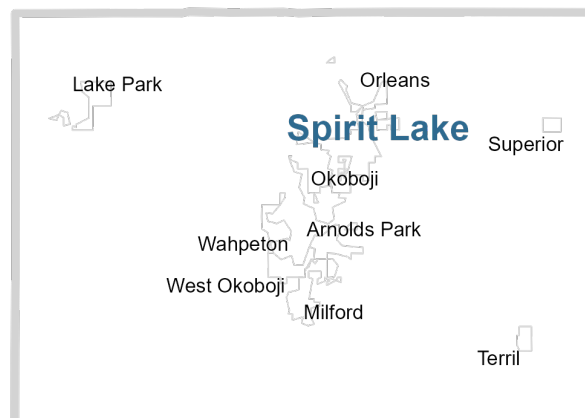


Recovery Readiness Assessment: Spirit Lake

June, 2025



Dickinson County



**Report provided to the Iowa Department of
Health and Human Services**

This project is supported by State Opioid Response funds through the Iowa Department of Health and Human Services, Bureau of Substance Use (IowaHHS) via a subaward from the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, IowaHHS, SAMHSA/HHS, or the U.S. Government.

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Executive Summary

Iowa State University's Public Science Collaborative¹ (PSC) created Recovery Readiness Assessments for 300 communities, 99 counties, and Iowa's seven new behavioral health districts in Iowa (2025). The community, county and district Recovery Readiness Assessments are updated annually. The reports are commissioned by the Iowa Department of Health and Human Services to support the expansion of substance use recovery services across the state. Use this report:

1. To learn about Iowa's recovery movement and resource options
2. As a reference guide for recovery resources by community, county, and behavioral health district
3. To strengthen networks and build coalitions among communities high and low in recovery resources, organizing around community assets and services
4. As a tool to allocate funding to your at-risk neighborhoods and develop recovery-oriented services

This report examines recovery resources in Spirit Lake, which is in Dickinson County and is part of Iowa's Behavioral Health District 2 (see Figure 1). Spirit Lake has a population of 5,500.

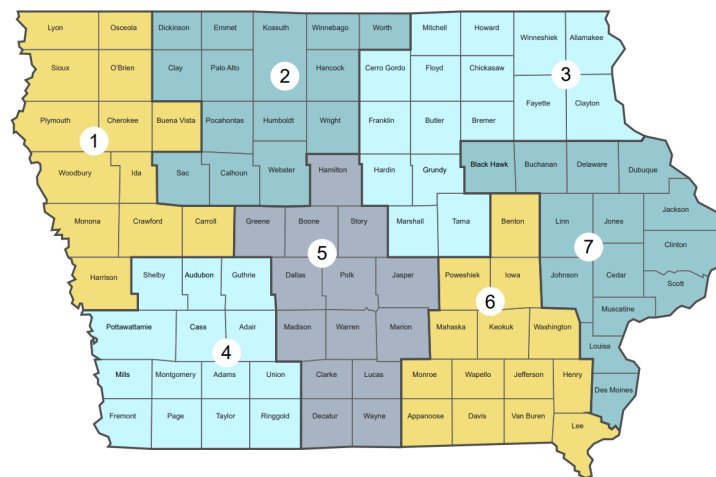


Figure 1: Iowa's Behavioral Health Districts (Source: Iowa HHS)

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Spirit Lake's recovery resources to identify both strong recovery neighborhoods and areas with growth potential, using SAMHSA's recovery categories and the CDC's social determinants of health framework.

Our report also includes:

- **Substance use vulnerability maps** by drug type—such as opioids, methamphetamine, heroin, alcohol, cannabis, cocaine, and benzodiazepines—help identify prevalent recovery needs, guide resource allocation, and inform event planning in at-risk neighborhoods.
- **Social determinants of health maps** to explore overall health vulnerabilities and help local stakeholders understand neighborhoods that could use extra support, resources, and investments to improve the health and well-being of community members.

These reports can be combined with PSC's Health Snapshot Series² to give an overall view of health and recovery in Iowa counties and communities.

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, or Dr. Kelsey Van Selous, MSW, LCSW at kvansel@iastate.edu.

¹<https://publicsciencecollaborative.org/>

²<https://publicsciencecollaborative.org/research-project/iowas-health-snapshot-series/>

What is Recovery?

The Iowa Department of Health and Human Services and the Substance Abuse and Mental Health Services Administration (SAMHSA) define recovery as follows:

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

A second useful definition of recovery, which shaped the PSC approach to recovery community readiness, was created by Bill White:

“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.”

Common to both definitions is that recovery is not a state or moment in life, but a process of moving toward better health in an actively managed and self-directed way. Recovery takes time and often involves not just the individual, but family and community. For this reason, the external resources noted in the White definition are what motivate our emphasis on recovery-ready communities. Resources outside of the individual, including housing, transportation, recreation, and schools, can promote early recovery, as well as longer and more stable recovery. Identifying resources that support long-term recovery can help identify towns and cities rich in these recovery tools. This, in turn, enables more effective development of new community-based recovery organizations.

Peer Support

Peer support can take different forms, but it is often vital for supporting recovery in a community. Simply, peer support consists of people in recovery using their own experiences to support others in recovery who might have similar experiences. Peer support may include referring people in recovery to resources, being a model for how to recover, and being a general resource for helping someone reach and maintain their own recovery.

A common form of peer support is mutual aid meetings, such as Alcoholics Anonymous or Narcotics Anonymous, where people in recovery meet in groups and have a safe setting to discuss their own recovery and support others.

There are also one-on-one opportunities for peer support. In these settings, trained specialists and coaches who have lived experience can give customized support to individuals with a similar substance use or recovery experience. These kinds of peer support include:

- **Peer Support Specialists (PSS):** people currently living well in recovery from a serious mental illness or substance use. They provide support and hope through their own recovery experiences and provide other useful information for the people they work with.
- **Family Peer Support Specialists (FSS):** specialists trained to specifically work with families and have their own experiences caring for children with behavioral health needs. FSS can give feedback that is designed and intended for parents and children, including helping families navigate support systems for children.
- **Recovery Coaches (RC):** people in recovery from a substance use disorder, or are a family member of a person in recovery from a substance use disorder. They are able to offer their own perspectives and experiences with recovery that can help a peer to stay engaged in their recovery.

Take a look at the “Peer Support Providers” section of this report to learn more about what resources your community already has, and where there is opportunity to expand resources. To learn more about types of peer support and training opportunities, you can also go to the [University of Iowa Peer Workforce Collaborative](https://iowapeersupport.sites.uiowa.edu/)³.

Community-Based Recovery Organizations

Recovery organizations help people who are recovering from substance use disorders. They take various shapes, but they all aim to support individuals. They offer services and resources to help people stay in recovery, enhance their health, and reintegrate into society.

³<https://iowapeersupport.sites.uiowa.edu/>

Most community-based recovery organizations will offer some form of peer support. This may include peer support specialists, recovery coaches, or mutual aid meetings, and a range of activities and services to grow community and connection among people in recovery. These organizations provide a substance-free environment where all are welcome. People in recovery can receive guidance in daily activities such as finding stable housing, a job, or volunteer opportunities. They might also offer recreation and social groups, or linkages to legal support.

A few of the most well-known recovery organizations include:

- **Recovery Community Centers:** These centers are free, universal access physical spaces that offer a variety of services to support individuals in recovery. A typical recovery community center will host mutual aid meetings, maintain a network of local recovery coaches, engage in community advocacy for people in recovery, and coordinate connections to general resources for recoverees. They will also coordinate with first responders, parole officers, and emergency departments to support people with substance use disorders.
- **Recovery Cafes:** These community spaces bring people in recovery together, providing a space to socialize with other people in recovery, support one another, and engage in service. Cafes often provide free hot meals, beverages, and other basic needs to support people in recovery. They might also offer peer support and other activities in a welcoming, substance-free environment. The [Recovery Café Network](https://recoverycafenetwork.org/)⁴ is a good starting place to learn more.
- **Recovery Houses:** These are safe, substance-free living environments that support people in recovery from substance use disorders. Most recovery houses provide a structured and supportive community where residents can focus on their recovery journey and live among other people in recovery. Oxford Houses are among the most well-known recovery residences.
- **Recovery High Schools and Collegiate Recovery Programs:** These educational institutions provide a supportive environment for students in recovery, helping them succeed academi-

cally while maintaining their sobriety. They do this in a similar way as community centers and cafes, by offering peer support, community, and recovery-focused activities, but focused on student needs.

Recovery Readiness

Resources such as peer support and community-based recovery organizations help promote recovery readiness in a community. However, a recovery-ready community also has other recovery and community resources that provide supports across prevention, treatment, and long-term recovery.

Key elements are:

- Accessible healthcare
- Peer support networks
- Educational and job opportunities
- Harm reduction services
- Anti-stigma initiatives
- A sense of purpose

A recovery-ready community unites members, institutions, and policymakers, working together towards a common goal. This approach helps promote lasting recovery and overall well-being.

In Iowa, a recovery-ready community provides multiple recovery pathways. It meets the needs of those in recovery through a vibrant recovery culture and it is well-coordinated across both formal and informal systems of care.

How can this guide improve recovery readiness?

This report is intended to help communities, recovery organizations, treatment providers, and other local organizations and coalitions evaluate their own recovery readiness. It helps identify the resources that communities already have, resource areas that are lacking, and where are populations with a high risk of substance use or poor general health. We hope that readers will use this information to learn about their communities and develop strategies for increasing access to recovery resources and ensuring that people in recovery are connected to those resources to best support their own paths to recovery.

⁴<https://recoverycafenetwork.org/>

Is Your Community Recovery Ready?

We consulted scientific literature on substance use recovery and engaged key stakeholders, including people in recovery and individuals from around the country and in Iowa who work directly with recoverees. From these efforts, we identify 24 categories of community-based recovery resources and services. Collecting all of that data for each of Iowa’s cities and towns yielded a total of nearly 40,000 community resources that support recovery. We mapped and analyzed these resources to 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 is comprised of three components: total number of resources, total resources per 10,000 population, and total mutual aid meetings per 10,000 population (the first two categories include all resources except mutual aid meetings). A community’s overall RRCI score is calculated by taking the average of the components’ percentile ranks among all Iowa communities. For instance, the community with the most resources has a total resources percentile score of 100 (meaning the community has more resources than 100% of counties), while the one with the fewest has a score of 0.

The Public Science Collaborative designed and created a public-facing, [interactive dashboard](https://publicsciencecollaborative.shinyapps.io/RRCI/)⁵ that allows people to further explore the RRCI, compare recovery readiness scores, and evaluate communities.

Figure 2 below displays recovery resources in Spirit Lake compared to the two Iowa cities most similar in population, Osceola and Algona, as well as the state average and average for cities in a similar population group (2,500 - 9,999). Appendix 2 gives additional context, showing Spirit Lake among all the communities with at least 1,000 people in behavioral health district 2.

