

SEVA HEALTH

CENTER FOR WELLBEING



ANNUAL REPORT FOR 2024



FROM OUR FOUNDER



As I reflect on the past year, I feel blessed that Seva Health has been able to continue to support brain (mental) health in rural communities. Over the last year we provided brain health coaching, a youth support group, and coaching for youth with learning challenges among many other services. You can read more about our work throughout this report!

Additionally, we had the opportunity to have tough conversations with key stakeholders about the need for innovative approaches to brain (mental) health. Though these conversations were not always easy, they are necessary.

Over the last year, the state of Iowa has made some changes to the behavioral health system. These changes include a restructure of the behavioral health districts, choosing a strong organization to lead this work, and developing a state behavioral health plan. The plan is well designed to include a strong emphasis on prevention and early intervention. We are excited about these changes and look forward to working alongside other organizations to help implement this work.

Seva Health's programs continue to fill a necessary need in rural communities. Looking into 2025, we are optimistic that we can continue to make a difference for families in our communities. Our recent community needs survey will help guide us on what services we continue to provide and areas we can focus on to make the greatest impact. We could not do this work without grants and financial support from generous donors. For this, we are extremely grateful. Thank you to everyone who has supported us over the last year. We look forward to growing in 2025!

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 (MENTAL) HEALTH.

Vision

"SEVA" IS AN ANCIENT SANSKRIT WORD MEANING "SELFLSS 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
- SELFLSSNESS

BOARD MEMBERS

JESSICA GOLTZ, *PRESIDENT*
HEIDI DICKMAN, *VICE PRESIDENT*
LIZ TURNER, *TREASURER*
CRYSTAL THURN, *SECRETARY*
JORDAN SCHUBERT, *MEMBER*

OUR WORK

Core Programs

- Brain Health Coaching
- Mind-Body Coaching
- Executive Function Coaching for Youth with Learning Challenges
- Youth Support Groups

Outreach & Advocacy

- Clayton County Brain Health Coalition
- Chosen to represent Iowa through the Mental Health Literacy Interstate Coalition
- Advocacy for rural communities at the state & local level
- Member of Iowa Integrative Health Planning and Advisory Council

2024 Accomplishments

- Provided stress management education to 96 professionals
- Educated students on mental health and stress
- Educated the community on brain health coping skills
- Provided mindfulness education to youth
- Led a Youth Mental Health support group to at risk youth
- Provided our core programs to individuals of all ages
- Provided a youth summer program to connect youth to resources when they are not in school
- Provided coaching to youth diagnosed with learning challenges
- Taught QPR Suicide prevention classes
- Worked with area behavioral health providers to enhance patient and family mental health care
- Conversations with key stakeholders including higher education, American Counseling Association, hospital CEO's, and state representatives

Some of the impact
we made in 2024

103

Brain health
coaching sessions

18

Families supported
through coaching
services

96

Community members
educated on brain
health

35

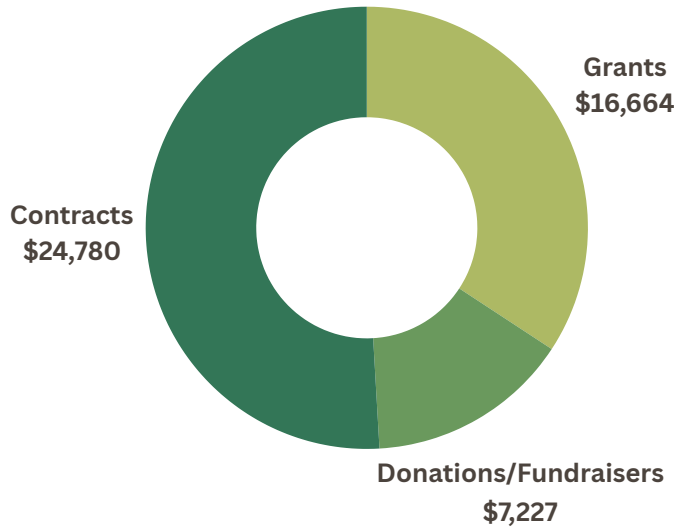
Youth taught QPR Suicide
Prevention education

“Seva Health made such a difference for my daughter! She was having a hard time handling some big emotions and the coaching helped her with skills and understanding.

It made a HUGE difference for her.”

~Grateful Parent

FINANCIAL OVERVIEW



Thank you to those who have donated through grants, sponsorships, contracts, and donations.

- Meyers Auto
- R&R Auto
- Steve and Joan Russett
- Joe and Sharon Brooks
- RPM Automotive
- Sincerely Yours Interiors
- Beth Collins
- Northeast Iowa Telephone
- Monona Veterinary
- Birdnow Chevrolet
- TJ Pizza
- Clayton County Recycling
- Exit Reality Driftless Group
- Dan Bickel Insurance
- Pattison Sand
- Herb Collins
- Fran Passmore
- Chad and Regan Wolbers
- Heidi Meyer Family
- Lawrence and Helen Bollman Family
- Viserion Grain
- Edward Jones
- Mercy One
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- Luana Savings Bank
- Walmart Foundation
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- Gundersen Lutheran Foundation
- HAWC Partnership for Children
- United Way Dubuque Area Tristates
- Delta Dental
- Theisens Foundation
- Clayton County Foundation for the Future
- Stanley and Sharlene Milewsky
- Larry and Maria Brummel
- Mae Reusser Grant
- Bona Dean Feller
- Norplex
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- Drew and Whitney Martins
- John Elledge Family
- Kenzie Patterson
- Jim and Greta Donlon
- Jim Tayek
- Bob Tayek
- Audra Hallberg
- Tom and Sheila Neuhaus
- Andy Runde
- Trish and Jason Solberg
- Jessie Moses
- Sophie and Preston Landt
- Clayton County Board of Supervisors
- Seitz Family Foundation



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