

IOWA CITY VA HEALTH CARE SYSTEM

# Mental Health & Wellness Services



**VA**



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
Iowa City VA Health Care System

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# Welcome **TO THE IOWA CITY VA HEALTH CARE SYSTEM**

The purpose of this guide is to provide you with an overview of the services provided by our mental health programs.

Since 1952, the Iowa City VA Health Care System has been improving the health of those who have so proudly served our nation. We consider it our privilege to serve your health care needs in any way we can. Services are available to more than 184,000 veterans living in 50 counties in Eastern Iowa, Western Illinois and Northern Missouri.



## MENTAL HEALTH CARE SERVICES

We believe that **recovery** from mental health **is possible** and that treatment can be an important part of this process.

We offer **research-based** treatment options. Our approach puts our **Veterans at the center** of their care and treats each Veteran as a **whole person** - incorporating their strengths, preferences, and life goals.

Many Veterans find that they only need mental health services for limited periods of time, to overcome specific obstacles and get back on track towards their goals. Veterans are always welcome to return for additional services as needed.

## VIRTUAL RESOURCES

***Make the Connection*** <https://maketheconnection.net/>

Make the Connection is a public awareness campaign that provides personal testimonials and resources to help Veterans discover ways to improve their lives, with relatable stories from Veterans experiencing multiple types of hardships.

***Coaching Into Care*** <https://www.mirecc.va.gov/coaching/>

Coaching Into Care is a resource that aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran.

***VA Welcome Kit*** <https://www.va.gov/welcome-kit/>

This is a resource designed to help Veterans enroll and use the VA benefits and services they have earned. In addition to step-by-step enrollment instructions, this kit also lists points of contact for dozens of VA program offices.

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## **FACILITY LOCATIONS**

Iowa City (319) 338-0581 601 Highway 6 West Iowa City, IA 52246

## **VA COMMUNITY BASED OUTPATIENT CLINIC LOCATIONS**

Burlington	(319) 752-3722	1000 N Roosevelt Ave, Suite 7	Burlington, IA 52601
Cedar Rapids	(319) 369-4340	3500 Dalton Way SW, Suite 400	Cedar Rapids, IA 52404
Coralville	(319) 688-3333	520 10th Ave, Suite 100	Coralville, IA 52241
Decorah	(563) 387-5840	915 Short St, Suite 163	Decorah, IA 52101
Dubuque	(563) 588-5520	2600 Dodge St, Suite A1	Dubuque, IA 52003
Galesburg	(309) 343-0311	310 Home Blvd	Galesburg, IA 61401
Ottumwa	(641) 683-4300	1020 N Quincy Ave, Suite 1	Ottumwa, IA 52501
Quad Cities	(563) 332-8528	2826 W Locust St, Suite 2A	Davenport, IA 52804
Quincy	(217) 224-3366	6020 Broadway St	Quincy, IL 62305
Sterling	(815) 632-6200	2901 E Lincolnway, Suite M	Sterling, IL 61081
Waterloo	(319) 235-1230	945 Tower Park Dr	Waterloo, IA 50701

## **COMMUNITY RESOURCE & REFERRAL CENTERS (CRRC)**

Cedar Rapids	(319) 365-0898	3117 1st Ave SE, Suite A	Cedar Rapids, IA 52402
Davenport	(563) 328-5800	415 N Perry St	Davenport, IA 52801

## **VET CENTERS**

Cedar Rapids	(319) 378-0016	4250 River Center Ct NE, Suite D	Cedar Rapids, IA 52402
Quad Cities	(309) 755-3260	465 42nd Ave, Suite 140	Davenport, IA 52801

## FACILITY MAP

# Iowa City Buildings

- F-1** Main Hospital / Building 1
- F-2** Human Resources / Administrative Offices / Building 51



-  VISITOR PARKING
-  NON PUBLIC PARKING
-  DISABLED PARKING
-  EMERGENCY PARKING
-  NON PUBLIC VA DRIVE
-  STATE/LOCAL ROAD
-  NON PUBLIC BUILDING
-  DESIGNATED SMOKING
-  VISITOR PARKING
-  NO VISITOR PARKING
-  FLAGPOLE
-  INFORMATION
-  SIDEWALK
-  VA PUBLIC DRIVE
-  CONSTRUCTION AREA
-  ENTRANCE

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## BASIC ELIGIBILITY FOR VA HEALTH CARE

- If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may qualify for VA health care benefits.
- Current and former members of the Reserves or National Guard who were called to active duty (*other than for training only*) by a federal order and completed the full period for which they were called or ordered to active duty also may be eligible for VA health care.
- Most Veterans who enlisted after September 7<sup>th</sup>, 1980, or entered active duty after October 16<sup>th</sup>, 1981, must have served 24 continuous months or the full period for which they were called to active duty to be eligible. This minimum duty requirement may not apply to Veterans who were discharged for a disability incurred or aggravated in the line of duty, were discharged for a hardship or received an “early out.”
- Veterans who served in a theater of operations after November 11<sup>th</sup>, 1998, are eligible for an extended period of eligibility for health care for five years after their discharge.
- Since there are a number of other exceptions to the minimum duty requirements, VA encourages all Veterans to apply to determine their enrollment eligibility.