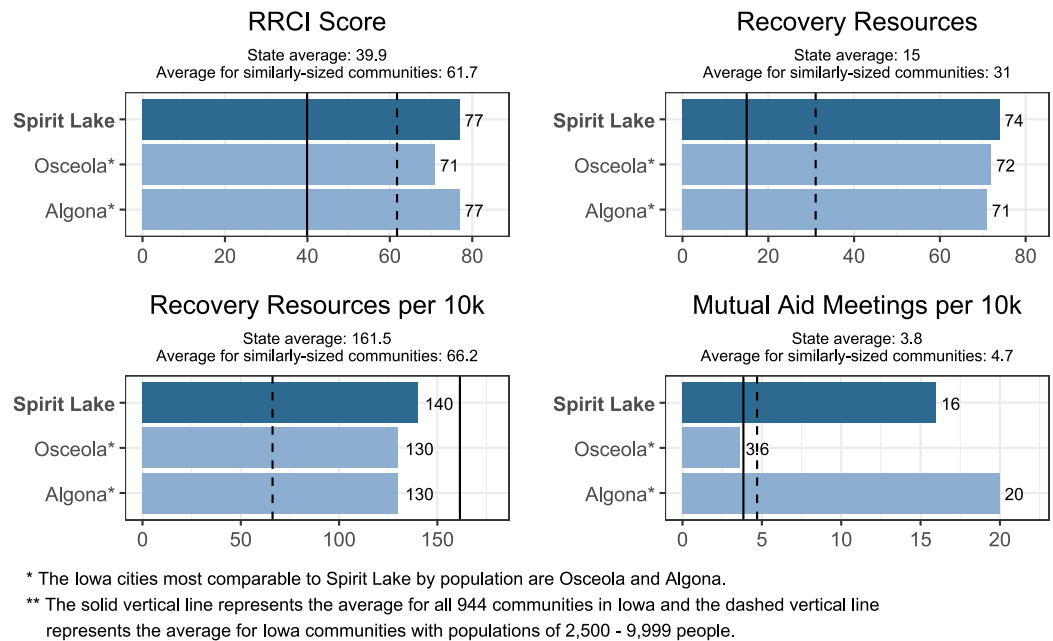


Figure 2: Recovery Resources in Spirit Lake

Spirit Lake ranks 5th of 103 on the RRCI in its population group (2,500 - 9,999). Among the same group, Spirit Lake ranks 14th in total resources, 14th in resources per 10,000 people, and 3rd in mutual aid meetings per 10,000 people. In addition to the RRCI, a community might also consider resource diversity. That is, whether Spirit Lake has a wide range of types of resources to support multiple pathways to recovery. On this measure, Spirit Lake has 13 types of non-meeting resources, compared to the average of 8.3 for cities with a population of 2,500 - 9,999.

⁵<https://publicsciencecollaborative.shinyapps.io/RRCI/>

What Are the Resources in Your Community?

Overall, Spirit Lake has 9 mutual aid meetings and 74 non-meeting recovery resources. The tables below include data about the specific kinds of mutual aid meetings and other recovery resources available in your community. Appendices 3 and 4 have a full list of these resources. Following the tables, we have prepared maps that break up the data into categories of similar types of resources and show where resources are located in Spirit Lake. These maps can be used to help identify areas that already have plentiful recovery resources and those that have limited resources and may need additional support.

Table 1: Types of Mutual Aid Meetings in Spirit Lake

Meeting Type	Total Meeting Locations	Total Meetings
Alcoholics Anonymous	8	8
Narcotics Anonymous	1	1

Table 2: Types of Recovery Resources in Spirit Lake

Resource Type	Total Resources
Trail	16
Place of Worship	15
Baseball/Softball Diamond	7
Childcare Provider	6
Tennis Court	6
Lake	4
SUD or Gambling Treatment Center	4
Drug Drop-off Site	3
School	3
Outdoor Basketball Court	2
YMCA	2
Football Field	1
Hospital	1
Library	1
Peer Support Provider	1
Recovery Housing	1
VA Hospital or Clinic	1

SAMHSA Dimensions of Recovery Resources

As defined by SAMHSA, recovery is “A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.” Because recovery is holistic and can look different for everybody, the SAMHSA Dimensions of Recovery listed below help identify the different aspects of life that impact recovery and the different resources that are useful in supporting recovery. The following maps identify resources in Spirit Lake that fit into each of those dimensions of recovery.

The SAMHSA Dimensions of Recovery include ([Click here for more information](#)⁶):

- **Community** (Peer Support–Specialists and Coaches, Recovery Organizations–Community and Collegiate, Mutual Aid Meetings, Libraries, Parks and Playgrounds, Lakes and Beaches, Trails, Sports Facilities)
- **Health** (Access Centers, Drug Drop Off Sites, Hospitals and Clinics, MAT Sites, Mental & Behavioral Health Centers, SUD and Gambling Treatment Centers, YMCA Gyms)
- **Home** (Childcare Providers, Recovery Housing, Section Eight Housing, Shelters, Intimate Partner Violence Programs)
- **Purpose** (Workforce Development Offices, Colleges and Universities, K-12 Schools, Places of Worship)

