

# ANNUAL REPORT 2022

Seva Health  
Center for Well-being



# OUR IMPACT

Seva Health Center for Well-being is a 501c3 non-profit with a mission to provide an integrative approach to support brain (mental) health.

Our Peace for your Mind project includes working with individuals to support brain health through nutrition, exercise, stress management, education, coaching, and mind-body practices. This project provides wrap-around services that take place beyond the walls of the traditional clinical setting. The projects areas of focus include:

Bridging the gap between the patient and their provider to improve brain health.

Educating and supporting individual brain health through health coaching.

Practice of integrative techniques that strengthen an individual's ability to improve their brain health.

## Over the last year, we have made the following impact:

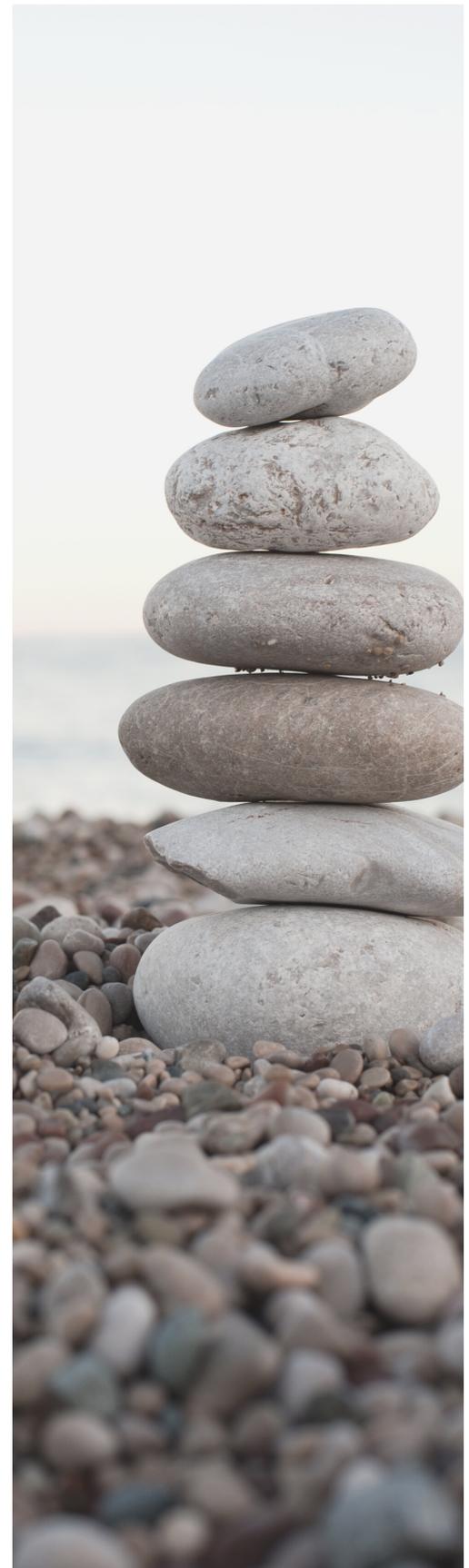
- Provided the Peace for your Mind in Schools project for 240 high school students
- Yoga and mindfulness with 300 elementary students
- Stress management workshop for 20 teachers and school staff
- Stress management workshop for 15 EMT's
- Joined the Iowa Adverse Childhood Experiences (ACES) coalition
- Provided over 50 health coaching sessions to community members in the last 6 months
- Presented to the Clayton County Foundation for the Future board meeting on brain health
- Provided chair yoga education to a local Parkinson's support group
- Advocated at the state and local government levels in regards to brain health resources

As we look to 2023, we hope to continue to make an impact for our community. Our focus will be placed on growing our youth summer program that connects students to coping resources during summer months when they no longer have access to school guidance resources. Additionally, we hope to provide community education sessions along with individual support for improved quality of life. We look forward to serving our community for years to come.

In good health,

*Jessica Goltz*

Founder/ President & CEO



## Staff and Board Members

Jessica Goltz, Founder/President & CEO

Heidi Dickman, Secretary

Tamara Butikofer, Treasurer

Reagan Butikofer, Board Member

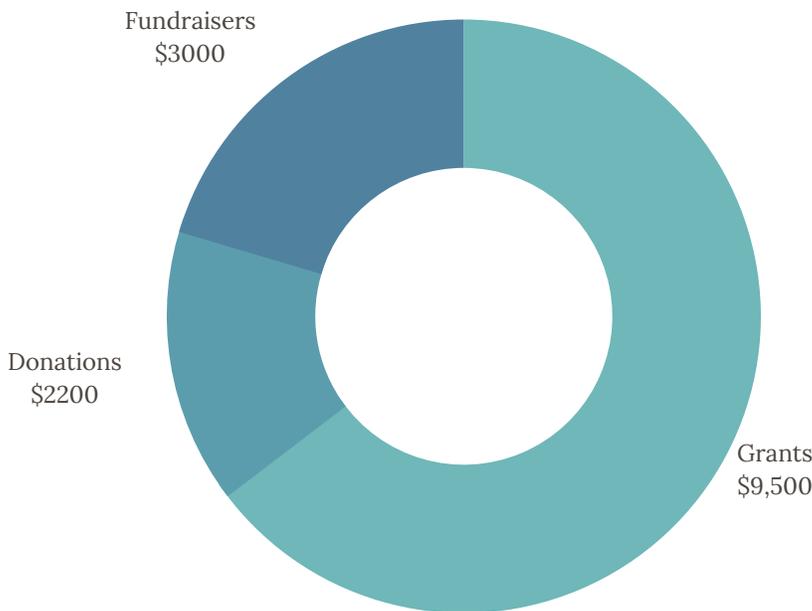
Hanna Dickman, Board Member

## Our Supporters

# FINANCIAL OVERVIEW

Over the last year, Seva Health has been awarded grants, held a successful fundraising drive, and hosted the first annual "Putt for a Purpose" Golf Tournament.

