

**AUG
2026**

STAR Project MONTHLY NEWSLETTER

**IOWA
HEALTH CARE**

Highlighting our Advisory Board: AMY JOCHIMS

This month, the STAR Advisory Board's highlighted member is a wonderful provider and advocate at the crossroads of three specialties UI ARC holds dear: substance use disorders, perinatal care, and rural healthcare.

Dr. Amy Jochims is a full-spectrum family medicine provider with a passion for both surgical obstetrics and addiction medicine, and has dedicated her career to leading change for the better in Greeley, CO, Longmont, CO and Spencer, IA.



After graduating from the University of Iowa Carver College of Medicine in 2014, Dr. Jochims became board certified in Family Medicine and completed her residency at North Colorado Family Medicine. While working at a Federally Qualified Health Center in CO, she was introduced to addiction medicine and has since been passionate about meeting patients where they are.

"Most people struggling with addiction have had encounters with healthcare that were missed opportunities for help, for connection. I want to educate *everyone* on how to access care, where to go, and who can help."

The STAR Project is important to Dr. Jochims because she knows firsthand how important connection can be in a field as imperative as addiction care. Rural providers notoriously struggle with a lack of resources and patient access, and Dr. Jochims sees connection between providers as the gateway to a future where rural health doesn't get left behind.

"There are a lot of great resources and ideas across the state, but they are not always accessible when you need them." Like our team at UI ARC, she values collaboration. "Knowing who to call/who to ask to get the resources you need, and also being that phone call for someone else; both building and being a part of those connections is just really cool."

We couldn't agree more, and we are so lucky to have Dr. Jochims on board. Her expertise in family medicine, with a distinct passion for finding solutions for vulnerable populations (including women's health and family planning, gender-affirming care, and MAT treatment for addiction), is exactly what Iowa needs more of.

Learn more about the incredible work of Dr. Jochims and her team at [Avera Medical Group](https://www.averamedicalgroup.com)!

Check out UI ARC's webpage:

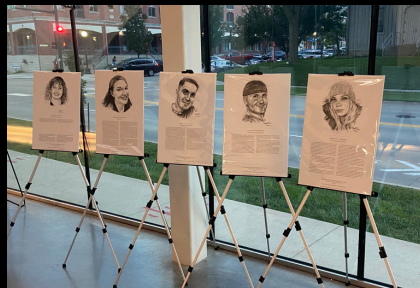
<https://uiarc.uiowa.edu/>



INTO LIGHT Updates

THIS MONTH:

Five of the portraits were on display at an annual Iowa City International Overdose Awareness Day event. This movie screening, followed by a panel discussion, took place on August 20th at FilmScene at The Chauncey in Iowa City.



If you are interested in having the exhibit visit your community or event, please fill out the online form at [this link](https://intolightproject.org/).

Visit the Into Light Project's homepage:

<https://intolightproject.org/>

Project iECHO and Virtual Office Hours

Project iECHO:

UI ARC is working with Project ECHO to create a virtual community, designed to connect healthcare providers for the purpose of sharing knowledge on addiction medicine. Project iECHO sessions will be held every fourth Monday from 12-1 over the iECHO platform, starting Sept. 28th.

Virtual Office Hours:

Date and Time: Sept. 11th & 18th, 1-2 PM

Location: Teams meeting

The meeting is accessible to healthcare providers and the general public to ask our interdisciplinary team of experts questions about substance use and treatment. Anyone can join by navigating to our website.

UPCOMING EVENTS:

- Prairie Ridge Ribbon Cutting Ceremony
 - August 27th, 4 PM
 - Prairie Ridge in Mason City
- CRUSH Overdose Awareness Day Event
 - August 29th, 11 AM-2 PM
 - NewBo Market in Cedar Rapids
- North Iowa Harm Reduction Coalition for International Overdose Awareness Day
 - August 31st, 6-8 PM
 - Central Park in Mason City
- Voices of Recovery
 - September 11th, 5-8 PM
 - Full Circle Community Center in Des Moines
- WISAM Conference
 - September 24th-25th
 - Madison Marriot West in Madison, WI

*The STAR Project is supported by:
IDHSS FY26 Opioid Settlement
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**Iowa HHS's 4th Annual Recovery
Conference is in September!**

[LEARN MORE HERE](#)



**Interested in learning more about this project
or collaborating?**

Email us at UIARC-Outreach@uiowa.edu