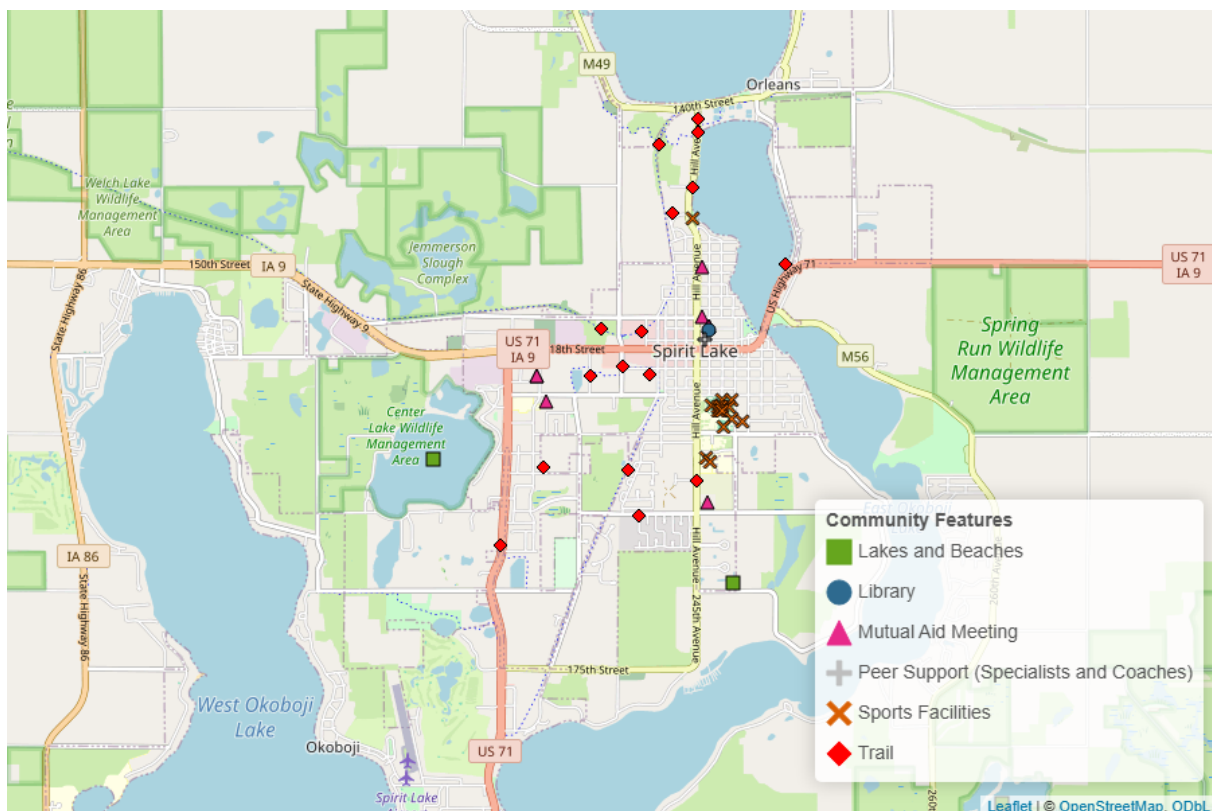


Figure 3: Community Resources in Spirit Lake

⁶<https://library.samhsa.gov/sites/default/files/pep12-recdef.pdf>

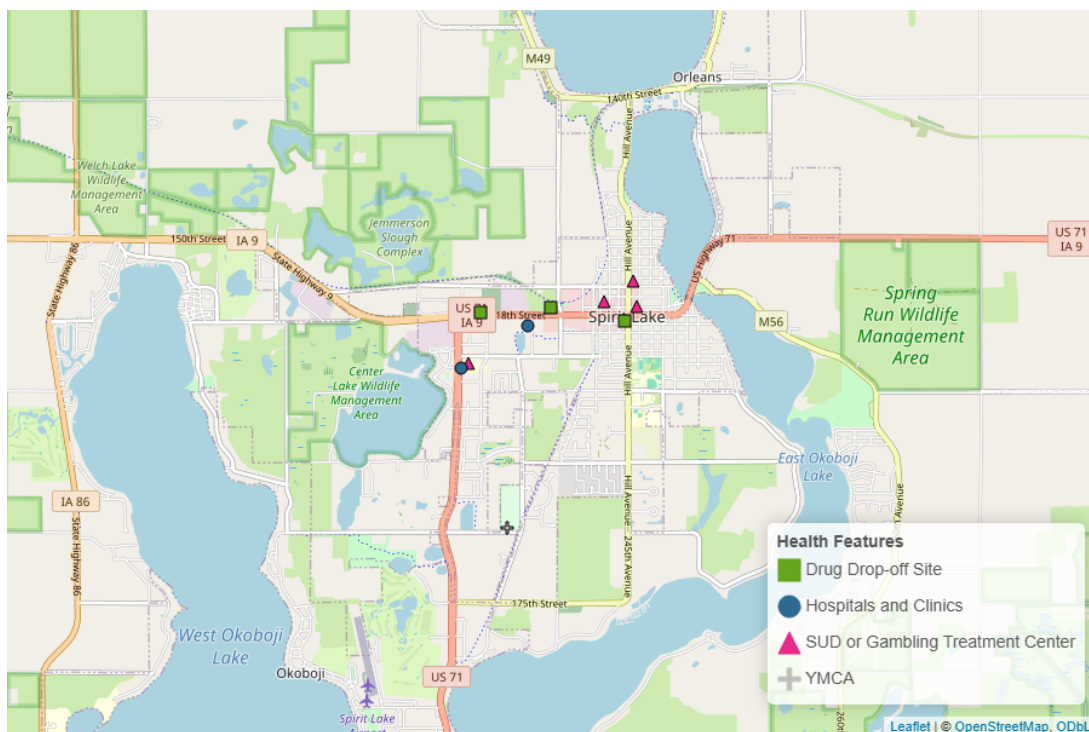


Figure 4: Health Resources in Spirit Lake

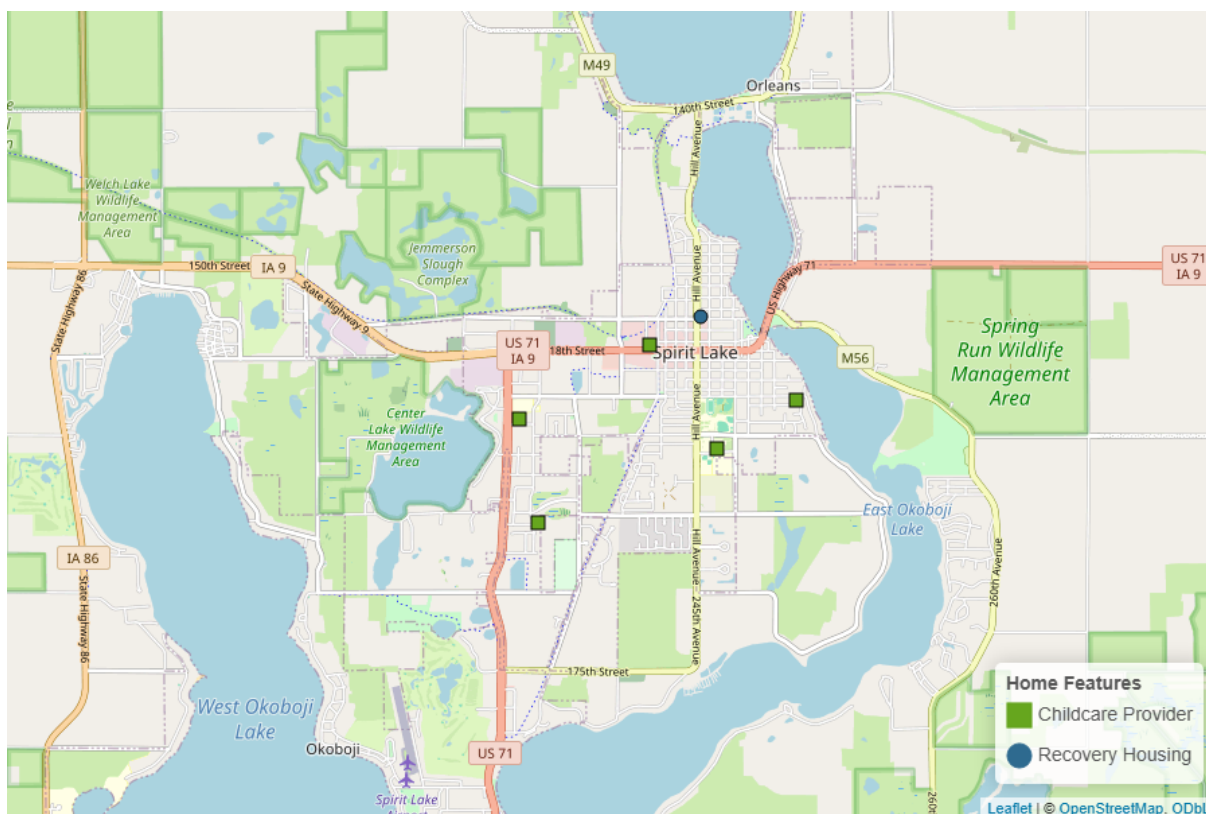


Figure 5: Home Resources in Spirit Lake

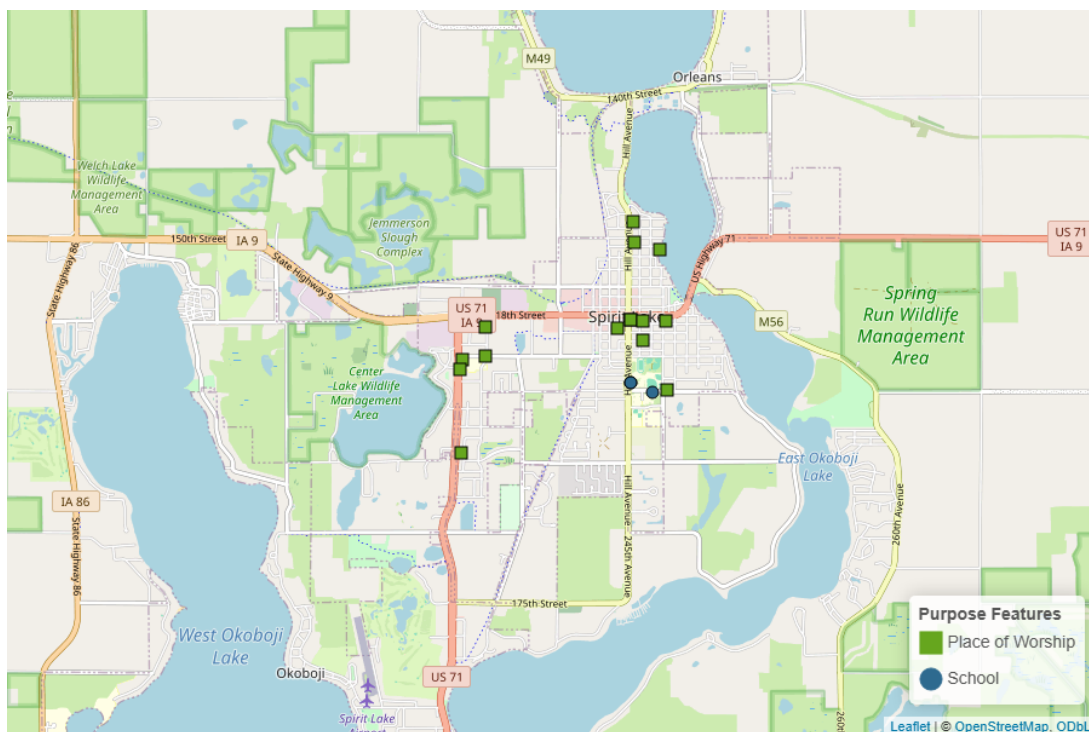


Figure 6: Purpose Resources in Spirit Lake

Social Determinants of Health Recovery Resources

The Social Determinants of Health is an established framework for thinking about the conditions of a person's life that contribute to their overall well-being. For example, a family that living in an area with limited resources supporting families and children (such as childcare providers and parks or playgrounds) may experience other struggles as a result, like increased transportation costs that place stressors on a family's finances. These maps can also be used in conjunction with the population data in the next section to help identify vulnerable populations and neighborhoods. Neighborhoods with health and substance use vulnerabilities may need greater access to specific supporting resources.

The SDOH categories include ([Click here for more information](#)⁷):

- **Health Care Access and Quality** (Access Centers, Drug Drop Off Sites, Hospitals and Clinics, MAT Sites, Mental & Behavioral Health Centers, SUD and Gambling Treatment Centers)
- **Social and Community Context** (Peer Support–Specialists and Coaches, Recovery Organizations–Community and Collegiate, Intimate Partner Violence Programs, Mutual Aid Meetings, Places of Worship)
- **Neighborhood and Built Environment** (Libraries, Parks and Playgrounds, YMCA Gyms, Lakes and Beaches, Trails, Sports Facilities)
- **Education Access and Quality** (Colleges and Universities, K-12 Schools)
- **Economic Stability** (Childcare Providers, Recovery Housing, Section Eight Housing, Shelters, Work-force Development Offices)

