2020 Agency Calendar



New Opportunities, Inc., in an effort to eliminate poverty, provides direct support and service to children, adolescents, adults, aging adults, and families to help them reach their highest potential in regard to their personal and economic self-sufficiency.

Annual Report (FY19)



1-800-642-6330

Director's Note:

We are pleased to share the positive impact of our services in this year's Annual Report! As a valued stakeholder, we know you will join us in celebrating these outcomes. New Opportunities has a firm foundation with over 50 years of responding to consumers, community partners, and funding sources as new and emerging needs present themselves. Each time you turn the page to a new month you will see we had an amazing year! As we look to the future, I am confident New Opportunities will continue to build upon our current strengths to best meet the changing needs of each community we serve. We are so very thankful for a supportive Board of Directors, a professional and compassionate staff, countless volunteers, as well as the many supportive community partners. Together we all are "Helping People and Changing Lives."



Chad Jensen, MA, LMSW Chief Executive Office

Calhoun County



109 Tracy Street Audubon, IA 50025 Phone: 712-563-2777 Fax: 712-563-3017



334 Richmond Street Rockwell City, IA 50579 Phone: 712-297-7721 Fax: 712-297-9927



23751 HWY 30 Carroll, IA 51401

Carroll County



Phone: 712-792-9266 Fax: 712-792-1956

Dallas County



1212 Second Avenue Perry, IA 50220 Phone: 515-465-5185 Fax: 515-465-5995

Greene County



1401 N Elm, Suite A Jefferson, IA 50129 Phone: 515-386-2719 Fax: 515-386-3845

Guthrie County

400 State Street Guthrie Center, IA 50115 Phone: 641-747-3845 Fax: 641-747-3269



Sac County



1710 W. Main Street Sac City, IA 50583 Phone: 712-662-3236 Fax: 712-662-3593

New Opportunities Board of Directors

(Not all pictured)

New Opportunities Leadership Team

www.newopp.org



STATEMENT OF ACTIVITIES

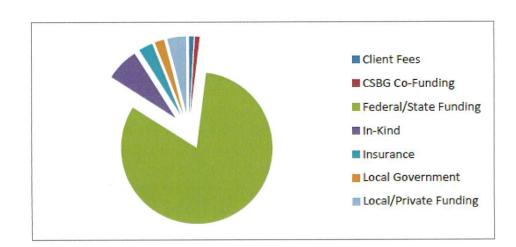




FY19 PROGRAM REVENUE & EXPENSES

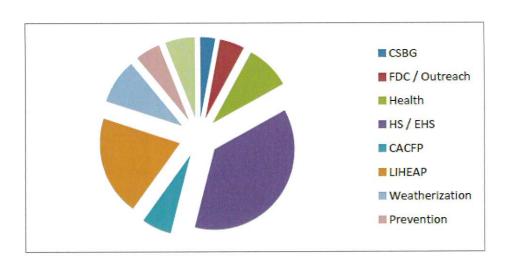
FY19 Program Revenue by Source

Client Fees	1%
CSBG Co-Funding	1%
Federal/State Funding	82%
In-Kind	7%
Insurance	3%
Local Government	2%
Local/Private Funding	4%
	100%



FY19 Expenses by Program

	100%
Treatment	6%
Prevention	5%
Weatherization	9%
LIHEAP	20%
CACFP	6%
HS / EHS	37%
Health	9%
FDC / Outreach	5%
CSBG	3%





MENTORING











Shown are mentors and mentees participating in the mentoring program

New Opportunities has mentoring programs in Audubon, Carroll, Greene, Guthrie, and Sac Counties. Each of the mentoring programs pair an at-risk child with an adult from

the community. The adult serves as an additional support system for the child. The

mentor and mentee spend time together each month doing low or no cost activities.

Mentoring relationships are a shared opportunity for learning and growth. The rewards gained for mentoring is substantial for both mentees and mentors. Mentoring

offers you the power to transform lives and make a difference. Spending as little as an

hour a week with a young person can make a difference in their life and yours. All it

take is one caring person to a make a difference in the life of a child.

Be a mentor. Change a life.

New Opportunities Mentoring Programs

Total 58 matches and we need more mentors:

Audubon: 3 youth waiting

Carroll: 7 youth waiting

Greene: 5 youth waiting

Guthrie: 3 youth waiting

Sac: 12 youth waiting

The number of mentor matches are continuing to grow!

