

# 2022 ANNUAL REPORT

seasons





## Letter from Dan Ries, President & CEO of Seasons Center for Behavioral Health


What an eventful year 2022 has been! Seasons Center has been able to celebrate many successes but has also experienced challenges over the past year. We have continued to assess the needs of our community and our staff and to adjust to meet those needs. This year we took a deep dive into our strategic plan to help us on the road to being the Best in the Midwest in Behavioral Health. Our new strategic plan for 2023-2026, includes goals to 1) Develop committed and representative Executive leadership, 2) Recruit and retain a qualified workforce, and be 3) Proactive and responsive in our program development.

Our biggest challenge this last year has been a recruiting and retaining a qualified workforce. We are not alone in this struggle as the lingering effects of the pandemic has affected everyone, but it has particularly affected the Behavioral Health field. Despite this, we have a dedicated and hard-working team that have stepped up and continued to provide exceptional care to those we serve. We were able to serve 4,146 individuals in 2022, 2,107 of those were children (0-21). We have also welcomed and retained 13 new staff positions in 2022, giving us a total of 142 employees, a 10% increase compared to 2021.

Our successes over the past year would not have been possible without the generous donors, organizations, and grants that have supported our mission of Guiding individuals and families towards a meaningful and fulfilling life. In October 2022, Seasons Center was awarded two new federal grants totaling \$1,400,000 per year. These grants will help us continue to provide wrap around supports to our clients to help ensure they are getting the care and resources they need.

As we move into 2023, we are looking forward to three exciting renovation projects made possible by the financial support provided in 2022 by Care Connections of Northern Iowa and Sioux Rivers MHDS. We will be renovating an administrative space next to Autumn's Center, upgrading the HVAC system at the main building in Spencer, as well as transforming the conference room in the Spencer building into a Crisis Center for those who need urgent mental health support.

While many of the restrictions related to the pandemic have lifted this year, the resulting increase in the need for mental health support, remains. I am confident that with our Seasons Center team of staff, board members, and financial partners, we will bring in the new year continuing to make a positive impact in the 20 counties we serve and on the thousands of clients who have entrusted us with their care. Here's to a successful and blessed 2023!



## Mission

Guiding  
individuals and  
families towards a  
meaningful and  
fulfilling life.

## Vision

Best in the  
Midwest in  
Behavioral Health

## Values

Innovation  
Impact  
Influence

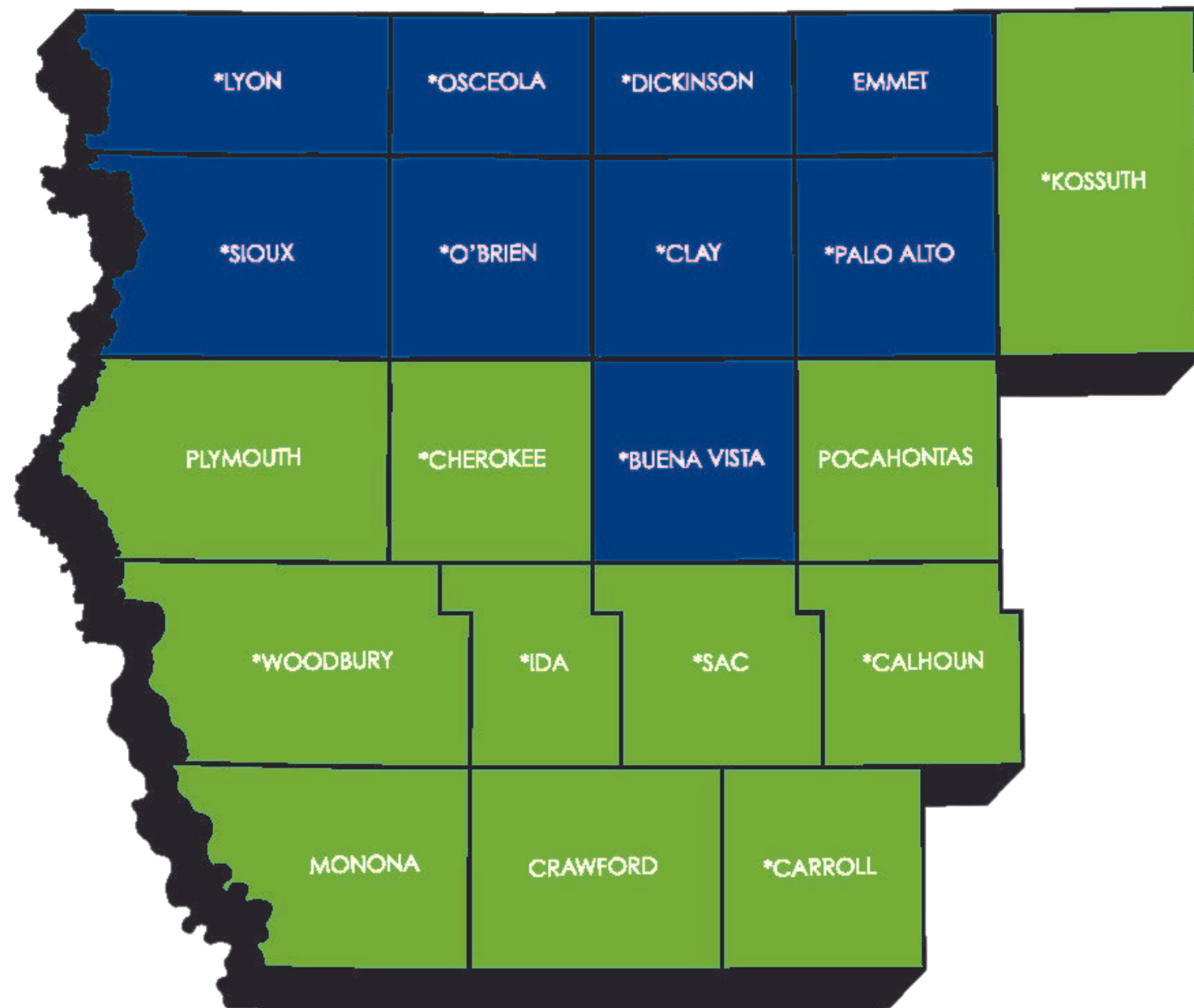
# About seasons



- Serving northwest Iowa since 1959
- Not-for-profit organization
- Safe, confidential settings
- Offers a broad range of psychiatric & behavioral health services
- Community Mental Health Center (CMHC)
- Certified Community Behavioral Health Clinic (CCBHC)

# About Seasons Center

## Serving 20 counties in Northwest Iowa



Buena Vista\* Calhoun\* Carroll\*  
Cherokee\* Clay\* Crawford  
Dickinson\* Emmet\* Ida\*  
Kossuth\* Lyon\* Monona O'Brien\*  
Osceola\* Palo Alto\* Plymouth  
Pocahontas Sac\*  
Sioux\* Woodbury\*

\*denotes counties with office locations and/or on-site school-based services



- Regional children's center serving northwest Iowa
- Specialty care for children ages 0-21
- Comprehensive care using evidence based practices
- Located at 120 E. 5th Street in Spencer



About



- Therapeutic day camp for children ages 4-21
- Provides a unique blend of therapy, skill development & fun – small group sessions, group activities, one-on-one
- Located at 4233 Yew Avenue in Sutherland, IA



# About



- Provides a wide variety of supports and education for families as they navigate challenges that may be associated with foster care and adoption
- Located at 147 South Main in Sioux Center, IA and 120 E. 5th Street in Spencer

**Autumn's Center  
and Camp Autumn  
are named in honor  
and memory of  
Autumn Elgersma,  
of Orange City,  
Iowa who died on  
October 31, 2013  
after being  
hospitalized for  
two days due to  
abuse she endured  
while in the care of  
her babysitter.**



# Adult Services

seasons  CENTER FOR BEHAVIORAL HEALTH

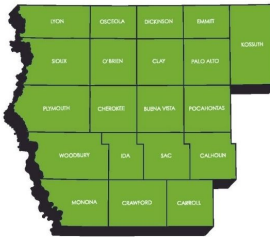
Seasons Center for Behavioral Health is a community behavioral health agency serving adults, children, and families in northwest Iowa.