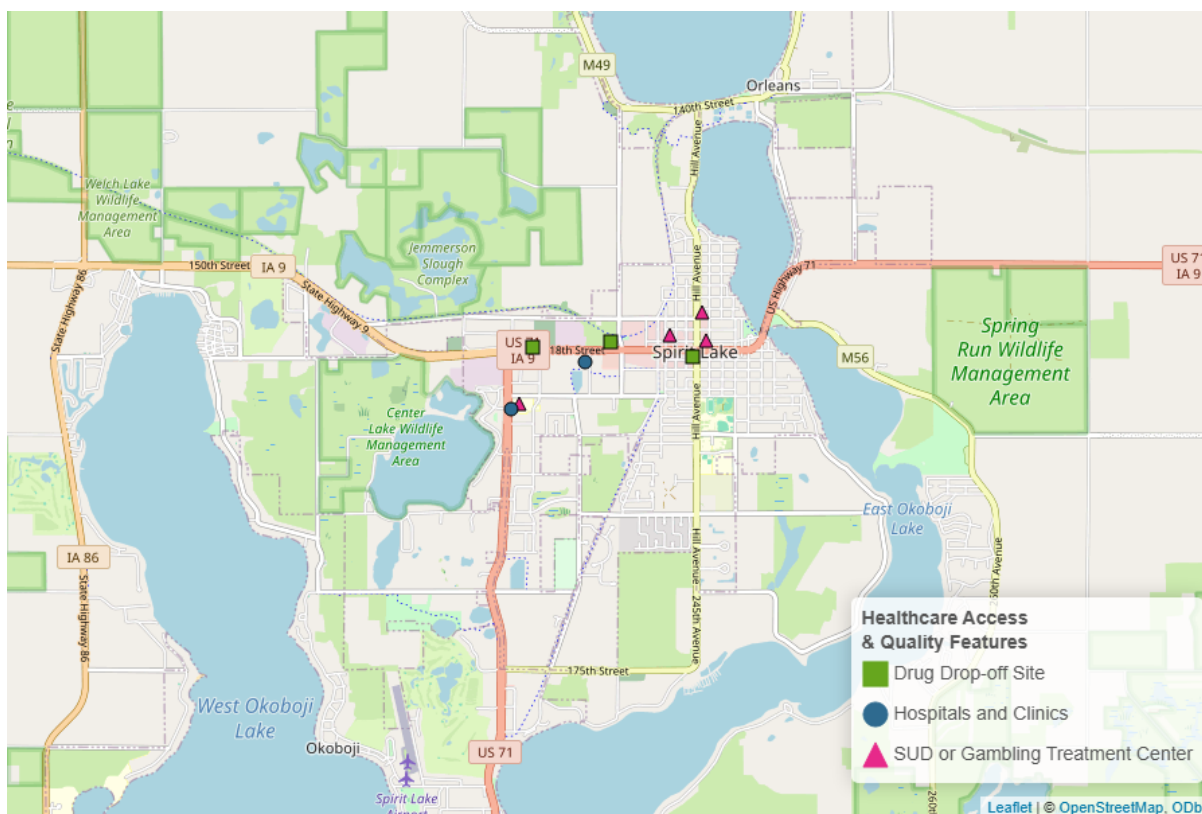


Figure 7: Health Care Access and Quality Resources in Spirit Lake

⁷<https://health.gov/healthypeople/priority-areas/social-determinants-health>

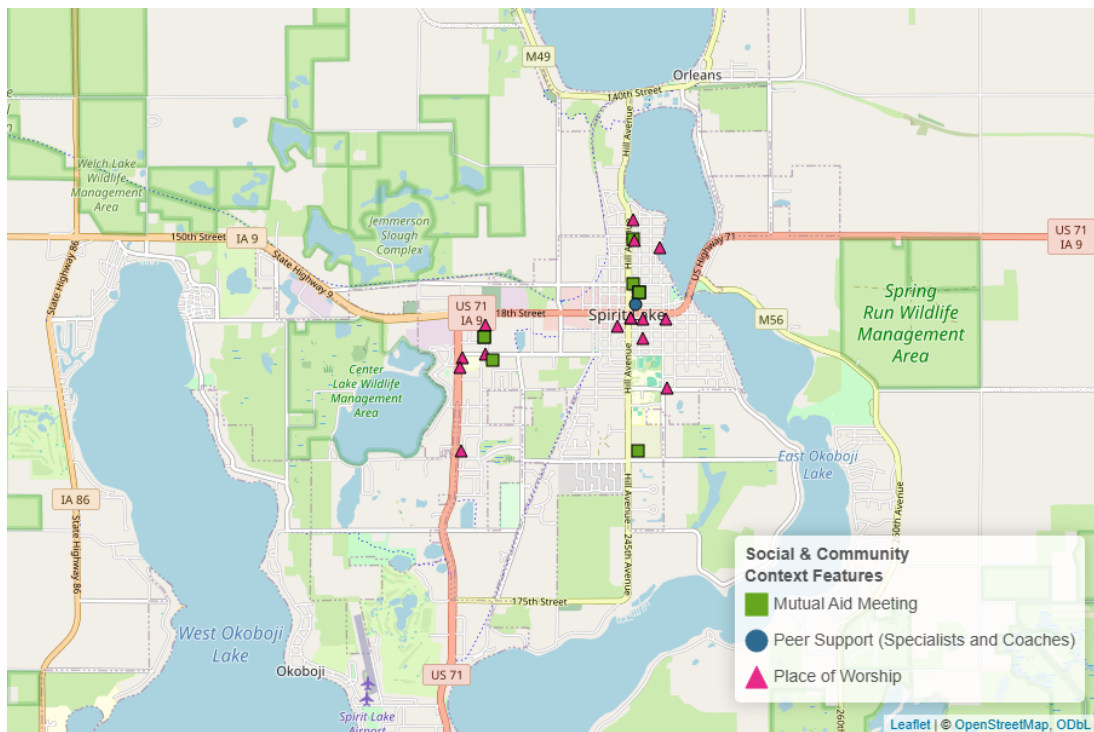


Figure 8: Social and Community Context Resources in Spirit Lake

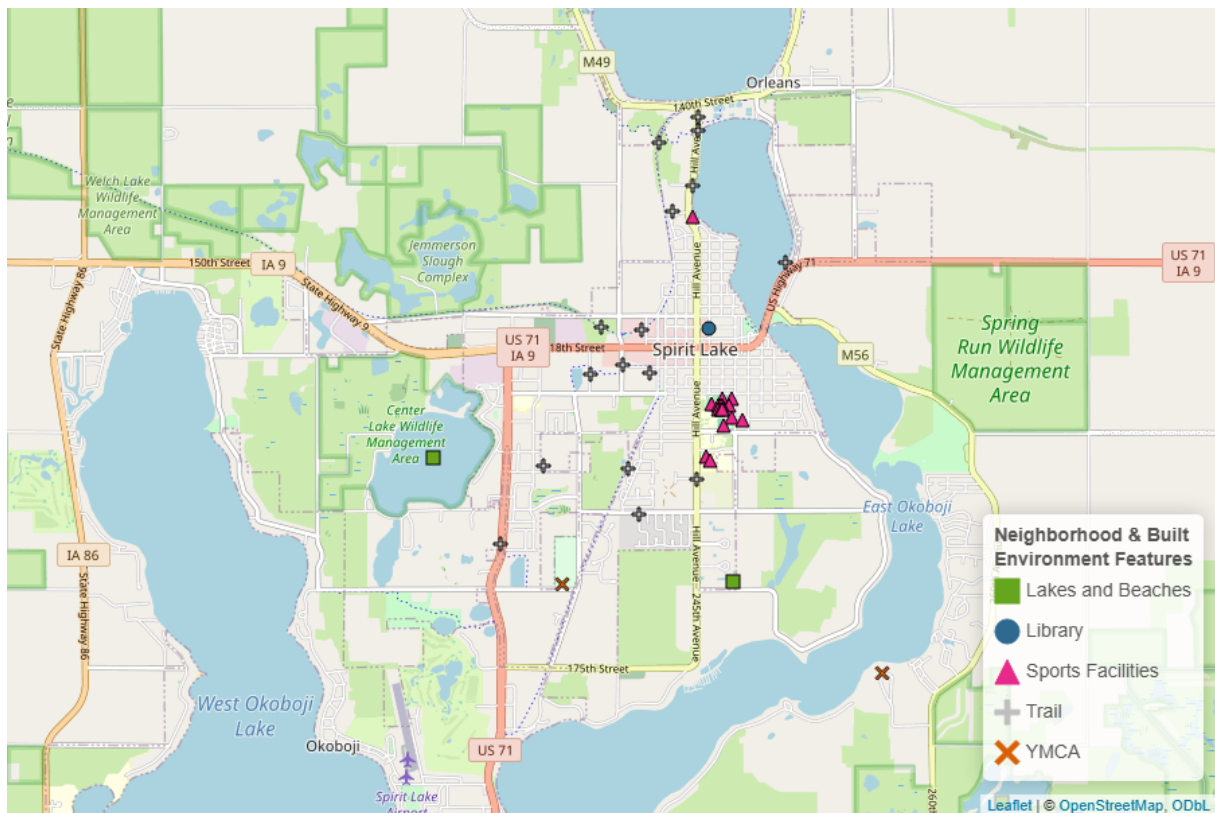


Figure 9: Neighborhood and Built Environment Resources in Spirit Lake

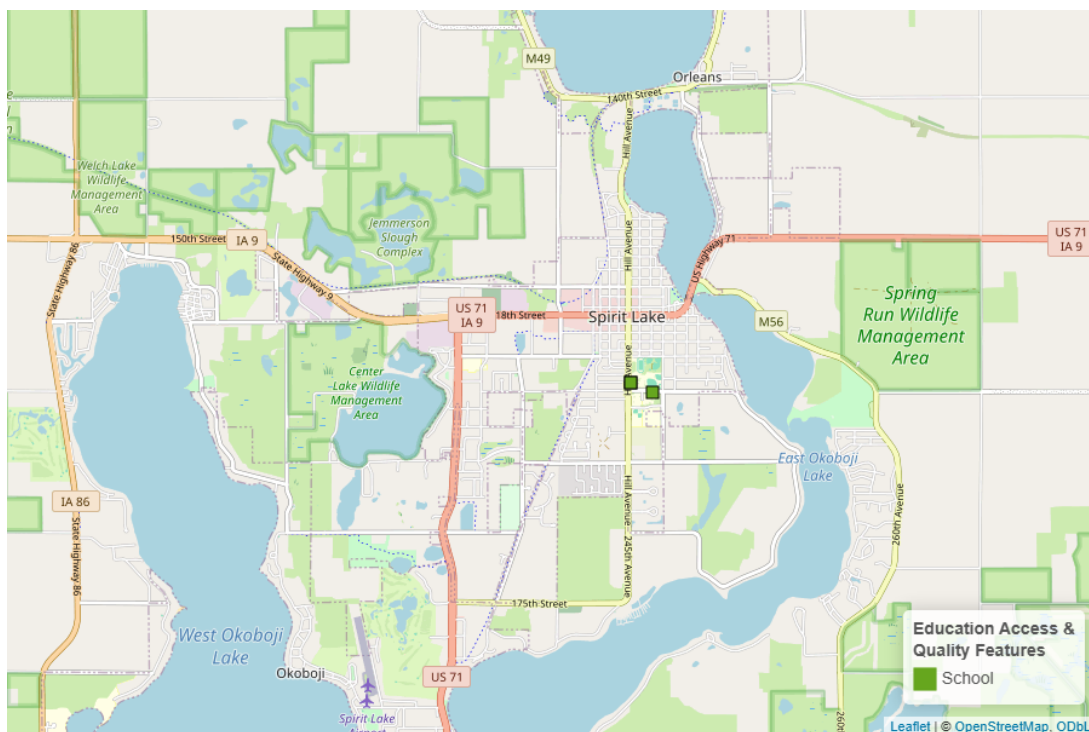


Figure 10: Education Access and Quality Resources in Spirit Lake

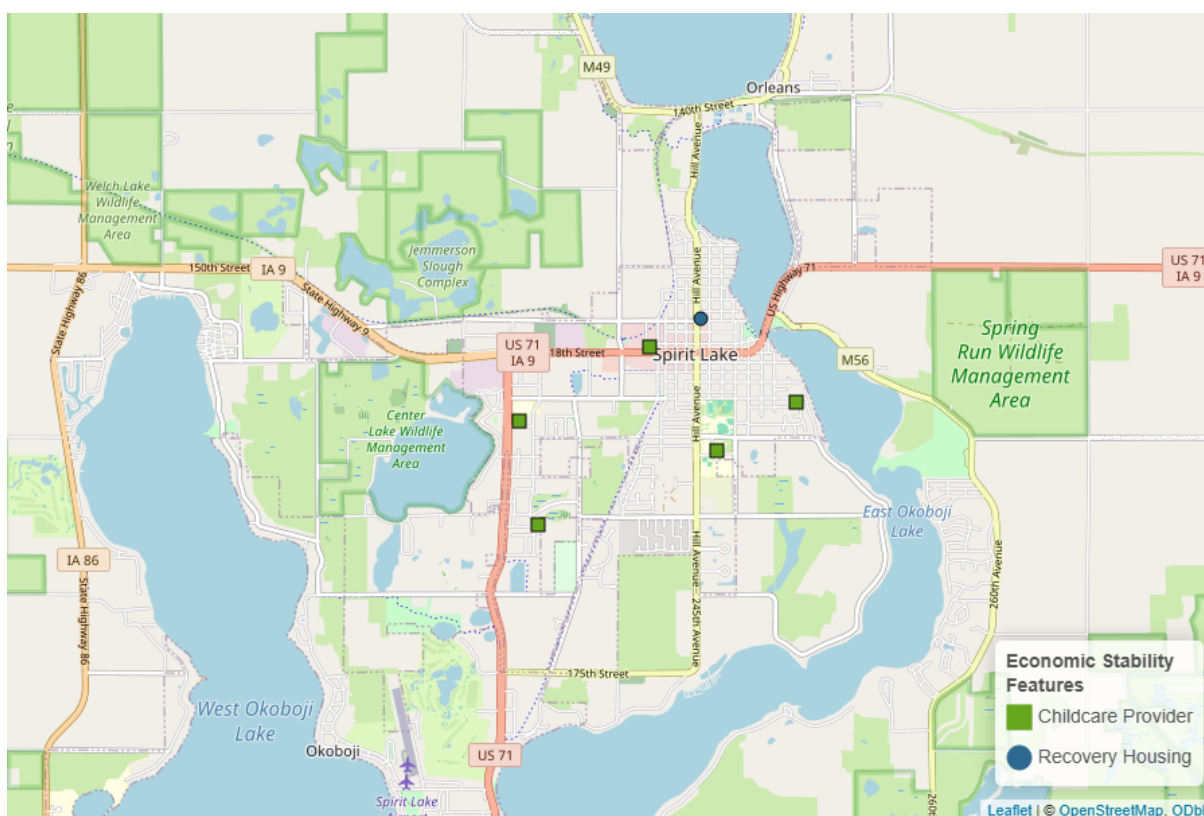


Figure 11: Economic Stability Resources in Spirit Lake

Peer Support Providers

Peer support is an important kind of specialized support for people in recovery. Peer Support Providers include organizations that have trained staff members to provide specialized peer support. Some of these trained positions include peer support specialists, peer recovery coaches, and family peer support specialists. The “What is Recovery?” section at the beginning of this report has more information about each. All types of peer support are intended to provide individualized support through one-on-one meetings with people who have similar lived experience and are in recovery themselves. The [University of Iowa’s Peer Workforce Collaborative⁸](https://iowapeersupport.sites.uiowa.edu/) has more information about different types of peer support specialists and how people in recovery can themselves become peer support specialists.