# How to Apply

Apply for Enrollment in the VA Health Care System by completing VA Form 10-10EZ, Application for Health Benefits.

- Online at - <https://www.va.gov/health-care/apply/application/introduction>
- By phone - 1 (877) 222 - VETS
- By mail - send your completed application, 10-10EZ and a copy of your DD214 to:

**Iowa City VA Medical Center**

Attn: Eligibility (136A)

601 Hwy 6 West

Iowa City, IA 52246

- In person: Bring a copy of your DD214 (*military discharge paperwork*) to the Iowa City VA Eligibility Office



If you have questions about eligibility, please call the Iowa City VA Medical Center Eligibility Office at (319) 338 - 0581, extension 637141

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## OUTPATIENT MENTAL HEALTH

### Program Description

If you qualify for VA health care, you can get high-quality mental health services as part of your benefits. You may also be able to get care for certain mental health problems even if you don't have VA health care.

### Services Offered

- Consultation
- Evaluation
- Medication management
- Substance use disorder treatment
- Primary care/mental health integration
- Psychological testing

### Individual and group psychotherapy address issues such as:

Major Depression, post-traumatic stress disorder (*PTSD*), sexual trauma, anxiety, suicide prevention, emotional problems, such as managing anger, aggressive, or self-harming behaviors, memory problems, relationship problems, stress from medical problems and/or pain.

### *How to Access Service*

#### Contact the nearest Mental Health Clinic to you

- Cedar Rapids (319) 369 - 4340
- Coralville (319) 688 - 3366
- Decorah (563) 387 - 5840
- Dubuque (563) 588 - 5520
- Galesburg (309) 343 - 0311
- Ottumwa (641) 683 - 4300
- Quad Cities (863) 332 - 8528
- Quincy (217) 224 - 3366
- Sterling (815) 632 - 6200
- Waterloo (319) 235 - 1230

#### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

*(some evening and weekend appointments are available)*

## MENTAL HEALTH ACUTE UNIT - 9 WEST

### Program Description

The acute mental health unit at the Iowa City VA treats Veterans who are experiencing a crisis. The inpatient unit provides a safe, recovery-focused environment, and has a multi-disciplinary team to help arrange the appropriate care to meet each individual Veteran's needs.

### Services Offered

- Psychotherapy, social work services, peer support services, and consultation for psychiatric medication
- Group therapy including: education about mental illness & treatment, Cognitive-behavioral therapy (CBT), Relaxation, therapeutic activities, support from the Chaplain, and music therapy

### *How to Access Service*

Patients are referred from the Iowa City VA Emergency Department, Psychiatry Consultation Service, and other community or VA inpatient psychiatry units or providers.

### Hours of Operation

24 hours a day, 7 days a week

### Location

Iowa City VA Medical Center  
601 Highway 6 West  
Iowa City, IA 52246  
Main Hospital 9th Floor  
(319) 338 - 0581 ext. 635409

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## COMPENSATED WORK THERAPY

### Program Description

Compensated Work Therapy (CWT) is comprised of programs that are designed to help Veterans with occupational barriers return to the workforce.

### Compensated Work Therapy / Supported Employment (CWT/SE)

The CWT/SE Program helps Veterans with serious mental illness engage in competitive employment in the community.

### Compensated Work Therapy / Transition Work (CWT/TW)

The CWT/TW Program places Veterans either at the VA Medical Center or in community worksites. The program enables Veterans to gain work experience and skills while in a therapeutic program that prepares them for community employment.

### Services Offered

- Vocational assessment to identify strengths and barriers
- Individual counseling to obtain and maintain employment
- Help with vocational goal-setting, building on strengths
- Placement to provide an opportunity for work readiness and skill development
- Evaluation of progress
- Collaboration with Veteran's primary treatment team to assure each Veteran has the support necessary to achieve vocational goals

### *How to Access Service*

Patient is referred by VA Provider.

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

### Locations

Cedar Rapids CBOC  
3500 Dalton Way SW, Suite 400  
Cedar Rapids, IA 52404  
(319) 369-4340

Coralville VA Clinic  
520 10th Ave, Suite 100  
Coralville, IA 52241  
(319) 688-3333

Quad Cities CBOC  
2826 W Locust St, Suite 2A  
Davenport, IA 52804  
(563) 332-8528

## HOMELESSNESS PREVENTION PROGRAM

### Community Resource & Referral Centers (CRRC)

#### Program Description

The Community Resource and Referral Center (CRRC) helps Veterans and their families who are homeless or at-risk of becoming homeless to obtain supportive services from VA and non-VA community partners located at the CRRC site.

A Veteran must be eligible for VA Health Care to receive direct services from the CRRC multi-disciplinary team. If not eligible for VA Health Care, the Veteran may still be eligible for the Grant and Per Diem (GPD) program or community services. The CRRC will help Veterans determine what services are available to them.

