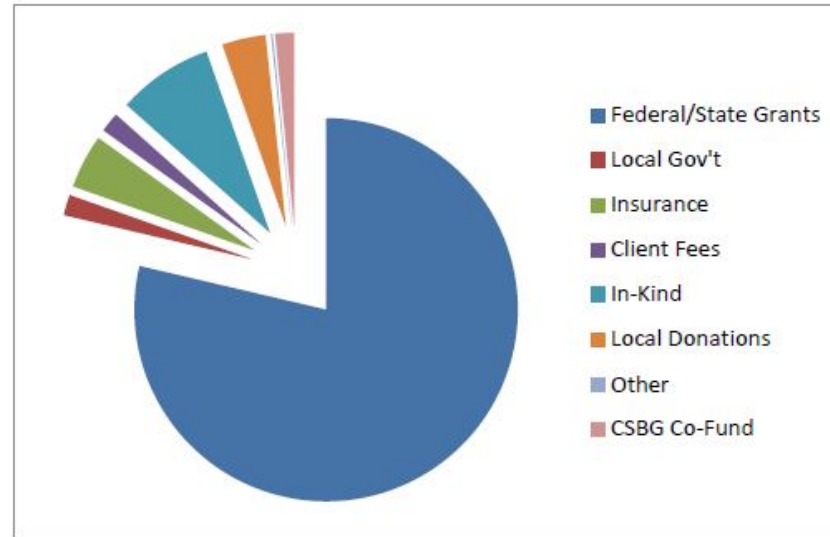




## Annual Report

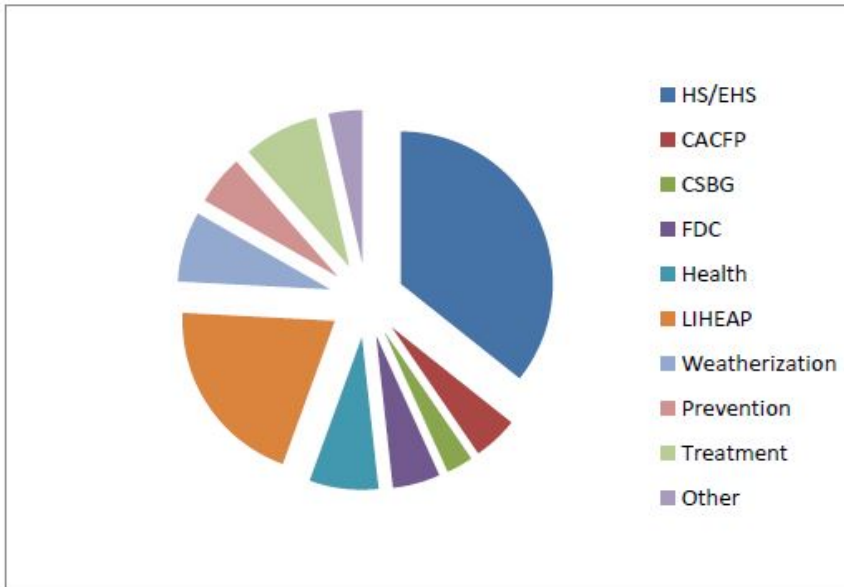
### FY18 PROGRAM REVENUE

Federal/State Grants	79%
Local Gov't	2%
Insurance	5%
Client Fees	2%
In-Kind	8%
Local Donations	4%
Other	0.1%
CSBG Co-Fund	2%
<hr/>	
<b>100%</b>	



### FY18 PROGRAM EXPENSES

HS/EHS	36%
CACFP	5%
CSBG	3%
FDC	5%
Health	7%
LIHEAP	20%
Weatherization	7%
Prevention	5%
Treatment	8%
Other	4%
<hr/>	
<b>100%</b>	



