



We create customized solutions for men and women so they can live and work in the community.

## What We Offer

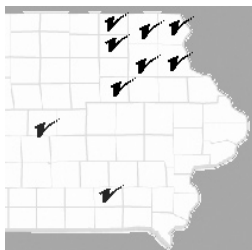
- **Supported Community Living (SCL)**—Sometimes people need extra support to thrive in their daily lives. We coach clients on skills ranging from planning meals, to calling the doctor, to finding a place to live.
- **Adult Day Services**—Individuals in our day services program join in activities like gardening, painting and cooking—often while “out and about” in the community. This program gives clients a chance to socialize and discover new interests, while providing respite to their regular caregivers.
- **Vocational Training**—Learning new skills is the first step toward independence. Through on-the-job training, our clients gain experience in areas ranging from retail to manufacturing. As clients work, we coach them on “soft skills” like how to communicate effectively with coworkers. We also offer computer classes.
- **Community Work Crews**—Our clients work alongside regular employees at area businesses. These teams work in several capacities, like providing quality assurance for a local manufacturer, and custodial services for a bank. Our staff members are always “on the job” with clients to provide coaching and support.
- **Employment Services**—We assist people in every step of finding and keeping a job. We help clients identify their job interests and readiness, develop skills, and find meaningful work. We also offer “community worksite assessments” and job shadowing, which allow individuals to observe or “try out” a job.

## Who We Serve

We help adults with a broad range of barriers, including mental illness; physical, developmental or intellectual disabilities, and chemical dependence. We also have a transition program for high school students.

Anyone can request our services. We currently serve clients in 9 counties.

- Clients range in age from 16 to 72
- 84% are between the ages of 20 and 60
- 90% live in their own homes
- 10% live in residential care facilities.



Allamakee  
Black Hawk  
Chickasaw  
Clayton  
Delaware  
Fayette  
Howard  
Wapello  
Winneshiek

## Customizing Our Services

At The Spectrum Network, we take the time to get to know our clients—both at work and at home.

During their first 30 days with us, clients can experience all we have to offer. They might learn job skills on the training floor, join a work team, or begin searching for jobs. They might take an art class in the day services program. We may visit them at home to see if they need help with shopping, or balancing a checkbook.

After one month, we sit down with each client, their family members and their support team to create a personalized service plan designed to help the client fulfill his or her unique hopes, dreams, needs and goals.

## Real People; Real Success

We currently have 100 clients. Many of them take advantage of more than one of our services:

- 14% participate in our SCL program
- 37% use Adult Day Services
- 58% are in Vocational Training
- 20% participate in Community Work Crews
- 36% use Employment Services.

In our last fiscal year:

- Work crews operated at 8 local businesses
- 20% of clients in our Employment Services program found jobs
- Employment specialists provided over 200 hours of support each month to individuals working in the community.

## Who We Are

The Spectrum Network was founded in 1974. It now employs 40 professionals who serve 100 clients.

Headquartered in Decorah, The Spectrum Network has training sites in Decorah, Cresco and Freeport. Our staff members travel widely to help clients in northeast Iowa and beyond.

## How to Get Started

Give us a call for a tour of our facilities, or for more information on how we help men and women succeed.

Call Cathy Sabelka at (563) 382-8401.