



YOU ARE ENOUGH

SUMMER NEWSLETTER

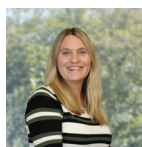
Blooming in our CommUnity

Our goal at CommUnity Crisis Services is to provide support that best fits the needs of our neighbors. Over the years, we have continued to add and change programs as our community's needs evolve. CommUnity began in 1970 as a local crisis line, and we have done quite a bit of growing in the last 50 years. Most recently, we expanded our Youth Mobile Crisis services to provide mental health support to more students and added Law Enforcement Liaisons who work within police departments to divert clients from hospitals and jails. It should come as no surprise that, as we look toward the future, we have plans to continue expanding our mental health services to fit the needs of local youth.

I am excited to announce that, in partnership with United Action for Youth, we will be offering youth crisis stabilization services in 2024. This new program will allow a therapeutic place for youth to stabilize for 3 - 5 days. During their stay, youth will be able to engage in individual

and family counseling, therapeutic recreation with arts, music, and animals, as well as peer support groups. Upon discharge, they will remain connected to the services offered by United Action for Youth and CommUnity Crisis Services as needed.

We are looking forward to providing a developmentally appropriate, healing space for youth and their families experiencing a mental health crisis. Our focus will always be on connecting and building relationships with youth to meet them where they are, and support them with unconditional positive regard.



Sarah Nelson, CEO

Creative Ways to Give Back

Creative minds all over our community are using their talents and resources to give back to our neighbors facing crisis. Here are just a few amazing ways our supporters have given to CommUnity programs lately.

If you have a creative way of supporting CommUnity, we would love to hear about it!

Plant Sale to Feed People

Locals and long-time supporters Philip and Julia Mears are hosting their annual plant sale throughout the summer to raise money for CommUnity Food Bank and Coralville Community Food Pantry. So far this year, they’ve donated more than \$3,500 to help feed our neighbors.

Test Drives

Carousel Pre-Owned donated \$10 to the food bank for every test drive in May. They ended up donating \$1,000 which purchased about 1,000 lbs. of food for local families.

Local Businesses

A few local businesses such as Thai Flavors and Record Collector have donated a portion of their sales to CommUnity programs they care about. This is a great



Amel’s garden plot at the Johnson County Historic Poor Farm

reminder that when you support local businesses, you are also supporting the community at large.

Amel’s Garden

In her spare time, CommUnity’s Diversity, Equity, and Inclusion Coordinator, Amel Ali, has been tending to a garden plot at the Johnson County Historic Poor Farm made possible by The Global Food Project. Amel’s garden includes heirloom seeds from Africa and veggies from diverse cultures. Amel plans to donate her produce to the food bank come harvest time!

Miniature Painting Contest

A local gaming group hosted the first Iowa City Charity Miniatures Painting Contest as a fundraiser. Twelve painters submitted fifteen custom-painted miniatures to the contest, and Eldar Avatar of Khaine brought home the win.

Rotary Food Fight

Every July, local Rotary clubs compete in a “Food Fight” to collect the most food for CommUnity Food Bank. The winning club receives the golden turkey trophy.

To these creative do-gooders and many more, thank you. Creating an engaging way to support our neighbors facing crisis brings us closer together as a community. When our neighbors thrive, our community thrives.

Want to learn more about how you can host a creative fundraiser? Email Julia Winter, Director of Development, at julia.winter@builtbycommunity.org.



Painted miniature contest winning submission

LGBTQI+ Line

We celebrated a little extra this past Pride Month because CommUnity has been chosen as a national phone backup center for the new 988 LGBTQI+ line! We are the only Midwest center in the backup subnetwork, and our Crisis Helpline Services team is excited to provide support to more individuals facing mental health crisis.

“I am proud to work with CommUnity to demonstrate that these youth belong and are valued. Our Crisis Helpline Counselors are standing by to help LGBTQI+ youth and young people process difficult emotions with a safe, empathetic adult, who can provide them with warmth and understanding.” said Julia Johnson, CommUnity’s LGBTQ Crisis Helplines Program Manager.

Please don’t hesitate to reach out for help. Our counselors are available 24/7/365 to provide free, confidential support. **Text or call 988 or chat online at 988lifeline.org/chat.**

YMCR Summer



Gabe Bullock, Youth Mobile Crisis Counselor and Parth Patel, Youth Mobile Crisis Coordinator

Summer is full of sports, splashing, and sun for many youth, but for some it brings a mixture of emotions. Without consistent access to friends and the structure provided by school, some kids can be left feeling lonely over the summer months.

Summer brings its own unique set of challenges and stressors, and it’s essential to prioritize the wellness and mental health of both you and your children. Here are a

few tips from Parth Patel, Youth Mobile Crisis Coordinator, on maintaining mental health over summer break.

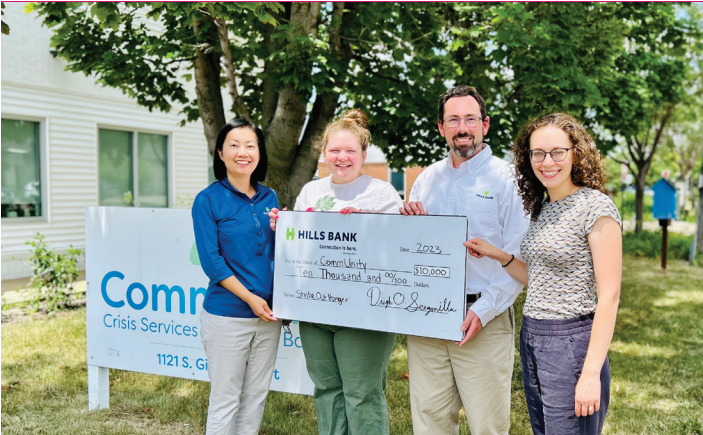
- Write in a journal
- Listen to music
- Walk around a serene place and soak in the sun
- Check out the local library
- Pick up a new hobby
- Connect with a supportive person

If you or your child is in need of immediate emotional support, call **Mobile Crisis Response at 1-855-581-8111**, and crisis counselors will come to you to provide support.

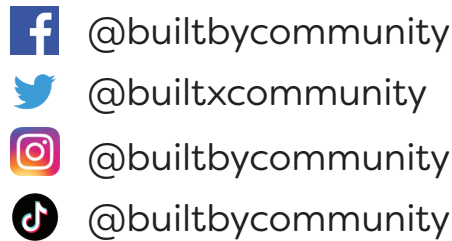
Strike Out Hunger

We expect to feed more than 7,500 kids in over just three months this summer. The annual Strike Out Hunger summer food drive helps cover the bases between Spring and Fall by enabling the food bank to purchase and distribute higher quality and quantities of food to families.

Summer break should be for rounding bases and hitting home runs, both of which require access to nutritious meals. Thank you to our generous sponsors, Hills Bank & Right Way Painting and Staining for helping us Strike Out Hunger this summer.



Hills Bank staff present a Strike Out Hunger donation to feed local families



1121 Gilbert Court
Iowa City, Iowa 52240

Crisis Line: 988
Mobile Crisis: 1-855-581-8111
Food Bank: 319-351-0128
Business Line: 319-351-2726

builtbycommunity.org



Harmonies for Hope

September 3, 2023
Big Grove Brewery, Iowa City



4 out of 10

Food Bank clients are children.

Many families depend on school lunches to feed their children, and summertime can be uncertain. Help us bridge the gap in child hunger.



builtbycommunity.org/strikeouthunger