#### Services Offered

- Multidisciplinary Team Based Care
- Showers & Laundry Facility
- Computer access for job searching / employment activities & researching housing / community resources
- VA Services: Assistance with VA eligibility, walk-in clinic to assess mental health and housing needs, short-term care coordination, and substance use and mental health treatment
- Community Service Partners offering legal assistance, employment services, obtaining food, medical & health care referrals, community housing programs, etc.

#### *How to Access Service*

Walk-ins are welcome

#### Hours of Operation

Monday - Friday, 8:00 am - 4:00 pm

#### Locations

Cedar Rapids CRRC  
1535 1st Avenue SE  
Cedar Rapids, IA 52404  
(319) 365-0898

Davenport CRRC  
415 N Perry Street  
Davenport, IA 52801  
(563) 328-5800

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## OTHER HOMELESSNESS PREVENTION PROGRAMS

The VA offers many programs to assist Veterans who are homeless.

### Program Description & Services Offered

- **Health Care for Homeless Veterans (HCHV) Program** offers outreach, case management and residential treatment services to help Veterans transition from living on the street or in institutions to stable housing situations
- **Grant and Per Diem (GPD) Program** is a time-limited, service intensive transitional supportive housing (*up to 24 months*)
- **Housing and Urban Development and Veterans Affairs Supportive Housing (HUD-VASH) Program** is a collaborative program between HUD and VA combining HUD housing vouchers with VA supportive services to help Veterans who are homeless and their families find and sustain permanent housing. Veterans who are appropriate candidates for this program must need case management services in order to obtain and sustain independent community housing.
- **Supportive Services for Veterans Families (SSVF) Program** is for very low-income Veterans, SSVF provides case management and supportive services to prevent the imminent loss of a Veteran's home or identify a new, more suitable housing situation for the Veteran and their family; or to rapidly re-house Veterans and their families who are homeless and might remain homeless without this assistance.

### *How to Access Service*

National Call Center for Homeless Veterans at 1 (877) 424-3838

Cedar Rapids Community Resource & Referral Center at (319) 365-0898

Davenport Community Resource & Referral Center at (563) 328-5800

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

### Locations *(map found on the following page)*

Cedar Rapids, Decorah, Dubuque, Waterloo & surrounding counties: (319) 499-7971

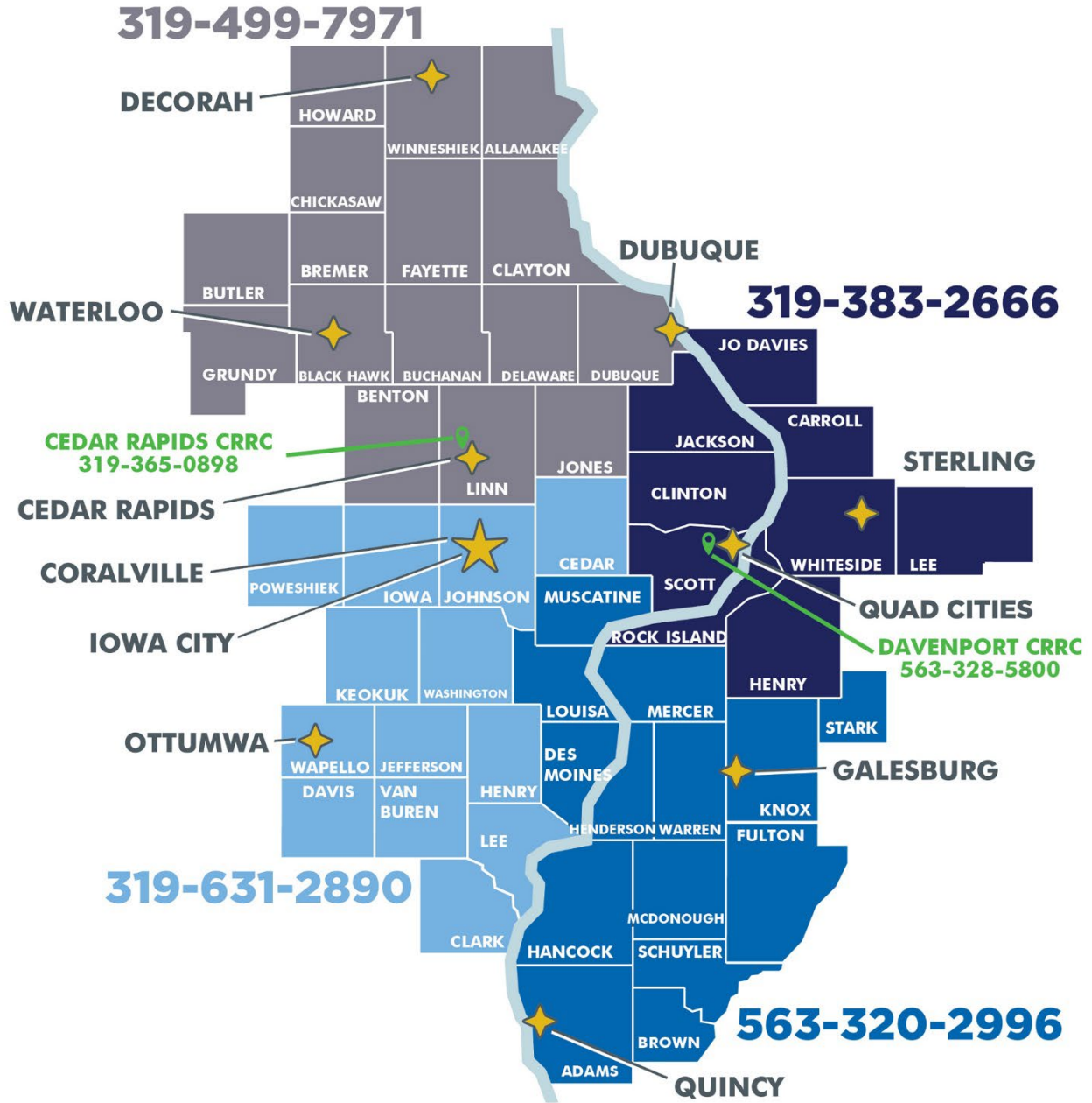
Bettendorf, Sterling & surrounding counties: (319) 383-2666

