



# Recovery Iowa - Cedar Falls 360

*August, 2022*



Report provided to the Iowa Department of Public Health

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*This project was supported by the Iowa Department of Public Health, Bureau of Substance Abuse (IDPH) via a sub-ward from the Substance Abuse and Mental Health Services (SAMHSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling 350,000 with 100 percent funded by SAMHSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, IDPH, SMHSA/HHS, or the U.S. Government*



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## Overview

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At the request of the Iowa Department of Public Health, Bureau of Substance Abuse, the Public Science Collaborative (PSC) developed community-specific reports to support recovery efforts in Iowa. Recognizing the need to strengthen substance use recovery efforts throughout the state, we identified a large number of existing recovery-oriented resources in Cedar Falls, which we describe and map in the pages that follow. We developed additional maps to identify at-risk neighborhoods that will benefit from targeted health interventions and additional community resources. For additional questions or information about this report, the data tools described, or the Public Science Collaborative, please reach out to the principal investigators of this study, Dr. Shawn Dorius at [sdorius@iastate.edu](mailto:sdorius@iastate.edu), or Dr. Cassandra Dorius at [cdorius@iastate.edu](mailto:cdorius@iastate.edu).

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## What is Recovery?

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Though substance use recovery is an evolving concept that has been defined in a number of ways over the years, an emerging consensus is that recovery is a voluntary path toward improved personal well-being coupled with a diminished risk of substance use relapse. As noted by Bill White (2007):

*Recovery is the experience through which individuals, families, and communities impacted by severe alcohol and other drug (AOD) problems utilize internal and external resources to voluntarily resolve these problems, heal the wounds inflicted by AOD related problems, actively manage their continued vulnerability to such problems, and develop a healthy, productive, and meaningful life.*

In White's view, resources help individuals, families, and communities in two ways. First, they help address alcohol and other drug-related problems (for example, addiction, unemployment, housing instability, family separation), and second, they support health, productivity, and meaning in post-treatment life. The appeal of this view is that it is explicit and direct in its recognition that recovery involves not only internal resources such as mental, emotional, and genetic factors but also external ones. In thinking about where to focus federal and state resources to develop a network of community-based recovery centers in Iowa, the key question is, "What kinds of external resources matter most for sustained SUD recovery?"

*If we knew which resources were most helpful to long-run recovery, we could target towns and cities with large stocks of 'recovery resources' to grow Recovery Community Centers*

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## What is a Recovery Community Center?

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**Recovery Community Centers (RCCs)** represent low-cost, member-driven, voluntarist, locally managed, and community-engaged pathways to sustainable recovery for people with substance use disorder, or SUD. RCCs accomplish these goals by linking people to existing resources and infrastructure and promoting a vibrant recovery culture based in a **physical community center where people in recovery can visit, engage with others in recovery, and access resources**. RCCs are an innovative, safe, and helpful source of community recovery support that provides linkages to existing local services and resources that support recovery for people with a substance use or mental health disorder. RCCs support recovery by helping people in the community who have a history of substance use to develop recovery capital, the personal resources that enable people to live healthy, productive, and community engaged lives. RCCs do this by connecting members of the recovery community, called peers, with different types of services such as recovery coaching, medication assisted treatment, connection to employment services and child care, recovery-oriented housing, or education and workforce development training services. Located in the heart of the community, Recovery Community Centers improve the ability of the local recovery community to care for one another, and they also help destigmatize the lives of people in recovery.

The RCC model of recovery is validated by academic studies and is promoted by both the SUD community and public health officials. However, finding the right communities for RCC development in Iowa has proven difficult, underscoring the fact that Iowa is one of just a few states in the U.S. that has yet to adopt the recovery community model.

## Is Your Community Recovery Ready?

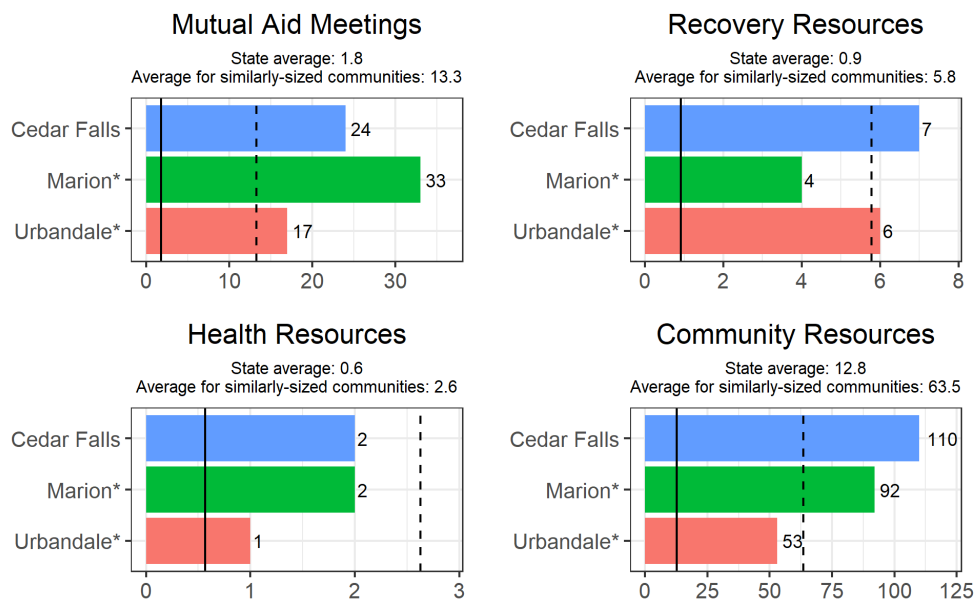
What is the RRCI and how was it created? We consulted scientific literature on substance use recovery and engaged key stakeholders who work directly with people in recovery around the country and in Iowa. This helped us to identify 17 unique community-based resources that we collected for almost all of Iowa’s 944 cities and towns. In total, we found nearly 16,000 community features that support recovery. We mapped and analyzed these resources so we could identify a short list of ‘Recovery Ready’ communities across the state, culminating in the first-of-its-kind index: **The Recovery Ready Community Index (RRCI)**.

The RRCI encompasses four dimensions: breadth, depth, size, and strength. Breadth of recovery resources was measured by counting the number of different types of recovery resources in each county and community. For example, counting if there is at least one hospital, one treatment center, and one drug drop off location in town. Depth of recovery resources was measured by first counting the total number of resources in each category and then ranking cities accordingly. This gives added importance to places that have, for example, more than one medication assisted treatment provider and many different recovery houses in town. Size of local recovery culture was measured by the total number of weekly mutual aid and peer support meetings per week in each city (e.g. total number of NA and AA meetings). Finally, the strength of the recovery community was measured as the difference between the total number of weekly peer support meetings and the number of meetings expected, based upon the total population of each town. These four dimensions were used to create the Recovery Ready Community Index. The RRCI is the simple average of each town’s ranking across the four dimensions or recovery readiness. Places that ranked high on all four dimensions are labeled as especially recovery ready.

*How recovery ready is your community? Are you well-positioned to support a Recovery Community Center in your community?* Relative to all cities, Cedar Falls ranks low in terms of its recovery readiness. **According to the Recovery Ready Community Index (RRCI), Cedar Falls scored 56.75, placing it at 39th when compared with other Iowa cities** (Iowa’s RRCI state average is 32.7).

Another way to understand recovery resources in Cedar Falls is to compare them with those of the state average and other communities of similar size. This comparison is displayed in Figure 1, which compares Cedar Falls with Marion and Urbandale. An average across all Iowa towns as well as the subset having a comparable population level are also included as a baseline for comparison.

