

Building a Brighter Future.

A campaign for Rosecrance Jackson Centers



rosecrance®
Jackson Centers



Our vision is hope.

Through a thoughtful, planned expansion of our recovery campus, Rosecrance Jackson Centers will integrate experiential and recreational therapies to provide an even deeper and more holistic treatment experience to clients. The goal: to build a brighter future for our clients and our community. Today, and tomorrow.

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Treatment is not just about getting people to stop using drugs. Recovery is also about learning how to regularly make healthy choices. Our experiential and recreational therapy programs help our clients explore new things or renew old things that may have been replaced by drug activities in their lives. These are good things to help manage what goes along with substance abuse like anxiety, depression, and trauma.

Tom Wright, M.D., Chief of Clinical Excellence & President of Medical Affairs

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You’ve helped us bring hope and healing to thousands in Siouxland. Let’s build on that.

Through generous contributions from donors like you, we built our beautiful residential campus in 2015 and have grown to become one of Iowa’s largest addiction treatment providers, expanding on the vision of our local founders Dr. Bill and Marianne Jackson.

Today, our 13 residential and outpatient facilities in Iowa serve people from 93% of Iowa counties. We provide a continuum of care to nearly 7,500 children, adolescents, and adults annually, and substance abuse prevention and education services to over 20,000 people per year.

Our Sioux City campus expansion project will allow for the incorporation of proven, evidence-based experiential and recreational therapies into the treatment experience at Rosecrance Jackson Centers.

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Rosecrance Jackson Centers has been an exemplary community partner for decades, compassionately serving critical needs for the health of our community. The residential treatment center was a life-changing resource for many clients, and this expansion of the campus will provide more opportunities to develop transformational skills and habits. These clients—our neighbors—will then be better prepared to make a difference in Siouxland.
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Dan A. Moore, Attorney, Mayor Pro Tempore of Sioux City and Board Member, Rosecrance Jackson Centers



Our goal is a brighter future for our clients and community. But we can’t do it alone.

The difference you’ve helped make in the Siouxland area is evident everywhere you look, but there’s more to be done. Together, we can truly impact the lives of the people we serve. Though the numbers are

staggering, they are not insurmountable. The addition of new resources to the Rosecrance Jackson Centers residential campus will help us go even further to realize the Siouxland we all envision.

254,000
adult Iowans reported alcohol dependence or abuse in the past year.

23%
In 2020, drug overdose deaths in Iowa grew **23%** over the prior year.

35%
From June 1-13, 2022, nearly 35% of adult Iowans reported symptoms of anxiety and/or depressive disorder—up from a national estimate of 11% before the pandemic.

35.7%
of adults in Iowa with serious mental illness—45,000—in the past year did not receive mental health treatment.

Sources: Kaiser Family Foundation, Substance Abuse and Mental Health Services Administration, Centers for Disease Control and Prevention, Iowa Department of Public Health



A history of hope and help.

Rosecrance Jackson Centers traces its beginning to 1976. At the time, the Siouxland region had addiction treatment options for adults, but lacked specific services for adolescents. Dr. Bill and Marianne Jackson saw an opportunity to bridge the gap in care. Services grew over the next two decades through community affiliations and expansion to locations throughout western Iowa.

The next decades saw continued growth in treatment services as the organization began offering inpatient adult treatment, enhanced the continuum of recovery for women with children, and launched specialized treatment services for professionals with addictions.

In 2015, the Jackson Centers residential treatment campus opened, offering a beautiful center for recovery on sprawling land near the Missouri River and adjacent to the spacious War Eagle Park.

In 2019, Jackson Recovery Centers affiliated with Rosecrance Health Network to become Rosecrance Jackson Centers. The nonprofit organization now provides an even stronger continuum of care with the depth of resources from a parent organization with a 107-year history. The main behavioral health campus is supported by outpatient treatment sites in downtown Sioux City, Cherokee, Davenport, Denison, Le Mars, Spencer, and Sheldon.

1976
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2015
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2019
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Experiential and recreational therapies lead to brighter futures.