Galesburg, Quincy & surrounding counties: (563) 320-2996

Coralville, Iowa City, Ottumwa & surrounding counties: (319) 631-2890

IOWA CITY VA HEALTH CARE SYSTEM

# HOMELESS OUTREACH COVERAGE AREA



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## VETERANS JUSTICE PROGRAMS

### Veterans Justice Outreach (VJO)

#### Program Description

The aim of the Veterans Justice Outreach (VJO) program is to avoid the unnecessary criminalization of mental illness and extended incarceration among Veterans by ensuring that eligible, justice-involved Veterans have timely access to Veterans Health Administration (VHA) services, as clinically indicated.

#### Services Offered

- Direct outreach, assessment, and case management for justice-involved Veterans in local courts and jails and liaison with local justice system partners
- Referrals for services coordinated by VA staff

#### *How to Access Service*

Contact a Veteran Justice Programs specialist

#### **Locations** (*map found on the following page*)

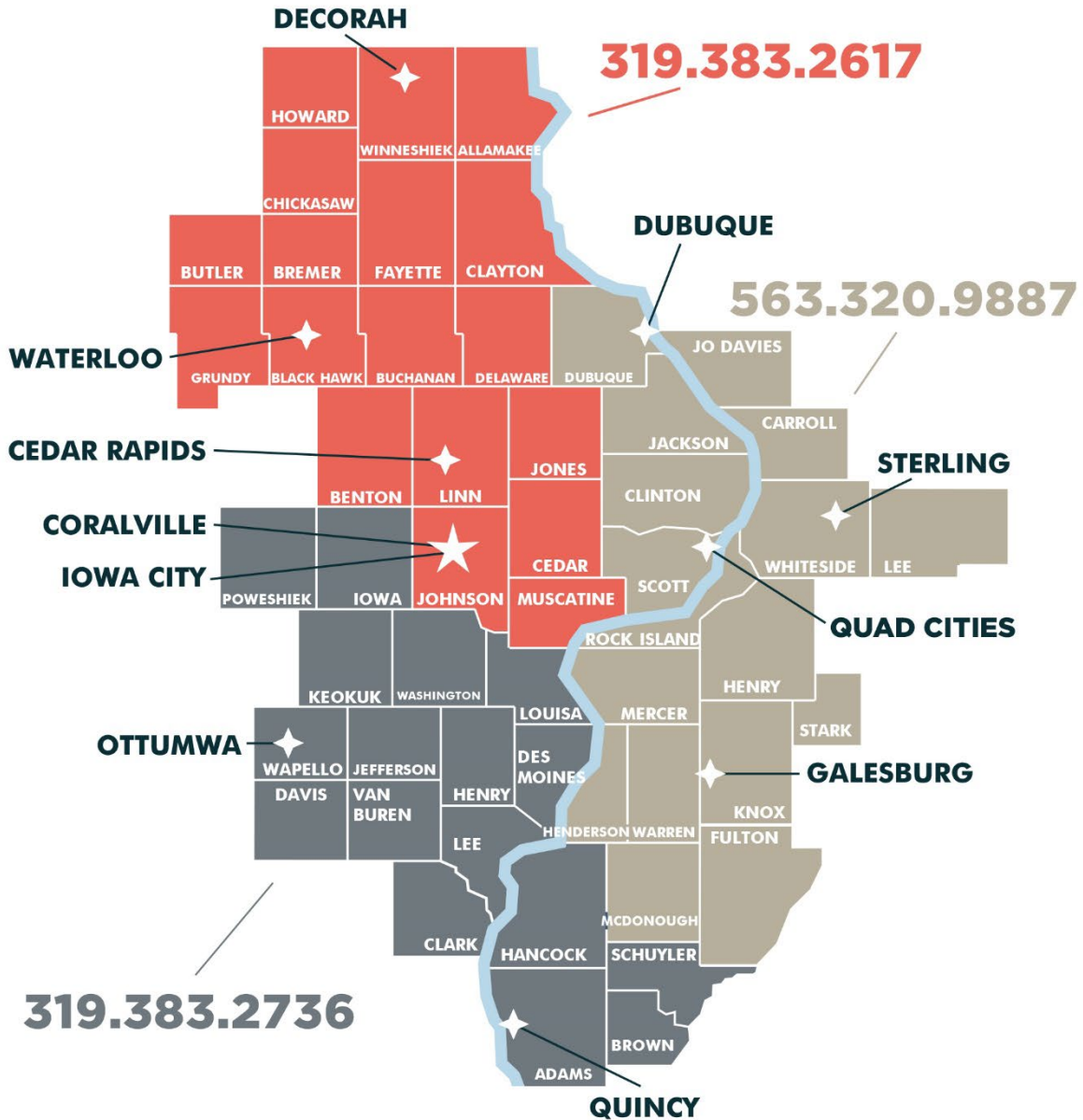
Dubuque, Sterling, Quad Cities, Galesburg & surrounding counties: (563) 320-9887