WITH A MENTOR, AT-RISK YOUTH ARE:



less likely than their peers to skip a day of school



55%

more likely be enrolled in college



46%

less likely than their peers to start using drugs



more likely to report participating regularly in sports or extracurricular activities



more likely to volunteer regularly



130%

more than twice as likely to say that they held a leadership position in a club or sports team



90%

Respondents who had a mentor said they are now interested in becoming mentors

Image from www.mentoring.org

1-800-642-6330

www.newopp.org

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JANUARY 2020

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			New Year's Day			
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19	20 Martin Luther King Jr.'s Birthday	21	22	23	24	2
26		28	29	30	31	



HEALTH



We were excited to have been a part of the following community events:

Carrollfest Health & Safety Fair, Carroll Band Days, Glidden Easter Event, Guthrie
County Health Fair, Carroll Library Story Walk, Kuemper Fit Knight, Glidden
Winter Wonderland, Swan Lake Fall Fling, Live Healthy Iowa 5K, Stewart
Memorial Fall Fling, Swan Lake Trunk or Treat, and the Carroll Library Summer
Reading Program.



The New Opportunities I-Smile Program provided 4,047 oral services to 1,022 children. In 2019 there were 1,083 dental screenings and 1,016 fluoride varnish treatments completed for children in Audubon, Carroll and Guthrie counties. Our Dental Hygienists provide dental services at WIC clinics, preschools, Head Starts and in the area schools. We provide these dental services with an emphasis in prevention and education from newborns all the way through middle school. We also offer dental

screenings, fluoride varnish, and oral health education to expecting and postpartum mothers.

380 students received sealants in 2019, with a total of 431 sealants placed.

Our 5th Annual Children's Health Clinic was held on August 13, 2019 at New Opportunities Central Office. We had the pleasure of seeing 87 children, serving 47 families and provided 211 services. The Health Services Department partners with local providers and professionals to offer free health screenings, school physicals, dental screenings, vision screenings, immunizations, lead testing, developmental screenings and haircuts. The clinic is offered shortly before area schools return from their summer break in an effort to help parents who are still in need of physicals, dental screenings or immunizations before their student starts school. Thank you to all of the wonderful volunteers for another successful clinic!



Healthy washall development to the first flow weeks.

1st Five

- works to build
partnerships with primary
care providers in
Audubon, Carroll and
Guthrie counties.
- supports health
providers in the early
detection of
social-emotional and
developmental delays and
family risk-related factors
in children
birth to 5.
- coordinates referrals,

interventions and followup, as needed.
- currently has 11 medical clinics making referrals to

the program.

In 2019, staff provided care coordination to 29 families after receiving a referral from their medical provider, resulting in over 37 community resource connections for the families.

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FEBRUARY 2020

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Section 1	4		Lincoln's Birthday		Valentine's Day	
16	17	18	19	20	21	22
	President's Day	,				Washington's Birthday
23	24	25	26	27	28	29
		Mardi Gras				



HEAD START

The New Opportunities Head Start program is funded to serve **247 children** within the seven-county service area of Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties. Head Start provides eligible three and four year-olds with free preschool that features active learning experiences, nutritious snacks and meals, health, mental health, and dental services and family services.

New Opportunities Head Start Classrooms

County	Classroom Location	Number of Classrooms	Part Day or Full Day	Number of Children Enrolled	Type of Classroom
Audubon	Audubon Elementary	1	Full Day	15	School District Partnership
Calhoun	Lake City	2	Part Day	5	School District Partnership
	Rockwell City	2	Part Day	7	School District Partnership
Carroll	Carroll	1	Part Day	15	Head Start only
	Carroll	1	Full Day	14	Head Start only
	Coon Rapids	1	Part Day	10	School District Partnership
Dallas	Perry	3	Full Day	50	Head Start only
	Waukee	2	Full Day	34	Head Start only
Greene	Jefferson	2	Part Day	34	School District Partnership
	Jefferson	1	Full Day	17	School District Partnership
Guthrie	Panora	3	Part Day	17	School District Partnership
Sac	Sac City	1	Part Day	19	Head Start only
	Schaller	2	Part Day	10	School District Partnership







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29	30	31				





New Opportunities mission is to help families reach their highest potential in regard to their personal and economic self-sufficiency.

Offering Financial Literacy education gives families the tools they need to build financial security!

New Opportunities offers Financial Literacy coaching in seven counties—Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties. Financial Literacy is offered at no cost to families.

The Financial Literacy Coach provides one-on-one and group classes on financial management, budgeting and credit repair for individuals and families.

New Opportunities refers households who seek crisis assistance to meet with the Financial Literacy Coach to set goals and work towards financial stability.

