

2023 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.



1-800-642-6330

Director's Note:

Twenty twenty-two was a year New Opportunities will not soon forget. Despite the challenges we continue to face with the coronavirus pandemic and economic realities, our team has maintained an uninterrupted level of service and support for the children, adults, and families we serve. This annual report and calendar is an illustration of how our devoted and hardworking staff, Board of Directors, Policy Council and communities in our service area reacted and *Helped People and Changed Lives*. You will see how our services have increased which is why great gratitude must be given to ALL who helped our growing organization! Please take the time to see just what our agency has provided in the past year by utilizing this calendar on a monthly basis. Our team thanks everyone who have been involved with New Opportunities, Inc for their unique contributions to where we stand today as an organization. Our future is bright thanks to your hard work, dedication, and support.



New Opportunities Leadership Team



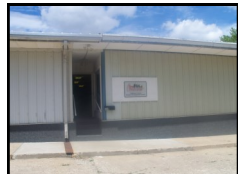
All the best,
Chad Jensen, MA, LMSW
CEO

Audubon County



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

Calhoun County



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

Carroll County



23751 HWY 30
Carroll, IA 51401
Phone: 712-792-9266
Fax: 712-792-1956

Dallas County



2816 1st Ave.
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

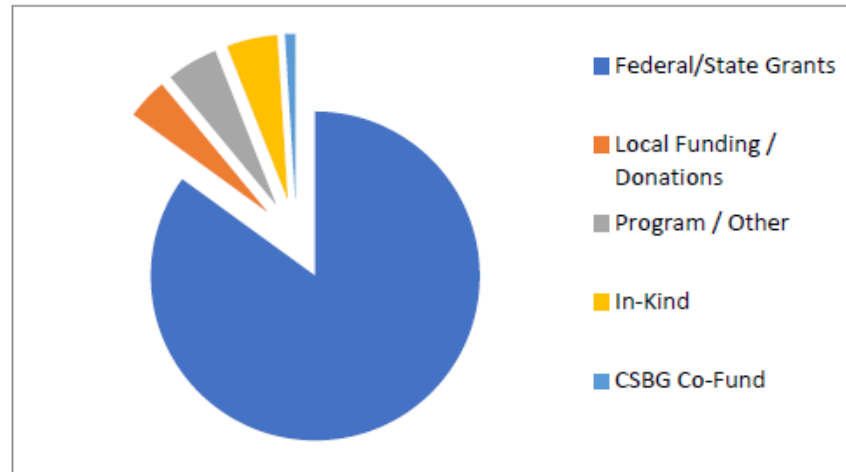


1710 W. Main Street
Sac City, IA 50583
Phone: 712-662-3236
Fax: 712-662-3593

FY22 PROGRAM REVENUE AND EXPENSES BY CATEGORY

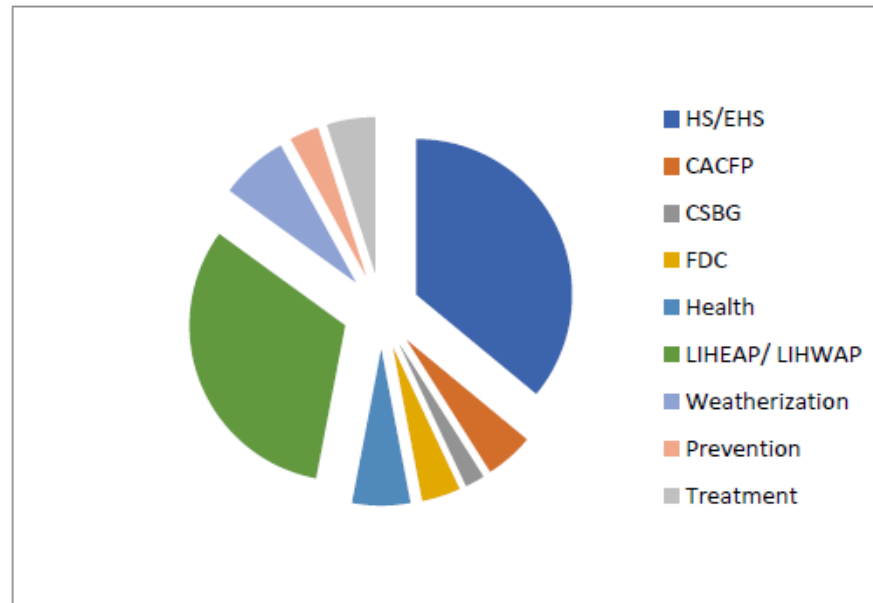
FY22 PROGRAM REVENUE

Federal/State Grants	85%
Local Funding / Donations	4%
Program / Other	5%
In-Kind	5%
CSBG Co-Fund	1%
	<hr/> <hr/> 100%