Decorah, Waterloo, Cedar Rapids, Coralville, Iowa City & surrounding counties: (319) 383-2617

Ottumwa, Quincy & surrounding counties: (319) 383-2736



IOWA CITY VA HEALTH CARE SYSTEM  
**VETERAN JUSTICE  
OUTREACH COVERAGE AREA**



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## VETERANS JUSTICE PROGRAMS

### Healthcare for Re-entry Veterans (HCRV)

#### Program Description

Health Care for Re-Entry Veterans- HCRV program helps Veterans with community re-entry planning in their last year of state or federal prison. A primary goal of the HCRV program is to prevent Veterans from becoming homeless once they return to the community. **Justice-involved Veterans do not need to be homeless to receive Re-Entry services.**

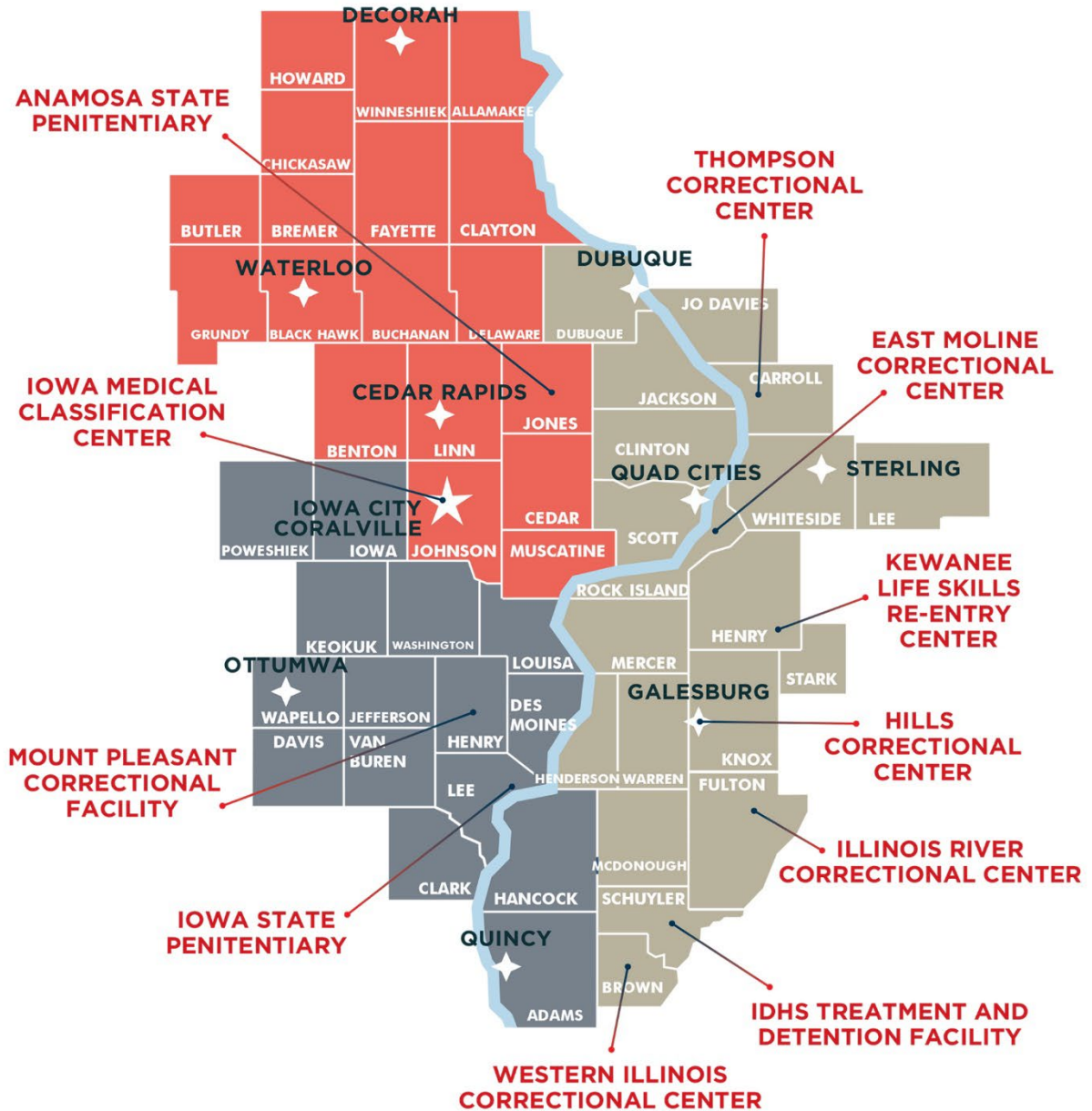
#### Services Offered

- Determining Veteran eligibility through verification of military service
- Collaborating with the corrections staff to complete a pre-release assessment, screening, and re-entry plan for services (*planning may begin up to 6 months before anticipated release date*)
- Providing post-release community-based services and coordination of services for Veterans during the early stage of community readjustment
- Providing post-release referral, linkage and coordination for VA and non-VA services
- Assisting with completion, submission and follow-up with VA forms. Examples: Release of Information, DD214 Eligibility and 1010 EZ enrollment forms
- Assisting with medical and/or mental health appointments Outreach and pre-release assessment

#### *How to Access Service*

Contact VJO/HCRV Coordinator at (319) 383-2736

IOWA CITY VA HEALTH CARE SYSTEM  
**HEALTH CARE FOR RE-ENTRY  
VETERANS PROGRAM COVERAGE AREA**



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## HOME TELEHEALTH PROGRAM

### Program Description

Home Telehealth connects a Veteran at home to their healthcare team through a messaging device or their phone. The program requires use of a cell phone or landline phone and connects to equipment (*if applicable*) setup in your home. Depression, schizophrenia, psychosis, PTSD, anxiety, bi-polar disorder, and substance use are included in the list of mental health disorders monitored by Home Telehealth.

### Services Offered

- Provides closer, more frequent monitoring of chronic health / mental health conditions (*vital signs can also be monitored*)
- Helps health care providers quickly change medications and treatments
- Timely health care advice
- Can help as a reminder to take medications
- A way to offer support and encouragement

### *How to Access Service*

Referral from VA Provider

Mental Health Home Telehealth Care Coordinators: (319) 383-4099 & (319) 800-1868

### Hours of Operation

Monday - Friday, 7:00 am - 4:00 pm