Table 3 shows peer support provider organizations in behavioral health district 2. Organizations located in Spirit Lake are listed first and highlighted in bold.

Table 3: Peer Support Providers in Behavioral Health District 2

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Spirit Lake	Plains Area Mental Health Center (PAMHC)	0	0	1	0
Estherville	Rosecrance - Jackson Recovery Centers	0	1	0	0
Fort Dodge	Berryhill - North Central IA MHC	1	0	1	0
Fort Dodge	Child Health Specialty Clinics (CHSC)	1	0	0	0
Fort Dodge	Community and Family Resources	0	1	0	0
Fort Dodge	Freedom Pointe	0	0	2	0
Spencer	Child Health Specialty Clinics (CHSC)	1	0	0	0
Spencer	Seasons Center for Behavioral Health	0	1	3	0

⁸<https://iowapeersupport.sites.uiowa.edu/>

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

Substance Use Vulnerability

The Public Science Collaborative has developed data resources to help community organizations, local governments, and public health practitioners resources more effectively target substance use prevention, treatment, and recovery interventions to the places in greatest need. Geographic ‘hot spots’ identify places where local residents are at exceptionally high risk for substance use disorder. We used data from two sources, the Treatment Episode Admissions Datasets (TEDS-A) and the National Survey of Drug Use and Health (NSDUH) to uncover links between substance misuse and socio-demographic factors. The maps below use Census Bureau estimates of those same neighborhood characteristics by census tract. They display indexes for each substance, identifying areas that have the characteristics of vulnerable populations. These spots need focused resources to reduce health inequities. You can explore the maps interactively and learn more about the underlying models on PSC’s [dashboard for substance use vulnerability](https://publicsciencecollaborative.shinyapps.io/substance_use_vulnerability/).⁹

Identifying towns and neighborhoods with high or low risk of substance use can aid public health efforts. This knowledge helps us take targeted actions based on specific risks in those areas. To aid in this work, the following pages include substance use vulnerability maps for overall substance use, opioids, methamphetamine, heroin, alcohol, cannabis, cocaine, and benzodiazepines.