**Fig. 1.** Recovery Ready Community Index: Comparison of Cedar Falls to Other Iowa Communities on ‘Recovery Readiness’



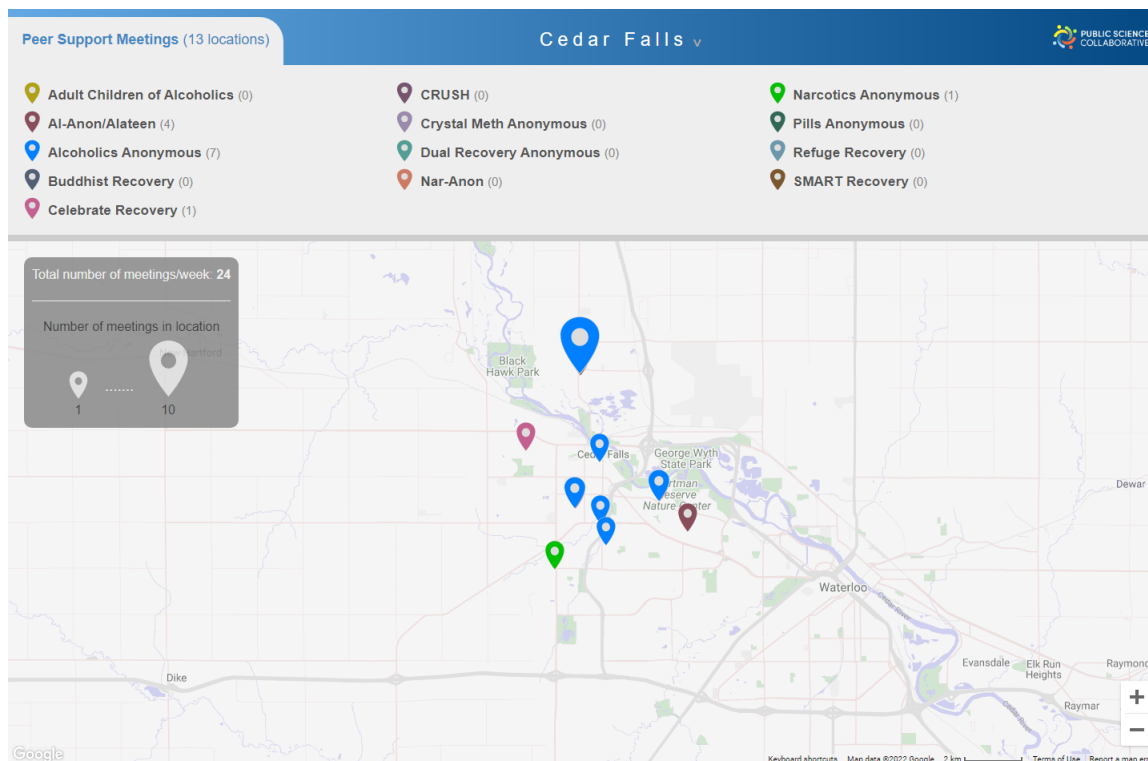
\* The Iowa cities most comparable to Cedar Falls by population are Marion and Urbandale.

\*\* The solid vertical line represents the average for all 944 communities in Iowa and the dashed vertical line represents the average for Iowa communities with populations between 10,000 and 49,999 people.

## What Peer Support Meetings are Available in Your Area?

Recovery meetings, such as Alcoholics and Narcotics Anonymous, play a significant role in facilitating the recovery process. Despite the importance of these meetings there is no coherent ‘one stop shop’ to find the meeting you need, when you need it. People usually need to go through several steps, such as searching for meetings on Google, or looking for a specific meeting time or place on a local listings’ website. It can be hard enough to connect with peer support during the best of times, but doubly difficult when you are in crisis and questioning your recovery. Magnifying the challenge of finding the right meeting at the right time is being new to a community, unfamiliar with the members of a local meeting, and being in a moment of duress.

**Fig. 2.** Peer Support Meetings in Cedar Falls



Note: Larger markers indicate the locations that host more than one meeting per week. For example, in Cedar Falls there are 25 total meetings hosted each week in the locations identified above.

We developed the PSC Meeting Finder tool above to make it easier to find local meetings. We do this by presenting a map-based list of meetings all throughout Iowa and we update the map every single day. It’s a simple interface that helps people to find the appropriate meetings nearby, right now. Users can filter meetings by time of day, day of week, or whether childcare is available, for example, to find the right meeting at the right time. Having a responsive design, PSC Meeting Finder Tool runs efficiently and quickly on many different kinds of computers and mobile devices such as smartphones. Figure 2 is a screen capture of the PSC Meeting Finder where you can see the location of all known peer support meetings in your community. A web version of this map is available at: <http://public-science.org/reportmaps/meetings/?city=Cedar%20Falls>. Note that the peer support data is updated regularly and may not exactly match Figure 2. A full listing of these resources is provided as a table with meeting, type, group name, number of meetings per week, and location of meetings in Appendix 2.

Cedar Falls has about 25 peer support meeting locations in a given week. Figure 2. indicates the location of these meetings as well as locations where there are few or no weekly meetings, which may help local peer support groups to identify new places to sponsor a meeting and support local recovery. The number of meetings held by each group is tabulated in the top panel of this figure indicating the prominence of different peer support organizations in the community.

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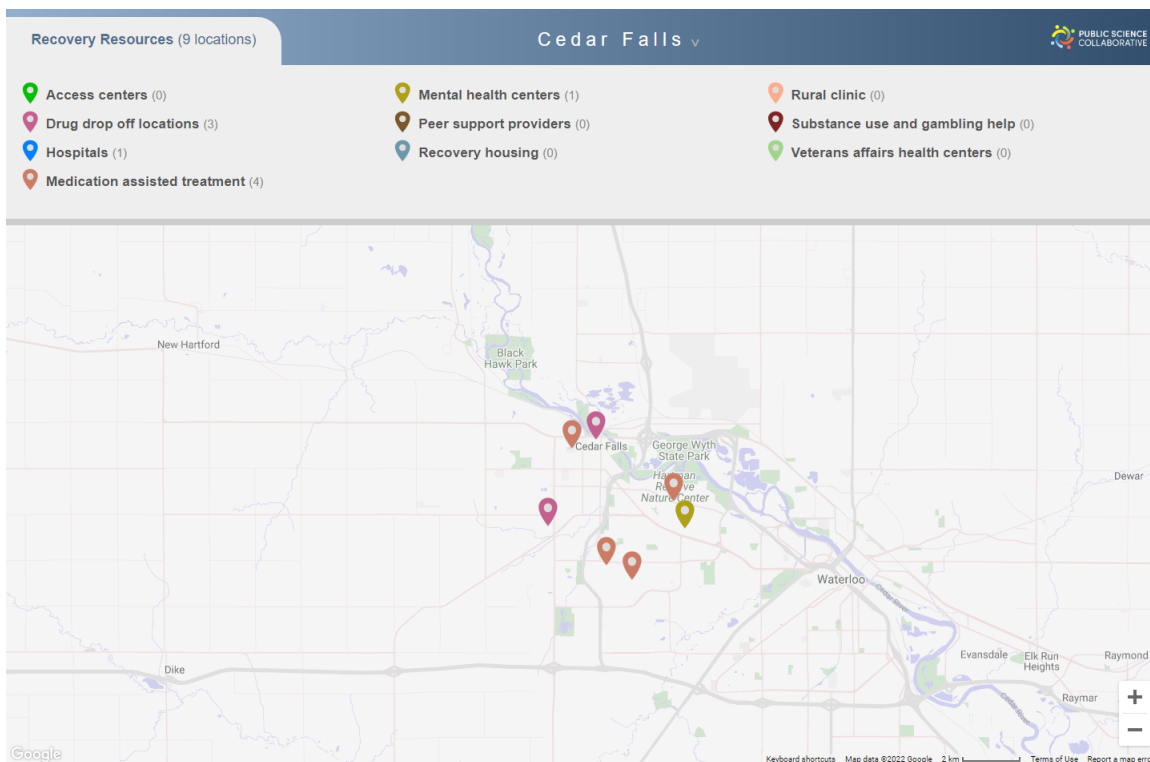
## What Recovery Resources Are Available in Your Area?

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Despite their importance, community-based recovery resources can be hard to find. Whether a person is new to the community or a long-term resident, some resources remain unknown to many people in the community. The PSC Recovery Resource Locator aims to help solve this problem. Figure 3 is a screen capture of the PSC Recovery Resource Locator where you can see the location of some of the resources your community offers to its recovery community. A web version of this map is available at: <http://public-science.org/reportmaps/recoveryresources/?city=Cedar%20Falls>. A full listing of these resources is provided as a table with resource name, type, and location in Appendix 3.