## INTENSIVE COMMUNITY MENTAL HEALTH RECOVERY SERVICES (ICMHR)

### Mental Health Intensive Case Management (MHICM) Rural Access Network Growth Enhancement (RANGE)

#### Program Description

ICMHR includes MHICM and RANGE, outpatient/community-based mental health programs that provide supportive services to Veterans who have a serious mental illness diagnosis maintain independence in their community. MHICM serves more urban Veterans and RANGE serves more rural Veterans.

#### Services Offered

- Medication management and monitoring
- Symptom monitoring and management
- Individualized Treatment planning
- Personalized Goal-setting
- Referrals to VA (and community) social and medical services
- Education about mental illness symptoms
- Skills building through advocacy and support
- Community Orientation and Integration
- Going to social and/or recreational outings

#### *How to Access Service*

MHICM care is offered by Consult referral initiated by a Veteran's primary medical or mental health provider in the VA system. **Contact your VA Provider for a Consult.**

#### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

#### Locations

##### MHICM

Coralville VA Clinic  
520 10th Ave, Suite 100  
Coralville, IA 52241

##### RANGE

Quad Cities CBOC  
2826 W Locust St, Suite 2A  
Davenport, IA 52804

**\*Must meet program admission criteria**

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## INTIMATE PARTNER VIOLENCE ASSISTANCE PROGRAM

### Program Description

The VA's Intimate Partner Violence Assistance Program (IPVAP) is committed to helping Veterans, their partners and VA staff who are impacted by IPV.

### Services Offered

- Safety Planning for staying in or leaving a relationship
- RISE: Individualized brief therapy for people experiencing violence now or in the last year
- Relationship Health and Safety screening
- Resource connection and referral
- Strength at Home: Group Therapy for Veterans using Violence
- Strength at Home For Couples: Group Therapy for Couples Wanting to Build Healthy Skills & Enhance Relationship Communication
- Education on healthy and unhealthy relationships

### *How to Access Service*

Contact IPV Coordinator at (319) 338-0581 ext. 636916 or cell (319) 359-8064 or call your local PACT Social Worker.

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

### PACT Social Workers

Cedar Rapids: (319) 369-4356

Coralville: (319) 358-2406 ext. 532245

Decorah: (563) 387-5849 ext. 572232

Dubuque: (563) 588-5552

Galesburg: (309) 343-0311 ext. 732268

Iowa City: (319) 338-0581 ext. 636069

Ottumwa: (641) 683-4300 ext. 542241

Sterling: (815) 632-6200 ext. 562252

Quad Cities: (563) 332-8528 ext. 712460 or ext. 712245

Quincy: (217) 224-3366 ext. 512347

Waterloo: (319) 325-1230 ext. 752295 or ext. 752244

## LGBTQ+ VETERANS

### **Program Description**

The Department of Veterans Affairs (VHA) is committed to providing quality care to all Veterans including lesbian, gay, bisexual, transgender and questioning (LGBTQ+) Veterans. Excellent care has no boundaries.

