

MECCA's Programs

With diversified programming, MECCA is able to help individuals who are experiencing a wide range of behavioral health concerns.

Comprehensive Substance Abuse Services

We offer substance abuse prevention as well as a variety of treatment options, which are customized to meet the unique needs of each client.

Synchrony

Provides behavioral health services addressing substance abuse and mental health issues.

Synchrony also contracts with local businesses to provide an Employee Assistance Program (EAP), offering counseling, training and consultation.

ICARE

Iowa Center for AIDS Resources & Education provides practical, emotional and financial support to those living with HIV/AIDS, as well as their partners, families and friends.

Bernie Lorenz Recovery

Our gender-specific halfway house provides women in recovery a safe and supportive environment in which to learn essential life skills as they transition back into the community.

Problem Gambling Services

Provides prevention, evaluation, counseling, transitional housing and continuing care services to individuals with problem gambling concerns. We also offer support for family members.



Our Offices

CENTRAL IOWA REGIONAL OFFICE
3451 Easton Blvd.
Des Moines, Iowa 50317
(515) 262-0349, FAX (515) 266-6808

EASTERN IOWA REGIONAL OFFICE
430 Southgate Avenue
Iowa City, Iowa 52240
(319) 351-4357, FAX (319) 351-4907

MECCA SERVICES – Meredith Drive
5525 Meredith Dr., Suite C
Des Moines, Iowa 50311
(515) 262-0349, FAX 515-266-6808

BERNIE LORENZ RECOVERY
4014 Kingman Blvd.
Des Moines, Iowa 50311
(515) 255-3373, FAX (515) 255-2359

CEDAR COUNTY OFFICE
216 West 6th St.
Tipton, Iowa 52772
(563) 886-3468

IOWA COUNTY OFFICE
Marengo Bank Building
1101 Court Avenue, Suite 10
P.O. Box 366
Marengo, Iowa 52301
(319) 642-5528, FAX (319) 642-3263

WARREN COUNTY OFFICE
909 E. 2nd Avenue
Suite G
Indianola, Iowa 50125
(515) 961-8830, FAX (515) 961-2275

WASHINGTON COUNTY OFFICE
2176 Lexington, #14
Washington, Iowa 52353
(319) 653-7597

Visit us at:

www.meccaservices.com

E-mail us at:

info@meccaia.com

mecca services

Community-Based
Substance Abuse and
Behavioral Health Services

Changing One Life...

Changing One Family...

Changing One Community...



Our Philosophy

We've made it our mission to enhance the health of our clients by creating a safe environment in which they can address a wide array of behavioral health concerns, including:

Substance abuse
Mental health
Problem gambling
HIV/AIDS

When someone struggles with these issues, it has an impact on family, friends, co-workers and the community.

Because we recognize the ripple effect of recovery, we strive to *change one life*, *change one family*, and *change one community*...one step at a time.

Why Choose MECCA?

- ◆ We have over 40 years of experience in the substance abuse field and 25 years in the behavioral health arena.
- ◆ We're here to understand your concerns and provide the best possible care. Our trained, professional staff will welcome you into a friendly, non-judgmental environment.
- ◆ Co-occurring services are designed to address the needs of clients dealing with multiple behavioral health concerns.
- ◆ Treatment is customized to meet your needs and may consist of both individual and group sessions.

- ◆ In an effort to provide help closer to home, we have a number of satellite offices throughout Eastern and Central Iowa.
- ◆ Confidentiality is a priority. We will not share personal information with anyone, including family and friends, without your written consent.
- ◆ We recognize that treatment for adolescents can greatly impact their ability to go on to lead happy and productive lives. For adolescents age 12-18, we provide evaluation and outpatient treatment.
- ◆ MECCA continually strives to improve the quality and effectiveness of our services. Our staff receives ongoing training - incorporating the latest, evidence-based practices into all of our behavioral health services.
- ◆ After completing an individualized treatment program, we offer clients the opportunity to participate in continuing care, which is proven to increase the likelihood of long-term recovery.
- ◆ Transitional housing provides affordable, long-term living accommodations for men or women in recovery and their children. We help individuals transition from intensive substance abuse treatment to a lifestyle of independence and responsibility.

- ◆ Substance abuse prevention is essential to making our neighborhoods healthier and safer. MECCA's prevention staff is active in the community - working with schools, businesses and coalitions to increase awareness of substance abuse as a public health concern.
- ◆ Financial aid is available, based on need. We will help you complete an assessment to determine the level of financial assistance for which you qualify.
- ◆ Phones are answered 24 hours a day. Please call if you would like to speak to one of our counselors or schedule an appointment.

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- ◆ To learn more about the variety of services we offer, please visit:

www.meccaservices.com