

# Helping People. Changing Lives.

New Opportunities Behavioral Health is a private, non-profit organization funded by federal, state, county and city dollars. We also receive funding from United Way of Central Iowa, Community Chest, and other private sources.

New Opportunities is CARF Accredited, licensed by Iowa Department of Health and Human Services (Iowa HHS) as a Substance Use Disorder and Problem Gambling Treatment Program and Accredited by the State of Iowa as an Outpatient Mental Health Service Provider.

New Opportunities, Inc. is a safety net service provider in Iowa's Behavioral Health Service System funded by Iowa HHS and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA).



Questions or want to schedule?  
Central scheduling: 712-792-9266  
Or 1-800-642-6330

**TELEHEALTH SERVICES AVAILABLE!**

## Office Locations

### Carroll County

Administrative Office  
23751 Hwy 30 East  
P.O. Box 427  
Carroll, IA 51401  
Phone: 712-792-9266



### Audubon County

109 Tracy Street  
P.O. Box 241  
Audubon, IA 50025  
Phone: 712-563-2777



### Greene County

1401 N Elm, Suite A  
P.O. Box 386  
Jefferson, IA 50129  
Phone: 515-386-4795



### Guthrie County

400 State Street  
P.O. Box 22  
Guthrie Center, IA 50115  
Phone: 641-747-3845



### Sac County

1710 W. Main Street  
P.O. Box 329  
Sac City, IA 50583  
Phone: 712-662-7921



## Behavioral Health Services

## Substance Use Disorder Prevention and Treatment

&

## Outpatient Mental Health

TELEHEALTH SERVICES  
AVAILABLE



*Serving Audubon, Carroll,  
Greene, Guthrie and Sac  
Counties*

website: [www.newopp.org](http://www.newopp.org)

## Welcome to New Opportunities, Inc.

For over 55 years, we have served the community in providing quality, confidential care addressing substance abuse issues. Through the years we have helped countless individuals change their lives and the lives of those they love by becoming drug and alcohol free.

Through various services offered we help facilitate a change process within individuals. It is our belief that addiction is a treatable disease. We provide a holistic, practical recovery-oriented system to meet the varying needs of each individual.

### Treatment Services

- Assessments and evaluation
- State required OWI assessment
- Individual counseling services
- Group counseling
- Referral services
- Family and concerned person counseling
- Drug/Alcohol testing
- Co-Occurring focused treatment & education
- Adult/adolescent outpatient treatment services
- Peer Recovery Coaches
- Telehealth services available

### Payment Options

- Sliding scale fees
- Iowa Medicaid
- Insurance
- Self Pay

### Crisis Services

Counselors available 24 hours a day, 7 days a week at 712-830-0074.

## Outpatient Substance Use Disorder Services

### Intensive Outpatient Program

The intensive outpatient program offers a minimum of nine (9) hours of treatment services per week. This is provided in a structured group environment offered three days a week that utilizes an evidenced based program. The staff provides a safe confidential setting to help assist the client in moving towards a healthy sober lifestyle. There is a focus on Early Recovery Skills, Relapse Prevention and Family Education.

### Extended Outpatient Program

The extended outpatient program offers a minimum of one (1) hour up to eight (8) hours of treatment services per week which can include:

**Extended Outpatient Group:** Provides regularly scheduled weekly groups that address lifestyle, attitude and behavioral issues which undermine the individual's ability to cope without the use of alcohol or drugs.

**Adolescent Outpatient Group:** Provides regularly scheduled groups two days a week. An evidenced based curriculum specific to adolescents is utilized. Adolescents learn to work and think on their own as they strive to change high-risk behaviors.

**Individual Counseling:** Provides regularly scheduled individual session. The focus of these sessions are individualized to address specific area of need to include the use of substances and the effects they have on personal life and that of the family.

**Continuing Care:** Provides ongoing support and preparation for discharge following more extensive treatment in group and individual settings.

**Peer Recovery Coaches:** A Peer Recovery Coach is someone with lived experience who will walk alongside you to support your recovery, and can stay by your side for up to 18 months post discharge.

**Evidenced Based Programming:** Our services are guided by proven approaches that help people achieve lasting results.

## Outpatient Mental Health Counseling

Outpatient mental health counseling services provide individuals with the opportunity to receive professional support and guidance while maintaining their daily routines. These services are designed to help individuals address a wide range of emotional, psychological, and behavioral challenges, including anxiety, depression, stress, relationship issues, trauma, and more. Delivered by Master's level clinicians, outpatient counseling is typically provided on a flexible, scheduled basis, allowing clients to attend sessions according to their needs. Through personalized treatment plans, individuals can explore coping strategies, build resilience, and develop the skills necessary to improve their overall well-being. Whether you're seeking support for a specific concern or ongoing therapy, outpatient counseling offers a confidential, compassionate environment for healing and growth.

### Substance Use Disorder Prevention & Treatment Services

New Opportunities is the designated Community Based Organization in Iowa's new Behavioral Health Service System providing Substance Misuse and Problem Gambling Prevention Services funded by the Iowa Department of Health and Human Services (Iowa HHS) through the Behavioral Health Administrative Services Organization (BH-ASO).

Prevention services follow SAMHSA's Strategic Prevention Framework and provide services in coordination with community stakeholders implementing all of SAMHSA's service categories:

- Information Dissemination
- Education
- Alternatives
- Problem Identification and Referral
- Community-Based Process
- Environmental Strategies