Cedar Falls has 9 recovery resources available to support its residents in recovery from substance use disorders. These resources provide a variety of services and care to respond to the needs of individuals in the community. Drug drop off locations allow individuals to dispose of their unneeded prescription drugs to limit abuse of these substances. Medication assisted therapy helps alleviate withdrawal symptoms for individuals in recovery. Mental health resources are also an important resource in helping treat mental health challenges associated with SUD. Mutual aid and recovery housing groups are designed to provide a community of support to help address the material needs of people using substances. Finally, SUD treatment facilities and Veterans Affairs health clinics provide medical care to individuals using substances. These resources and others like them are tabulated in the top panel of Figure 3 to provide insight into strong and weak areas in community recovery resources.

**Fig. 3.** *Recovery Resources in Cedar Falls*



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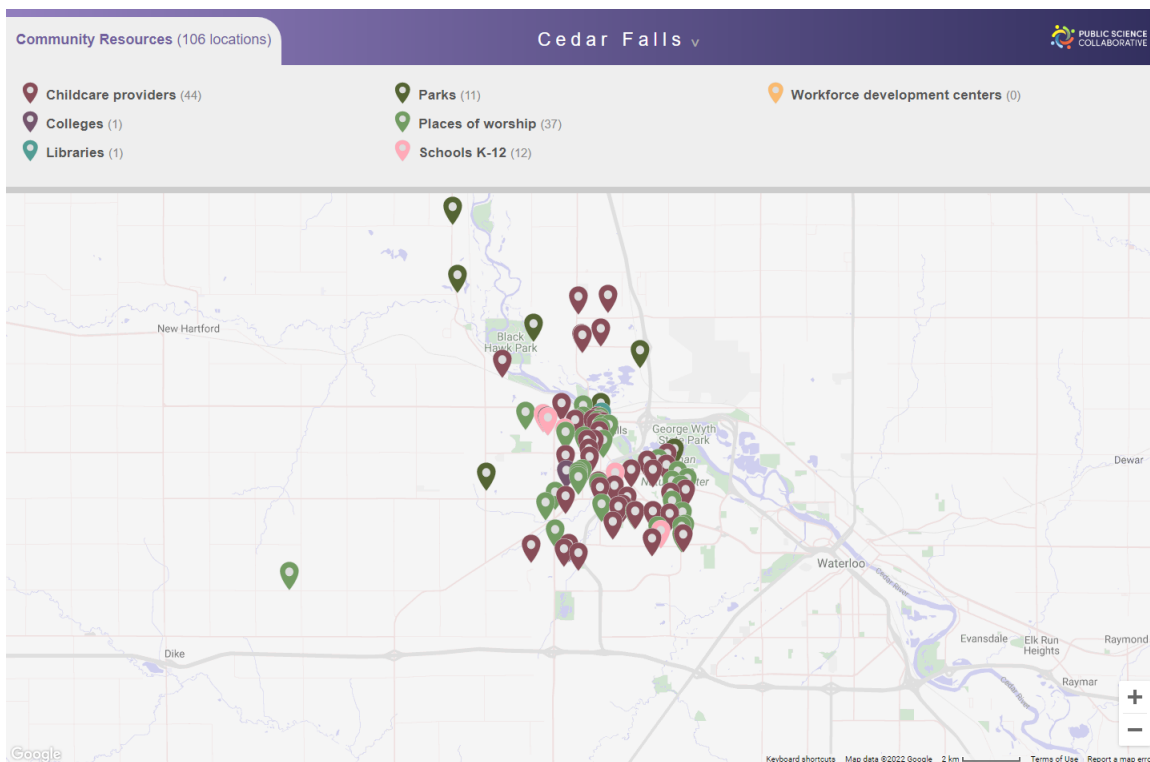
## What Community Resources Are Available in Your Area?

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In addition to peer support meetings and clinical care, people in recovery benefit from other community resources. For example, having easy access to parks and natural areas has been shown to support substance use recovery. Participation in community groups, including religious organizations, may be a source of strength and support for many people in recovery. We have identified many additional community assets that can help people in their own recovery journey. The state of Iowa has a wide range of public and private institutions and organizations dedicated to providing health and human services, support, and activities to improve quality of life and well-being of all Iowans. The PSC Community Resource Locator is a utility for discovering many of these resources. Figure 4 is a screen capture of the PSC Community Resource Locator where you can see the location of some of the resources your community offers to its recovery community. A web version of this map is available at: <http://public-science.org/reportmaps/communityresources/?city=Cedar%20Falls>. A full listing of these resources is provided as a table with resource name, type, and location in Appendix 4.

Cedar Falls has 106 community resources available for its residents to live their best lives and to support those in recovery from substance use disorders. These may include childcare providers, universities and technical colleges, libraries, parks, places of worship, K-12 schools, and workforce development centers. The number of each type of resource is broken down in Figure 4., highlighting areas of success and areas for growth in your community.

**Fig. 4.** *Community Resources in Cedar Falls*



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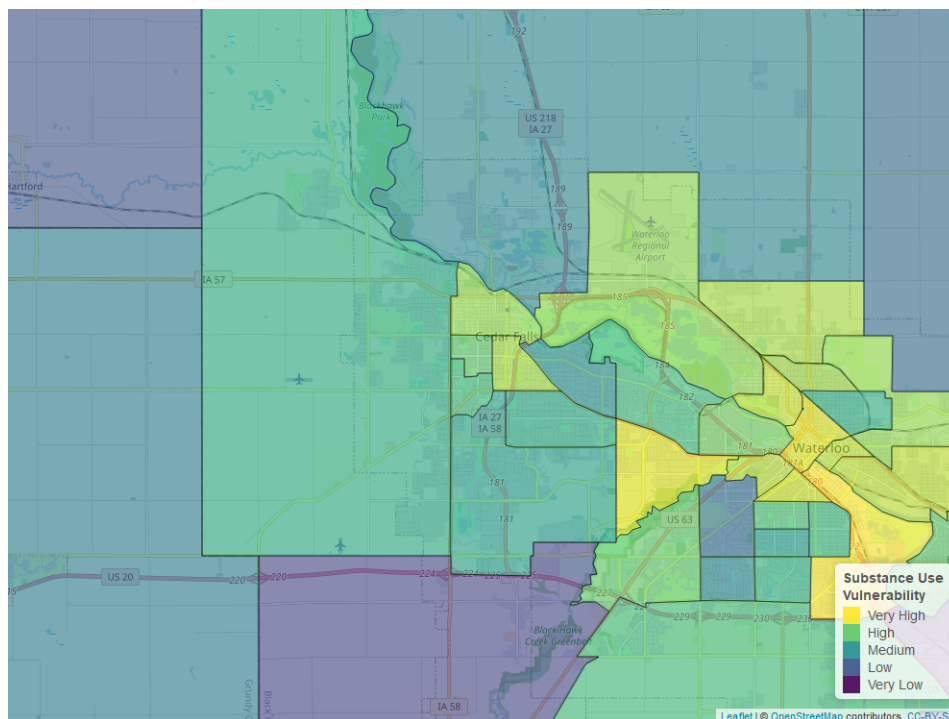
## Which Neighborhoods in Your Community Need Additional Health Resources and Support?

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The Public Science Collaborative has developed data resources to help community organizations, local governments, and public health practitioners to more effectively target substance use prevention, treatment, and recovery interventions to the places in greatest need of resources. Geographic ‘hot spots’ identify places where local residents are at especially high risk for substance use disorder. We estimated statistical models using administrative data from the Treatment Episode Admissions Dataset (TEDS-A) and the National Survey of Drug Use and Health (NSDUH) to measure significant relationships between substances of misuse and socio-demographic characteristics known to affect health equity and substance use vulnerability. Neighborhood characteristics associated with each substance (e.g. methamphetamine, benzodiazepines) were overlaid with Census Bureau estimates of these same neighborhood characteristics, by census tract. Once mapped, these data help us to identify places with especially high concentrations of at-risk characteristics in need of targeted resources to reduce health inequities. You can learn more about the underlying models for this index in Appendix 1. The resulting maps are included in the pages that follow, and interactive maps can be found online at [https://publicsciencecollaborative.shinyapps.io/iowa\\_sdoh/](https://publicsciencecollaborative.shinyapps.io/iowa_sdoh/) and [https://publicsciencecollaborative.shinyapps.io/ia\\_substance\\_use\\_vulnerability/](https://publicsciencecollaborative.shinyapps.io/ia_substance_use_vulnerability/).