Iowa City VA Health Care System seeks to promote the health, welfare, and dignity of LGBTQ+ Veterans and their families. We are committed to making sensitive and high quality health care accessible. Our policies and practices focus on ensuring a safe, welcoming, and affirmative environment of care for LGBTQ+ Veterans. Our employees receive training in clinically competent care that is responsive to the unique needs of LGBTQ+ Veterans.

### **LGBTQ+ Veteran Care Coordinator (VCC) Program**

As of March 2016, each VA facility has a local LGBTQ+ Veteran Care Coordinator (VCC) who is appointed by their facility leadership. The VCC is responsible for promoting best practices for serving LGBT Veterans and connecting LGBTQ+ Veterans to services. The LGBTQ+ VCCs serve as a point-person, source of information, Veteran advocate, and problem-solver for LGBTQ+ Veteran-related health care issues.

### *How to Access Service*

Contact LGBTQ+ Veteran Care Coordinators at (319) 369-4340 or (319) 338-0581 ext. 636916

### **Hours of Operation**

Monday - Friday, 8:00 am - 4:30 pm

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## MILITARY SEXUAL TRAUMA

### **What is Military Sexual Trauma**

Military sexual trauma, or MST, is the term used by VA to refer to experiences of sexual assault or repeated, threatening sexual harassment that a Veteran experienced during his or her military service. Both men and women can experience MST. The identity or characteristics of the perpetrator, whether the Servicemember was on or off duty at the time, and whether he or she was on or off base at the time do not matter. If these experiences occurred while an individual was on active duty, active duty for training, or inactive duty for training, they are considered by VA to be MST.

MST is an experience, not a diagnosis or a mental health condition, and as with other forms of trauma, there are a variety of reactions that Veterans can have in response to MST. Many individuals recover without professional help; others may generally function well in their life, but continue to experience some level of difficulties or have strong reactions in certain situations. For some Veterans, the experience of MST may continue to affect their mental and physical health in significant ways, even many years later. Fortunately, people can recover from experiences of trauma, and VA has effective services to help Veterans do this

### **Services available at Iowa City VAHCS**

All treatment for physical and mental health conditions related to experiences of MST is provided free of charge. To receive free treatment for mental and physical health conditions related to MST, Veterans do not need to be service connected (or have a VA disability rating). Veterans may be able to receive this benefit even if they are not eligible for other VA care. Veterans are able to meet with a provider of the gender of their preference.

#### *How to Access Service*

Contact the Military Sexual Trauma (MST) Coordinator at (319) 631-1099



## NEUROPSYCHOLOGY SERVICES

### Program Description

The Neuropsychology Clinic provide comprehensive evaluations of cognitive abilities for Veterans and families that are concerned about their thinking abilities (*e.g., memory and attention*).

### Services Offered

- Interview and assessment about thinking, memory, language, problem-solving, behavior changes, spatial and/or attention concerns
- Tests are used to measure cognitive abilities and interview with the Veteran and family can help us better understand the presenting concerns
- The results of this evaluation are useful in diagnosing cognitive or learning disorders, in addition, results can help care providers in developing treatment plans for these conditions

### *How to Access Service*

Ask VA Primary Care or Mental Health Provider for a Consult

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

### Locations

Coralville VA Clinic  
520 10th Ave, Suite 100  
Coralville, IA 52241

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## PSYCHOSOCIAL REHABILITATION & RECOVERY CENTER (PRRC)

### Program Description

This outpatient treatment center is designed to support recovery and integration into meaningful self-determined community roles for Veterans challenged with serious mental illness and severe functional impairment. Programming is curriculum-based and is specifically designed to teach the essential skills that are necessary for defining and realizing Veteran's self-chosen, realistic roles and goals in all domains of health and life. VA mental health provider can refer a Veteran to the PRRC.

### Services Offered

- Skill building groups
- Individual recovery coaching
- Community integration
- Recreation therapy
- Family education
- Wellness Activities – nutritional education and mind / body fitness
- Aftercare planning
- Identifying / connecting with community resources

### *How to Access Service*

Ask your mental health provider for a Consult to the PRRC  
Call (319) 338-0581 ext. 636129 for more information

### Hours of Operation

Monday - Friday, 9:00 am - 2:00 pm

### Location

Iowa City VA Medical Center  
601 Highway 6 West  
Iowa City, IA 52246  
Main Hospital 9th Floor East

## SUBSTANCE USE DISORDER SERVICES

### Program Description

The Outpatient Substance Abuse Treatment Program (OSATP) provides Outpatient and Intensive Outpatient treatment services, hospital inpatient treatment consultation, medication assisted treatment (MAT) and referrals to residential programs. OSATP is an interdisciplinary treatment program designed to treat substance use and co-occurring / mental health disorders.

