Founded in 1875, Heartland Family Service connects with over 54,000 individuals and families through direct services, education, and outreach each year from over 15 locations in east central Nebraska and southwest Iowa. Our programs provide critical human services to the individuals and families who ultimately shape the future of our community in the following focus areas: Child & Family Well-Being, Counseling & Prevention, and Housing, Safety, & Financial Stability.

Our programs and services enable staff to hand-craft an integrated, multi-service approach that guides our clients toward safety, well-being, and, ultimately, self-sufficiency. Some of our counseling services are offered on a sliding fee scale.

Creating the Path to a Better Tomorrow

For more information about our programs and services, contact us today!

(402) 552-7400 | info@HeartlandFamilyService.org
HeartlandFamilyService.org
COUNSELING & PREVENTION

Assertive Community Treatment (IA)  
Multi-disciplinary support for adults with chronic mental illness.  
Assessment Center (NE)  
Walk-in mental health and substance use evaluations for adults and youth.  
Child & Family Center (IA)  
Enhanced therapeutic counseling for children ages birth -18 and their families.  
Employee Assistance Program (IA/NE)  
Brief counseling referrals for area business employees.  
Family Works (IA/NE)  
Residential substance use treatment for pregnant women and mothers with children.  
Heartland Bridges (IA)  
Short-term housing for people transitioning to or from mental health or substance use treatment, support services, and/or the justice system.  
Integrated Health Home (IA)  
Whole health services for Harrison, Mills, and Pottawattamie counties.  
Intensive Psychiatric Rehabilitation (IA)  
Designed to restore, improve, or maximize the level of functioning, independence, and quality of life for people experiencing a disabling mental illness.  
KidSquad (NE)  
To help childcare providers identify and resolve child behavior problems.  
Mental Health Counseling (IA/NE)  
Professional therapy for individuals, couples, family, and children, including Dialectical Behavioural Therapy (DBT), Seeking Safety, Mental Recognition Therapy (MRT), and 24/7 Dad’s groups.  
Mental Health Crisis Response Teams (IA/NE)  
24/7 assistance to law enforcement on mental health crisis calls. Available in Cass and Sarpy counties in Nebraska and Pottawattamie County in Iowa.  
Mental Health for Youth in Detention (NE)  
Crisis intervention for youth at the Douglas County Youth Center and Sarpy Juvenile Justice Center.  
One Oak (NE)  
A therapeutic day school for children with behavioral or mental health challenges that provides resources and an alternative approach to learning, healing, and growth.  
OnTrack of the Heartland (NE)  
Innovative team approach to providing recovery-oriented treatment for young people ages 14-35 who have recently begun to experience psychosis.  
Problem Gambling Prevention and Treatment (IA)  
Community education and help for problem gamblers and their families.  
24/7 Crisis Line | (866) 522-1407 | JAG 24/7 Helpline (800) 522-4700  
Substance Use Evaluations and Treatment (IA/NE)  
Outpatient individual treatment and groups for adults and adolescents. OWI and DUI classes also available in English or Spanish.  
Therapeutic School (IA)  
Full-day academic and therapeutic programming for K-12 special education students with major mental health diagnoses.  
Victim of Crime Assistance (IA)  
Assisting victims of crime recover from a traumatic experience.

HOUSING, SAFETY, & FINANCIAL STABILITY

Domestic Violence/Sexual Assault (NE)  
• Criminal justice advocacy  
• Sore Haven concealed emergency shelter  
• Therapy and support groups for victims and survivors  
24-Hour Crisis Line | (800) 523-3666

Heartland Housing Sanctuary (NE)  
A crisis stabilization shelter serving survivors of sexual exploitation or sex trafficking  
24/7 Shelter Lines | (402) 597-1009 | (402) 672-8608

Homeless Prevention (IA/NE)  
Short-term financial assistance and supportive services focusing on crisis resolution and the prevention of homelessness.  
Rapid Rehousing (IA/NE)  
Temporary financial assistance (one to 12 months) and case management for individuals and families experiencing homelessness.  
• Heartland Housing Opportunities  
• Heartland Housing Passages  
• Portavattamie County Homeless Link (PCHL) Rapid Rehousing  
• Heartland Housing Connections

Permanent Supportive Housing (IA/NE)  
Housing and support services to help individuals who are literally homeless.  
• Heartland Housing Solutions  
• Heartland Homes/Transitions

Support Services (IA/NE)  
Services designed to connect individuals experiencing homelessness or a housing crisis to safe and affordable housing.  
• Heartland Housing Navigation  
• Homeless Street Outreach  
• PCHL-PATH Case Management | (712) 256-9638

Ways to Work (IA/NE)  
Low-interest auto loans for eligible adults in five counties in Iowa and Nebraska.

NOTICE
Heartland Family Service complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender, gender identity, or any other individual characteristic.  
ATTENTION: If you speak limited English, language assistance services, free of charge, are available to you. Call (402) 552-7400  |  TTY: 711  
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (402) 552-7400  |  TTY: 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (402) 552-7400  |  TTY: 711