



IOWA RESOURCE GUIDE

COUNSELING AND OTHER SUPPORT SERVICES

AIDS Project of Central Iowa

711 E. 2nd Street
Des Moines, IA 50309
Office: (515) 284-0245
Toll-free Office: (888) 373-0010
Office Hours: Monday-Friday, 8am-4:30pm CST
Accept Collect Calls: Yes
Website: www.aidsprojectci.org
Email: info@aidprojectci.org

The AIDS Project of Central Iowa is the largest HIV/AIDS service and prevention agency in the state of Iowa and provides personalized direct care services to hundreds of people living with or affected by HIV/AIDS, as well as provides prevention services to thousands of Iowans at-risk for contracting the disease.

Service area: Primarily Central Iowa, but willing to serve any Iowian in need of services

Work with: HIV+ individuals and anyone affected by HIV/AIDS

Services for survivors during incarceration include: Information and support by phone or by mail; and case management for inmates at Polk County Jail. Prisoners can contact the AIDS Project of Central Iowa prior to their release to arrange for services in the community.

Services for survivors after release include: Case management; rapid HIV testing; Hepatitis C testing; Hepatitis A and B vaccinations; emergency financial assistance; a food pantry; housing assistance, when available; counseling; support groups; information; and referrals.

Services for loved ones include: Information and support.

Fees: Free

AIDS Project Quad Cities

P.O. Box 3306
Davenport, IA 52808
Office: (309) 762-5433
Office Hours: Monday-Friday, 9am-5pm CST

Accept Collect Calls: No
Website: www.apqc4life.org
Email: info@apqc4life.org

AIDS Project Quad Cities is a non-profit AIDS service organization that provides support to persons living with HIV/AIDS as well as their families and friends in Iowa and Illinois.

Service area: Cedar, Clinton, Jackson, Jones, Muscatine, and Scott Counties in Iowa
Work with: Individuals who are living with, affected by, or at risk of contracting HIV/AIDS or Sexually Transmitted Diseases
Services for survivors during incarceration include: Information and referrals via phone, by mail or by email.
Services for survivors after release include: Free, anonymous HIV/STD testing and counseling; case management; help to obtain services such as assistance with medical expenses for uninsured clients, housing and utility assistance for low-income clients, and assistance in returning to work for clients who are able to do so; a food pantry for HIV+ clients and their families; a children's program; information; referrals; and other health care services.
Services for loved ones include: All of the above.
Fees: Free

Council on Sexual Assault and Domestic Violence

P.O. Box 1565
Sioux City, IA 51102
Office: (712) 277-0131
Office Hours: Monday-Friday, 8:30am-5pm CST
Hotline: (712) 258-7233
Toll-free Hotline: (800) 982-7233
Hotline Hours: 24 hours
Accept Collect Calls: Yes
Website: www.csadv.org
Email: Margaret@csadv.org

The Council on Sexual Assault and Domestic Violence is a private, non profit organization that is dedicated to helping survivors of sexual assault and domestic violence become empowered in their quest for dignity and self-respect.

Service area: Monona, Plymouth, and Woodbury Counties in Iowa
Work with: All survivors of sexual assault and domestic violence, their friends, and family
Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment and medical advocacy during forensic exams; legal advocacy and court accompaniment; in-person follow-up counseling, where available; information; and referrals.
Services for survivors after release include: All of the above, as well as individual and group counseling for teen and adult survivors of sexual assault and emergency shelter.
Services for loved ones include: Support groups are offered for family and friends of sexual assault survivors.

Fees: Free

Additional Information: All services are available in English and Spanish. Se ofrece todos los servicios en español e inglés. Los servicios incluyen: intervención en la crisis por la línea de ayuda de 24 horas; el acompañamiento al hospital durante el examen forense; abogacía legal; consejería individual y de grupo para jóvenes y adultos; información; y referencias a otras agencias. Todos los servicios son gratis y confidenciales.

Domestic Violence Alternatives/Sexual Assault Center, Inc.

P.O. Box 1507

Marshalltown, IA 50158

Office: (641) 752-3245

Office Hours: Monday-Friday, 8am-4pm CST

Hotline: (641) 753-3513

Toll-free Hotline: (800) 779-3512

Hotline Hours: 24 hours

Accept Collect Calls: Yes, on the toll-free hotline

Email: dvasac@marshallnet.com

Domestic Violence Alternatives/Sexual Assault Center Inc. provides comprehensive services to survivors of domestic violence and sexual assault.