As a **Community Mental Health Center (CMHC)** and **Certified Community Behavioral Health Clinic (CCBHC)**, Seasons provides an integrated care approach which serves the whole person - addressing mental, emotional, and physical health.

Here are a few of the services we provide:

- Therapy
- Psychiatric Services
- Specialized Family Services
- Substance Use Disorder Services
- Crisis & Emergency Services
- Care Coordination
- School-Based Services
- Trauma Therapy
- Nursing Support
- Foster/Adoptive/Kinship Services
- Therapeutic Respite
- Training & Educational Opportunities
- Internal Food Bank

## Service Area



Buena Vista | Calhoun | Carroll | Cherokee  
Clay | Crawford | Dickinson | Emmet | Ida  
Kossuth | Lyon | Monona | O'Brien | Osceola  
Palo Alto | Plymouth | Pocahontas | Sac  
Sioux | Woodbury

*Service availability is dependent on office location and county of service.*

[www.seasonscenter.org](http://www.seasonscenter.org) | 800-242-5101 | 24/7 Crisis Line: 844-345-4569



- Assertive Community Treatment (ACT) Services
- Care Coordination (CCBHC, ERSP, CMHC, FSC, Veteran Services)
- Community Based Services
- Consultation & Education Services
- Emergency and Crisis Services
- Health & Wellness Coaching (CCBHC)
- Intensive Psychiatric Rehabilitation (IPR) Services
- Nursing Services (CCBHC, ERSP, CMHC)
- Outpatient Counseling & Therapy Services
- Outpatient Psychiatric Services
- Peer Support (ACT, CCBHC, CMHC, FSC, Family Treatment Court)
- Substance Use Disorder Services
- Suicide Prevention Services
- Targeted Case Management (CCBHC)
- Trauma Therapy Services
- Veteran Services

# Child/Adolescent Services



- Adolescent Substance Use Disorder Services
- Behavioral Health Intervention (BHIS) Services
- Camp and Therapeutic Respite Services
- Care Coordination (CCBHC, CMHC, FSC)
- Consultation & Education Services
- Emergency and Crisis Services
- Nursing (CCBHC, CMHC)
- Outpatient Counseling & Therapy Services
- Outpatient Psychiatric Services
- School-Based Services
- Specialized Family Services (RPG programs)
- Suicide Prevention Services
- Trauma Therapy Services

# Family Services

- Couples Therapy
- Family Counseling and Therapy Services
- Foster, Adoptive & Kinship Services
- Specialized Family Services



**Seasons supports foster, adoptive, and kinship families through services that increase stability and provide necessary resources to help families thrive.**

**Walking Alongside Foster, Adoptive, and Kinship Families**

**About Us**  
The Family Support Center is a place for families to come for formal services as well as a place to visit, check out resources, attend support groups, and connect with others. We provide a family-friendly environment that is open and inclusive to all, yet respectful of the diverse and unique families we serve.

**Visit Us**  
147 S. Main Ave.  
Sioux Center, IA 51250  
120 E. 5th St.  
Spencer, IA 51301

**Questions? Call or Email Us. We're Here to Help!**  
1-800-242-5101  
fsc@seasonscenter.org

**seasons FAMILY SUPPORT CENTER**

**seasons CENTER FOR BEHAVIORAL HEALTH**

This resource was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award entitled "Family Support and Kinship Services" and was developed by the Family Support Center (FSC) of the University of Iowa. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of HRSA or HHS.

## Fundraising

116 donors

## Federal Grants

- CCBHC2
- CCBHC3
- CMHC
- ERSP
- HRSA
- MHAT
- RPG4
- RPG5
- SAMHSA-FSC

## Local Grants

- Corporate Foundations
- MHDS Regions
- Area CPPC/DCAT and Community Foundations

## State Grants


- Victims of Crime Act (HEAL)
- IDPH Emergency COVID-19 Relief
- Mental Health Block Grant



# Strategic Plan 2018-2022

We are so grateful for the work of the various Strategic Planning workgroups in 2022 and proud of all they have accomplished.

## Primary Goals

1. Develop & Improve Clinical Services
  2. Data Driven Decision Making
  3. Invest In Our People
- 

# Goal #1 Develop & Improve Clinical Services

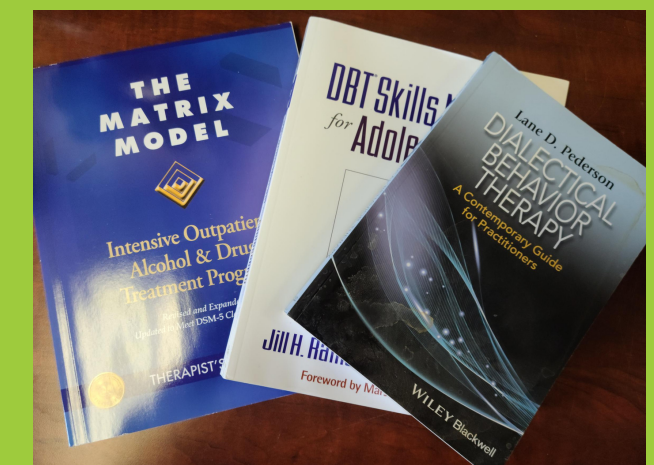
## School-Based Services

- Retained all school contracts – Emmetsburg, Algona, OABCIG, Laurens-Marathon, Sioux Central, Cherokee, and South Central Calhoun; added North Union/North Kossuth
- Retained all therapists from 2021 school year to the 2022 school year; including having all therapists at an independent licensure level
- Hired all eligible YSW positions. Received increased funding for additional YSW positions for the Algona School District
- One YSW transitioned to Seasons Therapy department to complete a Master's level internship. One other YSW also working on Master's level internship



## SUD Services

- Four Co-Occurring providers and an additional three staff graduating or recently graduated to be Co-Occurring providers
- Men, Women, and Co- groups facilitated during the year



- **Re-implemented the Community Needs Assessment, including a survey of Foster-Adoptive families**
- **Reviewed Race and Ethnicity Data across a variety of internal programs and conducted targeted outreach and diversified recruitment efforts to address disparities as identified**
- **Reviewed state and local suicide data to guide prevention and education services offered**
- **Conducted targeted client surveys in order to plan innovative client and family recruitment, engagement, and retention activities**
- **Conducted comprehensive programmatic evaluations**