FY22 PROGRAM EXPENSES

HS/EHS	36%
CACFP	5%
CSBG	2%
FDC	4%
Health	6%
LIHEAP/ LIHWAP	32%
Weatherization	7%
Prevention	3%
Treatment	5%
	<hr/> <hr/> 100%





MENTORING

January is National Mentoring Month!



New Opportunities Mentoring Programs






Total **48 matches** and we need more mentors:

- ⇒ Audubon: 3 youth waiting
- ⇒ Carroll: 8 youth waiting
- ⇒ Greene: 2 youth waiting
- ⇒ Guthrie: 1 youth waiting
- ⇒ Sac: 3 youth waiting

The number of mentor matches are continuing to grow!



WITH A MENTOR, AT-RISK YOUTH ARE:

-  **52%**
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
-  **81%**
more likely to report participating regularly in sports or extracurricular activities
-  **78%**
more likely to volunteer regularly in their communities
-  **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

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

Be a mentor. Change a life.

Image from www.mentoring.org

1-800-642-6330

www.newopp.org



HEALTH



2022 kept the Health Department at New Opportunities hustling and bustling!

We take pride in participating in a wide variety of community events!

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

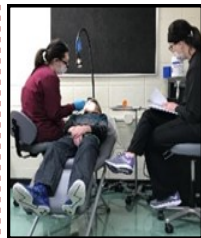
Carroll Band Days, Kuemper Fit Knight, Swan Lake Trunk or Treat, Oh Baby Events, SIDS Walk, and Live Healthy Iowa 5K.



1st Five Works to build partnerships with primary care providers in Audubon, Carroll and Guthrie counties.

1st Five supports health providers in the early detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions and follow-up.

In 2022, staff provided care coordination to **46 families** after receiving a referral from their medical provider, resulting in over **57 community resource connections** for the families. Currently **1st Five** has 7 medical clinics making referrals to the program.



The New Opportunities **I-Smile Program** provided **2,874 oral services to 793 unduplicated children during 2022 to children residing in Audubon, Carroll and Guthrie counties.** Those services included **880 dental screenings, and 736 fluoride varnishes.** Our Dental Hygienist 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 students. We also offer dental screenings, fluoride varnish, and oral health education to expecting and postpartum mothers.

I-Smile @ School Program provides dental screenings, dental sealants, fluoride varnish, and oral health education for elementary and middle school students. For school aged children, 80% - 90% of tooth decay or cavities occur on the chewing surfaces of the molar (back) teeth. Placing dental sealants on these teeth greatly lowers the chance that those teeth will get tooth decay. Our Sealant Program provides screening services to the following schools: Adair-Casey, Audubon, Carroll-Fairview, Coon Rapids-Bayard, Exira-Elk Horn-Kimballton, IKM-Manning, Panorama and West Central Valley-Stuart. **111 students received sealants in 2022, with a total of 305 sealants placed.**



Our **8th Annual Children's Health Clinic** was held on August 9, 2022 at New Opportunities Central Office. We had the pleasure of seeing **78 children, serving 46 families and provided 226 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, and developmental screenings. The clinic is offered shortly before area schools return from their summer break to help parents meet all the school requirements before their student starts school.





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 Child Spots available	Type of Classroom
Audubon	Audubon Elementary	1	Full Day	15	School District Partnership
Calhoun	Lake City	2	Part Day	8	School District Partnership
	Rockwell City	4	Part Day	6	School District Partnership
Carroll	Carroll	2	Part Day	18	Head Start only
	Carroll	1	Full Day	16	Head Start only
	Coon Rapids	1	Part Day	10	School District Partnership
Dallas	Perry	3	Full Day	51	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	15	School District Partnership
Sac	Sac City	1	Part Day	18	Head Start only
	Schaller	1	Part Day	5	School District Partnership





FINANCIAL LITERACY

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

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.

