today	9  Stop. Breath. Notice. Repeat	10 Listen to a favorite piece of music and remember what it means to you
11 Share a quote you find inspiring to give others a boost	12  Achieve 1 hour of physical activity today	13 Register your workplace/organization with Make It OK	14  Check in with a family member today	15  Wear Green to raise awareness for mental health	16 Focus on how your actions make a different for others	17  Make a list of what matters most to you and why
18 Tell 3 people your favorite thing about them	19 Read a Make It OK Story and share it with others	20  Recall three things you have done that you are proud of	21  Take a 5-minute mindful moment today	22 Attend the Back the Black Presentation today, or share materials!	23  Write down 5 things you are grateful for	24 Share your mental health story
25 Find three reasons to be hopeful for the future	26  Volunteer in your community today, help someone in need	27  Reach out to a friend you haven't talked to in a while	28 Become a MIO Ambassador/BtB Representative	29  Look up at the sky, remember we are all part of something bigger	30 Food & mood go hand in hand, try and eat 5 servings of veggies or fruit today	31  Send a friend a photo from a time you enjoyed together

#MAKEITOKIOWA

#HEYIOWA



VISIT [IOWAHEALTHIESTSTATE.COM/MHAM](https://IOWAHEALTHIESTSTATE.COM/MHAM)  
TO REGISTER FOR MAKE IT OK EVENTS