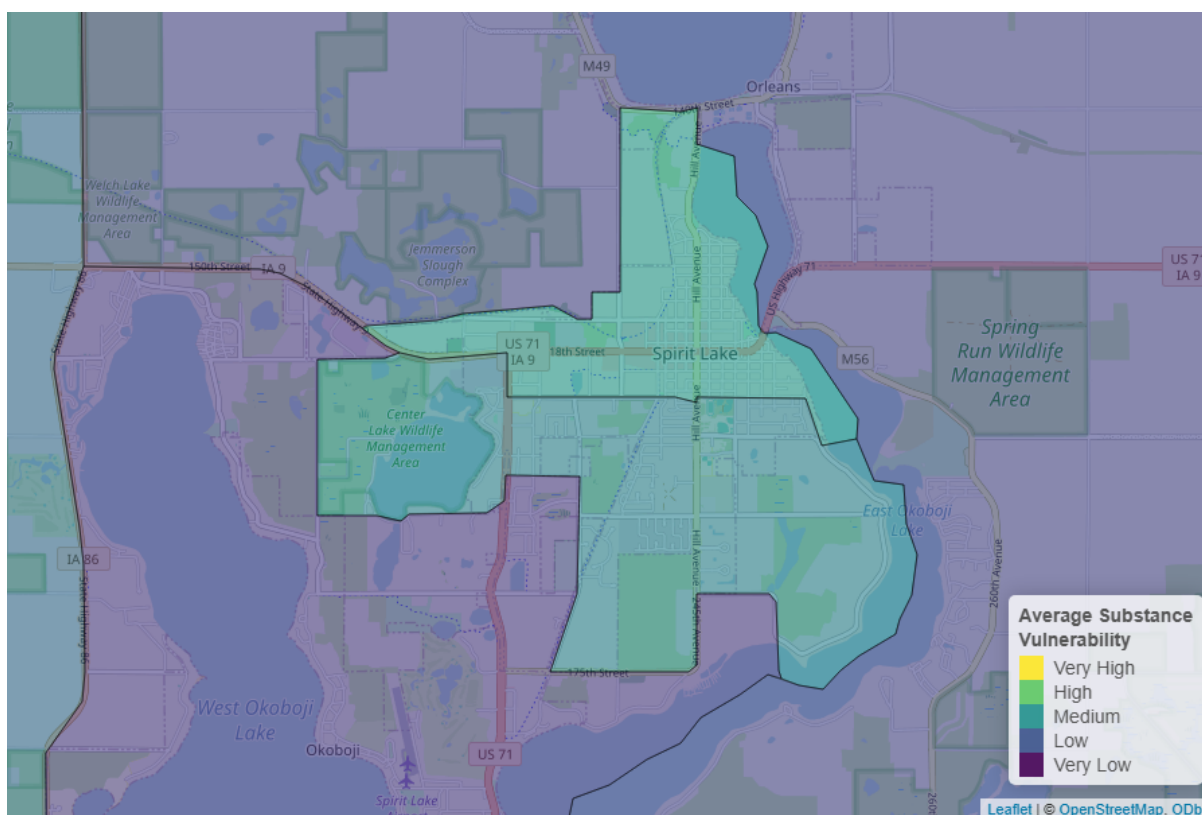


Figure 12: Overall Substance Use Vulnerability in Spirit Lake

⁹https://publicsciencecollaborative.shinyapps.io/substance_use_vulnerability/

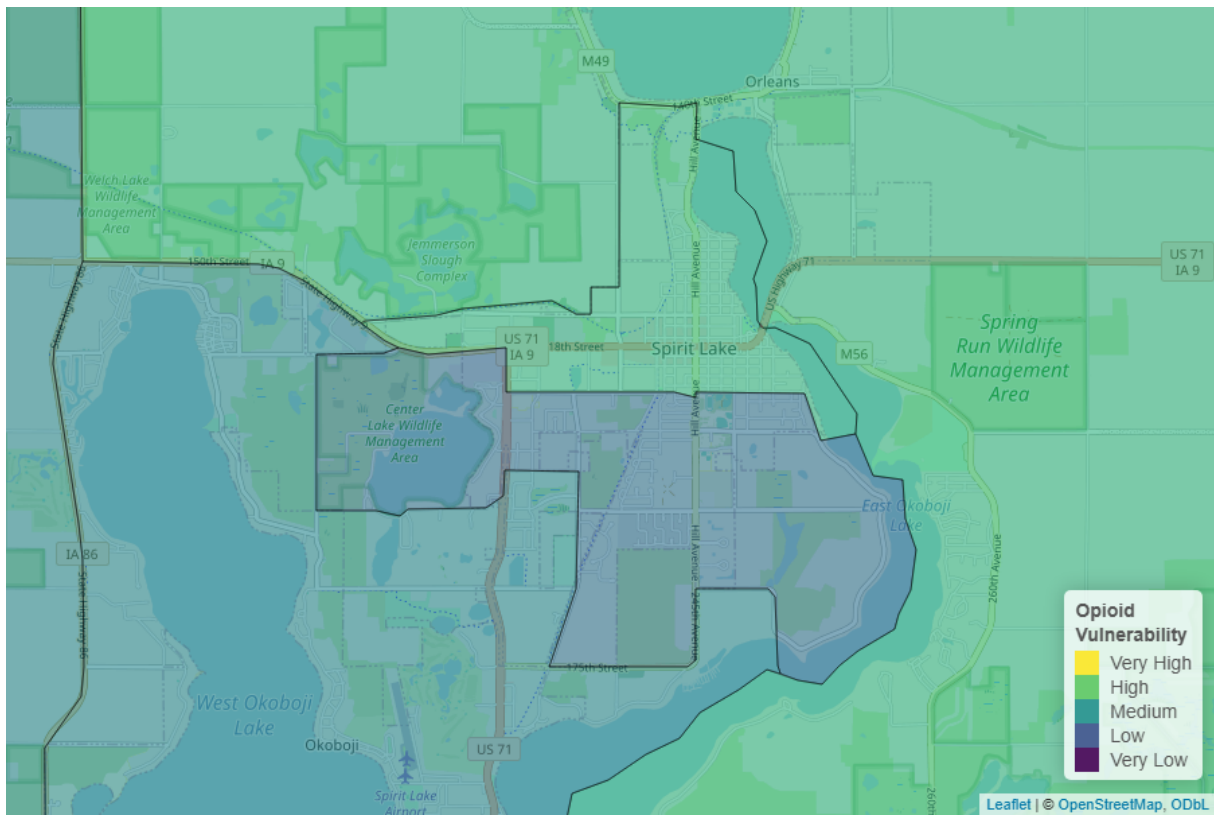


Figure 13: Opioid Vulnerability in Spirit Lake

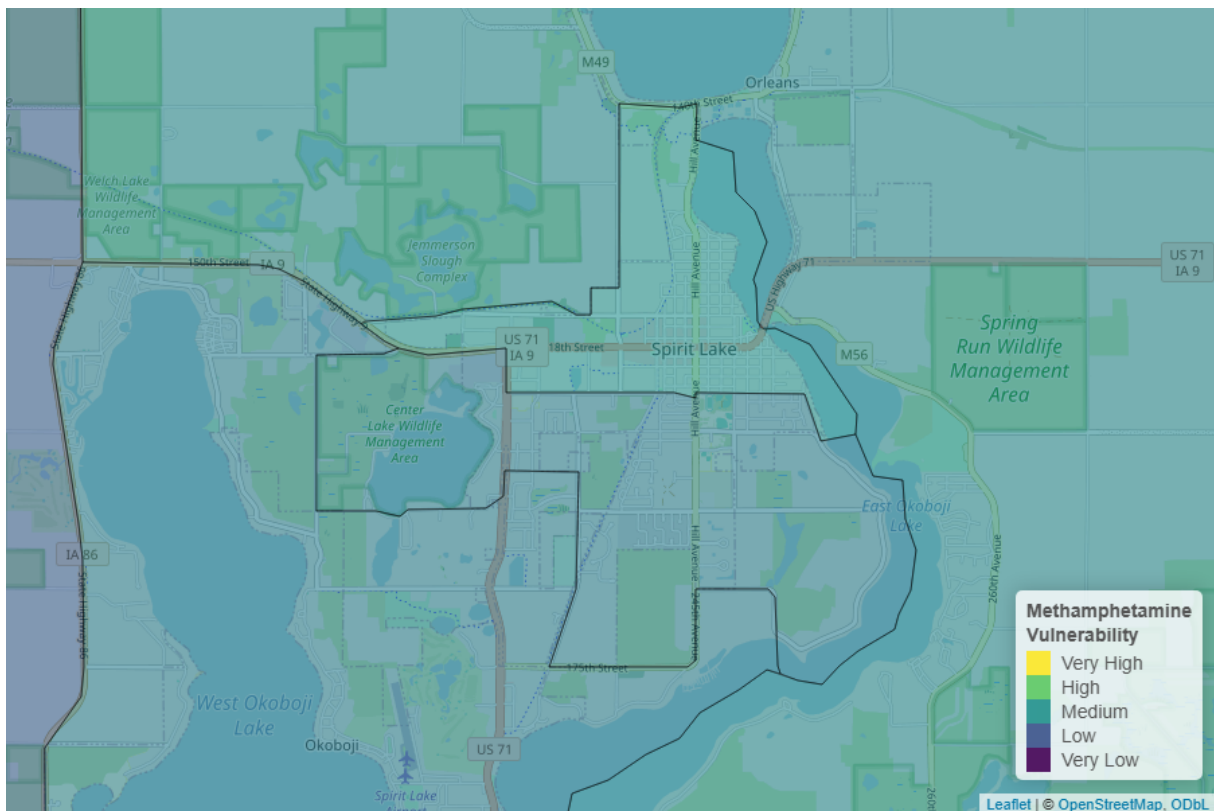


Figure 14: Methamphetamine Vulnerability in Spirit Lake

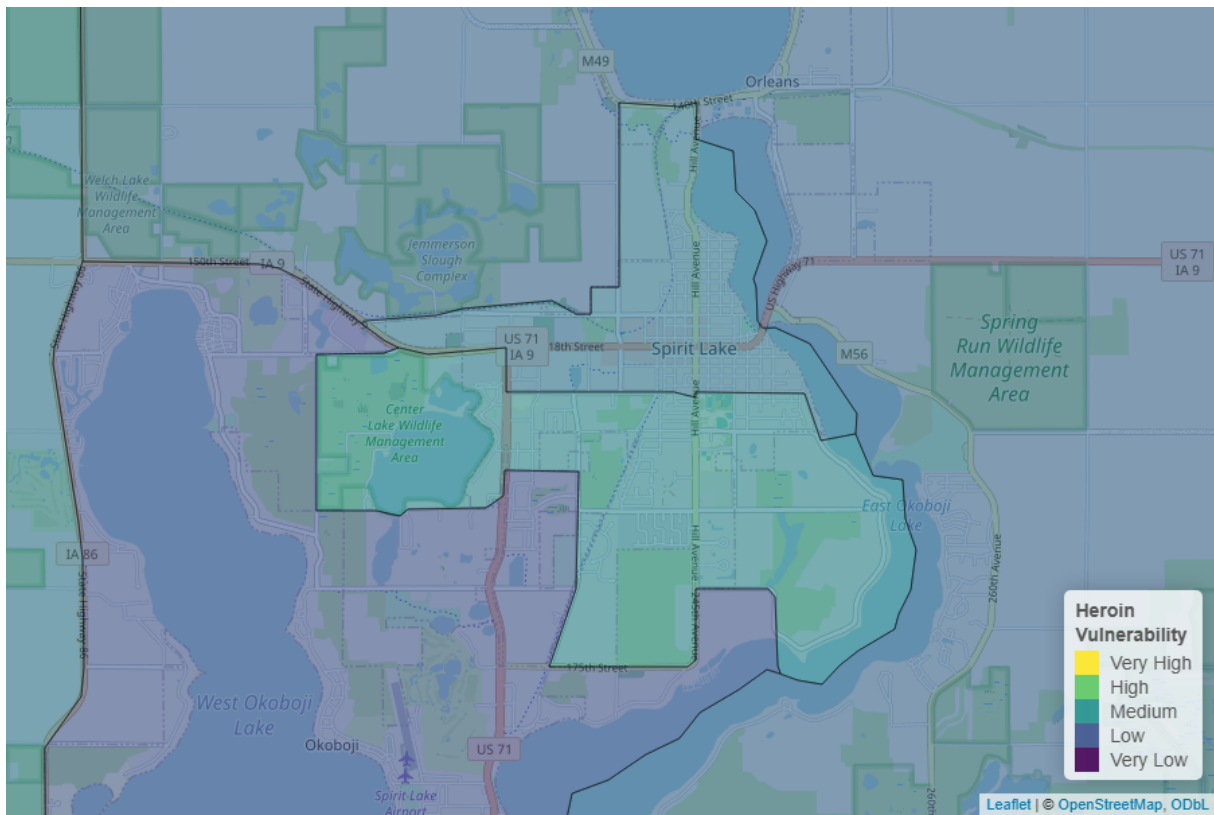


Figure 15: Heroin Vulnerability in Spirit Lake

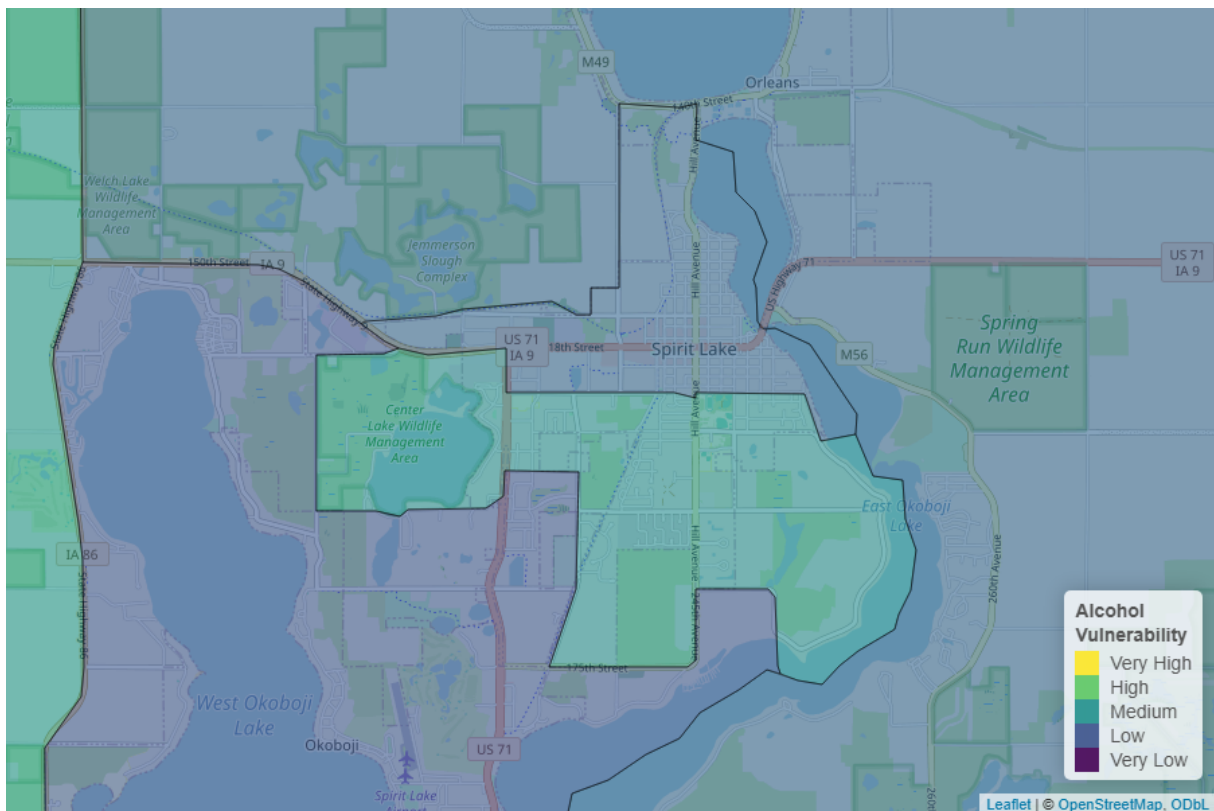


Figure 16: Alcohol Vulnerability in Spirit Lake

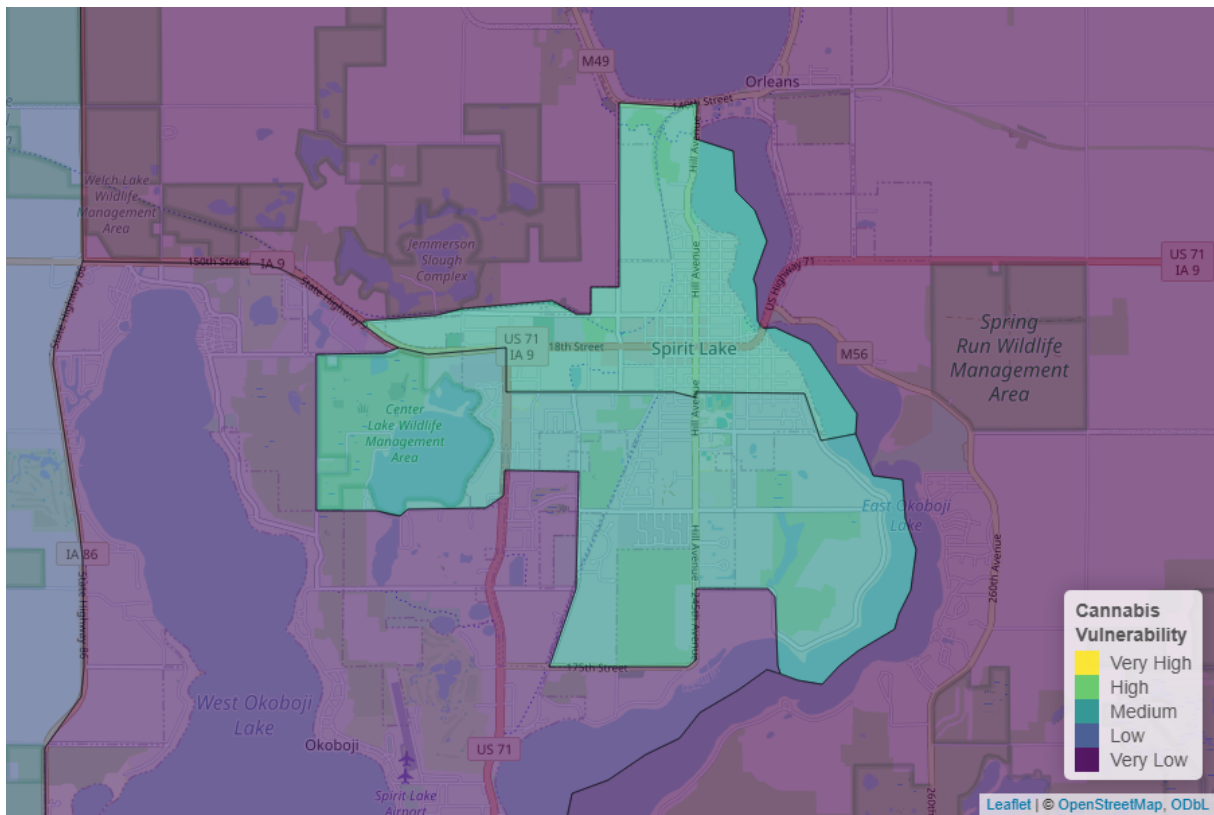


Figure 17: Cannabis Vulnerability in Spirit Lake

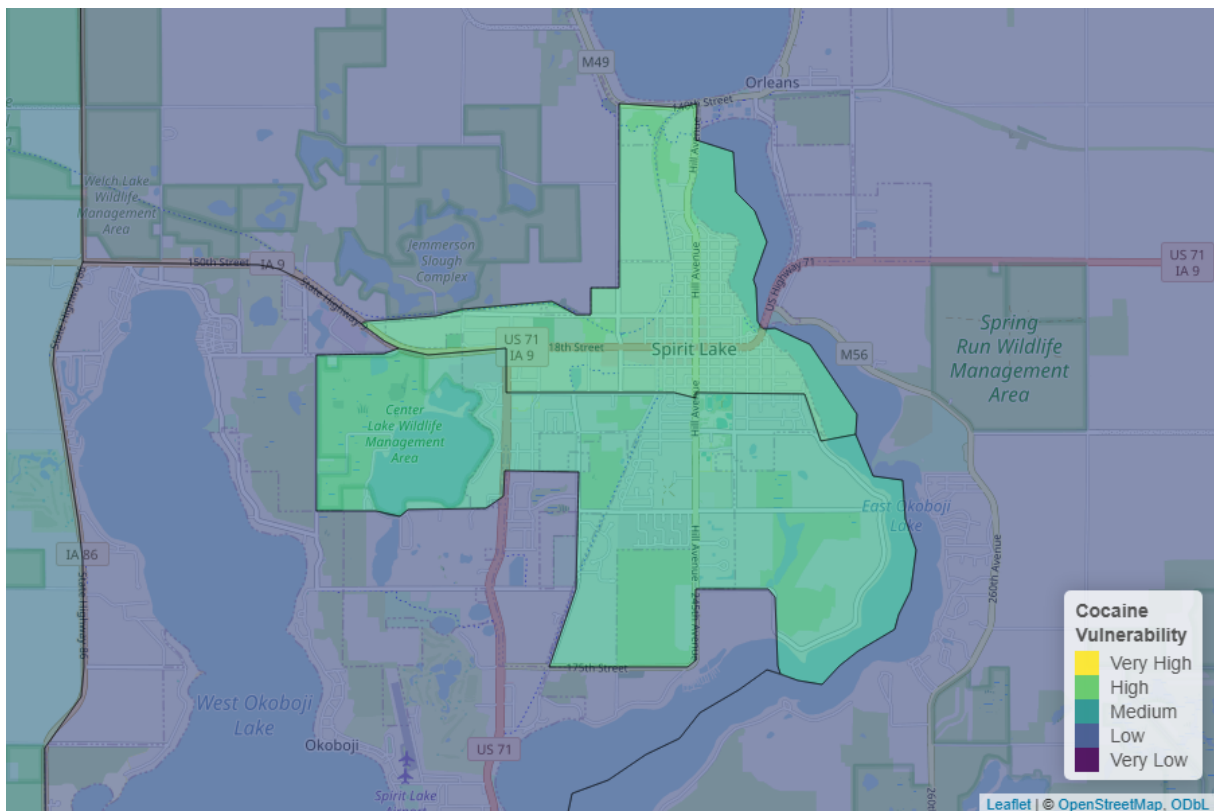


Figure 18: Cocaine Vulnerability in Spirit Lake

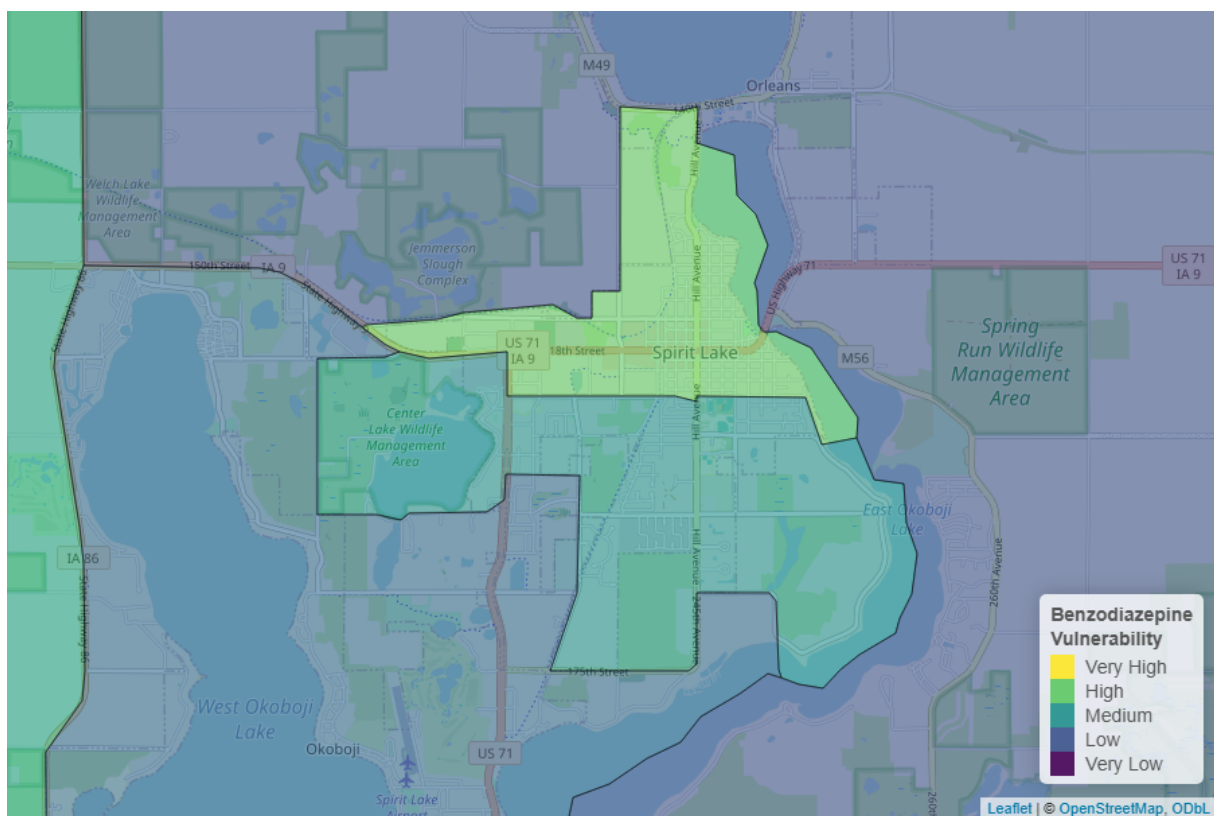


Figure 19: Benzodiazepine Vulnerability in Spirit Lake

Social Determinants of Health

In addition to the substance use vulnerability maps above, the Public Science Collaborative also explored overall health vulnerabilities and disparities in Spirit Lake, using the social determinants of health. By social determinants, we refer to social and environmental risks that impact a person's overall health and well-being. For example, in places with high average levels of education and low unemployment rates, people usually enjoy better health. In areas with