

**POTENTIAL ACHIEVERS
PROGRAMMING IS
FUNDED BY:**



If you are an adult searching for help for yourself or a child, please contact us to learn about the other services available at Southern Iowa Mental Health Center.

Some Options Include:

- Therapy such as: Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness Therapies, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT) or Parent Child Interactive Therapy (PCIT).
- Marriage, Couples and Family Therapy
- Integrated Health Home (IHH)
- Adult, Child & Adolescent Psychiatric Evaluation and Medication Management



**Southern Iowa Mental
Health Center**

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**Potential
Achievers**

**A joint venture
between The Ottumwa
Community School
District, Southern Iowa
Mental Health Center
and the United Way of
Wapello County.**



The purpose of the Potential Achievers program is to assist students in dealing with problems that interfere with success at school.

These can include but are not limited to:

- ⇒ Grief and loss
- ⇒ Difficulty with adjustment to change at school or home
- ⇒ ADHD
- ⇒ Lack of social skills
- ⇒ Depression
- ⇒ Anxiety
- ⇒ Behavioral problems
- ⇒ Stress or trauma related disorders
- ⇒ Aspects of Attachment Disorder



Potential Achievers is staffed by mental health professionals as defined by the State of Iowa Department of Health, from Southern Iowa Mental Health Center.

These professionals are independently licensed at the master's level and are qualified in assessment and counseling services to individuals, families, and groups.

These professionals also may include master's level individuals working towards licensure and/or intern students working on a master's degree in a mental health field; both supervised by an independently licensed mental health professional.

These services are offered at **no charge** to families, but parental consent is required by a guardian with joint legal and medical custody.

It is also strongly recommended that parents make an effort to be involved by stopping in to the school to meet with the therapist and participating in family sessions as requested throughout the year.



Students can be referred to the **Potential Achievers** program by teachers, administrators, guidance counselors, school nurses, parents, other caretakers, and outside agencies.