Experiential and recreational therapies are powerful elements of the holistic journey at Rosecrance. They are woven into the fabric of our treatment curriculum across all our sites because they have the power to connect with individuals in unique ways. These therapies help direct a client toward a brighter future by equipping them with the tools they'll need to enter lifelong recovery.

Research shows experiential and recreational therapies promote a decrease in mental health symptoms (depression, anxiety, trauma

responses) for clients and improve a person's ability to manage stress in healthy ways. In a Rosecrance study, clients also demonstrated improved confidence, self-esteem, physical health and sleep, better-regulated appetite, and healthier emotion management skills when introduced to experiential and recreational therapies.

CLIENTS SHOW IMPROVED CONFIDENCE, SELF-ESTEEM, PHYSICAL HEALTH AND SLEEP, BETTER-REGULATED APPETITE, AND HEALTHIER EMOTION MANAGEMENT SKILLS.



The opening of the residential treatment campus in 2015 was a significant step forward in our ability to provide much-needed care for youth.

The expansion of the campus will create more opportunities for enhanced programming to equip all clients with valuable life skills for the recovery journey. I know my mother and father would be excited to see that we're continuing their legacy of innovative care for individuals of all ages.

Ellen Jackson Nichols, Board Chair, Rosecrance Jackson Centers



Therapeutic recreation is about intentional work, and it takes practice because people learn through hands-on experience. Now clients will have opportunities to explore new activities and develop healthy habits that will benefit them for life.



T.D. Hostikka, M.S., LADC, IADC, Director of Residential Services



Mind, Body, Spirit, Hope.

The path to brighter futures begins within.

At Rosecrance Jackson Centers, we believe the mind, body, and spirit are connected in such a way that they form a cycle, each influencing the other two to give clients hope.

Through experiential and recreational therapies, we can treat all aspects of the person: building strength of mind, strength of body, and strength of spirit, resulting in a more balanced approach to lasting recovery. When a state of harmony exists among the three, a cycle of whole health forms and the journey to a brighter future begins.

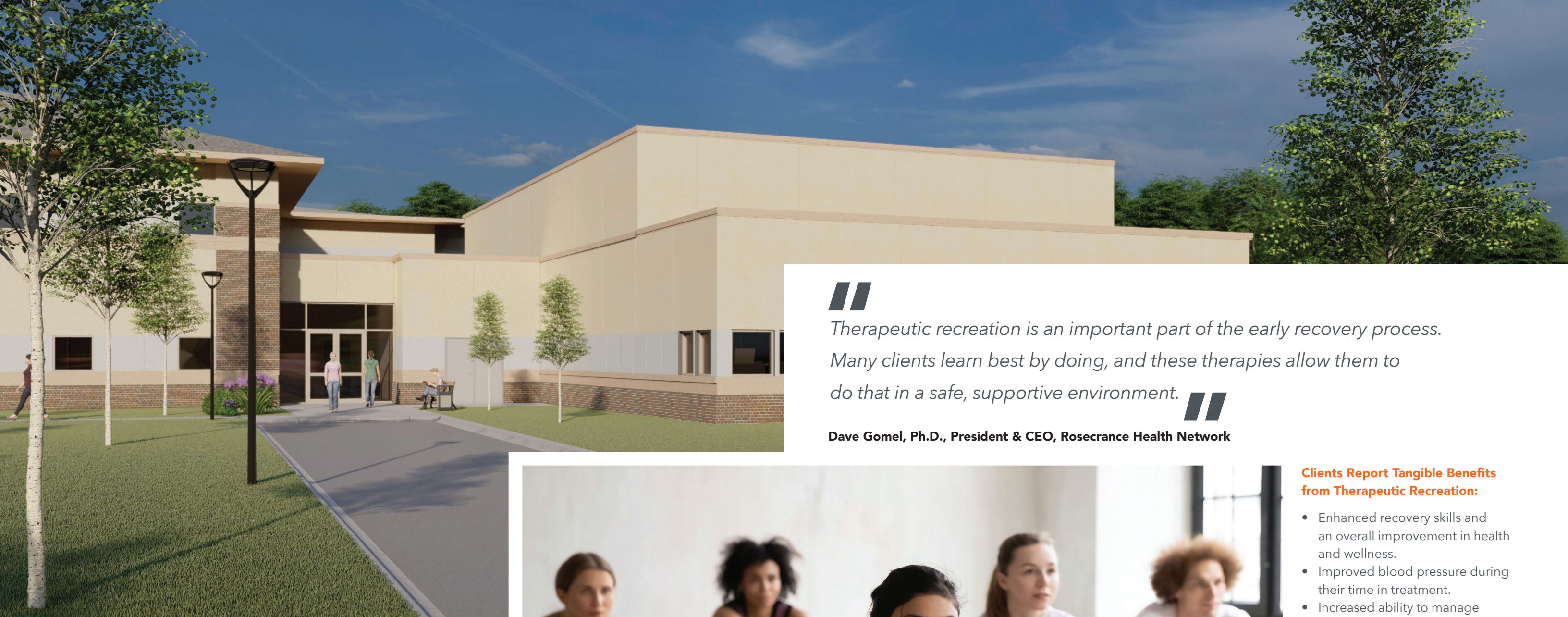
The new features proposed in our planned expansion—a therapeutic recreation resource center, a chapel, and walking paths—will provide spaces to deliver experiential and recreational therapies and provide connections that are essential to enhancing the mind, body, spirit elements of 12-Step principles. With these added resources staff and clients will experience a full range of therapeutic options, providing a more complete bridge to hope and recovery.