# Helping Families Navigate Their Way to a Brighter Future

## County Office Locations

### 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



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

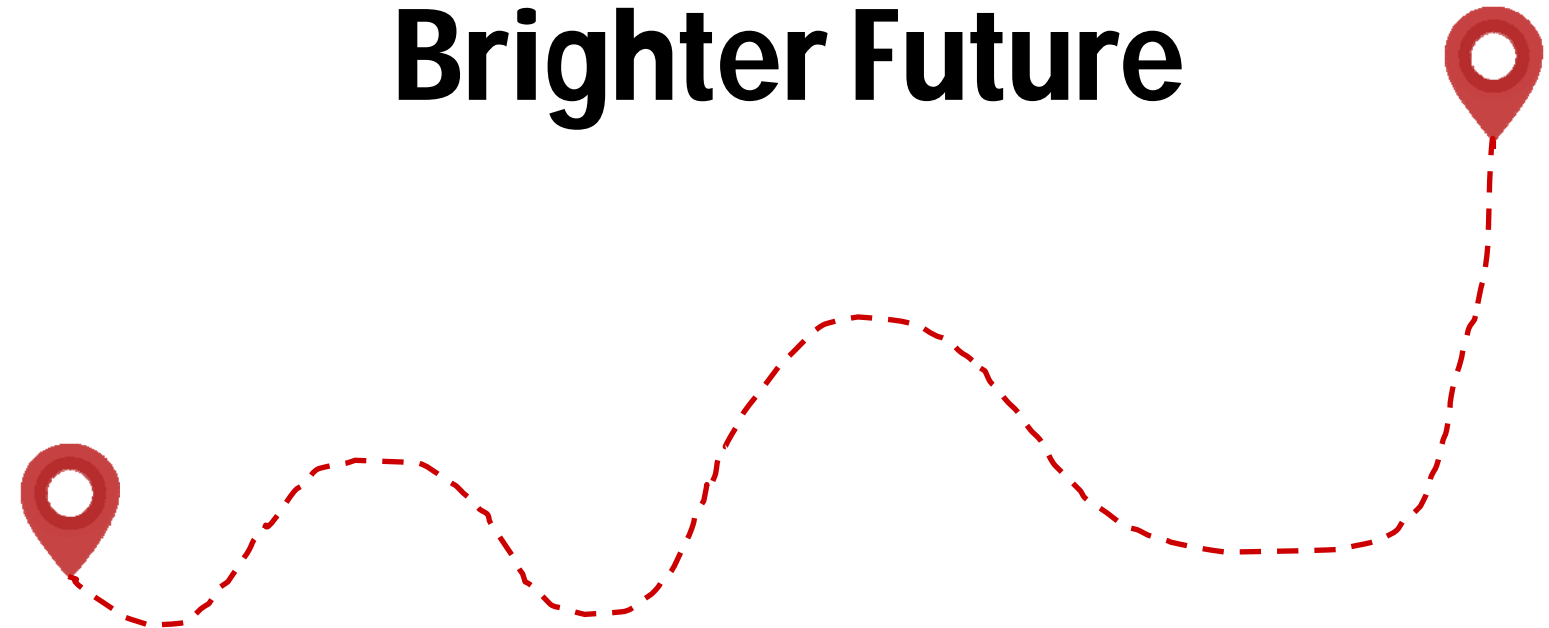


400 State Street  
Guthrie Center, IA 50115  
Phone: 641-747-3845  
Fax: 641-747-3269

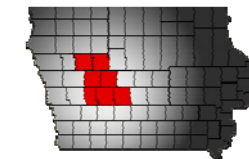
### Sac County



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



*Serving Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie & Sac Counties*



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

New Opportunities provides a variety of Behavioral Health Treatment Services in 5 counties, including: Audubon, Carroll, Greene, Guthrie, and Sac.

New Opportunities provides outpatient services to adolescents, adults, and families. Our treatment services are based on the most current research regarding effective treatment for substance use disorders and utilize evidenced-based curriculums. We offer different programming options including both day and evening therapy services.

**Intensive Outpatient Program (IOP)** is a nonresidential service providing regularly scheduled sessions for a minimum of nine (9) hours a week along with random drug testing in a structured program, which provides patients with the opportunity to remain in their own environment and/or retain their employment.

**Extended Outpatient Program (EOP)** is a nonresidential service providing fewer than nine (9) hours per week of therapeutic services. Individuals appropriate for this level of care meet diagnostic criteria for a substance use disorder.

**Adolescent Extended Outpatient Program** is a service providing fewer than six (6) hours per week of therapeutic services who need outpatient care for their substance abuse and addiction.