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



Financial Literacy Program FY22

For the clients served last year:

- * 43% have exited Successfully
- * 48% are still working on their goals
- * 9% did not meet goal
- * 14% were unable to contact

April is 
Financial Literacy Month



Some goals clients set are:

- * Basic Budgeting help.
- * Looking for ways to establish credit/improve credit.
- * Ways to start saving.
- * Having emergency savings for the unexpected financial expenses such as car repairs, household repairs, and loss of income due to missed work.
- * Student loan debt is a concern for adults age 25 and older.



Family Development & Self-Sufficiency (FaDSS) Program

PARTNERS FOR THRIVING FAMILIES

FaDSS is a home Visitation program for low income families available in **ALL 99 COUNTIES IN IOWA**. FaDSS families participate voluntarily in free services in Partnership with their FaDSS Family Development Specialist who works with the whole family to address their basic needs, improve child wellbeing, and develop careers opportunities that, in turn,

IMPROVES LIVES, FAMILIES, AND COMMUNITIES.

The New Opportunities FaDSS Program began providing services to families July 1, 2022. It is funded to serve 42 families in the six-county service area of Audubon, Boone, Carroll, Dallas, Greene, and Guthrie Counties. The FaDSS Program offers a variety of activities to support the needs of each family. These activities include, but are not limited to:

- ◆ *home visits*
- ◆ *goal-setting*
- ◆ *assessments*
- ◆ *referrals to community resources*
 - ◆ *building employment skills*
- ◆ *parent education and support and*
 - ◆ *advocacy*



Tobacco Use Prevention and Control

The Iowa 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 including Audubon, Carroll, Greene, Guthrie, Sac, Buena Vista, Ida, Crawford, Shelby and Monona Counties.

Iowa Students for Tobacco Education and Prevention (ISTEP)

Is a statewide network of youth in Iowa, 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 Iowa 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, Whiting, Paton-Churdan and IKM-Manning.



Shown are students within the local ISTEP Chapters.



EARLY HEAD START

The New Opportunities **Early Head Start Program** is funded to serve **27 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; 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.

In addition to home based, New Opportunities, Inc. received an Early Head Start grant in 2019 that provides center-based services to 64 children in Dallas County and Carroll County. The program operates facilities in Carroll and Perry. The Early Head Start centers provide every enrolled child with developmentally appropriate learning experiences, nutritious snacks and meals, health, mental health, and dental services as well as services for the whole family. Children attend the center five days per week, twelve months per year.



County	Number of Enrollment spots available
Carroll	35
Dallas—Perry	42
Dallas—Waukee	6
Greene	2
Guthrie	6

"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



DEVELOPMENT

FY22 Outreach Projects

New Opportunities Outreach Offices 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 mom with 2 boys that had just relocated to Carroll and needed help with transportation, job hunting and local resources. RoAnn, Carroll County Outreach Coordinator was able to connect her with New Opportunities programs (LIHEAP, Toys, Christmas decorations, and taxi vouchers). The mom was able to meet with Connie from DMACC at toy pick up and start the school program to assist in education for CNA job!

1425 Households received a food package



Food packages are offered seasonally, provided through local community support. Pictured is the Guthrie Outreach Coordinator Rhonda Huggins. She hosts an annual "Souper Bowl" event. For each can donated, the Guthrie County State Bank matched with a monetary donation. She was able to collect 600 cans of soup.

Outreach Programs are made possible by local donations and volunteer support!

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



Backpacks are packed and ready to be distributed to help children start the school year equipped and ready to learn! Pictured is the Calhoun Outreach Coordinator Heidi Billmeier, setting up a booth to collect school supplies.

Each office does school supply drives and also works with their local businesses in supporting this great program!

Back-to-School Supplies given to 213 Households including 472 Students

During the holiday season, each outreach office collaborates with local resources and Toys for Tots to distribute Christmas gifts to eligible, low-income families in their counties. They work with different organizations within their communities to help with sorting and toy distribution. We are so grateful for their support to help our families in need during the holiday season. Thank You !



Christmas Gifts given to 422 households including 1,088 Children

Disaster Assistance

When the Governor releases a proclamation of disaster activating the Iowa Individual Assistance Grant Program, it activates New Opportunities, the Community Action Agency, serving the disaster-affected counties to provide Disaster Case Management services.

