

Youth in Transition

If you observe some of these *changes* in an adolescent during a 2-week period of time, and these changes are causing problems in school, home or social settings, you may want to talk to someone at the high school or someone else that you trust... for example:

HIGH SCHOOL

Counselor,
Social worker, Nurse,
Psychologist,
Principal,
Teacher or Coach

OTHER POSSIBILITIES

Teen Health Center,
Family physician,
Clergy member

Changes in Behavior:

social withdrawal	aggressiveness	truancy
falling grades	bullying	loss of interest
poor hygiene	self-harm	poor eye contact
crying	hearing voices	suicidal talk
giving away possessions	inability to wait turns	acting on bizarre ideas
extreme reactions	change in friends	poor concentration
defiance	change in attire	excessive exercise

Changes in Mood:

irritability	mood swings	extreme sadness
feelings of emptiness	feeling overwhelmed	hopelessness
anger	excessive worry/stress	anxiety
wishing to be dead		

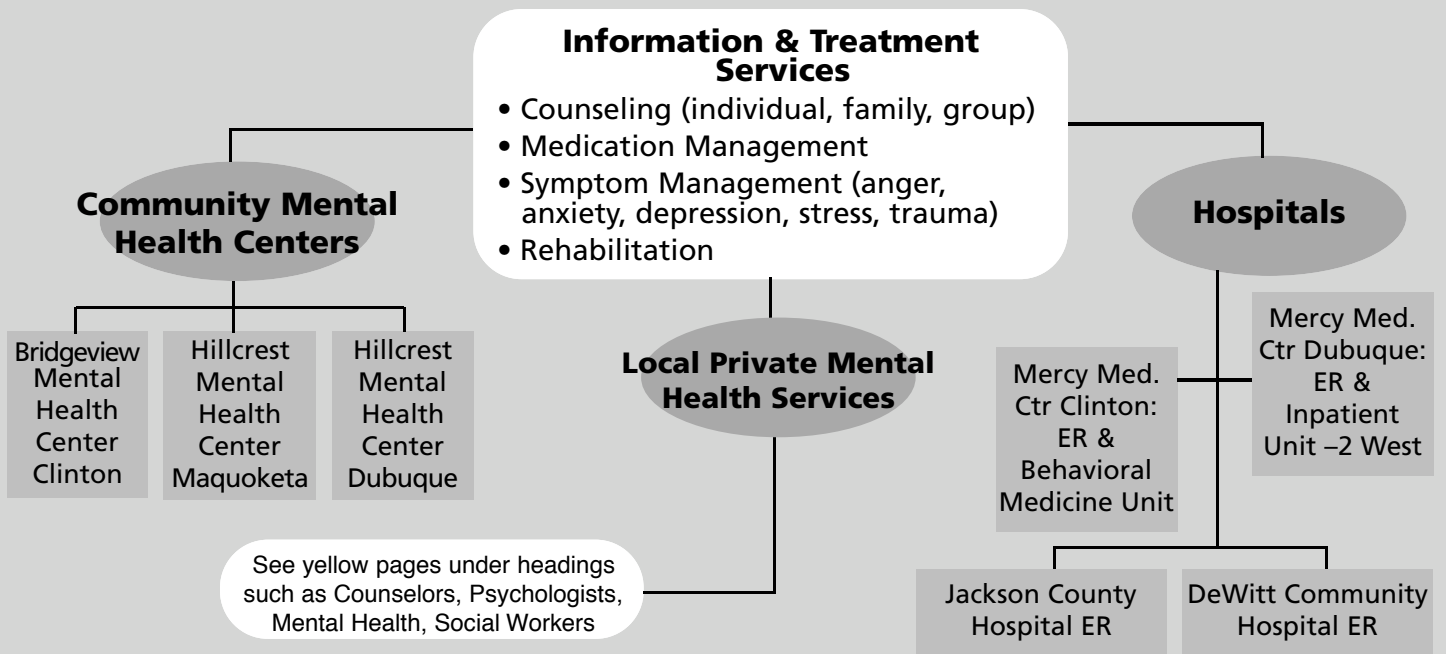
Increase in Physical Complaints:

headaches	fatigue	stomachaches
intestinal distress	pain with no apparent cause	
frequent complaints of not feeling well with no apparent cause		

Changes in Eating or Sleeping Patterns:

loss of appetite	overeating	refusal or inability to eat
binge eating/purging	frequent waking	frequent nightmares
insomnia	desire to sleep all the time	

If You Decide Professional Help May Be Needed... Mental Health Providers have a lot to offer!



More information on back — also contact your health insurance about coverage.

Finding Help

Web sites, county, state and national organizations can provide lots of information and support, such as:

Iowa Federation of Families for Children's Mental Health:
1-888-400-6302



National Alliance of Mental Illness (NAMI)
www.nami.org



Dial 211 for United Way InfoLINK
(from anywhere in Iowa)

or

563-243-5818 (Clinton)
888-516-7948 (Jackson)

Developed by Clinton/Jackson Transition Advisory Board

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For more information: Transition Services
563-344-6288



Community Mental Health Centers

Bridgeview —Clinton
638 South Bluff Blvd.
563-243-5633

Hillcrest—Maquoketa
714 W. Platt,
563-652-4958
1-800-281-7444
www.hillcrest-fs.org

Hillcrest—Dubuque
200 Mercy Dr., Suite 200
563-582-0145
1-844-437-6333
www.hillcrest-fs.org

Hospitals

Mercy Medical Center Clinton
ER and Behavioral Medicine Unit
1410 North 4th Street
Clinton, Iowa 52732
563-244-3653

Jackson County Hospital
ER only
700 West Grove Street
Maquoketa, Iowa 52060
563-652-2474

DeWitt Community Hospital
ER only
1118 – 11th Street
DeWitt, Iowa 52742
563-659-4200

Mercy Medical Center Dubuque
ER and Inpatient Unit – 2 West
250 Mercy Drive
Dubuque, Iowa 52001
563-589-9666

Local Private Mental Health Providers (non-profit organizations)

Bethany for Children & Families
215 6th Ave. So. Suite #3
Clinton, Iowa 52732
563-243-1112

Catholic Charities
(serves Jackson county)
1229 Mt. Loretta Avenue
Dubuque, Iowa 52003
563-588-0558

Pathway Living Center
562 – 2nd Avenue South
P.O. Box 1896
Clinton, Iowa 52732
563-242-3687

Hillcrest Family Services

- 714 W. Platt
Maquoketa
563-652-4958
1-800-281-7444

Domestic Violence/
Sexual Assault Resource Center
317 – 7th Avenue South (YWCA)
Clinton, Iowa 52732
563-242-2118
Crisis Line: 800-381-9319

- 215 6th Ave. so. Suite #3
Clinton, Iowa
563-243-4605

Women's Health Services
2635 Lincolnway, Suite A
Clinton, Iowa 52732
563-243-1413

Lutheran Services in Iowa

- 2255 JFK Road
Dubuque, Iowa 52001
563-582-0044
- 2463 Camanche Ave, Suite 3
Clinton, Iowa 52732
563-243-8200