**Screening, Brief Intervention, and Referral to Treatment (SBIRT):**

- ◆ Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- ◆ Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- ◆ Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

**Clients Served by the Behavioral Health Department in FY18**

County	Unduplicated Number of Clients Served
Audubon	55
Carroll	408
Greene	70
Guthrie	73
Sac	57
<b>TOTAL for FY18:</b>	<b>663</b>

**Medication Assisted Treatment (MAT):** New Opportunities is partnering with UCS Healthcare to offer Medication Assisted Treatment (MAT) in the Carroll location. As more attention is brought to the opioid epidemic in Iowa, awareness of the available healthcare options to combat this fatal crisis remains virtually unknown. UCS Healthcare provides an outpatient program to communities across Iowa known as Medication Assisted Treatment (MAT). MAT, in conjunction with therapy, is one of the most effective treatments for opioid dependence and substance use disorder. UCS Healthcare is taking steps to help patients live a productive life in recovery, thanks to medication units which administer safe, monitored doses of Methadone or Suboxone to alleviate opioid withdrawal symptoms when used as directed in a patient’s therapeutic plan.

The New Opportunities Weatherization Department works with low-income families to improve the energy efficiency of their homes and to reduce their energy usage. The Weatherization services are of no cost to the participating families!

**To qualify for Weatherization, households need to meet one of the following requirements:**

- ◆ Qualify for LIHEAP (Low-Income Home Energy Assistance Program)
- ◆ Have a household member that receives SSI (regardless of income)
- ◆ Household’s percentage of poverty is below 200%

**In Fiscal Year 2018, the Weatherization Department completed the following in their eight-county service area:**

- 49 homes weatherized
- 37 furnaces installed
- 22 water heaters installed
- 28 exhaust fans installed
- 72 carbon monoxide alarms installed
- 34 smoke alarms installed
- 2 LP alarms installed



The New Opportunities Weatherization Department serves families in eight west-central Iowa counties, including: Audubon, Calhoun, Carroll, Crawford, Dallas, Greene, Guthrie, and Sac.

## Strategic Prevention Framework

The Strategic Prevention Framework (SPF) is a five-step planning process known to support positive youth development, reduce risk-taking behaviors, build on assets and prevent problem behaviors. The Iowa Partnerships for Success Grant (IPFS) is a five year grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP). The IPFS funds 12 Iowa counties with the goals of reducing underage alcohol use and reducing youth binge drinking in 12-20 year olds. Audubon and Sac Counties are included in this project.



Sac County IPFS subcommittee

## LifeSkills

The LifeSkills Training (LST) Program seeks to influence major social and psychological factors that promote the initiation and early use of substances. The sessions use lecture, discussion, coaching, and practice to enhance students' learning of the program. LST consist of three major components that address critical domains found to promote substance abuse. Drug Resistance Skills enable youth to recognize and challenge common misconceptions about substance use as well as dealing with peers and media pressure. Personal Self-Management Skills allow students to examine their self-image and its effects on behavior. General Social Skills give students the necessary skills to overcome shyness, communicate effectively and avoid misunderstandings. New Opportunities offers LifeSkills in the fourth or fifth grade as well as in the seventh or eighth grade.



Prevention Consultant, Nancy Rowedder, demonstrates the effects of smoking during a LifeSkills Training at Kuemper Catholic Schools in Carroll.

## Fun Friends Mentoring

The Prevention Department offers the Fun Friends Mentoring program, which is a fun and rewarding program for children and adults. Mentoring creates a special bond and can help children build self-esteem and develop strong values, while providing a fun, nurturing environment!



Our Wall Lake Fun Friends Mentoring group was visited by members of the local American Legion. They were able to hear about the veterans' experiences including the draft and different jobs within the various branches of the military. This gave them new insight and helped them gain respect for those in our armed services. The American Legion members also brought old uniforms, photos, and medals that the participants were able to see up close.



Our Fun Friends group in Sac City was shown the ins and outs of an ambulance, as well as some of the equipment used by first responders.

The New Opportunities Family Development Centers, located in each of the seven county service area, serve as the information, application and referral center for income-eligible programs available to residents of each county. The following programs are offered in each of the New Opportunities seven county service area.

## Utility Assistance

New Opportunities provides utility assistance through the Family Development Centers. The sources of utility assistance include both the Low-Income Home Energy Assistance Program (LIHEAP), which aims to make energy affordable, and crisis assistance to prevent utility disconnection or to ensure an uninterrupted supply of fuel.

