

ADDS

WWW.ADDSIOWA.ORG

The Iowa Department of Public Health licenses the Alcohol and Drug Dependency Services of Southeast Iowa (ADDS) to provide prevention, substance use disorder and problem gambling treatment services.

ADDS is part of the IDPH Integrated Provider Network, with services funded by the Iowa Department of Public Health and the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services

April is National Child Abuse Prevention Month

FIND TOOLS, TIPS, AND RESOURCES AT WWW.CHILDWELFARE.GOV/PREVENTIONMONTH

Child Welfare Information Gateway Children's Bureau

April is National Child Abuse Prevention Month! For more information on events throughout the month or to see how you can help raise awareness, please visit Quad-County Community Partnerships For Protecting Children at www.earlydevelopment.org.



ADDS offers a wide variety of services for those battling Substance Abuse Disorders. For a comprehensive list of services that ADDS offers, please visit us at: <https://addsiowa.org/substance-use-disorder/>

april is **ALCOHOL Awareness Month**

For more resources on raising awareness and educating decision makers visit: ac4c.org and nwpttc.org

AC4C ALLIANCE OF COALITIONS FOR CHANGE

#ProofisInTheNumbers #AlcoholAwarenessMonth

April is also Alcohol Awareness Month! Did you know that Alcohol consumption is increasingly a woman's issue? Death rates related to alcohol have risen 85% over the last decade for women. For more information, visit our friends at www.ac4c.org.

IOWA GAMBLING TREATMENT PROGRAM

I-800-BETS OFF

THE GAME IS NO REASON TO GET

SLAM DRUNK

DON'T DRINK AND DRIVE

A MESSAGE FROM THE KANSAS HIGHWAY PATROL

Alcohol is the most commonly used addictive substance in the United States.

#ALCOHOLAWARENESSMONTH2019

Having Addiction ANYWAY

MY LIFE MY QUIT



Free, confidential help to quit vaping and other tobacco for youth under 18

Text 36072
Call 855.891.9989
mylifemyquit.com

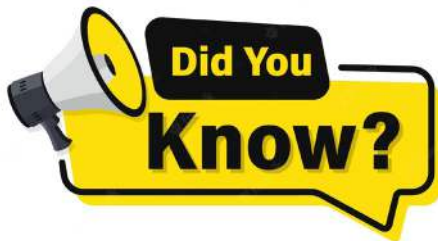
My Life My Quit is a free quit vaping counseling service that is done via text messaging and is for youth ages 13 and up.

My Life, My Quit website has resources for educators, parents/guardians, healthcare professionals, and community organizations. Any student age 13 or older can text “Start” to 36072 or visit MyLifeMyQuit.com to get started.

Quitline Iowa.... Need help quitting for good? ... Success is possible with the right help.... Connect with your personal coach today. Click to chat, call 1-800-QUIT-NOW (784-8669)



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669



Did you know that ADDS has a problem gambling treatment program and we have provided this service for decades? Jessica Hartz is our gambling counselor the past 6 years. Jessica is certified as an international gambling counselor and international alcohol and drug counselor. She provides individual and family counseling to those concerned with their gambling behaviors and their loved ones. She travels to all 4 of ADDS’ offices as needed (Burlington, Keokuk, Mt Pleasant, Wapello), and also offers telehealth services if desired/needed. Iowa BC/BS and Iowa Medicaid insurances will cover gambling treatment and Iowa HHS also provides ADDS with a grant for those who do not have insurance (income based). Need an evaluation for substance use AND gambling? Jessica can provide this evaluation at the same time! Just call and schedule. If you would like to talk to Jessica more about you or a loved one’s gambling, please contact her via her work cell (319-759-6708) or email (jhartz@addsiowa.org).

GAMBLING ADDICTION

KNOW THE SIGNS

- HIDING THE HABIT FROM OTHERS
- COMPULSIVE GAMBLING
- GAMBLING WHEN YOU CANNOT AFFORD IT
- OTHERS ARE EXPRESSING CONCERN

NO JUDGMENT. JUST HELP.



HEARTLAND Family Service
YOUR LIFE IOWA
IOWA DEPARTMENT OF PUBLIC HEALTH
1-800-BETS OFF

DRUG-FREE WORKPLACE



**SUBSTANCE ABUSE
POLICIES
ARE IN EFFECT**



**SUBSTANCE ABUSE TESTING
IS A CONDITION OF EMPLOYMENT**

ADDS ASSISTS TO IMPROVE YOUR DRUG-FREE WORKPLACE POLICIES

Preventions Specialists at ADDS will work with your organization to help implement or improve your existing Drug-Free Workplace (DFW) Policies. A sound DFW policy will assist employees struggling with addiction before the addiction affects the Workplace, will cut down on the use of sick time used, will decrease the chances of a Workplace accident, will increase the overall output and morale of the Workplace, and will help the overall community be a healthier one! For assistance, contact our Prevention Specialists in your county!



Des Moines County – Shelly Strawhacker,
sstrawhacker@addsiowa.org, 319-753-6567

Lee County – Jacob Franklin, jfranklin@addsiowa.org,
Amanda Day, aday@addsiowa.org, 319-524-4397

Henry and Louisa County – Allie Houston,
ahouston@addsiowa.org, 319-385-2216

ADDS – Burlington

1340 Mt. Pleasant Street
Burlington, IA 52601
319-753-6567

ADDS – Keokuk

928 Main Street
Keokuk, IA 52632
319-524-4397

ADDS – Mt. Pleasant

122 North Main Street
Mt. Pleasant, IA 52641
319-385-2216

ADDS – Wapello

304 Highway 61 North
Wapello, IA 52653
319-523-8436