For many clients, these therapies reach them in ways that traditional talk therapy sometimes doesn't. The release of brain chemicals brought on by movement helps engage and build connections and provide a whole-body experience that touches on emotional, spiritual, and physical health and wellness.



Brenda Iliff, M.A., LADC, CAC, CMAT, Vice President of Clinical Services



Body

Healthy recovery supported by wellness.

A healthy lifestyle is fundamental to a holistic recovery. The body is a mirror of the mind and spirit and is therefore equally important in the recovery journey. A recreation and fitness area will allow clients to engage in recreational therapy activities, including leisure education, physical fitness, yoga, team building, creative expression, playfulness, connection,

and therapeutic games. Through these activities, individuals will experience collaboration while learning new, healthy methods of coping with the symptoms of their disease. Being active together helps those we serve explore emotions and self-limitations as they experience joy and satisfaction together.

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Therapeutic recreation is an important part of the early recovery process. Many clients learn best by doing, and these therapies allow them to do that in a safe, supportive environment.

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Dave Gomel, Ph.D., President & CEO, Rosecrance Health Network



Clients Report Tangible Benefits from Therapeutic Recreation:

- Enhanced recovery skills and an overall improvement in health and wellness.
- Improved blood pressure during their time in treatment.
- Increased ability to manage emotions without the use of drugs and alcohol through art, music, and other creative outlets.
- Clients strongly agree that they plan to continue to utilize recreation as part of a healthy recovery lifestyle.

Spirit

A quiet place to contemplate.

Spiritual care, in alignment with the 12-Step principles, is foundational to Rosecrance treatment programs and has been for over 100 years. We acknowledge that spirituality and the presence of a higher power are central to the recovery process. We strive to help clients develop skills to integrate mind, body, and spirit toward achieving holistic health.

The addition of a chapel to the campus offers a place for silence, a means to find the respite many in recovery need, and space to heal the spirit. Clients and staff will have a meditative space to conduct spirituality groups and individual therapy, practice mindfulness, contemplate, pray, or simply be still.

In Rosecrance treatment outcomes surveys, clients acknowledge the power of spirituality as a meaningful part of the treatment curriculum.

Clients report an improvement in anxiety, mood, and focus.



Spirituality is very important to my recovery. In the beginning of recovery, we all feel anger, sadness, resentments, etc. We may feel a higher sense of purpose, peace, hope, and meaning while in recovery; we'll experience building back our confidence, self-esteem, and self-control. Spirituality reminds me to live in the moment and be mindful of ourselves and others. Helps us guide negative thoughts and emotions so we can regain peace once more.