**Goal #2**  
**Data Driven  
Decision  
Making**



## Goal #3

### Invest in Our People

## Recruitment

- Offered Master & Bachelor level internship opportunities
- Continued improvement in reaching diverse candidates by including these efforts in the Strategic Plan and creating a DEI Advisory Board
- No increase in employee premiums for any of the offered benefits

## Appreciation, Connection & Self-Care

- Continued Appreciation Days (Coffee Day, Muffin Day, etc.)
- Continued Weekly-Biweekly Coworker Trivia
- Implemented Secret Santa, Holiday Dress Up Days, and Door Decorating Competition
- Sent out Biweekly Well-Being Check-In and Resource Directory
- Continued with monthly supervisor trainings

## Retention

- Employee Satisfaction Survey - ratings have remained steady from 2021 with a significant increase compared to 2020
- Provided 6 Educational Assistance Scholarships in 2022

## Established 2023-2024 Plan

- Purpose: Improving Retention & Culture
- Values/Goals: Appreciation, Inclusion, & Connection
- Mission: Promoting retention and a positive work culture through appreciation, inclusion, and connection

# Strategic Plan 2023-2026

In 2022 we began working on new Strategic Plan Goals & Objectives. We are excited for 2023 and the future of Seasons Center.

## **Goal #1: Committed & Representative Executive Leadership**

- Objective 1: Board Development
- Objective 2: Attain Diversified and Balanced Funding
- Objective 3: Enhance Community Perceptions and Awareness

## **Goal #2: Recruit and Retain a Qualified Workforce**

- Objective 1: Increase Number of Clinical Staff
- Objective 2: Offer a Competitive Compensation Package
- Objective 3: Continue/Enhance Invest In Our People (IIOP)

## **Goal #3: Proactive and Responsive Program Development**

- Objective 1: Increase Client Access
- Objective 2: Offer Increased Opportunities for Professional Development
- Objective 3: Develop New and Expanded Initiatives

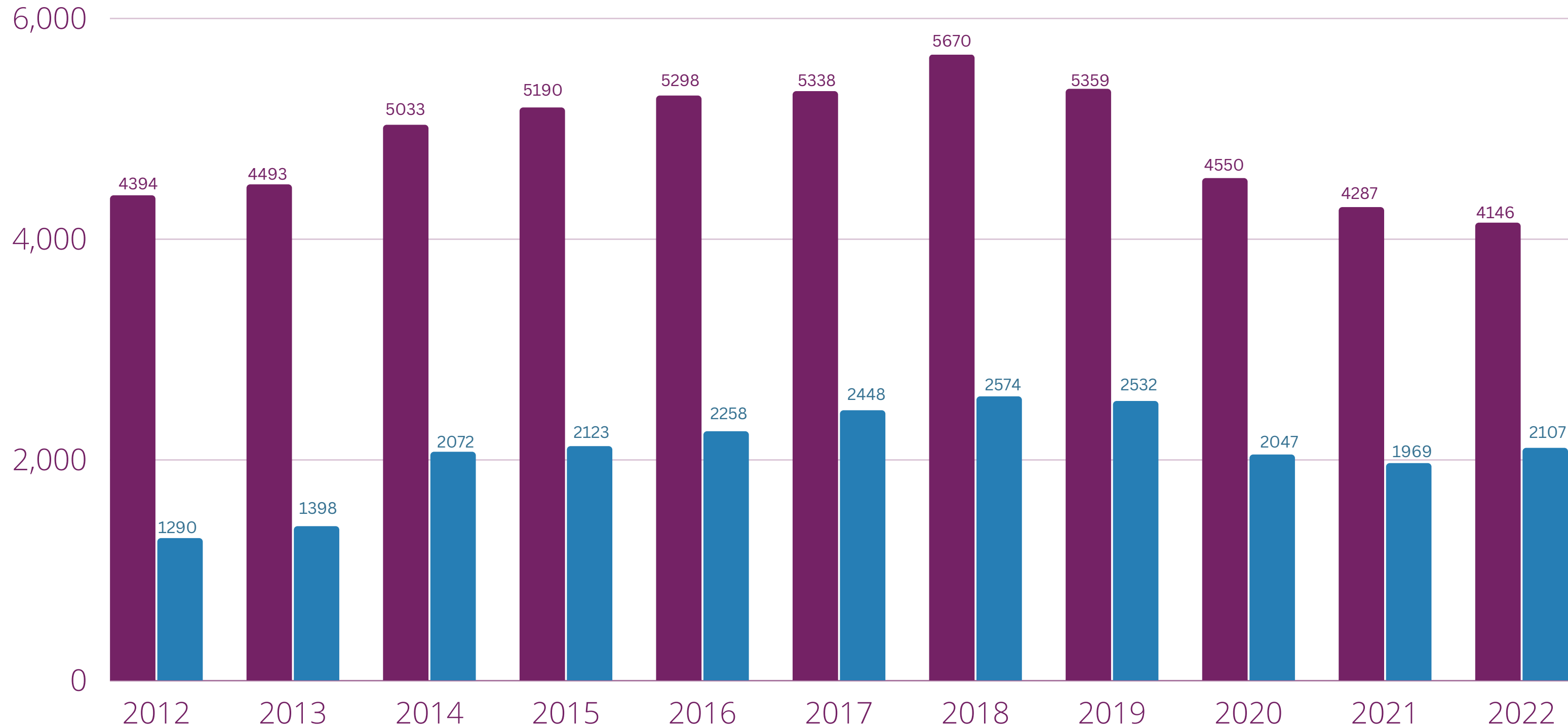
# Public Relations



- Kids' Carnivals
- Resource Bags
- Food Giveaways
- Foster/Adoptive Trainings
- Community Presentations
- Virtual Presentations
- Cookie Deliveries
- Social Media Posts: Facebook & Instagram
- TV & Radio Interviews
- Ice Fishing Tournament & Fundraiser

# Clients Served

■ Total Individuals ■ Children (0-21)



# Individuals Served in 2022

**Substance  
Use Services**

**564**

**Outpatient  
Therapy**

**1,811**

**Psychiatric  
Services**

**1,584**

# Program Highlights

## Community Mental Health Center (SAMHSA-CMHC)

Support and restore the delivery of clinical services that were impacted by the COVID-19 pandemic

# of Client Served

204

Adults

159

Children

45

Provides

**Screenings & Assessments**

**PREPS (Readiness & Recovery Services)**

Services intended to help individuals address their basic and safety needs and prepare them for more formal services, including therapy via this program

**Medical Care Planning & Support**

Services in which a nurse acts as a liaison between the client's PCP, pharmacy, psychiatrist, etc. and provides health education

**Outpatient/Traveling Therapy**

Therapy can be provided in a client's home, in the community, in an office, or via telehealth

**to individuals diagnosed with SEDs, SMIs, or CODs**

seasons **Wraparound Services**

- Screenings & Assessments**  
We offer mental health screenings & assessments with the intention of helping you determine the best services and supports available to you.
- Readiness & Recovery Services**  
We offer readiness- and recovery-focused services with the intention of preparing you for more formal services as well as supporting you during your formal services.
- Medical Care Planning & Support**  
We offer wraparound wellness and medical care planning and support. A caring nurse will provide care coordination addressing both your mental and physical health.

