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## ANNUAL REPORT 2025



## FROM OUR FOUNDER



As we close out 2025, we at Seva Health are filled with gratitude. This year has been nothing short of challenges; however, we have seen tremendous growth. Due to an increase in funding and donations from generous donors, we have been able to more than double our impact. You can read more about this impact in the following pages.

While we celebrate this year's success, our work is far from over. In the coming year, we are looking forward to continued growth and the potential to add services that support brain (mental) health in rural communities. We will continue to advocate at the state and local level for innovative approaches to supporting brain (mental) health in rural communities. Additionally, we will continue to work on implementing prevention and early intervention strategies while supporting organizations whose work focuses on crisis, treatment, and recovery.

As we look to the future, we are confident that our strategic direction and the strength of our team will drive sustainable growth and continue to support the most vulnerable. Of course, none of this would be possible without the support of grants, contracts, and donations. We are extremely grateful for your support!

Thank you for joining us on this journey!

*JESSICA GOLTZ*

Founder and CEO

### **Board of Directors:**

Heidi Dickman, Crystal Thurn, Elizabeth Turner & Jordan Schubert

# OUR WORK

## Core Programs

- Brain (mental) health coaching
- Mind-Body coaching
- Executive function coaching
- Support for justice involved youth
- Education and system navigation

## 2025 Accomplishments

- Provided over 300 coaching sessions for individuals of all ages
- Educated youth on prevention for opioid abuse
- Educated youth on tools for brain (mental) health
- Taught QPR Suicide Prevention to 46 youth
- Provided our core programs to individuals of all ages
- Educated 154 adults on brain (mental) health
- Represented local counties at state behavioral health meetings
- Appointed as chair of the Clayton County Opioid Settlement Advisory committee
- Worked with area behavioral health providers to enhance patient and family mental health care
- Member of the Iowa Integrative Planning and Advisory committee and chair of the Children's Concerns workgroup
- Collaborated with juvenile court system to support at-risk and justice involved youth

## Our Impact

**300**

Brain (mental) health coaching sessions

**40**

Families supported through coaching services

**154**

Community members educated on brain health

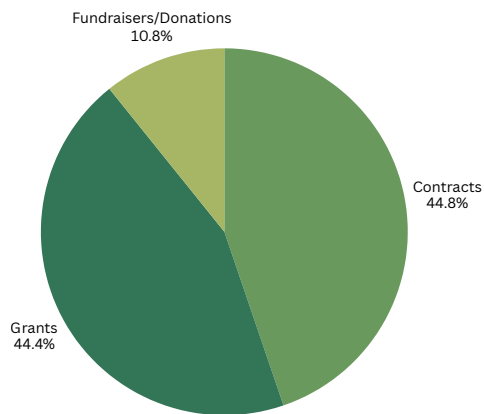
**122**

Youth taught prevention and early intervention tools for brain (mental) health

“Seva Health has been helpful by making sure I can get the help that I needed. I was scared to start, but after the first session I was happy I went.”

~ Grateful Client

# FINANCIAL OVERVIEW



## Total Amount from all Sources:

Grants- \$54,200  
 Contracts \$52,600  
 Donations/Fundraisers \$13,148



**Thank you to those who have supported us through grants, sponsorships, contracts, and donations.**

- Meyers Auto
- R&R Auto
- Steve and Joan Russett
- RPM Automotive
- Sincerely Yours Interiors
- Northeast Iowa Telephone
- Monona Veterinary
- Birdnow Chevrolet
- Clayton County Recycling
- Dan Bickel Insurance
- Andy and Heidi Meyer
- Viserion Grain
- Edward Jones
- Family Dentistry Associates
- Maggies Diner
- Luana Savings Bank
- Walmart Foundation
- Casino Queen
- HAWC Partnership for Children
- United Way Dubuque Area Tristates
- Delta Dental
- Dr. John Rathe Endowment
- Bona Dean Feller
- Norplex
- Tim and Bridget Schlein
- Kenzie Patterson
- Bill and Anne Burke
- Ardist Olds
- Furniture Showcase
- Kirk's Excavating
- Tito's
- Clayton County Board of Supervisors
- Simple M Trucking
- Coleman Outdoor
- Imagine Possibilities
- Bill and Elizabeth Turner



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