Service area: Jasper, Marshall, Poweshiek, and Tama Counties

Work with: All survivors of sexual assault, their family, and friends

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; court accompaniment and advocacy for sexual assault cases; in-person counseling at local jails; information; and referrals. Prisoners in Jasper County can write to the address above, Attn: Jasper County.

Services for survivors after release include: All of the above, as well as in-person counseling.

Services for loved ones include: All of the above.

Fees: Free

Domestic/Sexual Assault Outreach Center

P.O. Box 773

Fort Dodge, IA 50501

Office: (515) 955-2273

Office Hours: 24 hours

Hotline: (515) 573-8000

Toll-free Hotline: (888) 356-2006

Hotline Hours: 24 hours

Accept Collect Calls: No

Website: www.dsaoc.com

Email: dsaoc@dsaoc.com

The Domestic/Sexual Assault Outreach Center (D/SAOC) offers safety, support, and hope to adult and child survivors of domestic violence and sexual assault and to the loved ones of homicide victims.

Service area: Calhoun, Carroll, Crawford, Hamilton, Humboldt, Pocahontas, Webster, and Wright Counties

Work with: Adult and child survivors of domestic violence and sexual assault, their friends, and family

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment; in-person advocacy and individual counseling for survivors of sexual assault at Fort Dodge Correctional Facility; information; and referrals.

Services for survivors after release include: Crisis intervention; hospital accompaniment; legal advocacy and court accompaniment; emergency shelter; individual counseling; support groups; information; and referrals.

Services for loved ones include: Crisis intervention; counseling; information; and referrals.

Fees: Free

Additional Information: D/SAOC also has specially trained child advocates to provide services to child survivors of sexual assault.

Family Crisis Support Network

P.O. Box 11

Atlantic, IA 50022

Office: (712) 243-6615

Office Hours: Monday-Friday, 8am-4:30pm CST

Hotline: (712) 243-5123

Toll-free Hotline: (800) 696-5123

Hotline Hours: 24 hours

Accept Collect Calls: No

Email: fcsn@metc.net

Family Crisis Support Network (FCSN) provides comprehensive services for survivors of domestic violence and sexual assault.

Service area: Adair, Audubon, Cass, Fremont, Mills, Montgomery, Page, and Shelby Counties

Work with: All survivors of sexual assault, age eight and older, their family, and friends

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; information; and referrals. In-person counseling may also be available, depending on the availability of staff.

Services for survivors after release include: All of the above, as well as individual counseling; support groups for adult female survivors of sexual assault; and emergency shelter for women and children.

Services for loved ones include: Crisis intervention; counseling; information; and referrals.

Fees: Free

Additional Information: FCSN will provide immediate crisis intervention for any survivor who contacts them. For those survivors who are perpetrators of abuse against current FCSN clients, FCSN will provide appropriate referrals for ongoing services.

Family Resources Quad Cities Rape/Sexual Assault Counseling and Advocacy Program

1521 47th Ave.

Moline, IL 61265

Office: (563) 322-1200

Office Hours: Monday-Friday, 8:30am-5pm CST

Hotline: (563) 326-9191

Hotline Hours: 24 hours

Accept Collect Calls: Yes, on the hotline

Website: www.famres.org/QCRSA

Email: Contact staff via the website

Family Resources Quad Cities Rape/Sexual Assault Counseling and Advocacy Program is the only sexual assault service program in the Quad Cities area and provides comprehensive services to survivors of sexual violence and their loved ones.

Service area: Quad Cities

Work with: All survivors of sexual violence, their friends, and family

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment during sexual assault cases; information; and referrals.

Services for survivors after release include: All of the above, as well as individual counseling and support groups.

Services for loved ones include: Crisis intervention; counseling; information; and referrals.

Fees: Free

Additional information: Services are offered regardless of the survivor's decision to report or not to report the incident to law enforcement agencies.

Iowa Center for AIDS Resources and Education

438 Southgate Avenue

Iowa City, IA 52240

Office: (319) 338-2135

Toll-free Office (SE Iowa Only): (888) 338-2135

Office Hours: Monday-Friday, 9am-5pm CST

Accept Collect Calls: No

Website: www.icareiowa.org

Email: info@icareiowa.org

Iowa Center for AIDS Resources and Education (ICARE) is a non-profit AIDS organization, which provides comprehensive practical, emotional, and financial support to persons living with HIV/AIDS, their partners, families, friends, and others concerned about HIV or AIDS in a safe, accepting, and non-judgmental atmosphere.