Financial Literacy Program FY19

- •Number of individuals who participated in financial education (group setting): **108**
- Number of individuals who received financial coaching (one-on-one): 267
- Number of households who completed the financial literacy program: 162

In 2017, New Opportunities was awarded a grant from the Northwest Area Foundation. This grant allowed us to hire an additional staff member as the Financial Literacy Coordinator and to expand our Financial Literacy program! In addition, the Financial Literacy Coordinator worked with schools in our seven-county service area to identify financial literacy needs for students and to educate the public on barriers low-income residents are facing.

In 2019, we received notice that New Opportunities was selected for an additional 2 years to continue Financial Literacy Education with our clients, schools and communities in all 7 counties!

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WHAT IS COMMUNITY ACTION?

Community Action was born when President Lyndon Johnson declared War on Poverty during his 1964 State of the Union Address. Johnson promised to fulfill the promise of equal opportunity for all by enacting several comprehensive changes within the federal government. In August 1964, the Economic Opportunity Act was signed into law by President Johnson, creating the nationwide Community Action Network.

Today, more than 1,000 Community Action Agencies have formed to serve 99% of America's counties!

By 1967, local Community Action Agencies (CAA's) had popped up all over America. In April 1967, two non-profit agencies merged (the first merger of 2 nonprofits in the State of Iowa - Community Action Committee of Carroll, Calhoun, Greene & Sac AND Tri-County Community Action serving Audubon, Guthrie and Dallas Counties), and Community Opportunities, Inc. received its corporate status.

On October 1, 2006, a merger occurred between Community Opportunities, Inc., and New View Substance Abuse Treatment and Prevention Center, creating

New Opportunities, Inc.!

One of the most unique characteristics of Community Action Agencies is the structure of their Board of Directors. Each Community Action Agency is required to have a tripartite board consisting of equal parts of local private sector, public sector, and low-income community representatives. This allows leaders from each sector to come together to develop responses to address the needs of low-income households.

https://iowacommunityaction.org



May is **National Community Action Month!**

Helping People. Changing Lives.

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MAY 2020

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Mother's Da	ay						5
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PREVENTION



Tobacco Use Prevention and Control

The lowa Department of Public Health Division of Tobacco Use Prevention and Control works to reduce tobacco use and the toll of tobacco-caused disease and death by preventing youth from starting, helping adults and youth to quit, and preventing exposure to secondhand smoke.

To achieve these goals, the Division follows Centers for Disease Prevention and Control (CDC) guidelines for comprehensive tobacco control programs. State-level initiatives include Quitline Iowa cessation services, youth tobacco-use prevention programming and enforcement of Iowa's Smokefree Air Act.

Local tobacco control programs, called Community Partnerships, support tobacco control initiatives at the community level by partnering with local county coalition groups on policy changes.







Shown are students within the local ISTEP Chapters.

-

Iowa Students for Tobacco Education and Prevention (ISTEP)

is a statewide network of youth in lowa, which includes an Executive Council of youth members including a President, Vice President, Secretary, three voting Tobacco Use Prevention and Control Commission members, and an open statewide membership to all lowa youth in grades 7-12. ISTEP was started by high school students who were tired of tobacco hurting them and their families. Those teens, saw that tobacco and e-cigarette or vape hurts families and lives. We believe our lives and bodies are Worth Fighting For and we choose to be tobacco free.

New Opportunities continued supporting ISTEP chapters at Carroll High School (KINS), Coon Rapids, Panorama 5th grade and started chapters at Greene County School, East Sac School, and IKM-Manning.

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Father's Day 28	29	30				
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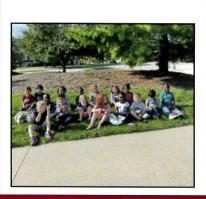


The New Opportunities Early Head Start Program is funded to serve 36 expectant mothers and children age birth to three within the four county service area of Carroll, Dallas, Greene, and Guthrie Counties. Early Head Start is a home based visitation program within which each enrolled participant receives a weekly home visit and two opportunities each month for socialization with other participants.

The content of each home visit focuses on assisting parents in being their child's first and best teacher. Enrolled participants in Early Head Start receive the same comprehensive services as those in Head Start with all services provided in the home or at socializations.

New Opportunities, Inc. received a new Early Head Start grant in 2019 that will provide center-based service to 64 children in Dallas County and Carroll County. The program is working on facilities in Carroll, IA and Perry, IA. It is anticipated these centers will open in 2020. Children enrolled in Early Head Start center-based will receive the same high quality, comprehensive services received by children currently enrolled in Head Start.







