



# Healthy Brains. Healthy Lives.

Brain Health  
Access Initiative

**The brain is the body's most important organ — we need to be able to care for it in order to live our best lives.**

Our Brain Health Access Initiative is about bringing resources and services that support a healthy brain within reach of all people.

## Why It Matters

In 2016, the Community Foundation led a needs assessment that identified barriers to opportunity and wellness in the Dubuque region. Respondents indicated that one of the biggest was a lack of access to brain health services.

For many people, being able to access these services can mean keeping a steady job, staying out of jail and supporting a healthy family. Increasing access can mean launching community programs, opening facilities or working to eliminate the stigma around brain health.

## Our Unique Role

The Brain Health Access Initiative builds on the Community Foundation's role as a convener and collaborator. We facilitate a cross-sector working group that includes leaders from areas like government, health care and nonprofits.

In addition, we facilitate a separate group of leaders specifically focused on children's brain health, which is closely coordinated with our efforts to improve academic achievement.

## How It Works

Research and collaboration drive our work. Through our relationships with community partners, we can identify barriers and gaps in services, then bring together stakeholders who can implement solutions that leverage existing resources and philanthropic support.

## Our Accomplishments

- Coordinated expansion of a mobile crisis unit, which has been used by Dubuque police officers to keep more than 500 people out of jail or the emergency room and connected with brain health services
- Helped establish a part-time psychiatric nurse position in the Dubuque County Jail, which has helped more than 100 inmates stay connected with brain health services
- Hosted children's brain health listening sessions that led to new efforts in local schools
- Partnered with the nonprofit Brain Health Now to expand messaging aimed at reducing the stigma around brain health
- Established Dubuque County as the site of a new brain health access center that will serve people in crisis

# Get Involved



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