For more information on these services, email [cmhc@seasonscenter.org](mailto:cmhc@seasonscenter.org) or call 800-242-5101 ext. 1108.

seasons [www.seasonscenter.org](http://www.seasonscenter.org) | 800-242-5101

This poster was developed under grant number 1H79M000582-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

seasons **our innovative model of care**

*Approaching those we serve as whole persons*

Behavioral health & physical health go hand-in-hand

# Program Highlights

## Regional Partnership Grants (RPG4 & RPG5)

Offer Specialized Family Services to children and their families that have experienced trauma due to substance use and addiction by parents or caregivers.

### RPG 4 Highlights

# of Referrals	54
# of New Cases	45
# of Cases Served*	54

### RPG 5 Highlights

# of Referrals	124
# of New Cases	78
# of Cases Served*	115

\*defined as number of cases (duplicated) which were part of RPG at any time in 2022



# Program Highlights

## Emergency and Mobile Crisis Services

Are provided 24 hours a day, 7 days a week to assist individuals, families, and partner agencies who have an emergent need. In addition to the Crisis Line, our team supports callers on our Talk Line.

In 2022, Seasons became an accredited Crisis Stabilization Community Based Services (CSCBS) agency offering services designed to de-escalate a crisis situation and stabilize an individual following a mental health crisis. The goal of this service is to keep an individual in their home/community, somewhere that is less intensive and restrictive than an inpatient hospital. Services are provided in-person or virtually and can take place at home, work or school. In the first eight months of the program, we had 5 successful cases.

# of Crisis Calls

**57**

# of Talk Line Calls

**427**

# of Mobile Crisis Responses

**135**

# of Partner Referral Sources

**47**

# Program Highlights

## Certified Community Behavioral Health Clinic (CCBHC)

Care Team/CCBHC-2 provides wraparound care and support to adults, adolescents, and children diagnosed with mental health or substance use disorders. CCBHC Supportive Services include, but are not limited to: care coordination, peer support, nursing support, and veteran services.

61 formal partnerships

Total # of Clients Enrolled for Wrap Around Care = 714

Adults with SMI only  
**205**

Adults with SUD and/or Co-Occuring  
**25**

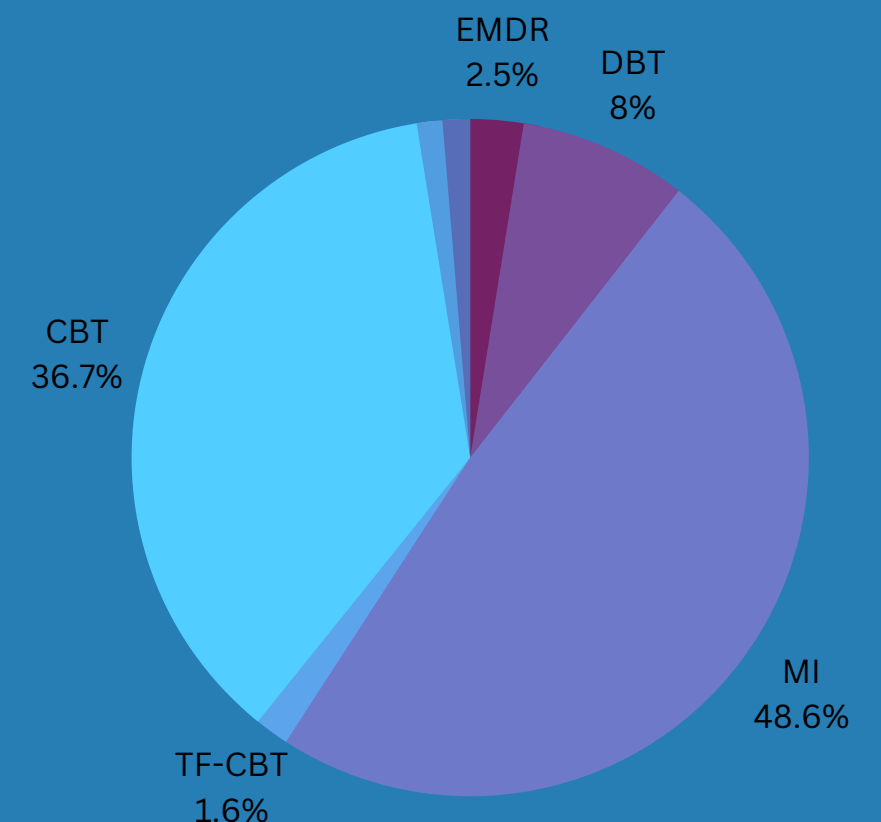
Kids with SED  
**198**

Veterans / Militray  
**56**

## Clients served by EBPs from trained staff in core 9 counties

Duration: 2 years of the grant (5/2020-12/2022)

- EMDR = 112
- DBT = 355
- MI = 2,150
- TF-CBT = 72
- CBT = 1,623
- Theraplay = 54
- Matrix Model = 58



# Victims of Crime Act (VOCA)

Grant provides Trauma Therapy services designed to meet the unique needs of individuals, families, and communities who have been a victim of a crime.

# of Victims Served

85

# of Hours of Advocacy

595

# of Hours of Therapy

1,963

# Program Highlights

Designed to create a foundation of understanding through the teaching, training, and mentoring of students into the field of mental health.

## 2022 Total Interns

- Master's: 17
  - 6 graduated (5 retained, 1 deployed)
    - 10 - Spring/Summer semesters
    - 7 - Fall semester
- Bachelor's: 6
  - 3 graduated (2 retained)
    - 6 - Spring/Summer semesters
    - 0 - Fall semester
- Associate's: 1
- High School: 1

"This internship has given me an opportunity to continue my academic journey while working which is a blessing. The internship has allowed me to shadow some great therapist in the organization and to learn from them. It has also given me the opportunity for mentorship and supervision to learn how to diagnose mental health challenges as well as which interventions would be best for them."

~ Current Seasons Intern

# Internship Program

# Evidence-Based Programs

- Acceptance & Commitment Therapy
- Assertive Community Treatment (ACT)
- Crisis Prevention Institute (CPI)
- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Motivational Interviewing (MI)
- Parents and Children Together (PACT)
- Parent-Child Interaction Therapy (PCIT)
- Parenting Wisely
- Play Therapy
- Seeking Safety
- Theraplay
- Trauma-Focused-Cognitive Behavior Therapy (TF-CBT)
- W.I.S.E. Up!

# Internal Food Bank

## Food Received & Distributed

- **13,616** pounds of food received from the Food Bank of Iowa
- **4,697** food and other hygiene/household items received as donations from grants, staff and other donors
- An average of **62** households per month accessed our Food Bank

## Locations

- Accessed by clients from **18 counties**
  - BV, Calhoun, Cherokee, Clay, Crawford, Dickinson, Emmet, Humboldt, Ida, Kossuth, Lyon, O'Brien, Osceola, Palo Alto, Pocahontas, Sac, Sioux, Woodbury

## Food-Related Grant Funding

Received **\$6,750** in grant funding, from Care Connections of Northern Iowa, for Food Giveaways, Food Bank Expansion and Food Bank related supplies and transportation



Which Way? Summit  
When We Stress, Foster/Adoptive Summit  
Taking Care of You Self-Care Summit  
Early Substance Exposure Summit  
Domestic Violence Training  
Cross System Trainings  
FSC Lived Experience Training  
Ethics in Practice Training  
ASIST  
Mental Health First Aid  
QPR  
EMDR  
W.I.S.E. Up!