Service area: Eastern Iowa, including Cedar, Des Moines, Henry, Johnson, Lee, Louisa, and Wapello Counties

Work with: All people living with HIV/AIDS, their partners, families, friends, and others

Services for survivors during incarceration include: Information and referrals by phone or mail. HIV+ prisoners who are interested in services after their release can contact ICARE for more information.

Services for survivors after release include: Case management to link clients to health care and other support services, such as food banks, housing and utility assistance, primary medical and dental care, mental health services, and others; counseling; confidential HIV testing; limited emergency financial assistance; information; and referrals.

Services for loved ones include: HIV testing; information; and referrals.

Fees: Free

Iowa Coalition Against Sexual Assault

Attn: Sheri Floyd

515 28th Street, Suite 107

Des Moines, IA 50312-5259

Office: (515) 244-7424

Office Hours: Monday-Friday, 8am-4:30pm CST

Accept Collect Calls: Yes

Website: www.iowacasa.org

E-mail: director@iowacasa.org or community@iowacasa.org

The Iowa Coalition Against Sexual Assault (IowaCASA) unites people and organizations to promote a society free from sexual violence and to meet the diverse needs of survivors of sexual assault. IowaCASA currently has 28 member sexual assault crisis centers serving survivors of sexual assault throughout Iowa and offers a variety of services aimed at meeting the diverse needs of survivors and those who serve them.

Service area: Iowa

Work with: Survivors of sexual assault and their loved ones, sexual assault programs, and allied professional groups

Services for survivors during incarceration include: Information and referrals to the nearest rape crisis center via phone or by mail for any survivor of sexual assault; individual crisis counseling for sexual assault survivors at the Iowa Correctional Institution for Women (ICIW); and a directory of affiliated rape crisis centers on the IowaCASA website. IowaCASA, in collaboration with advocates from Iowa rape crisis/sexual assault centers or Department of Corrections' staff, provides confidential support groups for sexual assault survivors at ICIW in Mitchellville, the Anamosa State Penitentiary, and the Newton Correctional Facility. Survivors who are interested in joining these groups can contact their prison counselor or IowaCASA for more information.

Services for survivors after release include: All of the above, as well as civil legal assistance for survivors of sexual assault, including immigration assistance.

Services for loved ones include: All of the above.

Fees: Free

Additional Information: Other IowaCASA services include: technical assistance and training to member centers; improving responses to sexual assault within communities of color; a training initiative for assisting survivors with developmental disabilities; a national project providing

peer-based assistance to other sexual assault coalitions; statewide sexual assault prevention; training for allied professionals; and public policy efforts at the state and national level.

LGBT Community Center of Central Iowa

500 E. Locust St., Suite 300

Des Moines, IA 50309

Office: (515) 277-7884

Office Hours: Monday-Friday, 9am-4pm CST

Accept Collect Calls: No

Email: ruth@oneiowa.org

The LGBT Community Center of Central Iowa provides information and referrals to the LGBT community of Des Moines.

Service area: Des Moines metropolitan area

Work with: Lesbian, gay, bisexual, and transgender people and allies

Services for survivors during incarceration include: Information and referrals to local LGBT-friendly resources via phone or by mail. For the quickest response, please call the LGBT Community Center for assistance.

Services for survivors after release include: All of the above, as well as a reference library of materials.

Services for loved ones include: All of the above.

Fees: Free

Polk County Crisis and Advocacy Services, Rape and Sexual Assault Program

Polk County River Place

2309 Euclid Avenue

Des Moines, IA 50310

Office/Hotline: (515) 286-3600

Office Hours: Monday-Friday, 8am-4:30pm CST

Hotline Hours: 24 hours

Accept Collect Calls: Yes, on a limited basis

Website: www.polkcountyiowa.gov/CFYS/pages/crisisAdvocacy.aspx

Email: Rhonda.Hummel@polkcountyiowa.gov

Polk County Crisis and Advocacy Services (PCCAS) is a division of the Polk County Department of Community, Family and Youth Services that provides a continuum of services and advocacy to survivors of violent crime in Polk County regardless of race, gender, age, ethnicity, sexual orientation, physical or mental disabilities. PCCAS provides crisis intervention and on-going support services to survivors of rape and sexual assault, regardless of whether or not a survivor chooses to report or how long ago the abuse may have occurred.

Service area: Polk County and surrounding counties that do not have services for survivors

Work with: All survivors of violent crime, including rape and sexual assault; their family members; and friends

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; information; and referrals.

Services for survivors after release include: All of the above, as well as individual counseling; art therapy; and support groups.

Services for loved ones include: Crisis intervention; counseling; information; and referrals.

