



SEVA HEALTH CENTER FOR WELL-BEING

ANNUAL REPORT
FOR 2023



FROM OUR FOUNDER



As I reflect on the past year, I feel blessed that Seva Health has been able to make such a big impact. Over the course of 2023, we partnered with other organizations, co-founded a brain health coalition, spoke to individuals about brain health, provided services to support brain health, advocated at the state and local level, and are leading a Youth Mental Health group for students in Northeast Iowa. You can read more about our accomplishments throughout this annual report.

We work hard to provide services that enhance brain health care for individuals and families. Additionally, we strive to be a connector and advocate for individuals to improve their brain health. This sometimes means that we attend school IEP meetings, collaborate with local therapist, and refer to community resources, among many other ways we support families.

I am also excited to share that I have been appointed to the Iowa Mental Health Planning and Advisory Council as an individual with lived experience. I cannot wait to get to work and advocate for the great people of Iowa. I am hopeful this opportunity will continue to open doors for Seva Health to be able to make an even greater impact.

Seva Health's programs continue to fill a necessary need in rural communities. This is mostly in thanks to the grants and financial support from generous donors. Without this support, we would not be able to continue to provide services. For this we are extremely grateful. Thank you to everyone who has supported us over the last year.

IN GOOD HEALTH,
JESSICA GOLTZ
Founder and CEO

Mission

SEVA HEALTH CENTER FOR WELL-BEING IS A 501C3 NON-PROFIT ORGANIZATION PROVIDING AN INTEGRATIVE APPROACH TO SUPPORTING BRAIN HEALTH.

Vision

"SEVA" IS AN ANCIENT SANSKRIT WORD MEANING "SELFLESS SERVICE THROUGH CONTRIBUTING TO THE IMPROVEMENT OF COMMUNITY." SEVA HEALTH WILL CARRY OUT THE VERY MEANING OF THE WORD SEVA THROUGH IT'S VALUES.

Values

- EMPATHY
- NON-JUDGEMENT
- COMMUNITY
- SELFLESSNESS

BOARD MEMBERS

JESSICA GOLTZ, PRESIDENT
HEIDI DICKMAN, SECRETARY
JORDAN SCHUBERT, MEMBER
OPEN, TREASURER
OPEN, MEMBER

OUR WORK

Core Programs

- Brain Health Coaching
- Mind-Body Coaching
- ADHD Coaching
- Brain Health Coaching for Athletes
- Yoga and Mindfulness

Community Outreach

- Co-founder Clayton County Brain Health Coalition
- Brain health education
- Connector to community resources

2023 Accomplishments

- Held a brain health coalition convening with 40 stakeholders
- Provided stress management to student athletes
- Educated students on mental health and stress
- Educated the community on brain health coping skills
- Spoke at a teacher retreat on brain health coping skills
- Provided yoga and mindfulness to students
- Led a Youth Mental Health support group to students at risk for entering juvenile court or the Department of Human Services
- Provided our core programs to individuals
- Provided a youth summer program to connect youth to resources when they are not in school
- Worked with the brain health coalition to create a video highlighting ways to improve brain health in rural communities
- Became certified in QPR-suicide prevention training
- Worked with area behavioral health providers to enhance patient and family mental health care

Partnerships

- HAWC Partnership for Children
- Clayton County Foundation for the Future



To learn more about the Clayton County Brain Health Coalition visit our website at www.sevahealthcenterforwellbeing.com or scan the QR code on this page



