Request to Contacts to Email IPCA

Email Subject: Help Keep Mindful Education Thriving in Iowa!

Big changes are coming to Iowa's behavioral health system! Starting in July, the Iowa Primary Care Association (IPCA) will take on a key role in shaping behavioral health services statewide as the new Behavioral Health Administrative Support Organization (BH-ASO).

Challenge to Change's mindful education programs—like Mindful Education in Schools, Trauma Supports in Facilities, and Kids Yoga and Mindfulness Teacher Trainings—have already made a powerful impact on educators, students, and mental health professionals across Iowa. But to continue and expand this work, we need your voice!

We're asking you to email IPCA at info@iowapca.org by July 1, 2025, and share how these programs and instructors have made a difference for you, your students, and your community. Your message can help secure the future of mindful education in Iowa and ensure more people benefit from these life-changing programs.

To make it easy, here's a sample email to help you get started:

Subject: Support for Challenge to Change Mindful Education Programs in Iowa

Dear IPCA Team,

I am writing to express my strong support for the mindful education programs that have been instrumental in improving the well-being of students, educators, and mental health professionals across Iowa. Programs like [*Mindful Education in Schools/Trauma Supports in Facilities/Kids Yoga and Mindfulness Teacher Trainings, emotional intelligence trainings etc.*] provided by Challenge to Change, Inc. have made a significant difference by [*share a brief personal experience or observation*].

These programs provide essential tools for mental health, resilience, and emotional well-being. I encourage you to continue and expand their reach so that more individuals and communities can benefit from their positive impact.

Thank you for your time and for prioritizing behavioral health initiatives that truly make a difference.

Sincerely,
[*Your Name*]
[*Your Role/Organization (if applicable)*]

Your voice matters—please take a moment to share your experience today.

Thank you for being part of this movement!