



NEWSLETTER

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2023 INSIGHTS

The Self Reliance Group is a community-focused nonprofit organization. Its' mission broadly centers around increasing health equity in the rural Southeast Iowa (SEIA) region.

The Group understands the vital dynamic of physical health as a necessary support to mental health and wellbeing.

The Group understands the physical accessibility of health care services as one of the largest barriers SEIA residents face when seeking health care.

The Group understands the diverse array of existing and developing community support organizations. The Group welcomes opportunities to collaborate.



www.self-reliance-inc.com/the-group



(319) 671-7152



1115 Summer Street, Burlington, IA

2024 ACTION PRIORITIES

DMC VA Coalition

Poor mental health supports adversely affect veterans. Over 3,000 veterans live in Des Moines County (DMC). The Group has been building capacity to increase community collaboration and support for local veterans and their families.

Dental Outreach

Did you know over 5,400 area youth receive dental care via Medicaid? Did you know there's only one provider in the area? Did you know over 2,800 local youth did not visit a dentist at all last year? The Group has been collaborating with area stakeholders to develop a community-centered care delivery model.

Youth Support

The Group seeks to reduce the Des Moines County juvenile arrest rate through engaging, developing, and rounding the skills of local youth. The Group has identified gaps and set youth programming plans.

Personal Hygiene Resource

Low income and poor mental health often combine to reduce an individual's participation in activities of daily living. The Group has established a personal hygiene resource for individuals struggling simultaneously with poor mental health and low incomes.