# Community Trainings



# of Attendees

**590**

# of Trainings

**29**

CEUs Offered

**148.25**

# Internal Trainings

Seeking Safety  
Leading Group Sessions  
Early Substance - Assessing & Treating  
ALICE Training  
Strategic Planning  
Self-Care

# of Attendees

163

# of Trainings

7

CEUs Offered

21.75



# Mental Health Awareness Trainings

## QPR, ASIST & Mental Health First Aid

# of Trainings Held

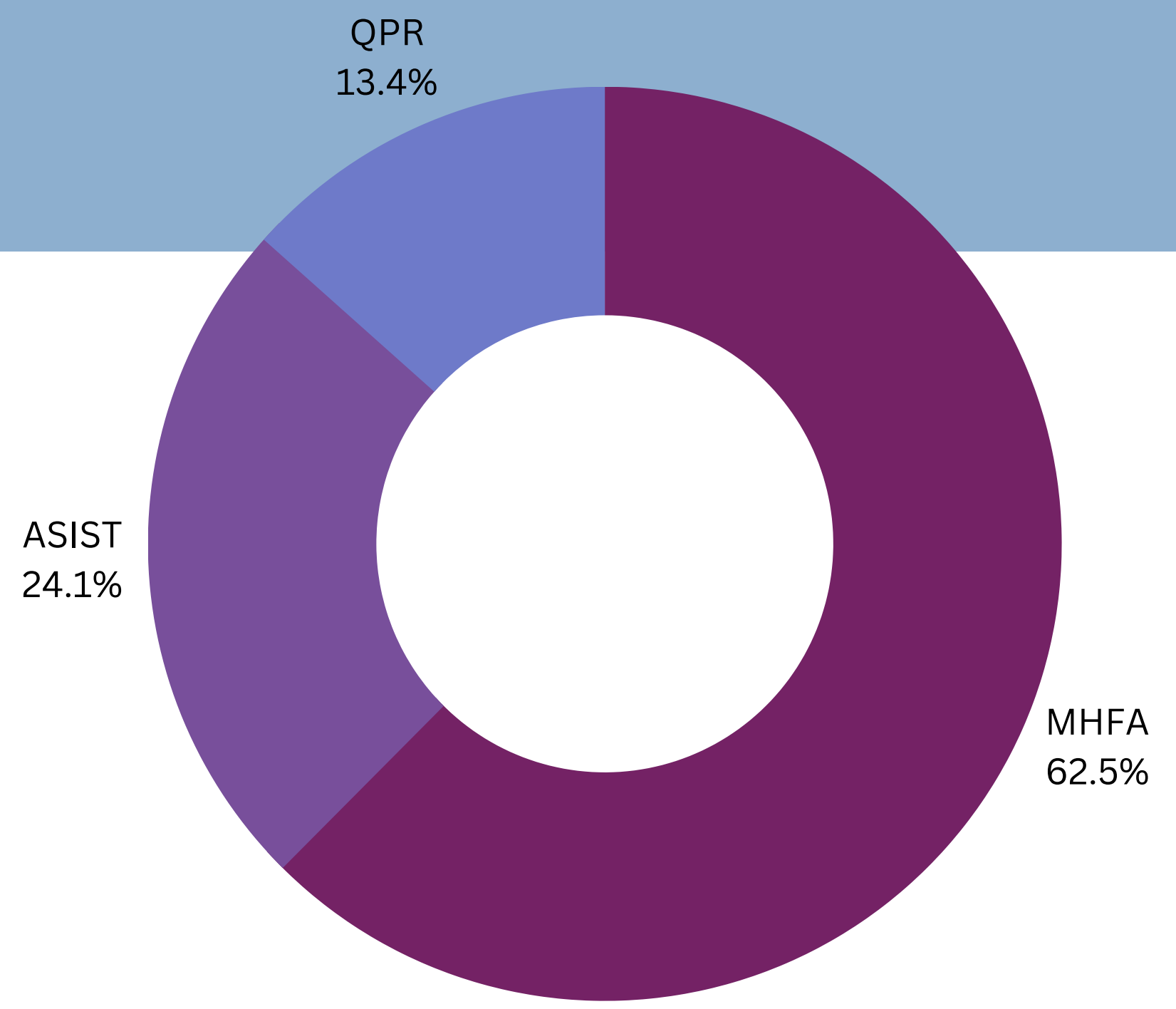
17

# of Individuals Trained

261

# of Veterans Trained

26



# Social Media

**Facebook Paid Reach: 184,698 people**

The number of people who saw our ads at least once

**Facebook Paid Impressions:**

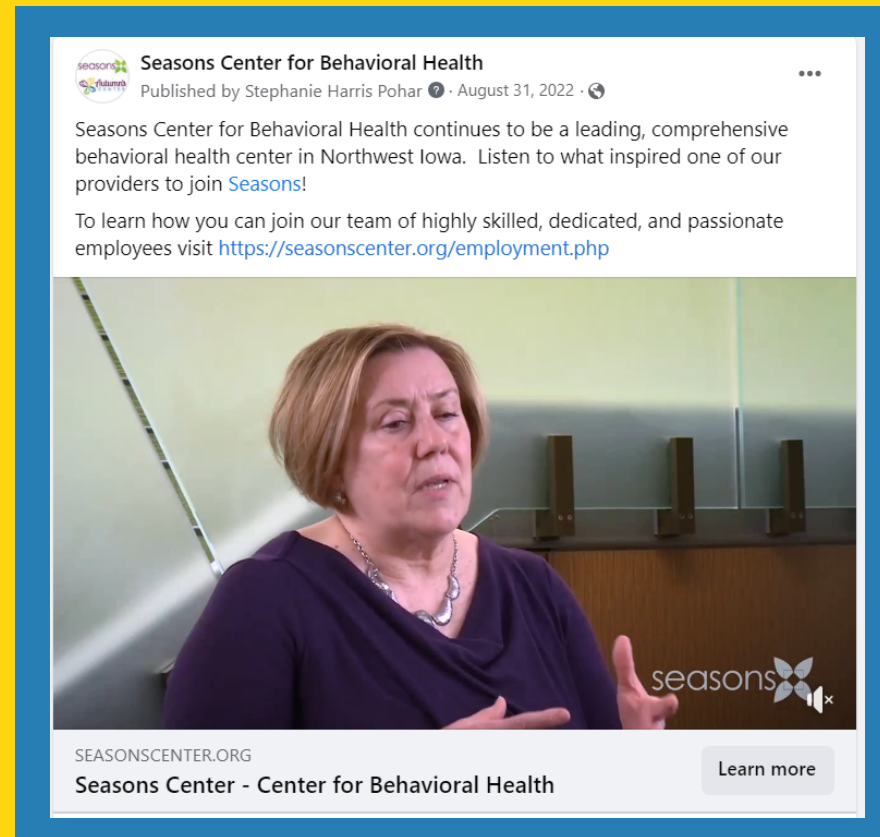
**2,089,261**

The number of times our ads were on screen.

