

# Summer 2019



## INTEGRATED HEALTH HOME

844-225-7444

### Heat and Infants and Children

#### Keep kids cool and hydrated

- Never leave infants or children in a parked car, even if the windows are open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they're drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.



#### Never leave kids in a parked car

- Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

#### Tips for traveling with children

- Never leave infants or children in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

#### Learn how to spot heat-related illness

- Seek medical care immediately if your child has symptoms of heat-related illness.

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## Summer Activities

Area libraries offer multiple free activities for families and children of all ages. For more information on activities at you local library, check out their Facebook page or feel free to give them a call!

- Decorah Public Library (563) 547-2540
- Cresco Public Library (563) 457-2540
- Riceville (641) 985-2273
- Oelwein Public Library (319) 283-1515
- Elma (641) 393-8100
- West Union (563) 422-3103
- Lansing (563) 538-4693
- Waukon (563) 568-4424
- Guttenberg (563) 252-3108
- Monona (563) 539-2356
- Elkader (563) 245-1446
- Manchester (563) 927-3719
- Independence (319) 334- 2470

## County Fairs

- Buchanan County Fair July 1 –7th
- Delaware County Fair July 8-14
- Winneshiek County Fair July 9 –13th
- Allamakee County Fair July 17– 19th
- Fayette County Fair July 23-27
- Clayton County Fair July 31 –August 4

## Back to School

Summer is in full swing and soon it will be time to head back to school. The IHH team can assist you with the many school related activities; feel free to reach out to your IHH team for assistance!



- Assisting with back to school supplies and clothing. You may needs a referral for school supplies or clothing, give us a call and we can with that!
- Assisting you with you child’s IEP and unique learning needs and any behavior related concerns at school. Let’s work together to ensure our child has a positive start to their school year!
- Now is the perfect time to schedule fall sports physicals, dental exams, and well child visits needed prior to the start of the school year.

Follow our Facebook page: [www.facebook.com/integratedhealthhome](http://www.facebook.com/integratedhealthhome). We often post free community events!

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## Know the Warning Signs

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums



## Where to Get Help

- Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.
- Reach out to your health insurance, primary care doctor or state/country mental health authority for more resources.
- If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

## Receiving A Diagnosis



Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A mental health professional will use the Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy or other lifestyle changes.

## Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no "one size fits all" treatment. Treatment options can include medication, counseling (therapy), social support and education

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## Food Banks and Family Meals

### Howard, Fayette, and Winneshiek County

- Howard County Community Action. Monday, Wednesday, and Thursdays 8-12 p.m.
- Decorah Lutheran Tuesday and Thursday 1-3 p.m.
- Riceville Food Pantry 1st and 3rd Friday of the month 9:30 a.m. to 11:30 a.m.
- His Hands Food, Oran, IA. Friday 9:00 a.m. to 12:00 p.m.
- Northeast Iowa Food Bank. 305 Montgomery St., Decorah.
- Fairbank Food Pantry - Immaculate Conception Church. 8:30-10:00 Second and Fourth Wednesdays of every month. Requires proof of residence.



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## Food Banks and Family Meals

### Buchanan and Delaware County

- Second Helpings. Manchester United Methodist Church. Free family meal every Monday at 5:30 p.m. 413 E. Butler Street, Manchester, IA
- Hopkinton Community Church Food Bank, Hopkinton, IA. Call Kay at 563-920-4804 for assistance.
- Be Our Guest, American Luther Church. Free family meal the last two Wednesdays of the month from 5-6 p.m. at 552 Purdy St., Jesup, IA
- Hot Dog Fridays Meal. St. James Episcopal Church of Independence. Free community meal every Friday 11:00 a.m. to 1:00 p.m. 202 2nd Ave., Independence, IA
- Independence Food Bank. 201 2nd Ave NE, Independence, IA 50644 Wednesdays 1-7 p.m. Thursdays and Friday 9:00 a.m. to 3:00 p.m.
- Manchester Food Bank. 101 S. Franklin, Manchester IA. Please call Operation: New View at 563-927-4629 before 10:00 am on Mondays and Thursdays (same day food pick up) for a referral to the Delaware County Food Bank
- Brandon Food Bank. 4th Saturday of the month from 9:15 a.m. to 10:30 a.m. at the Old Township Hall.
- Brandon Food Bank, Kwik Stop in Brandon. Open during regular business hours. After hours are possible, contact Cindy Clark at 319-474-2497.
- Delaware County Mobile Food Pantry Assembly of God Church, 1208 E Main St (across from Pizza Hut) Manchester, IA. 1st Thursday of each month (weather permitted) 5:00 pm to 6:30 pm



### Clayton and Allamakee County

- Mobile Food Pantry in Guttenberg at St. John's Lutheran Church. The 3rd Saturday of the month.
- Postville Food Pantry. 133 W. Greene St. Every Tuesday 2:00 –5:00 p.m. ID Required.
- Clayton County Food Shelf. 100 W. Hill St., St. Olaf (4x per year; requires a referral).
- Allamakee County Food Shelf. 1125 W. Main St., Lot 39, Waukon, IA. Every Thursday 9-1 p.m.
- LIFT, Lansing, IA : Wednesday 4-8 p.m.





## INTEGRATED HEALTH HOME

120 W. Water St., A2  
Decorah, IA 52101

Phone: 844-225-7444  
Fax: 563-382-6432  
www.families-first.net

Follow us on Facebook

WWW.FACEBOOK.COM/  
INTEGRATEDHEALTHPROGRAM



### Iowa Medicaid Member Service

Monday through Friday

8: 00 a.m. to 5: 00 p.m.

1-800-338-8366

Each MCO has selected a transportation vendor. Contact your MCO to schedule a ride:

**Amerigroup, Iowa Inc.**

LogistiCare: 1-844-544-1389

**Iowa Total Care**

**Member Services:** 1-833-404-1061

### Member Contact Information

**Amerigroup Iowa Inc.**

Ph 1-800-600-4441

8 am-8 pm Monday through Friday

**Iowa Total Care**

Ph 1-833-404-1061

Bethany, IHH Program Director, ph. 319-505-3812

Heidi, IHH Nurse Manager, ph. 319-505-3814

24 hours IHH Referral & Crisis Line ph. 844-225-7444

Kristy, IHH Care Coordinator, ph. 319-505-3710

Shannon, IHH Family Support Specialist, ph. 319-505-7802

Nicole, IHH Care Coordinator, ph. 319-505-3815

Heather, IHH Family Support Specialist, ph. 319-505-3813