

A message from the CEO



health needs of people in Iowa. Mainstream Living's mental health services play a very important role, and we work with many partners.

Community mental health services refer to a broad range of services provided within a community setting to promote mental health, treat mental health conditions, and assist in recovery. At Mainstream Living we provide "psychosocial rehabilitation" services which includes: supported living, community housing, community support services, and supported community living services. The Mainstream Living mental health team collaborates with psychiatrists, psychologists, social workers, counselors, and primary care

May is Mental Health Awareness Month and nothing has highlighted the need for community mental health services than the COVID-19 pandemic. Like many across the world, Iowans have been impacted by social isolation, economic uncertainty, personal loss, and health-related stressors. Mental health support is critical and it has become more important for providers to collaborate to meet the mental

providers to deliver services to our members. Together, we work to help our members in gaining skills, managing their illness, and living more independently. Community mental health services offer a number of benefits, including:

- Accessible and affordable care for those who may be uninsured or not able to afford private mental health care.
- A holistic approach to mental health care - rather than treating symptoms, services focus on the overall well-being of individuals and their communities.
- Preventing mental health crises before they occur through early intervention and ongoing support.
- Reducing the stigma associated with mental illness and normalizing mental health care.
- Reducing the burden on hospital emergency rooms and other acute care settings by providing timely and effective mental health care in the community

Community mental health services, like those provided at Mainstream Living, are essential. We As an organization, we will continue to advocate for additional investment in community mental health services to ensure that everyone has access to the care they need.

Mainstream Living 

NOW HIRING
DIRECT SUPPORT
PROFESSIONALS

APPLY NOW

www.mainstreamliving.org



SAVE THE DATE

MAINSTREAM LIVING
FOUNDER'S EVENT

Honoring our Founding Families
and Organizational Legacy

3-6 PM | SATURDAY
JUNE 17, 2023

1200 McCormick Ave.
Ames, Iowa

SLC Success

The Supported Community Living (SCL) program within Mainstream Living’s mental health department is designed to support and encourage individuals to live as independently as possible in their own homes. Staff is available to provide individualized services at times that are convenient to the person served. The goal of the program is to maintain independent living and increase involvement in the community. The program provides training to help people develop or regain skills of daily living such as home management, medical support, financial services, crisis management, and health and wellness education.






An activity program for SCL members began last September and kicked off with a member and staff picnic. In November, the program hosted 50 members and their families for a Thanksgiving meal with much of the food prepared and donated by staff. At the beginning of the year, staff conducted a survey to determine what activities members would be interested in and whether transportation would be a barrier. Since that time, Mainstream Living staff have created a member-driven committee that meets to plan activities. One of the success stories in the short time the program has been in place is Katelynn who typically remains isolated in her

home. One of the regular activities is a board game “club” with our young adult members regularly participating. Katelyn started attending the board game events, and has now connected with other women. They are attending board game events but also socializing outside of planned activities and Katelyn is even part of the planning committee!

Many of our SCL members struggled with isolation during COVID. We have seen an increase in depression, anxiety and loneliness compounded by decreases in food stamp benefits. We hope our many Mainstream Living supporters will consider a donation to the program (see sidebar). Your donation will help us to support food and supply costs along with admission fees that may be required for some activities.



ALGEE: THE ACTION PLAN

-  **ASSESS** for risk of suicide or harm.
-  **LISTEN** non-judgmentally.
-  **GIVE** re-assurance and information.
-  **ENCOURAGE** appropriate professional help.
-  **ENCOURAGE** self-help and other support strategies.

SLC Success

During this year’s Mental Health Awareness Month, we’re taking the opportunity to help others better understand what to do when someone is in distress. Mental Health First Aid is a training program designed to help teach people how to assist someone experiencing a mental health crisis. In many ways, Mental Health First Aid should be as common as CPR. The graphic below provides a brief overview of the steps to take. Knowing what to do can make all the difference. If you would like more information on Mental Health First Aid including locally available classes, please visit: <https://www.mentalhealthfirstaid.org/>.

SCL NEEDS YOUR HELP

Use the enclosed envelop to send monetary donations to the SLC program. Grocery/store gift cards are also appreciated. Thank you!