### Services Offered

- Individual counseling
- Group counseling
- Family counseling
- Medication Management
- Medical Detoxification
- Urine & Breathalyzer Testing
- Referral to other services

### *How to Access Service*

Cedar Rapids: (319) 369-4340

Cedar Rapids CRRC: (319) 365-0898

Coralville: (319) 688-3333

Davenport CRRC: (563) 328-5801

Decorah: (563) 387-5840

Dubuque: (563) 588-5520

Galesburg: (309) 343-0311

Iowa City VA Hospital: (319) 338-0581 ext. 635495

Ottumwa: (641) 683-4300

Quincy: (217) 224-3366

Sterling: (815) 632-6200

Waterloo: (319) 235-1230

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

Saturday, 7:30 am - 11:30 am (VA Hospital)

### Location

Coralville VA Clinic  
 520 10th Ave, Suite 100  
 Coralville, IA 52241  
 (319) 688-3333

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## SUICIDE PREVENTION PROGRAM



### Program Description

The Suicide Prevention Program is a team of mental health providers dedicated to preventing suicide. We provide enhanced care to Veterans who may be at high risk for suicide.

### Services Offered

- Questions regarding Suicide Prevention policy
- Case consultation
- High Risk for Suicide Flag Establishment and Review
- Employee Training/Education
- Community Outreach and Coalition Engagement
- Outreach and care coordination to Veterans who have been referred from the Veterans Crisis Line

### *How to Access Service*

Contact a Suicide Prevention Coordinator or Suicide Prevention Case Manager.

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm  
24 Hours a day, 7 days a week

### Locations

Iowa City  
Suicide Prevention Coordinator  
(319) 338-0581 ext. 635868  
Suicide Prevention Case Manager  
(319) 688-3393 or cell (319) 981-2856

Quad Cities  
Suicide Prevention Case Managers  
(563) 328-5813 or cell (319) 981-0936  
(563) 328-5808 or cell (319) 430-7430

## VET CENTERS

### Program Description

Readjustment counseling is a wide range of psychosocial services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. All Vet Centers maintain non-traditional appointment schedules and after normal business hours, to accommodate the schedules of Veterans, Service members, and their family members

### Services Offered

- Individual counseling for adults focused on transition and readjustment
- Group counseling
- Post-traumatic stress counseling
- Crisis counseling
- Sexual trauma counseling
- Social and recreational opportunities
- Community education, training, and outreach
- Network and referral

### *How to Access Service*

No appointment is necessary. Participants can walk-in or call to schedule an appointment at Cedar Rapids Vet Center or Quad Cities Vet Center listed below.

### Hours of Operation

Monday - Friday, 8:00 am - 4:30 pm

Evening hours may be arranged with individual therapist

### Locations

Cedar Rapids Vet Center  
4250 River Center Ct NE, Suite D  
Cedar Rapids, IA 52402  
(319) 378-0016

Quad Cities Vet Center  
465 42nd Ave (Ave of the Cities), Suite 140  
East Moline, IL 61244  
(309) 755-3260

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## WOMEN VETERANS

### Program Description

The mission of the Women's Health Program at the Iowa City VA Health Care System is to ensure our Veterans have access to exceptional routine and specialty care in a welcoming environment with privacy and dignity. Women have the choice to receive primary care services at their local Community Based Outpatient Clinic or at the Iowa City VA Medical Center in the Primary Care Clinic or the Women's Health Center. The Women's Health Program offers a complete approach to women's care. Breast Imaging is available on the 2nd Floor of the VA Medical Center in radiology where we can perform 3D mammography (screening, diagnostic and contrast enhanced), breast ultrasounds, biopsies, and MRIs. Our clinicians are also specifically trained in the following areas to help meet the needs of our women Veterans:

### Services Offered

- Gynecology
- Family Planning
- MOVE! Program
- Psychology
- Social Work
- Maternity Care Coordination
- Breast Specialty Services
- Health Education Materials
- Group Therapies
- Urology
- Emergency Contraception
- Breast Imaging
- Psychiatry
- Pelvic Floor Physical Therapy

### *How to Access Service*

Ask your VA Primary Care Provider or contact the Women's Health Center at (319) 338-0581 ext. 636900

Mammogram self-scheduling: (319) 338-0581 ext. 633830 or ext. 633829

Gynecology self-scheduling: (319) 338-0581 ext. 636900

Every VA Medical Center has a Women Veterans Program Manager (WVPM) to assist women Veterans to navigate the VA system. For help connecting to your local WVPM please contact the Women Veteran Call Center at 1(855) 829-6636. If you have questions about services for women at the Iowa City VA Health Care System, please contact our WVPMs today at (319) 688-3591.

To learn more about Women's Health in the VA and hear from top experts listen to, "She Wears the Boots, A podcast for Women Veterans" on Spreaker or wherever you listen to your podcast.



HEAR FROM THE WOMEN'S HEALTH EXPERTS

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[www.womenshealth.va.gov](http://www.womenshealth.va.gov) | [#WomenVets](https://twitter.com/WomenVets)

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