Towns and cities in Iowa typically have neighborhoods with distinctive risk profiles, with some at especially high (or low) risk of harmful use of a specific substance, such as Heroin, Opioids, or Methamphetamine. Identification of these locations can guide public health outreach efforts and enable more targeted, substance-specific interventions based upon known neighborhood risk factors. To do so, we have developed a city map to identify overall substance use vulnerability, which can be used to support generalized substance use prevention, treatment, and recovery interventions (Figure 5). Maps pertaining to Opioid, Heroin, and Methamphetamine use are included to help identify trends specific to these specific drugs (Figures 6, 7, 8). Typically, areas high in overall substance use vulnerability are also high in substance use. When this is the case, it suggests that general health resources would benefit these places and their residents. If a particular neighborhood is high in a specific substance, drug-specific interventions may be an effective tool in supporting the area.

**Fig. 5.** *Neighborhood Vulnerability Index, All Substance Use*

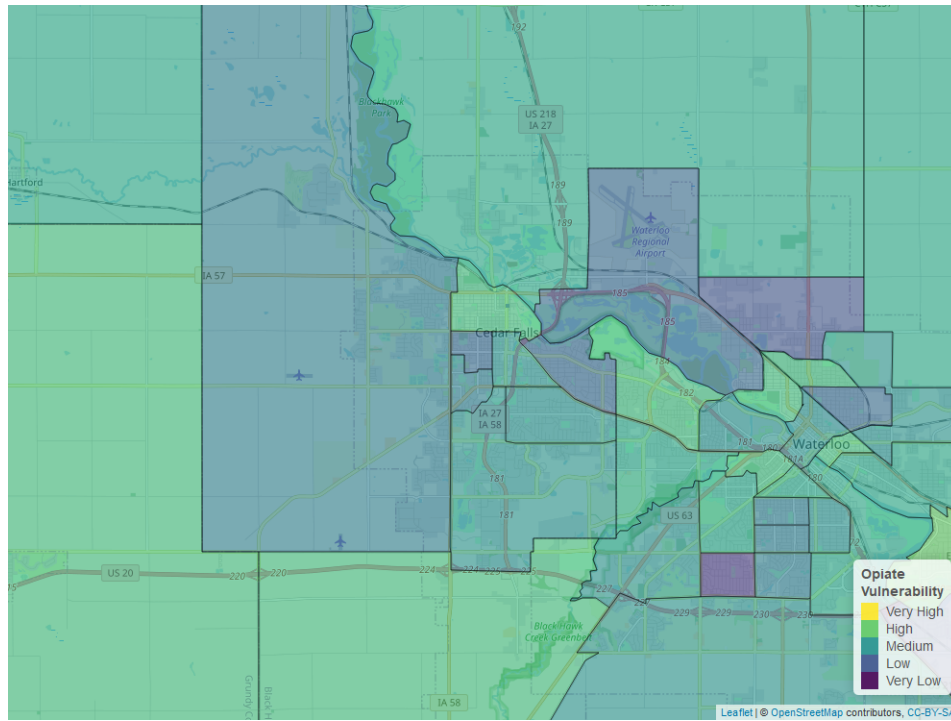


Overall substance use vulnerability varies by neighborhood in Cedar Falls, but is generally higher than other communities in Iowa (see Figure 5). Due to neighborhood vulnerability, specific neighborhoods may benefit from a targeted approach rather than community wide efforts. Community-wide vulnerability was highest for heroin,



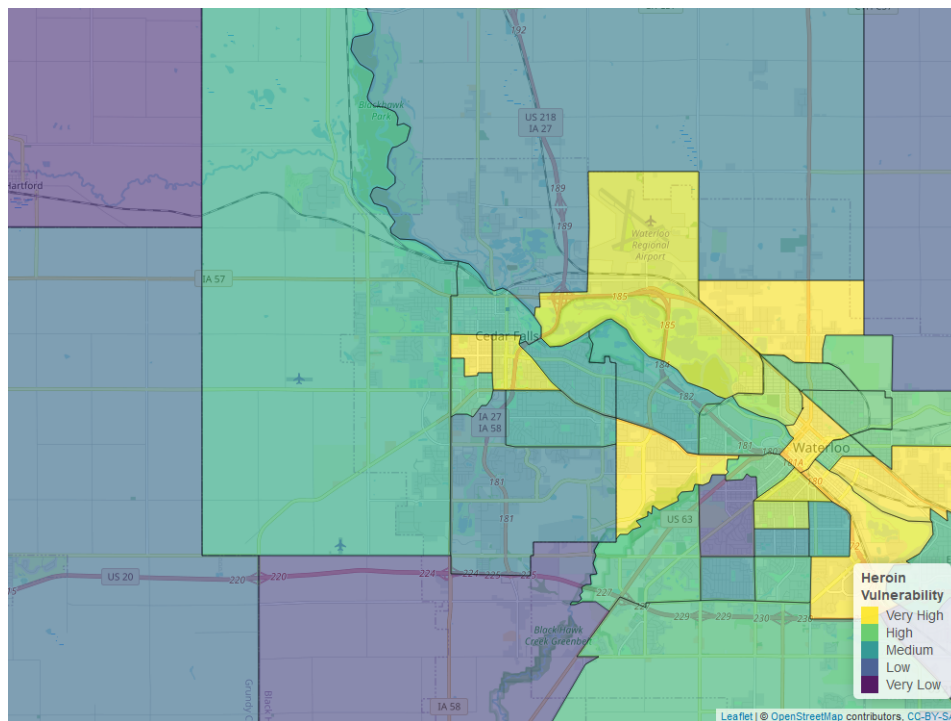
and a breakdown for each substance is shown in the figures below.

**Fig. 6.** *Neighborhood Vulnerability Index, Opioid Use*



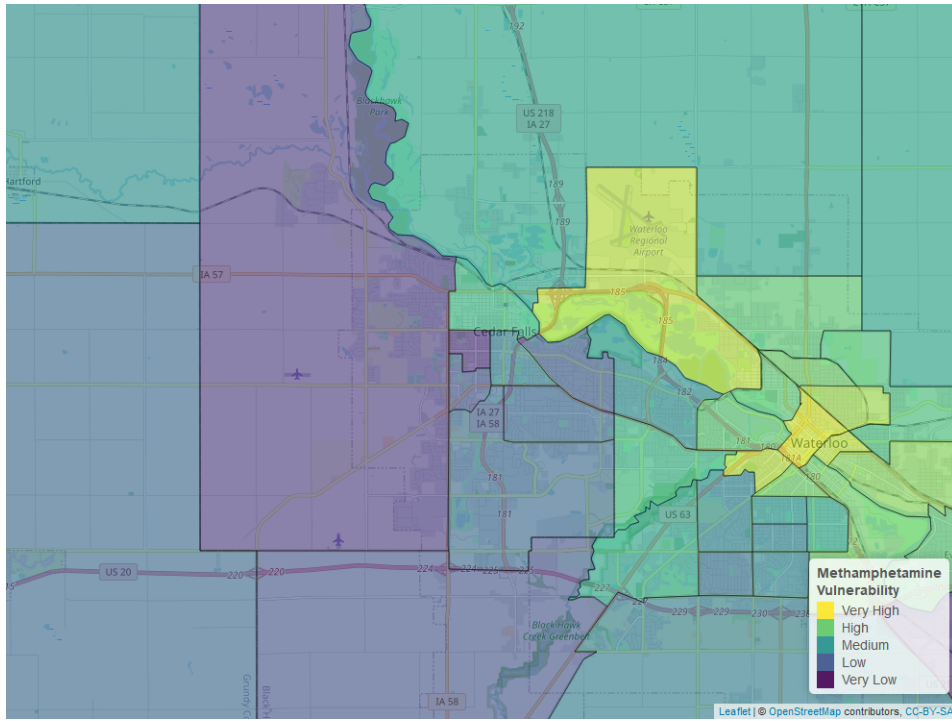
The overall opioid risk in Cedar Falls is about equal to the average for communities in Iowa (see Figure 6).