On 12/15/21, Audubon, Calhoun, Carroll, Greene, Guthrie, and Sac counties were issued a disaster proclamation due to the Derecho.

On 6/14/22, Greene County was issued a disaster proclamation due to flooding.



BEHAVIORAL HEALTH

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

The Behavioral Health Department is currently involved with the **Integrated Provider Network (IPN)**. The Iowa 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 Iowa Department of Public Health uses SAMHSA’s Opioid SOR grant funds to support prevention, treatment, and recovery support activities. The State Opioid Response in Iowa project will further expand capacity of the existing regional prevention and treatment provider network with a focus on building access for all Iowans 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:

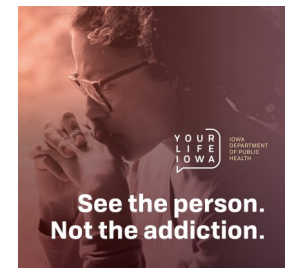
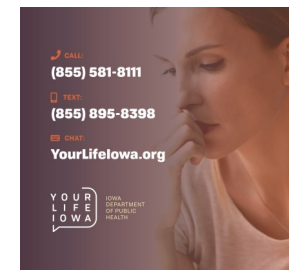
- Expand statewide infrastructure & access to MAT services
- Increase awareness of opioid risks through statewide prevention efforts
- See The Person media campaign

Problem Gambling Services

- Your Life Iowa Media Campaign and service promotion.
- Responsible Gambling efforts with community partners.

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 Coaching 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.
- 1-800 BETS OFF warm line



In FY22, the Behavioral Health Department provided 3,272 client contact sessions!

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

Audubon: 311

Carroll: 2080

Greene: 429

Guthrie: 282

Sac: 170

1-800-642-6330

www.newopp.org



UTILITY ASSISTANCE

Utility assistance is offered in all seven counties through the Outreach 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 in FY2022, New Opportunities **provides multiple ways for households to apply within our 7 counties. In addition to applying at the local outreach office, family can apply online, by mail or e/mail.** The 7 outreach offices also offers mobile LIHEAP clinics to reach clients that are not able to drive to their local outreach office.



In Fiscal Year 2022, New Opportunities paid over **\$1.8 million** toward the heating costs of **3,516** low-income households!

In Fiscal Year 2022, New Opportunities started a new program called LIHWAP (Low-Income Household Water Assistance Program). The new program served 263 households and \$96,522.00 was paid out in assistance.



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 Outreach Center for more information!

FY22 Crisis Assistance

Households served: 1,085

Assistance Paid: \$937,743.00

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:
Keith Weber, Weatherization Director;
Jenni Schlichte, Weatherization Assistant, and
Ryan Mobley, Weatherization Evaluator.*

In Fiscal Year 2022, the Weatherization Department completed the following in their eight-county service area:

- ☀️ **Completed Weatherization on 43 homes**
- ☀️ Replaced 28 furnaces
- ☀️ Replaced 27 water heaters
- ☀️ Installed 23 exhaust fans
- ☀️ Installed 107 carbon monoxide detectors
- ☀️ Installed 47 smoke alarms
- ☀️ Installed 5 LP alarms



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 2022 there were **2,378 women and children that received WIC benefits in our 7-county project area.** WIC helps provide healthy foods, nutrition education, and referrals to other healthcare agencies. Our staff enjoys participating in health promotional opportunities with all WIC participants.

Audubon	185
Calhoun	221
Carroll	458
Crawford	852
Greene	237
Guthrie	192
Sac	233

149 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 **817 services** including: **health education, psycho-social counseling and oral health counseling.** **90%** sought care with their OB provider in the 1st trimester and **63%** breastfeed. Maternal Health staff assists with medical and 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 fifth year of operation during 2022 and we were able to see growth and successes within the program. The Program has two trained Breastfeeding Peer Counselors: Brooke Cressler and Brenna Hodne. 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. **278 mothers received support from a Peer Counselor.**

1,235 unduplicated children ages birth to 21 received services through our **Child and Adolescent Health Program** during 2022. Staff provided **3,694 services** including: lead screening, developmental screening, informing and care coordination activities. **98%** 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.

Community Adolescent Pregnancy Prevention Program (CAPP) provided **1,126** 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.