low average incomes and high single parenting rates, health often suffers. Understanding social determinants of health can help community organizations and governments. It shows where there are neighborhoods that can benefit most from targeted investment to reduce health disparities. You can interactively explore social determinants of health across the state and look at individual components on [PSC's SDOH Dashboard](https://publicsciencecollaborative.shinyapps.io/sdoh/).¹⁰

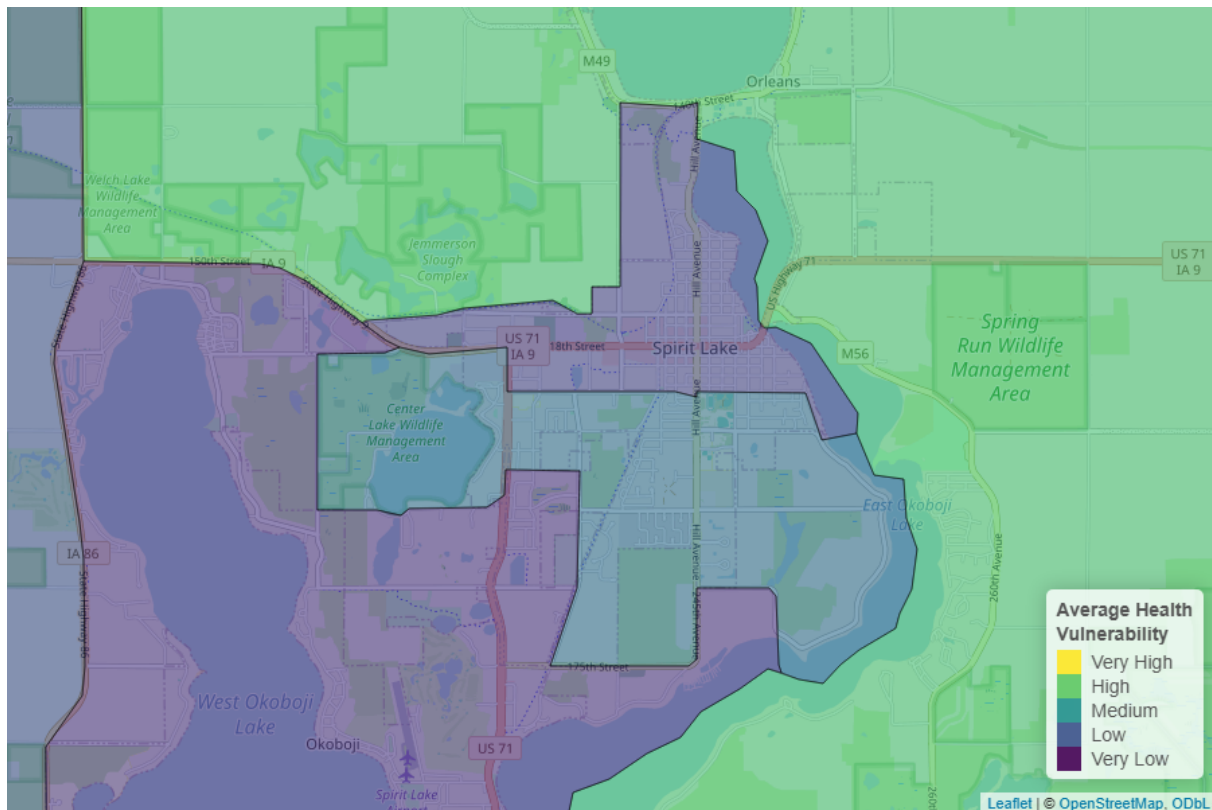


Figure 20: Overall Health Vulnerability in Spirit Lake

¹⁰<https://publicsciencecollaborative.shinyapps.io/sdoh/>

Appendix 1: Data Used in this Report

The data used in this report is a variety of recovery, community, and well-being resources that can be useful for individuals in recovery. To collect this data, we used public resources, including government agencies and recovery websites. The data sources can be found in the table below. Our collection of data may not cover every single resource in Iowa, but it represents the primarily publicly available data found through our research and following the advice of substance use experts and researchers. This data was acquired through several ways: simple downloads, manual data entry, computer reading of PDF files, scraping websites, and utilization of APIs.