"It means giving my child the best chance before birth for growing healthy, and for the child and I to learn and grow together as they develop into toddlers and young children."

-Early Head Start ___ Parent







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JULY 2020

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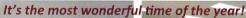


DEVELOPMENT

New Opportunities Family Development Centers (FDC) in Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties offer hope and encouragement for low-income families to succeed through available resources throughout the year.

Making a Difference:

A single mother contacted their local FDC coordinator because she and her children had no heat in their home. Their furnace did not work and the family did not have enough money to fix the furnace. They feared they would have to leave their home. The FDC coordinator was able to work with the client and a local contractor to have the furnace repaired. The mom was so grateful for the assistance for her and her children!









A shopping spree, sorting toy donations and a toiletry drive shaped in a Christmas tree pictured above are a few of the many ways our communities support our families in need during the holiday season! Thank You!





Backpacks are packed and ready to be distributed to help children start the school year equipped and ready to learn! Also pictured: a local business supporting this great program for their community through a school supply drive!

Holiday Projects Received in FY19

Back-to-School Supplies: 518 Students

Holiday Food Packages: 408 Households

Christmas Gifts: 1,044 Children

All of these programs are made possible by local donations and volunteer support!

Contact your local Family Development Center to see how you can make a difference!



Thanksgiving dinner boxes are packed and ready to be distributed to local low-income families for them to enjoy a traditional, holiday meal!

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AUGUST 2020

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New Opportunities Behavioral Health Department continues to service five counties: Audubon, Carroll, Guthrie, Greene & Sac.

The Behavioral Health Department is currently involved with the Integrated Provider Network (IPN). The lowa Department of Public Health (IDPH) Substance Use and Problem Gambling Services IPN is a statewide, community-based, resiliency- and recovery-oriented system of care for substance use and problem gambling services. IDPH selected Integrated Provider Network contractors in 2018, through a competitive request for proposal process that evaluated applicant capability and experience to: Educate the public, Assess local needs, Understand state and national policy, Inform and collaborate with each other and with stakeholders, Reduce stigma, Prevent substance use and gambling problems, Intervene with at-risk or in-need persons and populations, Provide effective treatment, and Support early remission and long term recovery.

State Opioid Response (SOR)

The lowa Department of Public Health uses SAMHSA's Opioid SOR grant funds to support prevention, treatment, and recovery support activities. The State Opioid Response in lowa project will further expand capacity of the existing regional prevention and treatment provider network with a focus on building access for all lowans in need. An updated community assessment specific to opioids and involving local stakeholders will continue the momentum for implementation of evidence-based practices, including medication assisted treatment (MAT).

The focus of this project is to increase community capacity for a successful local response to the opioid crisis through the following goals:

- Expand statewide infrastructure & access to MAT services
- Increase awareness of opioid risks through statewide prevention efforts

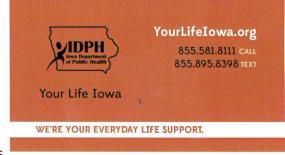
Problem Gambling Services

• Prevention Presentations

Treatment Services offered:

- A free, initial screening quickly assesses the severity of gambling use and identifies the appropriate level of treatment through individual and group therapy.
- Recovery Support Services (RSS) to help patients pay for basic necessities (i.e. gas and clothing)
- Financial Counseling to assist patients in addressing their financial needs related to their gambling behaviors, including assessment of a patients' financial status, establishing a budget/debt payment plan, discussing financial debt options, and creating a money management plan for the future.

I-800-BETS OFF



In FY19, the Behavioral Health Department provided 5,871 client contact sessions!

Including both individual and group sessions across all five counties served.

Audubon: 609

Carroll: 3472

Greene: 514

Guthrie: 816

Sac: 460

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1-800-642-6330

SEPTEMBER 2020

SEPTEMBER 2020

SEPTEMBER 2020

SEPTEMBER 2020

SEPTEMBER 2020

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		First Day of Autumn				
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UTILITY ASSISTANCE

Utility assistance is offered in all seven counties through the Family Development Centers.

Utility assistance includes Low-Income Home Energy Assistance Program (LIHEAP) and

crisis assistance for families facing utility disconnections.