**Fig. 7.** *Neighborhood Vulnerability Index, Heroin Use*



The overall heroin risk in Cedar Falls is higher than the average for communities in Iowa (see Figure 7).

**Fig. 8. Neighborhood Vulnerability Index, Methamphetamine Use**



The overall meth risk in Cedar Falls is about equal to the average for communities in Iowa (see Figure 8).

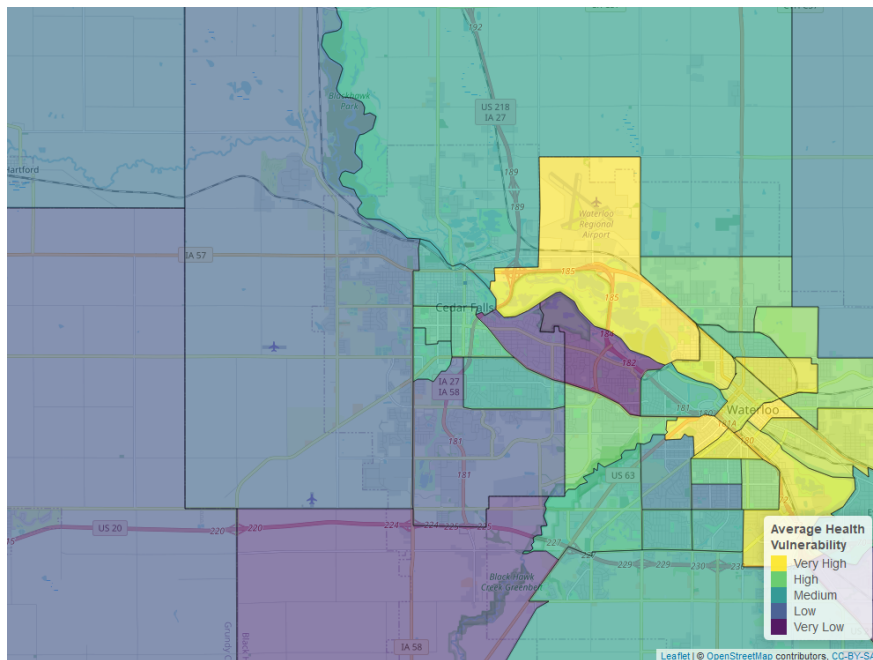
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## What's Driving Health Disparities in Your Community?

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In addition to the neighborhood vulnerability maps above, the Public Science Collaborative created a neighborhood map to understand health disparities in Cedar Falls that draws on well-established social determinants of health. By social determinants, we refer to health risks that are social in origin and tend to be unevenly distributed within a city or town. For example, in places with high average levels of education and low unemployment rates, residents tend to also have better overall health (e.g. longer life span and more healthy years of living). In places where average incomes are low and the rates of single parenting are high, people often have worse health, including higher death rates due to overdose and fewer healthy days. Knowing something about where the social determinants of health support well being and where their scarcity decreases well being can help local community organizations and governments to better target investments to reduce health disparities between neighborhoods.

**Fig. 9.** *Neighborhood-Level Health Disparities, Social Determinants*



According to the social determinants we considered, poverty is the biggest risk factor for poor health and between neighborhood health disparities in Cedar Falls. Overall, health risks in Cedar Falls are about equal to the average for communities in Iowa.

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## APPENDIX 1: Data Used in this Report

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### 10.1 Recovery Ready Community Index (RRCI)

Data Tool: Recovery Ready Community Index

Data: Data: PSC Meeting Finder Tool data; PSC Recovery Resources Locator Tool data; PSC Community Resources Tool data, U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019

The Recovery Ready Community Index was designed to give a holistic view of a community’s “recovery readiness” and their ability to support people in recovery. The RRCI is constructed with four sub-measures: Breadth of Recovery Resources, Depth of Recovery Resources, Size of Recovery Culture, and Strength (Vibrancy) of Recovery Culture. You can read more about how the RRCI was developed on page two of this report. The specific recovery and community data collected to build the RRCI are detailed below and listed by name and source in Appendices 2, 3, and 4

### 10.2 PSC Meeting Finder Tool

Interactive Tool: <http://public-science.org/meetingfinder/>

Data updated daily: *Adult Children of Alcoholics, Al-Anon/Alateen, Alcoholics Anonymous (AA), Buddhist recovery, Celebrate Recovery, CRUSH, Crystal Meth Anonymous, Dual Recovery Anonymous, Nar-Anon, Narcotics Anonymous (NA), Pill Anonymous, Refuge Recovery, and SMART Recovery*

Under the hood, the PSC Meeting Finder Tool is a data pipelining system that fetches the information of the 13 different types of recovery meetings from their original sources, and integrates them into a state map (Following Figure). This system is composed of four major logical components: (1) automated robots that oversee and ‘scrape’ the peer-support websites for daily updates, (2) database infrastructure, (3) the web server infrastructure, and (4) PSC Meeting Finder web-based application. There are two types of automated program robots, called ‘bots’, utilized in this system: commander bots and scraper bots. The commander bot is in charge of running and logging the scraper bots, and reports to the system administrator when a scraper bot is unsuccessful. A scraper bot is in charge of scrapping the original listing websites, and populating the database with the cleaned data. The original listings might be unstructured and contain dirty data. It is the scraper bot’s duty to make sure that the data that is inserted into the database is clean and structured. These data are then pulled into the users’ browser by the PSC Meeting Finder Tool.

**Table 1.** *Peer Support Meeting Information for Cedar Falls*

Name of Meeting	Web Resource	# of locations	# of meetings per week
Al-Anon/Alateen	<a href="https://al-anon.org">https://al-anon.org</a>	8	8
Alcoholics Anonymous	<a href="https://www.aa-iowa.org/">https://www.aa-iowa.org/</a>	37	16
Celebrate Recovery	<a href="https://locator.ergroups.info">https://locator.ergroups.info</a>	2	2

Recovery meetings data are gathered and cleaned from 13 web-based resources via our data pipeline system. Most of these resources utilize web scraping techniques (in Python by standard requests or packages such as Selenium and BeautifulSoup packages) as well as parsing PDF (Python: PyPDF2 package) files and XLS sheets (Python: csvkit). Table 1 identifies the name of the meeting, web resource, number of locations, and number of meetings per week.

Fig. 10. PSC Meeting Finder Tool - Under the Hood



### 10.3 PSC Resource Recovery Tool

Interactive Tool:

<http://public-science.org/recoveryresources>

Data updated yearly:

*Iowa Office of Drug Control Policy; Wikipedia of Iowa hospitals; Iowa Department of Public Health; Recovery and Resilience Coordinator with AmeriCorpAllTreatment.com; TransitionalHousing.org; WomenSoberHousing.com; Addicted.org; Recovery.org; Drug-rehabs.org; Iowa Association of Rural Health Clinics; U.S. Department of Veterans Affairs*

Recovery resources include access centers, drug drop off locations, hospitals, medication assisted treatment locations, mental health centers, peer support providers, recovery housing, rural clinics, SUD and problem gambling treatment locations, and Veterans Affairs health centers. To collect this data, we used a variety of public resources, including government agencies and recovery websites. Our collection of recovery resources is not necessarily exhaustive, but represents the data accessed through our initial effort and following the advice of substance use experts and researchers. This data was acquired through a variety of means, including simple downloads, manual data entry, computer reading of PDF files, and scraping websites. See the table below for the recovery resources data sources.