There are also several resource finder tools to help find a specific resource in an area, including the [Recovery Resource Finder](#),¹¹ [Well-Being Resource Finder](#),¹² and [Physical Activity Resource Finder](#).¹³

Table 4: Recovery Resource Data Sources

Resource Type	Source
Beach	Iowa DNR
Library	Institute of Museum and Library Services
Playground	OpenStreetMap
Public Park	OpenStreetMap
Trail	OpenStreetMap
Outdoor Basketball Court	OpenStreetMap
Football Field	OpenStreetMap
Soccer Field	OpenStreetMap
Baseball/Softball Diamond	OpenStreetMap
Tennis Court	OpenStreetMap
Pickleball Court	OpenStreetMap
Outdoor Volleyball Court	OpenStreetMap
Other Sports Facilities	OpenStreetMap
Family Support Specialist	Wellpoint Peer Support Inventory
Mutual Aid Meeting	Various Websites
Peer Support Provider	Wellpoint Peer Support Inventory
Recovery Organizations (Community and Collegiate)	Manual Addition
SUD Recovery Coach	Wellpoint Peer Support Inventory
Lake	Iowa DNR
Access Center	Manual Addition
Drug Drop-off Site	Iowa Geodata
Hospital	Iowa Medicaid Provider Search
MAT Site	SAMHSA
Mental & Behavioral Health Center	Iowa DHHS
Rural Health Clinic	Iowa Association of Rural Health Clinics

¹¹<http://public-science.org/recoveryresources>

¹²<http://public-science.org/communityresources>

¹³<http://public-science.org/physicalactivity>

Resource Type	Source
SUD or Gambling Treatment Center	<u>Iowa DHHS</u>
VA Hospital or Clinic	<u>U.S. Department of Veterans Affairs</u>
YMCA	<u>Heartland YMCA Alliance</u>
Childcare Provider	<u>Iowa DHHS</u>
Recovery Housing	<u>Iowa DHHS</u>
Section 8 Housing	<u>U.S. Department of Housing and Urban Development</u>
Shelter	<u>Homeless Shelters Directory</u>
Intimate Partner Violence Program	<u>Iowa Coalition Against Domestic Violence</u>
Workforce Development Office	<u>Iowa Workforce Development</u>
College or University	<u>Wikipedia</u>
School	<u>Iowa Department of Education</u>
Place of Worship	<u>ExpertGPS.com</u>
State Park	<u>Iowa DNR</u>

Appendix 2: RRCI Rankings for Cities in Behavioral Health District 2

Table 5 adds on to the Recovery Ready Community Index data found earlier in the report. This table includes all 27 cities in behavioral health district 2 that have more than 1,000 people. The table is sorted by population, to help enable comparisons between cities in the district of similar sizes. You can use the information to see the relative strengths and weaknesses of communities across the district. Cities located in Dickinson County, including Spirit Lake, are bolded.

Table 5: RRCI in Behavioral Health District 2 Cities

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Fort Dodge	24,788	5 (out of 31)	68.4	209	84.3	11.7
Spencer	11,393	4 (out of 31)	70.8	129	113.2	7.0
Estherville	5,865	50 (out of 103)	66.6	66	112.5	3.4
Spirit Lake	5,469	5 (out of 103)	77.2	74	135.3	16.5
Algona	5,414	6 (out of 103)	76.8	71	131.1	20.3
Humboldt	4,761	73.5 (out of 103)	62.8	49	102.9	2.1
Forest City	4,280	34 (out of 103)	68.9	56	130.8	2.3
Emmetsburg	3,651	77 (out of 103)	62.5	38	104.1	2.7
Eagle Grove	3,588	78 (out of 103)	61.5	36	100.3	2.8
Milford	3,315	65 (out of 103)	63.6	30	90.5	9.0
Garner	3,062	59 (out of 103)	64.3	31	101.2	6.5
Clarion	2,775	40 (out of 103)	67.9	36	129.7	3.6
Belmond	2,678	8 (out of 103)	76.0	42	156.8	7.5
Rockwell City	2,449	124 (out of 145)	33.1	24	98.0	0.0
Northwood	2,170	45 (out of 145)	65.3	26	119.8	4.6
Lake Mills	2,054	35 (out of 145)	72.1	31	150.9	4.9
Britt	1,919	40 (out of 145)	68.6	26	135.5	5.2
Sac City	1,782	28.5 (out of 145)	75.3	30	168.4	5.6
Manson	1,653	39 (out of 145)	68.9	23	139.1	6.0
Lake City	1,652	33 (out of 145)	73.9	24	145.3	18.2
Pocahontas	1,536	13 (out of 145)	81.2	30	195.3	13.0
Manly	1,288	90 (out of 145)	43.7	21	163.0	0.0
Laurens	1,234	99 (out of 145)	41.5	19	154.0	0.0
Lake Park	1,191	85 (out of 145)	45.3	21	176.3	0.0
Graettinger	1,038	110 (out of 145)	37.3	15	144.5	0.0
Lake View	1,021	61 (out of 145)	55.4	29	284.0	0.0
Buffalo Center	1,000	21 (out of 145)	79.2	21	210.0	10.0

Appendix 3: Mutual Aid Meetings In Spirit Lake

Table 6: Mutual Aid Meeting Directory in Spirit Lake

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>As Bill Sees It Discussion Group</u>	2100 Zenith Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Beginners Big Book Study</u>	1005 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Big Book Group</u>	702 16th St, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Iowa Lakes Women's Group</u>	2100 Zenith Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Keep It Simple Group</u>	3501 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Men's Experience Strength & Hope Group</u>	702 16th St, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Sober Living Group</u>	1411 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Twelve & Twelve Group</u>	2011 23rd St, Spirit Lake, IA 51360, USA	1
Narcotics Anonymous	NA	702 16th St, Spirit Lake, IA 51360, USA	1

Appendix 4: Resources In Spirit Lake

Table 7: Recovery Resource Directory in Spirit Lake

Resource Type	Name	Address
Baseball/Softball Diamond	7 Baseball/Softball Diamonds	Spirit Lake, Dickinson County, Iowa, 51360, United States
Outdoor Basketball Court	2 Outdoor Basketball Courts	Spirit Lake, Dickinson County, Iowa, 51360, United States
Childcare Provider	Carousel Preschool and Daycare	3575 Zenith Ave, Spirit Lake, IA, 51360
Childcare Provider	Joyful Journeys Daycare/Preschool	2300 27th St, Spirit Lake, IA, 51360
Childcare Provider	Lindsay Borthwick-Brown	1215 Lake ST, Spirit Lake, IA, 51360
Childcare Provider	Sally Kness	2305 Akron AVE, Spirit Lake, IA, 51360
Childcare Provider	Spirit Lake Y Kids	2901 Hill AVE, Spirit Lake, IA, 51360
Childcare Provider	Tammy Werner	2831 Hwy 9/71, Spirit Lake, IA, 51360
Drug Drop-off Site	Dickinson County Sheriff's Office	1802 Hill Ave, Spirit Lake, IA, 51360
Drug Drop-off Site	Hy-Vee Pharmacy (1628)	1500 18th Street, Spirit Lake, IA, 51360
Drug Drop-off Site	Lewis Pharmacy - Spirit Lake	2202 17th Street, Spirit Lake, IA, 51360
Football Field	Spirit Lake High School Football Field	Spirit Lake, Dickinson County, Iowa, 51360, United States
Hospital	Lakes Regional Healthcare	2301 Highway 71 S, Spirit Lake, IA 51360
Lake	Center Lake	3398 Center Lake Dr, Spirit Lake, IA 51360
Lake	East Okoboji Lake	601 39th St, Spirit Lake, IA 51360
Lake	Pleasant Lake	16744 Pleasant Lake Cir, Spirit Lake, IA 51360
Lake	Prairie Lake	1833 County Rd M56, Spirit Lake, IA 51360
Library	Spirit Lake Public Library	702 16th St, Dickinson, Spirit Lake, IA, 51360
Peer Support Provider	Adult Integrated Health Home	710 Lake St, Spirit Lake, IA 51360
Place of Worship	Christian Family Worship Center	1805 Erie Ave, Spirit Lake, IA 51360, USA
Place of Worship	Christs Fellowship Church	3401 US-71, Spirit Lake, IA 51360, USA
Place of Worship	Evangelical Free Church	406 28th St, Spirit Lake, IA 51360, USA
Place of Worship	First Presbyterian Church	1803 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	Good News Community Church	1902 Zenith Ave, Spirit Lake, IA 51360, USA
Place of Worship	Grace Lutheran Church	801 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	Immanuel Lutheran Church	2565 US-71, Spirit Lake, IA 51360, USA
Place of Worship	Kingdom Hall Jehovahs Witnesses	1803 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	Lakeview Open Bible Church	2700 23rd St Entrance B, Spirit Lake, IA 51360, USA
Place of Worship	New Testament Baptist Church	2011 Gary Ave, Spirit Lake, IA 51360, USA
Place of Worship	Saint Albans Episcopal Church	2200 23rd St, Spirit Lake, IA 51360, USA

Resource Type	Name	Address
Place of Worship	<u>Saint Marys Catholic Church</u>	1019 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	<u>Seventh Day Adventist Church</u>	503 11th St, Spirit Lake, IA 51360, USA
Place of Worship	<u>Spirit Lake Baptist Church</u>	907 19th St, Spirit Lake, IA 51360, USA
Place of Worship	<u>Spirit Lake United Methodist Church</u>	1807 Gary Ave, Spirit Lake, IA 51360, USA
Recovery Housing	<u>Discovery House</u>	1411 Hill Avenue, Spirit Lake, IA
School	Spirit Lake Elementary School	709 28th Street, Spirit Lake, IA
School	Spirit Lake High School	2701 Hill Ave, Spirit Lake, IA
School	Spirit Lake Middle School	609 28th St, Spirit Lake, IA
SUD or Gambling Treatment Center	<u>Plains Area Mental Health Center, Inc.</u>	710 Lake St., Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Seasons Center for Behavioral Health</u>	1401 Hill Avenue, Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Shade of the Tree</u>	1601 Keokuk Ave., Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Shade of the Tree</u>	2323 Highway 71 South, Spirit Lake, IA, 51360
Tennis Court	6 Tennis Courts	Spirit Lake, Dickinson County, Iowa, 51360, United States
Trail	16 Trails	No Address in Data
VA Hospital or Clinic	<u>Spirit Lake VA Community Based Outpatient Clinic (CBOC)</u>	1850 Royal Ave, Spirit Lake, IA 51360
YMCA	Bedell Family YMCA	1900 41st St, Spirit Lake, IA 51360
YMCA	Camp Foster YMCA	1769 260th Ave, Spirit Lake, IA 51360