**LIHEAP** is a federally-funded program that helps low-income families pay for a portion of their primary heating costs for the winter heating season. The assistance is based on household factors, such as income, household size, type of fuel, and type of housing.

**Crisis assistance** may be available year-round to families requesting utility connection, service continuity, an emergency fill of propane or fuel oil, as well as assistance with furnace repair or replacement.

**FY18 Utility Assistance**

	Total Households Served	Total Assistance Paid
<b>LIHEAP</b>	3319	\$1,510,200.00
<b>Utility Crisis Assistance</b>	356	\$145,633.89

## Financial Literacy

New in 2018, Family Development Center Coordinators in each county, along with the Financial Literacy Coordinator, met with families monthly over a 5 – 6 month period with follow ups at 6, 9 and 12 months. Enrolled families learned about a variety of topics including, creating a budget, reducing debt, building savings, and improving credit. In Fiscal Year 2018, **62 households** benefited from this part of our Financial Literacy program! We received positive feedback from the enrolled families about how much knowledge they gained from their time in this program.

## Back to School Supplies

With the help of local donations, New Opportunities provides Back to School supplies to low-income children. In FY 18, New Opportunities ensured that children in need were prepared for a successful school year of learning by providing **518 school supply packages**.



## Christmas Gifts

During the holiday season, each Family Development Center Coordinator collaborates with local resources and Toys for Tots to distribute Christmas gifts to eligible, low-income families in their county. In FY18, New Opportunities was able to provide **948 individuals** with a brighter Christmas!



The New Opportunities Head Start program is funded to serve 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 2017-2018

County	Classroom Location	Number of Classrooms	Part Day or Full Day	Number of Children Enrolled	Type of Classroom
Audubon	Audubon Elementary	1	Part Day	15	School District Partnership
Calhoun	Lake City	2	Part Day	6	School District Partnership
	Rockwell City	3	Part Day	8	School District Partnership
Carroll	Carroll	1	Part Day	20	Head Start only
	Carroll	1	Full Day	15	Head Start only
	Coon Rapids	1	Part Day	9	School District Partnership
Dallas	Perry	3	Full Day	52	Head Start only
	Waukee	2	Full Day	34	Head Start only
Greene	Jefferson	3	Part Day	43	School District Partnership
Guthrie	Panora	2	Part Day	13	School District Partnership
Sac	Sac City	1	Part Day	20	Head Start only
	Schaller	2	Part Day	12	School District Partnership

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

### Early Head Start Enrollment 2017-2018

County	Number of Enrolled Children/Expectant Mothers
Carroll	11
Dallas—Perry	12
Dallas—Waukee	5
Greene	1
Guthrie	7



The New Opportunities Health Services Department provided many different services to men, women, and children in our seven-county service area.



**WIC** (Women Infants, & Children) 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. **1,208** women and children received WIC benefits in Audubon, Calhoun, Carroll, Greene Guthrie and Sac counties. WIC helps provide healthy foods, nutrition education, and referral to other healthcare agencies. **Peer Counseling Program** was a new addition during 2018. The program allows us to have Breastfeeding Peer Counselors who have been specially trained mentor other breastfeeding moms. A WIC mom can reach out to their peer counselor whenever they have questions or concerns. This allows a new mom to have the support she often needs during the early days of breastfeeding.

**185** 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. 87% sought care with their OB provider in the 1st trimester and 70% 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 families expand.



The New Opportunities **I-Smile Program** provided **1,160** dental screenings, **975** fluoride varnishes and **398** dental sealants to 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.

**Family Planning and Community Adolescent Pregnancy Prevention Program (CAPP)** provided **3,870** 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.



**1<sup>st</sup> 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 2018 staff provided care coordination to **23** families after receiving a referral from their medical provider, resulting in over **38** community resource connections for the families. Currently 1st Five has **10** medical clinics making referrals to the program.



Our **4<sup>th</sup> Annual Children's Health Clinic** had the pleasure of seeing **85** children and provided **252** services on the night of August 14<sup>th</sup> from 4PM to 7PM at New Opportunities, Inc. central office. The Health Services Department partners with providers and professionals in the area 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 screening or immunizations before their student starts school. The Children's Health Clinic is possible with the help of many volunteers!