We have been extremely grateful for everyone who has supported us financially in one way or another. Below is a breakdown of our last fiscal financial areas of support.



• **The following supporters have provided a financial contribution to Seva Health in 2022:**

- Bickel Insurance
- Edward Jones-Noelle Hill
- Birdnow Chevrolet
- TJ Pizza
- Alpine Communications
- Meyers Auto
- Maggies Diner
- Clan McGregor
- Methodist Church Preservation
- City of Monona
- Furniture Showcase
- Northeast Iowa Telephone Co.
- Fran Passmore
- Phillip and Amanda Meyer
- Monona Women's Club
- PDC Women's Civic Club
- Tim and Bridgette Schlein
- Viserion Grain
- Freedom Bank
- Tipte Trailers
- R&R Auto
- Simple M Trucking
- BoxLogix
- Clayton County Recycling
- Casino Queen
- Tito's Handmade Vodka
- Community Foundation of Greater Dubuque
- Theisen's Family Foundation
- Aureon
- Gundersen Lutheran

**Want to support our mission?**  
Seva Health accepts donations year round. Your support helps to grow our programs. Donations are tax deductible and can be sent to Box 473 Monona, IA 52159.



# 2023

## January- Present

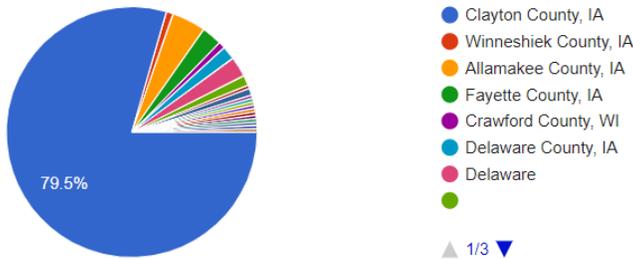
- Community education class 44 attendees
- Spoke to 260 students on mental health
- Stress management class for 80 freshman
- Yoga with girls high-school wrestling team
- Yoga with 105 elementary students
- Held a mental health forum with 40 attendees
- Lobbied at state level for social- emotional learning in schools
- Developing a Clayton County mental health coalition
- Provided 60 health coaching sessions
- Developing youth summer programs
- Starting conversations with stakeholders at the local level



# Community Survey

What county best represents where you reside?

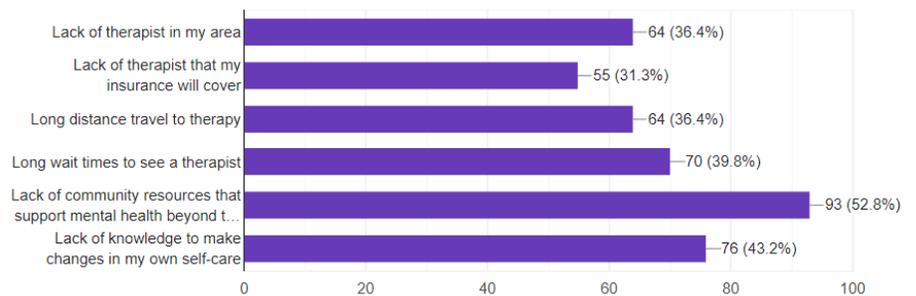
229 responses



What barriers have you experienced in regards to seeking mental health care and therapy? (check all that apply)

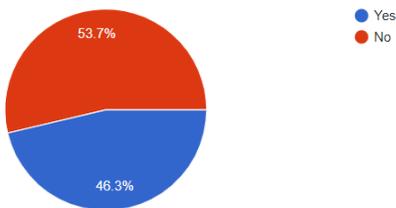
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176 responses



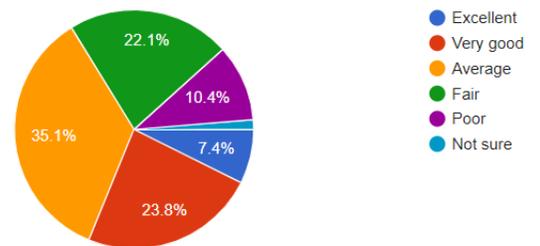
Do you feel you have a good understanding of existing mental health resources in your community?

229 responses



Overall how would you rate your mental health?

231 responses



SO MANY HAVE TO TRAVEL AT LEAST AN HOUR OR MORE FOR MENTAL HEALTH SERVICES. CSS HAS VERY FEW SERVICES OFFERED IN CLAYTON COUNTY FOR MENTALLY ILL.

THIS COMMUNITY NEEDS SOMETHING LIKE THIS IF IT HOPES TO KEEP GROWING IN A POSITIVE WAY RATHER THAN LOSE PEOPLE

THIS COMMUNITY IS SERIOUSLY LACKING THE MENTAL HEALTH NECESSITIES AT AN AFFORDABLE COST TO THOSE WHO LIVE IN THE AREA.