Fees: Free

Additional Information: PCCAS also offers counseling and support services to survivors of personal violent crimes, such as robbery, fraud/forgery, burglary, property crimes, and hate crimes; survivors of loved ones that have been murdered; and family members who have lost a loved one to suicide. Contact PCCAS for more information about these and other services.

Rape Victim Advocacy Program

320 S. Linn Street

Iowa City, IA 52240

Office: (319) 335-6001

Office Hours: Monday-Friday, 9am-5pm CST

Hotline: (319) 335-6000

Toll-free Iowa Sexual Abuse Hotline (TTY): (800) 284-7821

Hotline Hours: 24 hours

TTY Hours: Monday-Friday, 9 am-5 pm

Accept Collect Calls: Yes, during office hours

Website: www.rvap.org

Email: rvap@uiowa.edu

The Rape Victim Advocacy Program (RVAP) provides confidential, accessible support and advocacy to survivors of sexual abuse and their partners, friends, and family members; and works to create a community free from sexual violence by providing education and prevention strategies and by promoting social change.

Service area: The University of Iowa and Cedar, Iowa, Johnson, and Washington Counties

Work with: Survivors of sexual abuse and their partners, friends, and family members

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotlines or by mail; hospital accompaniment and advocacy at University of Iowa hospitals during forensic exams; legal advocacy and court accompaniment for sexual assault cases; follow-up counseling by mail or by phone; information; and referrals.

Services for survivors after release include: All of the above, as well as in-person individual counseling and support groups.

Services for loved ones include: All of the above.

Fees: Free

Tri-State Coalition Against Domestic and Sexual Abuse

P.O. Box 494

Keokuk, IA 52632-0494

Office: (319) 524-8520

Office Hours: Monday-Friday, 8am-4:30pm CST

Toll-free Hotline: (800) 498-5095
Hotline Hours: 24 hours
Accept Collect Calls: Yes
Email: tsc@iowatelecom.net

The Tri-State Coalition Against Domestic and Sexual Abuse provides services for survivors of domestic violence and sexual assault in Iowa, Missouri, and Illinois.

Service area: Lee and Van Buren Counties in Iowa

Work with: All survivors of sexual assault and domestic violence and their loved ones

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail and confidential in-person counseling at the Iowa State Penitentiary. Survivors at the Iowa State Penitentiary can contact the appropriate prison staff or write to the Tri-State Coalition directly to arrange for counseling services.

Services for survivors after release include: Crisis intervention; legal advocacy and court accompaniment; individual counseling; and support groups (as available).

Services for loved ones include: Crisis intervention; counseling; information; and referrals.

Fees: Free

Waypoint

318 Fifth Street, SE
Cedar Rapids, IA 52401
Office: (319) 365-1458
Office Hours: Monday-Friday, 8am-5pm CST
Hotline: (319) 363-5490
Toll-free Hotline: (800) 208-0389
Hotline Hours: 24 hours
Accept Collect Calls: Yes
Website: www.waypointservices.org
Email: Refer to the Contacts portion of the website

The Waypoint Sexual Assault Intervention Program provides crisis intervention and support services to survivors of sexual assault, their families, and significant others.

Service area: Benton, Jones, and Linn Counties

Work with: All survivors of sexual assault, their families, and significant others

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline; hospital accompaniment during forensic exams; legal advocacy and court accompaniment for sexual assault cases; individual counseling; advocacy and information regarding legal, medical, and social services systems; and referrals.

Services for survivors after release include: All of the above, as well as group support for women, men, and teenage survivors of sexual assault.

Services for loved ones include: Crisis intervention; individual counseling; information; and referrals.

Fees: Free

Additional Information: Waypoint has facilitated support groups for incarcerated sexual abuse/assault survivors. Additional groups may be scheduled in the future. Services are currently available in Spanish. Se ofrece servicios en español.

Women’s Resource Center

616 North Eight Street
Burlington, IA 52601
Office: (319) 752-0606
Office Hours: Monday-Friday, 8am-5pm CST
Toll-free Hotline: (800) 693-1399
Hotline Hours: 24 hours
Accept Collect Calls: Yes
Website: www.burlingtony.org/shelter.htm
Email: ywcashelter@mchsi.com

The Women’s Resource Center provides comprehensive, free, and confidential services for survivors of sexual assault.

Service area: Des Moines, Henry, and Louisa Counties

Work with: All survivors of sexual assault, their friends, and family

Services for survivors during incarceration include: Crisis intervention via the 24-hour hotline or by mail; hospital accompaniment and advocacy during forensic exams; legal advocacy and accompaniment during sexual assault cases; follow-up counseling by phone or mail; information; and referrals.