Sarah, Client, Rosecrance Jackson Centers



Spirituality assists with my personal wellness. Dealing with depression and anxiety, spirituality helps, and I feel better about myself.

Mike, Client, Rosecrance Jackson Centers





Mind

The healing power of nature.

Research shows that walking through nature has healing effects. A walking path will create direct, convenient connections so the new resources at the main residential building may be accessed by all on our greater campus. This half-mile paved trail will also offer therapy and leisure spaces and present the perfect path to access the mind-healing power of nature.

- Clients report a decrease in anxiety after participating in a nature-based and mindfulness intervention.
- Clients report improved understanding and skills in managing boredom and pursuing healthy leisure.

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Nature itself is the best physician

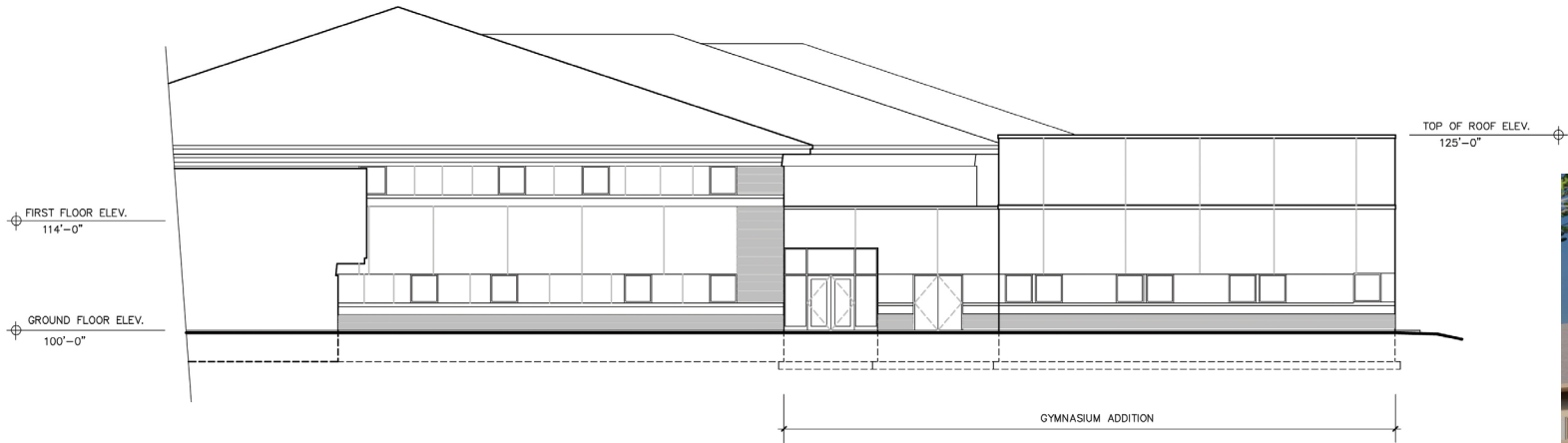
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Hippocrates, Ancient Greek Physician