OUR IMPACT

149

Brain health coaching sessions

290

Students educated on mental health

288

Students taught yoga and coping skills

350

Community members educated on brain health

40

Athletes attended stress management coaching

30

Educators taught coping skills for brain health

12

Students enrolled in our Youth Mental Health Support group

78

Community members attended physical activity sessions for brain health



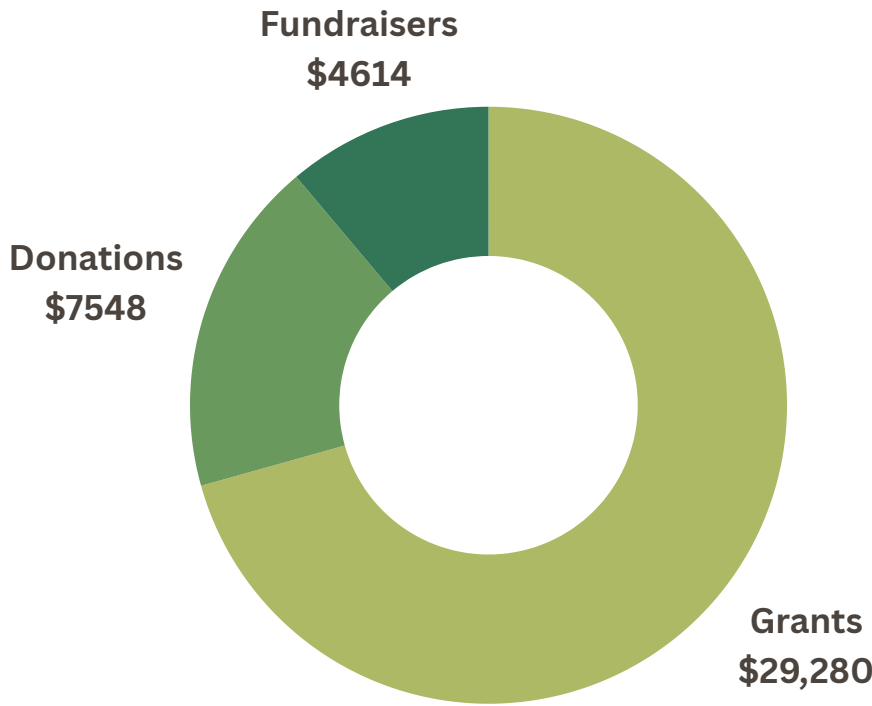
What clients are saying about Seva Health

“Like a Super Hero, We were able to get started in coaching sessions right away to help our daughter get on the right track for a brighter future. We can't thank Seva Health enough for what they have done for her mental health and safety!”

“Seva Health is a self guided approach to helping my child cope with anxiety at school related to academic learning difficulty. My child was able to be the the leader in their care with weekly check-ins all in a positive, compassionate approach. They go above and beyond with an innovative and restorative approach.”

We were fortunate enough to find Seva Health. They helped our child better manage the anxiety and also helped us find additional resources closer to home. My child as well as the whole family have seen significant benefits from working with Seva Health.”

FINANCIAL OVERVIEW



Thank you to those who have donated through grants, sponsorships, and our annual fundraising drive.

- Bickel Insurance
- McGregor-Marquette Chamber
- R&R Auto
- Steve and Joan Russett
- Joe and Sharon Brooks
- RPM Automotive
- Sincerely Yours Interiors
- Beth Collins
- Northeast Iowa Telephone
- Remy Keehner
- Cheryl Smola
- Birdnow Chevrolet
- TJ Pizza
- Clayton County Recycling
- Meyer Auto
- Furniture Showcase
- Outdoor Creations
- Viserion Grain
- Edward Jones- Noelle Hill
- Freedom Bank
- Fillback Auto
- Simple M Trucking
- Thompson Truck & Trailer
- Mercy One-Elkader
- Family Dentistry Associates
- Signature Styles
- Titos
- Maggies Diner
- Luana Savings Bank
- Walmart Foundation
- Creag Foundation
- Aureon
- Casino Queen
- Gundersen Lutheran Foundation
- Community Foundation Greater Dubuque
- Upper Mississippi River Gaming
- Clayton County Foundation for the Future
- McElroy Foundation
- Delta Dental
- Dr. John Rathe Endowment



Would you like to support our mission? Scan here to make a tax deductible donation.

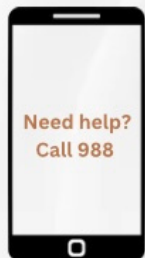
Seva Health Center for Well-being

www.sevahealthcenterforwellbeing.com

Email: jessicagcoaching@gmail.com

YOUR BRAIN HEALTH MATTERS

CLAYTON COUNTY HAS RESOURCES TO HELP



**IT'S OKAY,
NOT TO BE OKAY**



SCAN ME

Scan here to access the
Clayton County Resource Guide

Mental Health Warning Signs

- Feeling sad
- Excessive fears or worries
- Mood changes
- Withdrawal from friends
- Low energy
- Suicidal thoughts
- Loss of interest in activities
- Appetite changes

Brought to you by the
Clayton County Brain Health Coalition
www.sevahealthcenterforwellbeing.com

This is not a full list of warning signs. We encourage you to seek help if needed.