**Table 2.** *Recovery Resource Locator Tool Data Sources (Downloaded Sept 2020-May 2021)*

Resource	Data Source	Website Link
Access Centers	Manual Addition	
Drug Drop Off Locations	Iowa Office of Drug Control Policy	<a href="https://geodata.iowa.gov/datasets/rx-drop-off-locations-1?geometry=-101.674%2C40.504%2C-84.986%2C43.364">https://geodata.iowa.gov/datasets/rx-drop-off-locations-1?geometry=-101.674%2C40.504%2C-84.986%2C43.364</a>
Hospitals	Wikipedia list of Iowa hospitals	<a href="https://en.wikipedia.org/wiki/List_of_hospitals_in_Iowa">https://en.wikipedia.org/wiki/List_of_hospitals_in_Iowa</a>
Medication Assisted Treatment Locations	Iowa Department of Public Health	<a href="https://idph.iowa.gov/mat">https://idph.iowa.gov/mat</a>
Mental Health Centers	Iowa Department of Public Health	<a href="https://dhs.iowa.gov/sites/default/files/MHDDAccreditedProviders_32.pdf?082320201508">https://dhs.iowa.gov/sites/default/files/MHDDAccreditedProviders_32.pdf?082320201508</a>
Recovery Housing	AllTreatment.com; TransitionalHousing.org; WomenSoberHousing.com; Addicted.org; Recovery.org; Drug-rehabs.org	<a href="https://AllTreatment.com;TransitionalHousing.org;WomenSoberHousing.com;Addicted.org;Recovery.org;Drug-rehabs.org">AllTreatment.com;TransitionalHousing.org;WomenSoberHousing.com;Addicted.org;Recovery.org;Drug-rehabs.org</a>
Rural Clinics	Iowa Association of Rural Health Clinics	<a href="https://iarhc.org/find-a-rural-health-clinic?view=map">https://iarhc.org/find-a-rural-health-clinic?view=map</a>
SUD and Problem Gambling Treatment Locations	Iowa Department of Public Health	<a href="https://idph.iowa.gov/Portals/1/userfiles/166/Licensure/All%20Licensed%20Substance%20Use%20Disorder%20-%20Problem%20Gambling%20Program%27s%20List.pdf">https://idph.iowa.gov/Portals/1/userfiles/166/Licensure/All%20Licensed%20Substance%20Use%20Disorder%20-%20Problem%20Gambling%20Program%27s%20List.pdf</a>
Veterans Affairs Health Centers	U.S. Department of Veterans Affairs	<a href="https://www.va.gov/directory/guide/state.asp?STATE=IA&amp;dnum=ALL">https://www.va.gov/directory/guide/state.asp?STATE=IA&amp;dnum=ALL</a>

## 10.4 PSC Community Resource Locator Tool

Interactive Tool:

<http://public-science.org/communityresources>

Data updated yearly:

*Iowa Department of Human Services; Wikipedia of Iowa colleges; Institute of Museum and Library Services, Public Libraries Survey; MyCountyParks.com; USGS Geographic Names Information System; Iowa Dept of Education; Iowa Workforce Development*

Community resources include childcare providers, colleges, libraries, parks, places of worship, K-12 schools, and workforce development centers. To collect this data, we used a variety of public resources, including government agencies and recovery websites. Our collection of community resources is not necessarily exhaustive, but represents the data accessed following the advice of substance use experts and researchers. This data was acquired through a variety of means, including simple downloads, manual data entry, computer reading of PDF files, and scraping websites. See the table below for the community resources data sources.

**Table 3.** *Community Resource Locator Tool Data Sources (Downloaded Sept 2020-April 2021)*

Resource	Data Source	Website Link
Childcare Providers	Iowa Department of Human Services	<a href="http://ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx">http://ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx</a>
Colleges	Wikipedia list of Iowa colleges	<a href="https://en.wikipedia.org/wiki/List_of_colleges_and_universities_in_Iowa">https://en.wikipedia.org/wiki/List_of_colleges_and_universities_in_Iowa</a>
Public Libraries	Institute of Museum and Library Services	<a href="https://www.ims.gov/research-evaluation/data-collection/public-libraries-survey">https://www.ims.gov/research-evaluation/data-collection/public-libraries-survey</a>
Parks	MyCountyParks.com	<a href="https://www.mycountyparks.com/County/Default.aspx">https://www.mycountyparks.com/County/Default.aspx</a>
Places of Worship	USGS Geographic Names Information System	<a href="https://data.iowa.gov/Physical-Geography/Iowa-Church-Buildings/juvk-dad9">https://data.iowa.gov/Physical-Geography/Iowa-Church-Buildings/juvk-dad9</a>
K-12 Schools	Iowa Department of Education	Public Schools: <a href="https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-public-school-building-directory">https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-public-school-building-directory</a>
		Private Schools: <a href="https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-non-public-school-building-directory">https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-non-public-school-building-directory</a>
Workforce Development Centers	Iowa Workforce Development	<a href="https://www.iowaworkforcedevelopment.gov/contact">https://www.iowaworkforcedevelopment.gov/contact</a>

## 10.5 Substance Use Vulnerability Index

Data Tool:

Substance Use Vulnerability Index

Data:

*Treatment Episode Data Set-Admission and Discharge (TEDS), 2000-2018 National Survey on Drug Use and Health data (NSDUH), 2015-2019 U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019*

Geographic ‘hot spots’ of people at risk for substance use disorder were first predicted based on models of administrative data from Treatment Episode Data on admissions (TEDS) and the National Survey of Drug Use and Health (NSDUH) data that assessed significant relationships between key substances and socio-demographic characteristics known to affect health equity and substance use vulnerability (Tables 5-6 results below). Then, the significant predictions of risk for each substance were overlaid with Census Bureau’s American Community Survey 5-year estimates of these population characteristics to provide a visual representation of places with especially high concentrations of people with at-risk characteristics. The Census characteristics described in Table 4 below are reported in Figures 5-8

**Table 4.** *Substance Use Risk Index using U.S. Census Bureau American Community 5-year Estimates (2015-2019)*

Risk Characteristics	Census Table	Description
Age	B06001	Data table includes population by age categories.
Sex	B01001	Data table includes population by sex.
Poverty Status	S1701_C01	Data table includes poverty status by age bracket and for different income levels.
Marital Status	B12001	Data table includes marital status by sex.
Parental Status	B09002	Data table includes parental and childcare status.

**Table 5.** *Substance Use Risk Index using TEDS Admission Data*

Risk Characteristics	Alcohol	Cannabis	Meth	Cocaine	Other Opiates	Heroin	Benzos
Age	Older, >35	Young, <35, <25	Middle age	>45	<25	Spikes at both ends	<25
Sex	Male	Male	Female			Male	Female
Race	Black, Hispanic	Black	White	Non-white	Asian, white	Non-white	White
Education		No college	No college	Some college	Some college	Some college	Some college
Poverty	Public Assistance	Public Assistance		Retired/Disabled	Wages/Salary, Retired/Disabled	Wages/Salary, Retired/Disabled	
Employment	Employed	Part time	Unemployed	Employed	Unemployed		Part time
Marital Status			Separated, Divorced, Widowed	Single	Married	Single	
Pop Density	Rural, Micro	Rural, Micro	Micro	Metro	Metro	Metro	Metro, Micro



**Table 6.** *Substance Use Risk Index using NSDUH Data*

<b>Risk Characteristics</b>	<b>Alcohol</b>	<b>Cannabis</b>	<b>Meth</b>	<b>Cocaine</b>	<b>Other Opiates</b>	<b>Heroin</b>	<b>Benzos</b>
Age	26-34	Young, <35, <25	Middle age	18-34	<50	26-49	18-34
Sex	Male	Male	Male	Male	Male	Male	Male
Race	White	White, Native American	White, Native American	White, Native American	White, Native American	White	White
Education	College	Some college, maybe	No college		No college	No college	
Income	>75,000	<20,000	<40,000	<20,000	<40,000	<20,000	
Employment	Employed	Unemployed	Unemployed	Unemployed	Unemployed	Unemployed	Unemployed
Marital Status	Single, separated	Single	Separated, Divorced	Single	Single	Single	Single
Pop Density	Metro	Metro	Non-metro	Metro	Metro	Metro	Metro

## 10.6 Social Determinants of Health Index

Data: Social Determinants of Health Index

Data: *U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019*

The Social Determinants of Health Index was developed to promote health equity through providing a better understanding of the environments that create and ameliorate the multifactorial risk factors of substance misuse on priority populations. All data for the Substance Use Vulnerability Index comes from the U.S. Census Bureau American Community Survey 5-year estimates (2015-2019). The 5-year pooled dataset represents 60 months of data that enable more precise multi-year estimates. Because many of Iowa’s counties have relatively small populations, the 5-year set of pooled data is the only type of ACS estimates that are available to use across all 99 counties. Following the standards set by *Washington State’s Social Determinants of Health Website* ([www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth](http://www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth)), PSC collected information on the educational attainment level, health insurance coverage, English proficiency, unemployment, and poverty status in each county and then used this information to calculate the average health index for each of Iowa’s 99 counties

**Table 7.** *Substance Use Risk Index using U.S. Census Bureau American Community 5-year Estimates (2015-2019)*

Risk Characteristics	Census Table	Description
Educational Attainment	S1501	Data table includes educational attainment level for population 25+, by sex.
Health Insurance Coverage	S2701_C05_001	Variable is percent of civilian noninstitutionalized population that is uninsured.
English Proficiency	S1601_C06_001	Variable is percent of population 5+ that speaks English less than very well.
Unemployment, 16+	S2301_C04_001	Variable is percent of population 16+ that is in the labor force, but is unemployed.
Poverty Status	S1701_C01	Data table includes poverty status by age bracket and for different income levels.