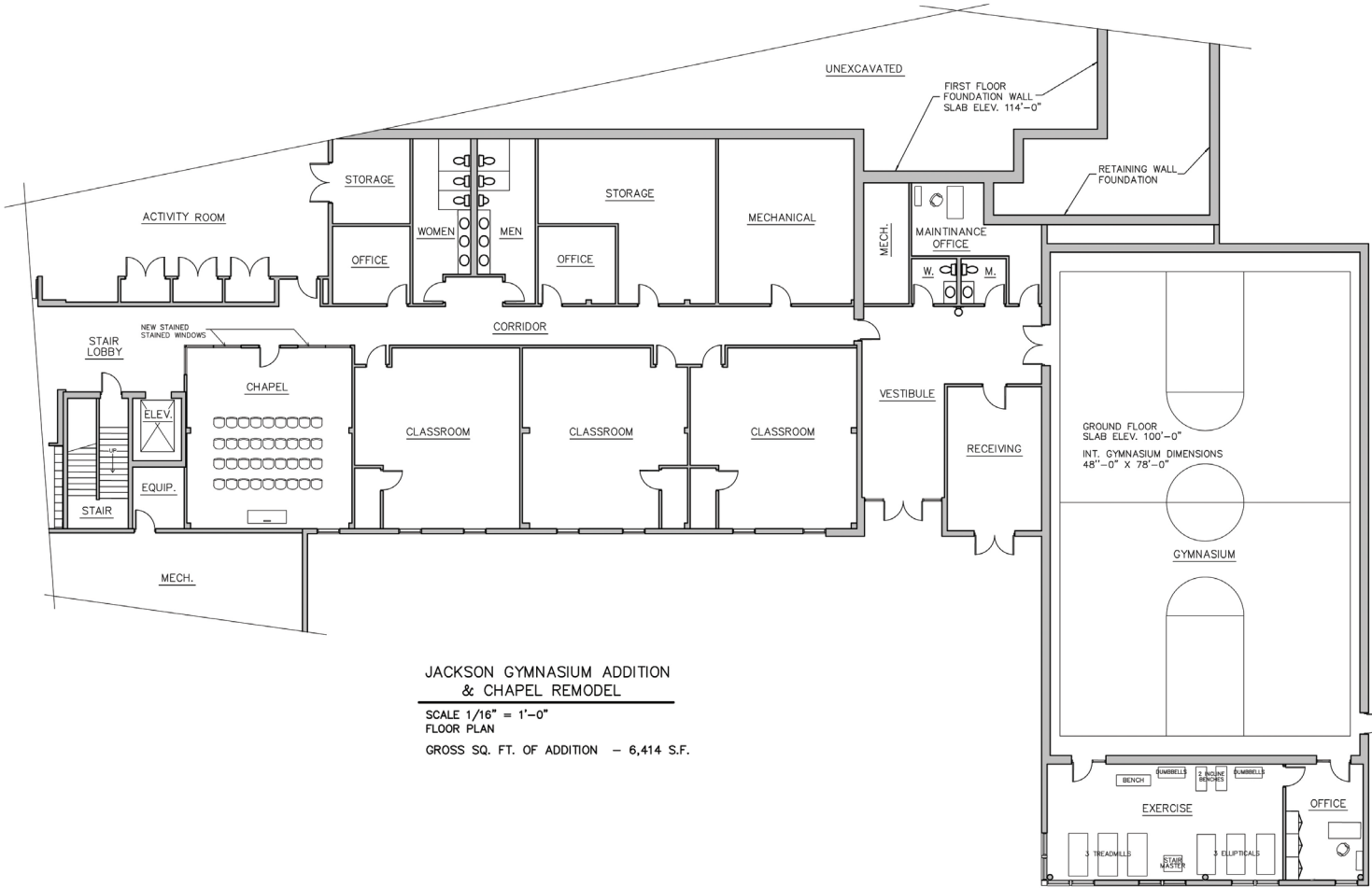
How your gifts will contribute to building a brighter future.

When appropriately diagnosed and treated, most individuals with serious mental illness or substance use disorders will go on to live full and productive lives. Behavioral health treatment can produce positive health, social, and financial results. The National Institute on Drug Abuse cites conservative estimates that every dollar invested in addiction treatment yields a return of \$4 to \$7 in reduced drug-related crime, criminal justice costs, and theft. When including healthcare savings, total savings of treatment exceed costs by a ratio as much as 12:1.

But the most significant return on investment occurs as individuals reclaim their lives and pursue futures of hope, productivity, and joy. Individuals, families, and communities are all beneficiaries of recovery.



JACKSON GYMNASIUM ADDITION
SCALE 1/16" = 1'-0"
NORTHWEST ELEVATION



JACKSON GYMNASIUM ADDITION
& CHAPEL REMODEL
SCALE 1/16" = 1'-0"
FLOOR PLAN
GROSS SQ. FT. OF ADDITION - 6,414 S.F.





The Brighter Futures campaign is spearheaded by a campaign committee of The Rosecrance Foundation. The Rosecrance Foundation is a 501(c)(3) nonprofit organization that builds awareness of the Rosecrance mission and value to communities and increases charitable funding to strengthen programs and expand access to care.