**3,555 Facebook Page Followers**

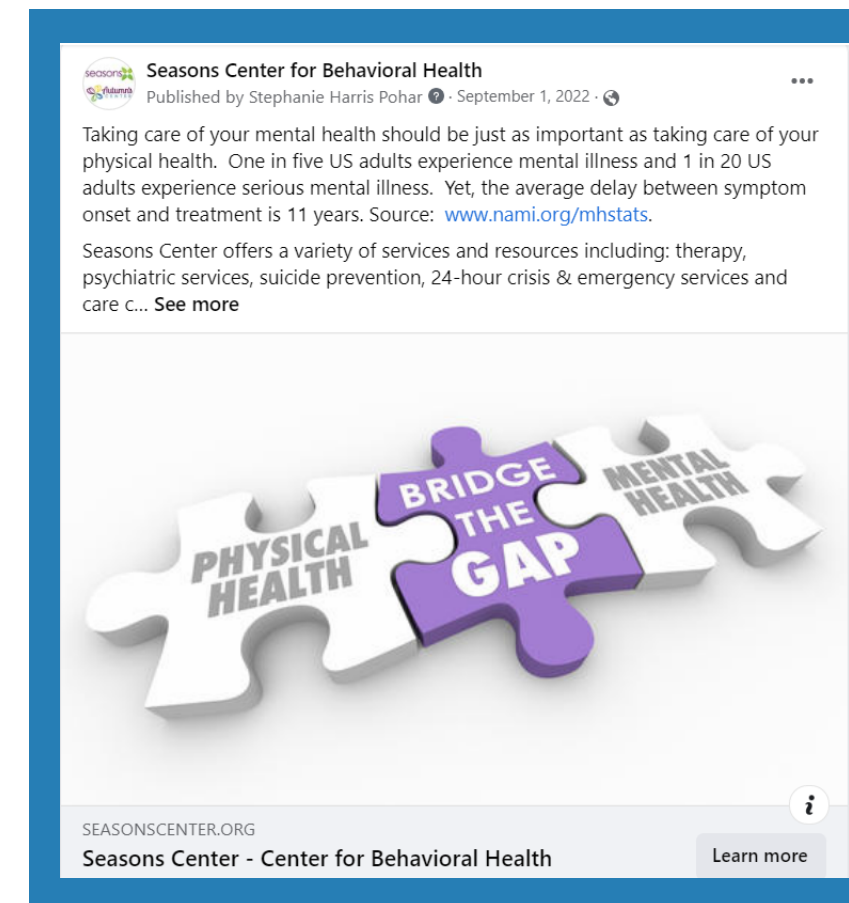
90.1% Women

9.9% Men



**Facebook Page & Profile Visits: 11,908**

The number of times our page was visited



**Top Locations**

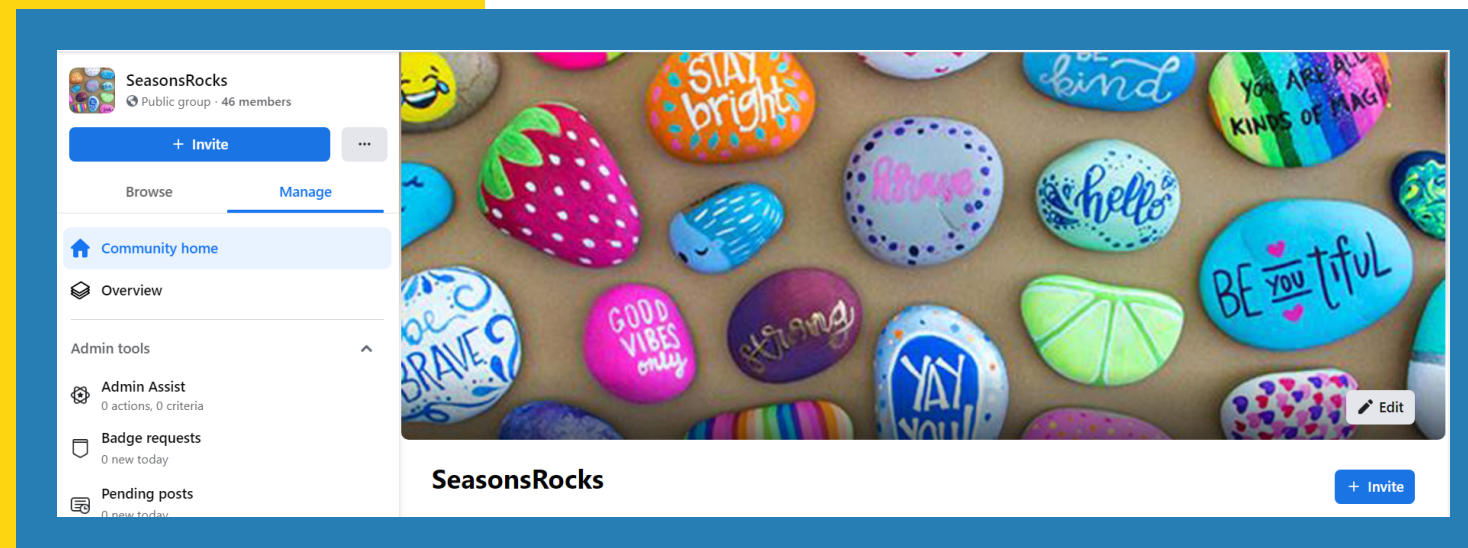
Spencer

Orange City

Sioux Center

Sioux City

Spirit Lake



**Facebook Page Reach: 206,180 people**

The number of people who saw any content including posts, stories, ads & more

# Accomplishments

- 41 New Employees Hired & Retained
- 13 Temporary Camp Staff Hired for 2022 Summer
- 27 Employees Have Worked at Seasons 5+ Years
- Internal Staff Development
  - Offered a variety of training opportunities presented by internal staff and notable external presenters in the field of social work

- CMHC Grant
- SAMHSA-FSC Grant
- 6 years of serving children & families at Autumn's Center
- 6 seasons of summer camp at Camp Autumn
- Extensive Public Awareness Campaign
  - 864 TV commercials
  - 3,870 radio commercials
  - 16 billboard locations

- Expanded School-Based services, tools & resources
- Grew internship program
- Received the Spencer Radio Group People's Choice Gold Award for Best in Mental Health Services for the third consecutive year