The Social Determinants of Health Index was developed to promote health equity through providing a better understanding of the environments that create and ameliorate the multifactorial risk factors of substance misuse on priority populations. All data for the Substance Use Vulnerability Index comes from the U.S. Census Bureau American Community Survey 5-year estimates (2015-2019). The 5-year pooled dataset represents 60 months of data that enable more precise multi-year estimates. Because many of Iowa’s counties have relatively small populations, the 5-year set of pooled data is the only type of ACS estimates that are available to use across all 99 counties. Following the standards set by *Washington State’s Social Determinants of Health Website* ([www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth](http://www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth)), PSC collected information on the educational attainment level, health insurance coverage, English proficiency, unemployment, and poverty status in each county and then used this information to calculate the average health index for each of Iowa’s 99 counties

## Appendix 2: Peer Support Contacts in Your Area

Table 8. Appedix 2

Type	Name	Meetings per Week	Meeting Location
AA	Beginners On The Hill Group	1	1019 W 23rd St, Cedar Falls, IA 50613, USA
AA	Cedar Heights Group	2	2015 Rainbow Dr, Cedar Falls, IA 50613, USA
AA	I Heard it Through the Grapevine	1	7401 University Ave, Cedar Falls, IA 50613, USA
AA	Miner II	10	2513 Center St, Cedar Falls, IA 50613, USA
AA	Serenity Seekers Group	1	718 Clay St, Cedar Falls, IA 50613, USA
AA	St. Steven The Witness Group	1	1019 W 23rd St, Cedar Falls, IA 50613, USA
AA	Sunrise Group	1	125 Orchard Dr, Cedar Falls, IA 50613, USA
AA	Women on Wednesday W.O.W. Group	1	718 Clay St 156, Cedar Falls, IA 50613, USA
	Never Alone	1	4421 Hudson Rd, Cedar Falls, IA 50613, USA
AlAnon	Cedar Falls AFG	1	2513 Center St, Cedar Falls, IA 50613, USA
AlAnon	Cedar Falls Literature Study AFG	1	1019 W 23rd St, Cedar Falls, IA 50613, USA
AlAnon	Monday Al-Anon AFG	1	3220 Terrace Dr, Cedar Falls, IA 50613, USA
AlAnon	Serenity Seekers Step Study AFG	1	2015 Rainbow Dr, Cedar Falls, IA 50613, USA
CR	Cedar Falls Christian Church	1	2727 W. 4th Street, Cedar Falls, Iowa 50613 United States

## Appendix 3: Recovery Resources in Your Area

Table 9. Cedar Falls Recovery Resource Type, Name of Business, and Address of Business

Resource	Name	Address
Drug Drop Off Location	Cedar Falls Police Department	220 Clay Street, Cedar Falls, Iowa 50613
Drug Drop Off Location	Hy-Vee Pharmacy (1052)	6301 University, Cedar Falls, Iowa 50613
Drug Drop Off Location	Prairie Parkway Pharmacy	5100 Prairie Pkwy, Cedar Falls, Iowa 50613
Hospital	MercyOne Cedar Falls Medical Center	515 College St, Cedar Falls, IA 50613
Medication Assisted Treatment	Timothy Doyle NP	5100 Prairie Parkway, Cedar Falls, IA 50613
Medication Assisted Treatment	Arrowhead Medical Center - Dr. Ted Bonebrake M.D.	226 Bluebell Road, Cedar Falls, IA 50613
Medication Assisted Treatment	Cedar Valley Recovery Services	2603 Rainbow Drive, Cedar Falls, IA 50613
Medication Assisted Treatment	Covenant Clinic - Dr. Thomas Pattee D.O.	516 South Division Street, Cedar Falls, IA 50613
Mental Health Center	Basurto Behavioral Health, LLC	3316 Cedar Heights Dr., Cedar Falls, IA

## Appendix 4: Community Resources in Your Area

**Table 10.** Cedar Falls Community Resource Type, Name of Business, and Address of Business

Resource	Name	Address
Childcare Provider	A to Z Learning Center and Daycare-University Ave	4828 University Ave, Cedar Falls, IA 50613
Childcare Provider	Elizabeth Seals	3328 Panther Ln, Cedar Falls, IA 50613
Childcare Provider	First Kids Preschool and Child Care	718 Clay Street, Cedar Falls, IA 50613
Childcare Provider	Orchard Hill Church Preschool	3900 Orchard Hill Dr, Cedar Falls, IA 50613
Childcare Provider	Play N Learn Child Development Home	1327 Erik Rd, Cedar Falls, IA 50613
Childcare Provider	Ali's Daycare	3003 Tucson Dr, Cedar Falls, IA 50613
Childcare Provider	Angela Johnson	1932 Tremont St, Cedar Falls, IA 50613
Childcare Provider	Immanuel Lutheran Preschool	4820 Oster Pkwy, Cedar Falls, IA 50613
Childcare Provider	Ashley Anderson-Murphy	1409 Clay St, Cedar Falls, IA 50613
Childcare Provider	Bear Care Child Care	322 Joanne St, Cedar Falls, IA 50613
Childcare Provider	Bertha Brown	1415 W 2nd St, Cedar Falls, IA 50613
Childcare Provider	Blessed Beginnings Learning Center	7401 University Ave, Cedar Falls, IA 50613
Childcare Provider	Blessed Beginnings School-Age	3001 S Main St, Cedar Falls, IA 50613
Childcare Provider	Brandy Rolf	1715 Tremont St, Cedar Falls, IA 50613
Childcare Provider	Brittany Muehling	1810 Edwards Ave, Cedar Falls, IA 50613
Childcare Provider	Bruna Howard	1208 Amelia Dr, Cedar Falls, IA 50613
Childcare Provider	Karen Edgar-Schwebach	503 Heritage Rd, Cedar Falls, IA 50613
Childcare Provider	Kelli E Killean	1826 Pin Oak Dr, Cedar Falls, IA 50613
Childcare Provider	Kelli Youngton	103 E Lone Tree Rd, Cedar Falls, IA 50613
Childcare Provider	St John Preschool and Child-care Center	715 College St, Cedar Falls, IA 50613
Childcare Provider	Casa Montessori School Inc	215 W 9th St, Cedar Falls, IA 50613
Childcare Provider	Cedar Valley Preschool and Child Care Center	724 Lantz Ave, Cedar Falls, IA 50613
Childcare Provider	Christina Gass	1623 Madison St, Cedar Falls, IA 50613
Childcare Provider	Circle of Care-St Patrick Catholic School	615 Washington St, Cedar Falls, IA 50613
Childcare Provider	Clover Patch Day Care	802 Main St, Cedar Falls, IA 50613
Childcare Provider	Community United Child Care Centers - Orchard Dr	815 Orchard Drive, Cedar Falls, IA 50613
Childcare Provider	Community United Child Care Centers-Nordic Drive	5109 Nordic Dr, Cedar Falls, IA 50613
Childcare Provider	Community United Child Care Centers-Valley Park	1026 E Seerley Blvd, Cedar Falls, IA 50613
Childcare Provider	Kimberly Graves	3922 Veralta Dr, Cedar Falls, IA 50613
Childcare Provider	Learn and Play PS and DCC - Cedar Falls	4710 Cedar Heights Dr, Cedar Falls, IA 50613
Childcare Provider	Tarah Kuehn	1110 Washington St, Cedar Falls, IA 50613
Childcare Provider	The Farmstead Preschool Inc	3603 Skyview Dr, Cedar Falls, IA 50613
Childcare Provider	UNI Child Development Center	1901 Campus St, Cedar Falls, IA 50614
Childcare Provider	Melissa Beebe	1408 Iowa St, Cedar Falls, IA 50613
Childcare Provider	Missy Gray	3816 Winters Dr, Cedar Falls, IA 50613
Childcare Provider	Montessori System School	3220 Terrace Dr, Cedar Falls, IA 50613
Childcare Provider	Lora Retterath	1009 Lilac Ln, Cedar Falls, IA 50613
Childcare Provider	Y's Kids at Cedar Falls Lincoln	321 W 8th St, Cedar Falls, IA 50613