Services for survivors after release include: All of the above, as well as in-person individual counseling; emergency housing for women and children; and a support group for sexual assault survivors, depending on availability.

Services for loved ones include: Crisis intervention; individual counseling; information; and referrals.

Fees: Free

LEGAL RESOURCES

ACLU of Iowa

505 5th Ave., Ste 901
Des Moines, IA 50309
Phone: (515) 243-3576
Website: www.aclu-ia.org
Email: iclu@iowaclu.org

The ACLU of Iowa (ACLU-IA) is dedicated to upholding the United States Constitution - particularly the First, Fourth, Fifth, and Fourteenth Amendments. The ACLU-IA's work is focused on defending the rights to freedom of speech and association, the right to freedom of religion, the right to due process, the right to privacy, and the right to equal protection under the law. These rights are also protected by Article I of the Iowa Constitution.

The ACLU-IA receives dozens of requests for assistance every week. Bulky complaints may be ignored. To be effective, a complaint should be short and to the point. Tell the ACLU-IA what personal right is being violated, how you are being affected, and what you want the ACLU to do. Describe the arguments on both sides of the dispute in a few words and include the primary facts favoring each side. Please avoid sending lengthy documents or originals unless requested.

Iowa State Bar Association

625 E. Court Avenue
Des Moines, IA 50309
Office: (515) 243-3179
Toll-free in Iowa: (800) 532-1108
Website: www.iowabar.org/AttorneyOnLine.nsf/srch
E-mail: isba@iowabar.org

The Iowa State Bar Association FIND-A-LAWYER service is a directory provided by the Iowa State Bar Association to assist its members and the public in locating an attorney. This free service will supply the name or names of lawyers who are willing to consult with you for \$25 for the first 30 minutes. If further legal services are needed, you and the attorney will negotiate the arrangement, including the fee.

All lawyers listed in FIND-A-LAWYER are members of The Iowa State Bar Association. The Iowa State Bar Association does not recommend or endorse the services of those listed, nor does the omission of others from this directory imply a negative assessment, or any evaluation or recommendation whatsoever. Nothing in this FIND-A-LAWYER directory should be relied upon as legal advice

Lambda Legal: Midwest Regional Office

11 East Adams, Suite 1008
Chicago, IL 60603
Office: (312) 663-4413
Fax: (312) 663-4307
Website: www.lambdalegal.org/mro
E-mail: legalhelpdesk@lambdalegal.org

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work. The Midwest Regional Office provides services for those who are located in Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, North Dakota, Ohio, South Dakota, and Wisconsin and accepts Help Desk calls at any time during business hours (M-F 9:30 a.m. - 5:30 p.m. Central Standard Time).

If Help Desk staff are busy helping other callers, your call will be routed to the Legal Help Desk voicemail. Please leave the following information: name, state, contact info, best time to reach you, and a brief message outlining your legal inquiry. A Help Desk staff person will return your call. It is usually most efficient for Help Desk callers to contact Lambda Legal by phone. If you are in a place where you are not able to make long distance calls, Lambda Legal can make an

appointment to call you. If you are absolutely unable to call, you may e-mail Lambda Legal at legalhelpdesk@lambdalegal.org or write to the addresses above.

GOVERNMENT RESOURCES

Iowa Office of Citizens' Aide/Ombudsman

Ola Babcock Miller Building

1112 East Grand

Des Moines, IA 50319

Office: (515) 281-3592

Toll-free Office: (888) 426-6283

TTY: (515) 242-5065

Fax: (515) 242-6007

Website: www.legis.state.ia.us/ombudsman/

Email: ombudsman@legis.state.ia.us

The Office of Citizens' Aide/Ombudsman serves as an independent and impartial agency to which citizens can air their grievances about government. By facilitating communications between citizens and government and making recommendations to improve administrative practices and procedures, the Ombudsman promotes responsiveness and quality in government. The Ombudsman has authority to investigate complaints about Iowa state and local government, with certain exceptions (exceptions do not include inmates). The Ombudsman attempts to resolve most problems informally. Following an investigation, the Ombudsman may make findings and recommendations and publish a report. Inmates who have been sexually assaulted in an Iowa correctional facility can contact the Ombudsman to report the assault and any concerns regarding the handling of investigations into such abuse. Inmates can call collect from any prison.

JDI has directly contacted each organization listed in the Resource Guide in hopes of pointing survivors toward those currently accepting new clients. However, the inclusion of any group or individual in the Resource Guide does not necessarily constitute an endorsement or recommendation by JDI, nor can JDI guarantee the availability of the services described here.