# Our Employees



All Staff Picnic

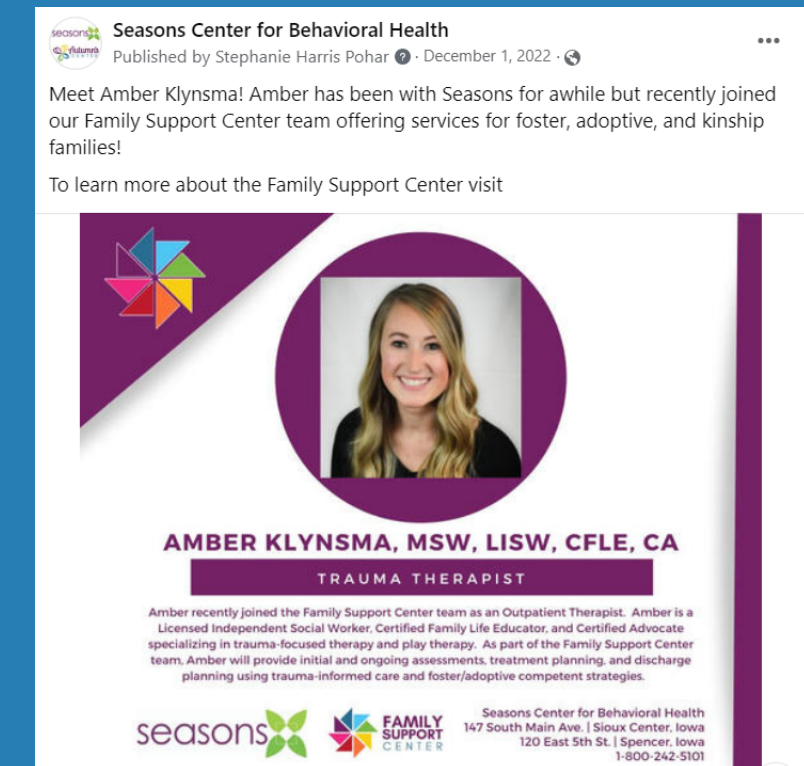
- Over 675 impressions were given amongst coworkers to express gratitude
- Annual Staff Picnic
  - 25 staff attended
  - Recognized
    - 30 - 1 year employees
    - 18 - 3 year employees
    - 9 - 5 year employees
    - 1 - 15 year employee



Self-Care Event



Social Media Posts





# Quotes from Clients & Partners

“Thank you so much for connecting me to [your RPG4 and RPG5 staff]! They did a WONDERFUL presentation yesterday for the parents...very relatable content and the parents were engaged for the entirety! I continue to be so impressed and see such great value in all that's offered through Seasons Center! Gold star rating from me!!”  
~ Family Treatment Court Coordinator, Iowa Judicial Branch – Children’s Justice (RPG Referral Source)

“I learned more from the ASIST training than from any other training in the 20+ years I have worked in the social service field. It was presented in an easy to understand way and can be used in professional and personal settings. I am a crisis worker and use what I learned almost daily.”  
~ ASIST Training Attendee

“10 stars to the ACT Team. They have saved my life. I would recommend this program to anyone.” ~Seasons ACT Client

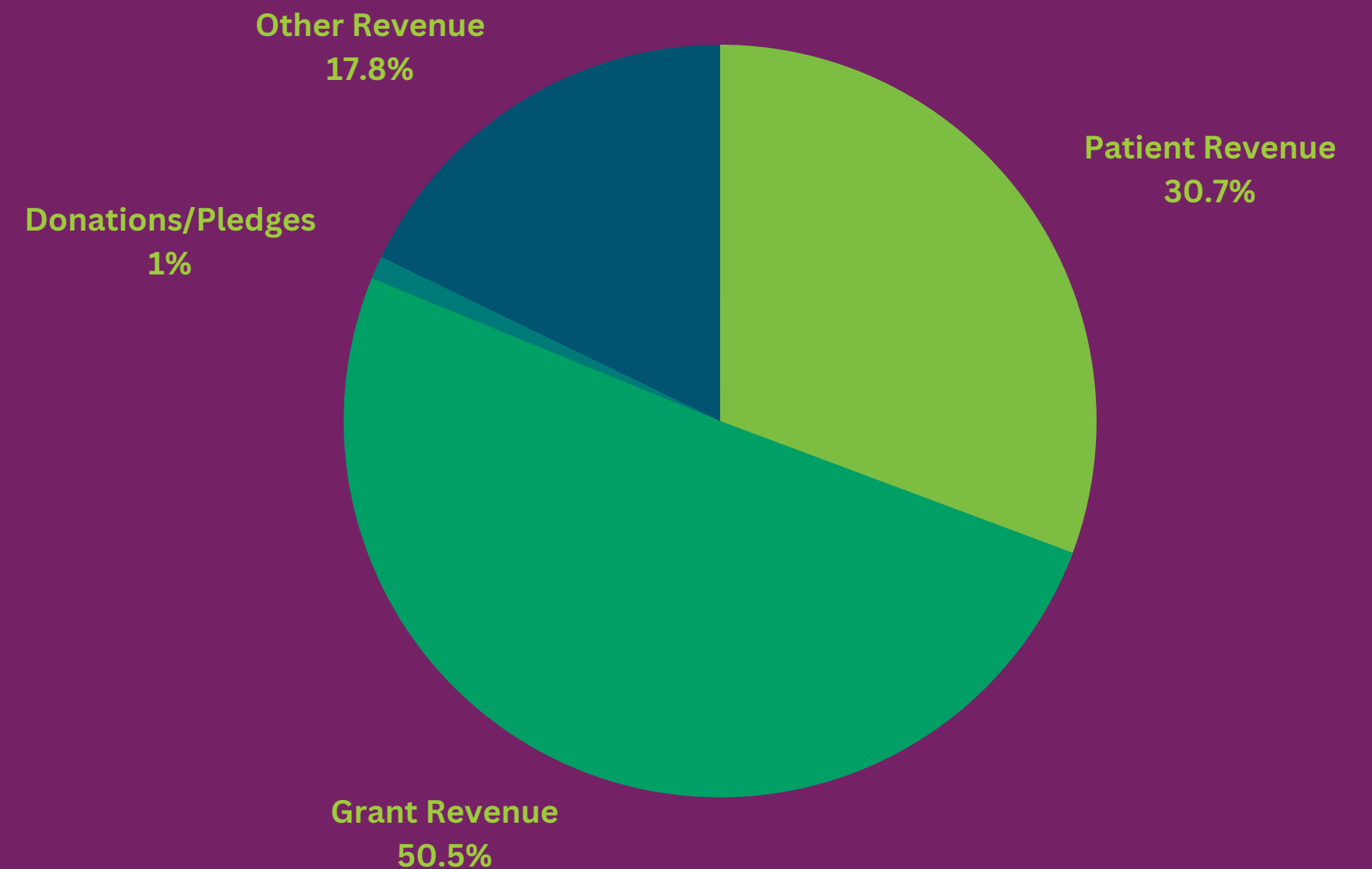
“I appreciate the communication, even if I don’t answer my phone, just seeing the message or missed call helps me to know that someone cares enough to check in on me. I like to talk to my care coordinator. I feel like my anxiety lessens. I feel comfortable and heard.”  
~ Seasons ERSP Client

"Thank you. I don't know what this year would have been like without you. You cheered me on & supported me! I felt like our visits would carry me through to the next month."  
~ Seasons CMHC Client

“I use everything I’ve learned from Parenting Wisely in my everyday life. And if it wasn’t for these videos, then I wouldn’t know half of these skills. And you (FCC) have been very helpful, you’re very calm, we discuss and you give me examples, and you’re very consistent. All in all, I just really enjoy the whole program.”  
~ RPG5 Parent