In Iowa, The Rosecrance Foundation is led by a volunteer board dedicated to engaging the community in supporting behavioral health needs of individuals in the Siouxland area and throughout the state.

Rosecrance Jackson Centers Board of Directors

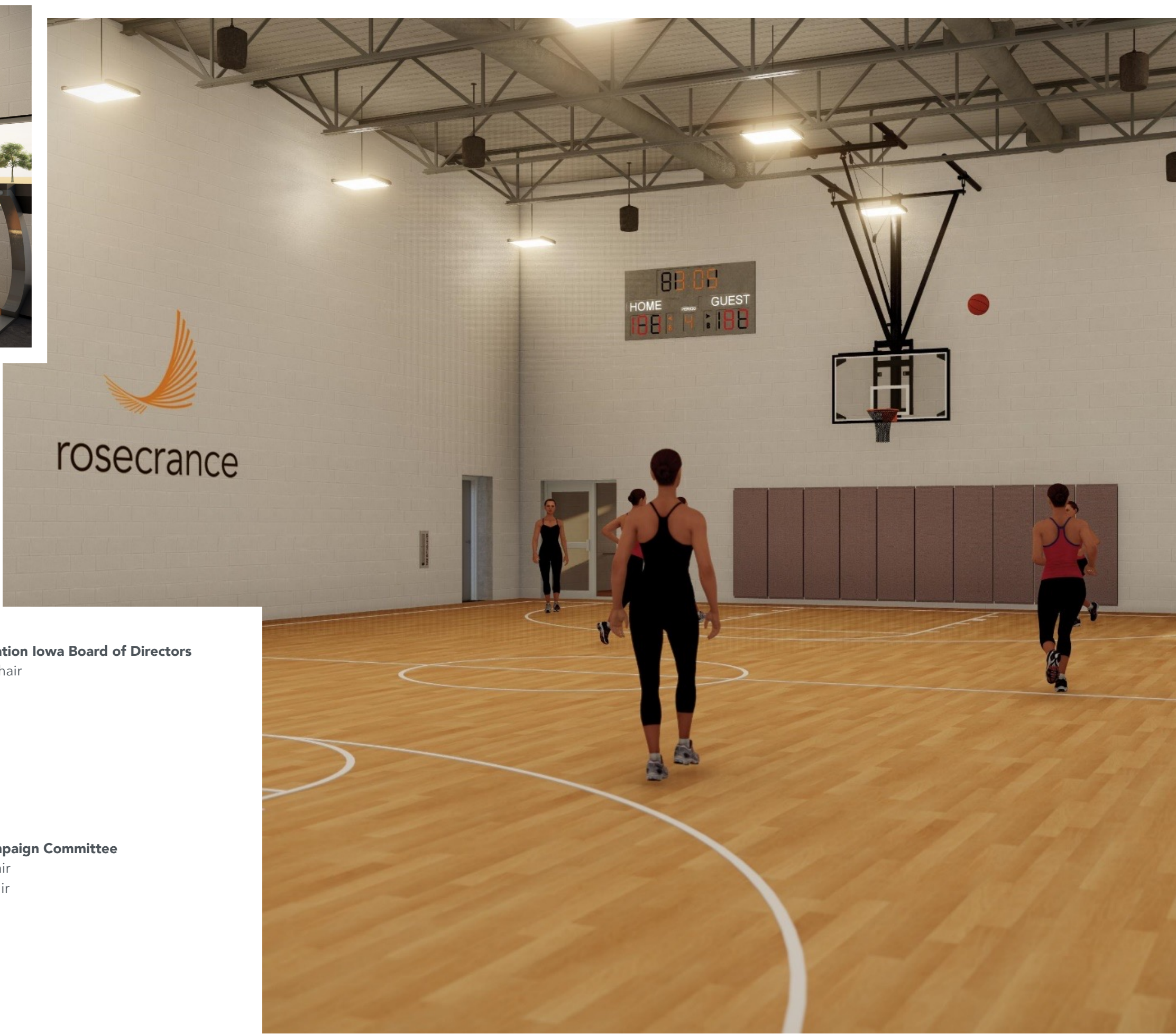
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