Childcare Provider	Y's Kids at Hansen	616 Holmes Dr, Cedar Falls, IA 50613
Childcare Provider	Y's Kids at North Cedar	2419 Fern Ave, Cedar Falls, IA 50613
Childcare Provider	YMCA School Age Care at Aldrich Elementary	2526 Ashworth Dr, Cedar Falls, IA 50613
Childcare Provider	YMCA School Age Care at Cedar Heights Elem	2417 Rainbow Dr, Cedar Falls, IA 50613
Childcare Provider	YMCA School Age Care at Orchard Hill Elem	3909 Rownd St, Cedar Falls, IA 50613
Childcare Provider	YMCA School Age Care at Southdale Elem	627 Orchard Dr, Cedar Falls, IA 50613
College Library	University of Northern Iowa Cedar Falls Public Library	University of Northern Iowa, Cedar Falls, IA 524 Main St, Cedar Falls, IA 50613
Park	Beaver Creek Access	Union Rd, Cedar Falls, IA 50613
Park	Big Woods Lake Campground	1501 E Lake St, Cedar Falls, IA 50613
Park	Black Hawk Park	2410 W Lone Tree Rd, Cedar Falls, IA 50613
Park	Falls Access	Beaver Valley Rd and N Union Rd, Union, IA 50613
Park	Hartman Reserve Nature Center	657 Reserve Dr, Waterloo, IA 50701
Park	Marquis Rd. Access	W Marquis Rd, Iowa
Park	Rotary Reserve	5932 N Union Rd, Cedar Falls, IA 50613
Park	Thunderwoman Wildlife Area	Finchford Rd, Union, IA 50647
Park	Washington Union Access	W Cedar Wapsi Rd, Iowa
Park	West Fork Wildlife Area	Marquis Rd, Iowa
Park	Winslow Road Access	115 Main St, Cedar Falls, IA 50613
Place of Worship	Trinity Wesleyan Church	125 Orchard Dr, Cedar Falls, IA 50613
Place of Worship	Church of Christ of Cedarloo	Cedar Falls, IA 50613
Place of Worship	Saint Timothys United Methodist Church	3220 Terrace Dr, Cedar Falls, IA 50613
Place of Worship	Cedar Falls Gospel Hall	1302 Walnut St, Cedar Falls, IA 50613
Place of Worship	First Baptist Church	123 W 7th St, Cedar Falls, IA 50613
Place of Worship	Greenhill Baptist Church	4316 Cedar Heights Dr, Cedar Falls, IA 50613
Place of Worship	Cedar Falls Mennonite Church	902 Main St, Cedar Falls, IA 50613
Place of Worship	Ethiopian Evangelical Christian Church	2727 W 4th St, Cedar Falls, IA 50613
Place of Worship	Prairie Springs Church	Cedar Falls, IA 50613
Place of Worship	First Presbyterian Church	902 Main St, Cedar Falls, IA 50613
Place of Worship	The Church of Jesus Christ of Latter Day Saints	3006 Pleasant Dr, Cedar Falls, IA 50613
Place of Worship	First Evangelical Free Church	1015 Main St, Cedar Falls, IA 50613
Place of Worship	Covenant Presyterian Church	Cedar Falls, IA 50613
Place of Worship	Wesley Foundation United Methodist Campus Ministry	2422 College St, Cedar Falls, IA 50613
Place of Worship	First Church of Christ Scientist	Cedar Falls, IA 50613
Place of Worship	Nazareth Evangelical Lutheran Church	7401 University Ave, Cedar Falls, IA 50613
Place of Worship	Cedar Heights Baptist Church	2430 Neola St, Cedar Falls, IA 50613
Place of Worship	Orchard Hill Reformed Church	3900 Orchard Hill Dr, Cedar Falls, IA 50613
Place of Worship	United Church of Christ	9204 University Ave, Cedar Falls, IA 50613
Place of Worship	Cedar Heights Presbyterian Church	2015 Rainbow Dr, Cedar Falls, IA 50613
Place of Worship	College Hill Lutheran Church	2322 Olive St, Cedar Falls, IA 50613
Place of Worship	Saint Paul Lutheran Church	2812 Willow Ln, Cedar Falls, IA 50613
Place of Worship	Our Redeemer Lutheran Church	904 Bluff St, Cedar Falls, IA 50613

Place of Worship	Saint John Lutheran Church	715 College St, Cedar Falls, IA 50613
Place of Worship	Bethlehem Lutheran Church	4000 Hudson Rd, Cedar Falls, IA 50613
Place of Worship	Faith Wesleyan Church	209 Walnut St, Cedar Falls, IA 50613
Place of Worship	Washington United Methodist Church	Cedar Falls, IA 50613
Place of Worship	First Christian Church	1302 W 11th St, Cedar Falls, IA 50613
Place of Worship	Cedar Falls Church of Christ	2727 W 4th St, Cedar Falls, IA 50613
Place of Worship	First United Methodist Church	718 Clay St, Cedar Falls, IA 50613
Place of Worship	Bethany Bible Church	Cedar Falls, IA 50613
Place of Worship	Immanuel Southern Baptist Church	4820 Oster Pkwy, Cedar Falls, IA 50613
Place of Worship	Saint Patrick Church	705 Main St, Cedar Falls, IA 50613
Place of Worship	Unitarian Universalist Society of Black Hawk County	3912 Cedar Heights Dr, Cedar Falls, IA 50613
Place of Worship	Glad Tidings Assembly of God Church	4421 Hudson Rd, Cedar Falls, IA 50613
Place of Worship	Saint Stephen the Witness Student Center	1019 W 23rd St, Cedar Falls, IA 50613
Place of Worship	Fredsville Evangelical Lutheran Church	32756 150th St, Cedar Falls, IA 50613
School (K-12)	Cedar Falls High School	1015 Division St, Cedar Falls, IA 50613
School (K-12)	Holmes Junior High School	505 Holmes Dr, Cedar Falls, IA 50613
School (K-12)	Peet Junior High School	525 E Seerley Blvd, Cedar Falls, IA 50613
School (K-12)	Cedar Heights Elementary School	2417 Rainbow Dr, Cedar Falls, IA 50613
School (K-12)	Helen A Hansen Elementary School	616 Holmes Dr, Cedar Falls, IA 50613
School (K-12)	Lincoln Elementary School	321 8th Street, Cedar Falls, IA 50613
School (K-12)	Bess Streeter Aldrich Elementary	2526 Ashworth Drive, Cedar Falls, IA 50613
School (K-12)	North Cedar Elementary School	2419 Fern Ave, Cedar Falls, IA 50613
School (K-12)	Orchard Hill Elementary School	3909 Rownd St, Cedar Falls, IA 50613
School (K-12)	Southdale Elementary School	627 Orchard Dr, Cedar Falls, IA 50613
School (K-12)	Valley Lutheran School	4520 Rownd Street, Cedar Falls, IA 50613-7924
School (K-12)	St Patrick School	615 Washington St, Cedar Falls, IA 50613