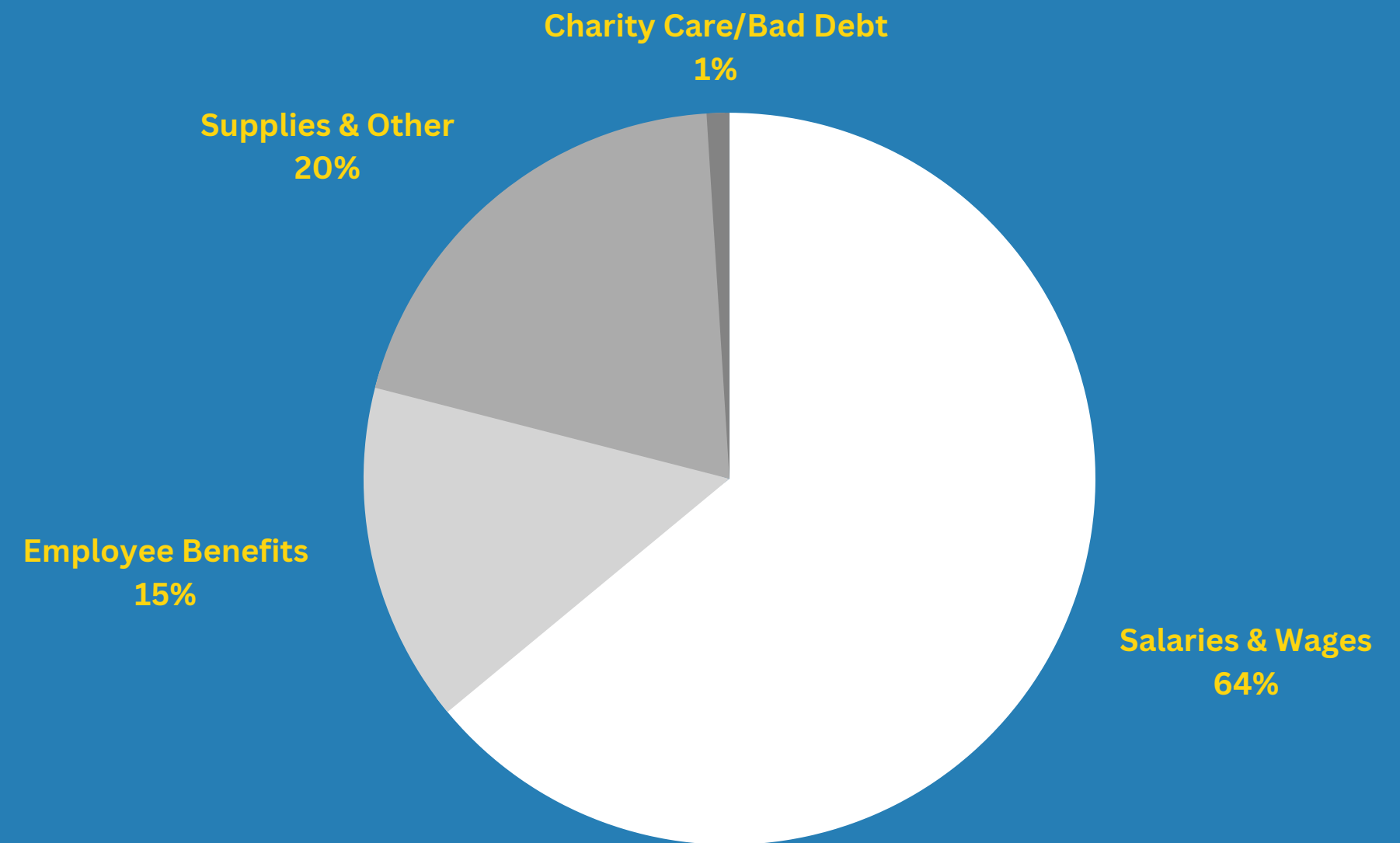
# 2022 Financial Overview - Operating Revenue

<b>Patient Revenue</b>	<b>\$3,293,677</b>
<b>Grant Revenue</b>	<b>\$5,350,165</b>
<b>Donations/Pledges</b>	<b>\$73,501</b>
<b>Other Revenue</b>	<b>\$1,863,857</b>
<hr/>	
<b>Total</b>	<b>\$10,581,201</b>



# 2022 Financial Overview - Expenses

Salaries & Wages	\$6,880,017
Employee Benefits	\$1,559,410
Supplies & Other	\$2,121,222
Charity Care/Bad Debt	\$104,447
<hr/>	
<b>Total</b>	<b>\$10,665,096</b>





## **Opportunities & Challenges**

### **Opportunities:**

- **Increase Virtual Services**
- **Expand Crisis Services**
- **Grow Clinical Workforce through Internships**

### **Challenges:**

- **Qualified Workforce Shortages**
- **Iowa DHS and IDPH Merger to HHS**
- **Insufficient Medicaid Funding**

# Leadership



Christina Eggink-Postma

VP of Program  
Coordination and  
Compliance



Dan Ries

President & CEO



Barb Work

VP of Personnel & HR



Rebecca McCrackin

VP of Clinical Services



Karen Rosengreen

VP of Medical Services

# Board of Directors

<b>President:</b>	<b>Erin Vander Velde</b>	<b>Sioux Center</b>
<b>Vice President:</b>	<b>Steve Alger</b>	<b>Spirit Lake</b>
<b>Sec./Treasurer:</b>	<b>Burlin Matthews</b>	<b>Spencer</b>
<b>Board Members:</b>	<b>Larry Harden*</b>	<b>Milford</b>
	<b>Holly Nystrom</b>	<b>Milford</b>
	<b>Dwayne Van Leeuwen</b>	<b>Hull</b>

\*Non-voting member

No governing board member has a family relationship with a staff member or a potential conflict of interest with the agency.

As a CMHC, Seasons is not owned or controlled by any individual, partnership, corporation body, or a subdivision of other bodies.

# We Are Here To Help!



# Glossary of Terms

- ACT – Assertive Community Treatment
- ASIST – Applied Suicide Intervention Skills Training
- ALICE – Alert, Lockdown, Inform, Counter, Evacuate (Active Shooter Training)
- CBT – Cognitive Behavior Therapy
- CCBHC – Certified Community Behavioral Health Clinic
- CMHC – Community Mental Health Center
- COD – Co-Occurring Disorder
- CPI – Crisis Prevention Institute
- CSCBS – Crisis Stabilization Community Based Services
- DBT – Dialectical Behavior Therapy
- DHS – Department of Human Services
- EBP – Evidence-Based Practice
- EMDR – Eye Movement Desensitization and Reprocessing
- ERSP – Emergency Response Suicide Prevention
- FSC – Family Support Center
- HHS – United States Department of Health and Human Services
- HRSA – Health Resources and Services Administration
- IDPH – Iowa Department of Human Services
- IPR – Intensive Psychiatric Rehabilitation
- MHAT – Mental Health Awareness and Training
- MI – Motivational Interviewing
- PACT – Parents and Children Together
- PCIT – Parent-Child Interaction Therapy
- QPR – Question, Persuade, Refer
- RPG – Regional Partnership Grant
- SAMHSA – Substance Abuse and Mental Health Services Administration
- SED – Serious Emotional Disturbance
- SMI – Serious Mental Illness
- TF-CBT – Trauma-Focused-Cognitive Behavior Therapy
- VOCA – Victims Of Crime Act
- YSW – Youth Service Worker