LIHEAP is a federally-funded program that has been established to help qualifying low-income lowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season. By doing so, households can reduce the risk of health and safety problems—such as illness, fire or eviction. The assistance is based on household income, household size, type of fuel, and type of housing. In an attempt to reach all qualifying households, New Opportunities provides additional, local intake sites in communities within our seven county coverage area! In Fiscal Year 2019, we offered local intake sites in Exira, Lake City, Manson, Farnhamville, Coon Rapids, Manning, Adel, Dallas Center, Waukee, Churdan, Grand Junction, Bayard, Bagley, Panora, and Stuart, in addition to accepting applications at our Family Development Centers in each county.



In Fiscal Year 2019, New Opportunities paid over \$1.5 million toward the heating costs of 3,342 low-income households!

Utility Crisis assistance is available to households threatened by disconnection and low fuel, as well as assistance with furnace repair, furnace replacement, and some cooling needs. Households that utilize LIHEAP may be eligible to receive additional crisis assistance.

Contact your local Family Development Center for more information!

*See Page 1 for Family Development Center contact information!

FY19 Crisis Assistance

Households served: 382

Assistance Paid: \$144,962.00

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SEPTEMBER
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October 2020

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	Columbus Day					
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	3					Halloween



WEATHERIZATION

New Opportunities Weatherization Department works with low-income families to help reduce their energy usage by improving the energy efficiency of their homes. The weatherization services are of no cost to the families. The Weatherization Department serves eight counties in West-Central Iowa, including:



Audubon, Calhoun, Carroll, Crawford, Dallas, Greene, Guthrie, and Sac Counties.



Shown are Weatherization Staff:
Mike Berg, Weatherization Director;
Jenni Schlichte, Weatherization Assistant, and
Keith Brincks, Weatherization Evaluator.

In Fiscal Year 2019, the Weatherization Department completed the following in their eight-county service area:

***** Completed Weatherization on 54 homes

- 🌞 Replaced 33 furnaces
- Replaced 18 water heaters
- Installed 36 smoke alarms
- ***** Installed 19 exhaust fans
- Installed 98 carbon monoxide detectors
- Installed 1 LP alarms

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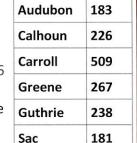
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Daylight Savings Time Ends		Election Day				
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			Veteran's Day			
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					



HEALTH







Women, Infants, & Children (WIC)) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. In 2019 there were **1,604** women and children that received WIC benefits in our 6-county project area. WIC helps provide healthy foods, nutrition education, and referrals to other healthcare agencies. Staff enjoys health promotional opportunities with all WIC participants!

171 pregnant and post-partum women were seen through the Maternal Health Program for health education during and after their pregnancies in Audubon, Carroll and Guthrie counties. Staff provided a total of 1,014 services including: health education, psycho-social counseling and oral health counseling. 84% sought care with their OB provider in the 1st trimester and 71% breastfeed. Maternal Health staff assists with medical & dental assessments, health and nutrition education, screening for depression, plans for delivery, and adjustment issues as their family expands.





Our **Breastfeeding Peer Counseling Program** was in its second year of operation during 2019 and we were able to see growth and successes within the program. The Program has two trained Breastfeeding Peer Counselors: Brandi and Brooke. Both have been a great addition to our WIC team and truly enjoy mentoring other breastfeeding moms. A WIC mom can reach out to their peer counselor whenever they have questions or concerns regarding breastfeeding. Our Peer Counselors are able to offer a new mom the support she often needs during the early days of breastfeeding. 110 mothers received support from a Peer Counselor.

1,144 unduplicated children ages birth to 21 received services through our **Child and Adolescent Health Program** during 2019. Staff provided **2,697** services including: lead screening, developmental screening, informing and care coordination activities. 90% of all families reported having a medical home. Our Child Health staff provides assistance with applying for Medicaid or hawk-*i* health insurance. Staff works with families who are newly eligible for the State Medicaid program to inform them of covered services and to ensure access to regular health care check-ups, dental services, vision screenings and immunizations. Staff work attentively with families to provide support and referral for parenting issues such as behavior, speech development, high family stress and any other area a family may be struggling with.



Family Planning and Community Adolescent Pregnancy Prevention Program (CAPP) provided 1,167 middle/high school/college students with science-based sexuality information including having a healthy relationship, preventing unplanned pregnancies, reducing sexually transmitted infections and being safe with social media. Teen Events were held in several area schools through a collaboration of community providers. Teens were able to participate in activities and win prizes by participating in topics such as: drinking and driving, healthy eating, healthy relationships and dating, STD education and pregnancy prevention, smoking and many more.



Community Adolescent Pregnancy Prevention



1-800-642-6330

www.newopp.org

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December 2020

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27	28	29	30	31		
9				New Year's Eve		