

# Recovery Readiness Assessment: Windsor Heights

*June, 2025*



Polk County



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

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## Executive Summary

Iowa State University's Public Science Collaborative<sup>1</sup> (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 Windsor Heights, which is in Polk County and is part of Iowa's Behavioral Health District 5 (see Figure 1). Windsor Heights has a population of 5,200.



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

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Windsor Heights'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 Series<sup>2</sup> 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](mailto:sdorius@iastate.edu), or Dr. Kelsey Van Selous, MSW, LCSW at [kvansel@iastate.edu](mailto:kvansel@iastate.edu).

<sup>1</sup><https://publicsciencecollaborative.org/>

<sup>2</sup><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/)<sup>3</sup>.

### 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.

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<sup>3</sup><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/)<sup>4</sup> 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 academically

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.

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<sup>4</sup><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](#)<sup>5</sup> that allows people to further explore the RRCI, compare recovery readiness scores, and evaluate communities.

Figure 2 below displays recovery resources in Windsor Heights compared to the two Iowa cities most similar in population, Cherokee and Manchester, 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 Windsor Heights among all the communities with at least 1,000 people in behavioral health district 5.

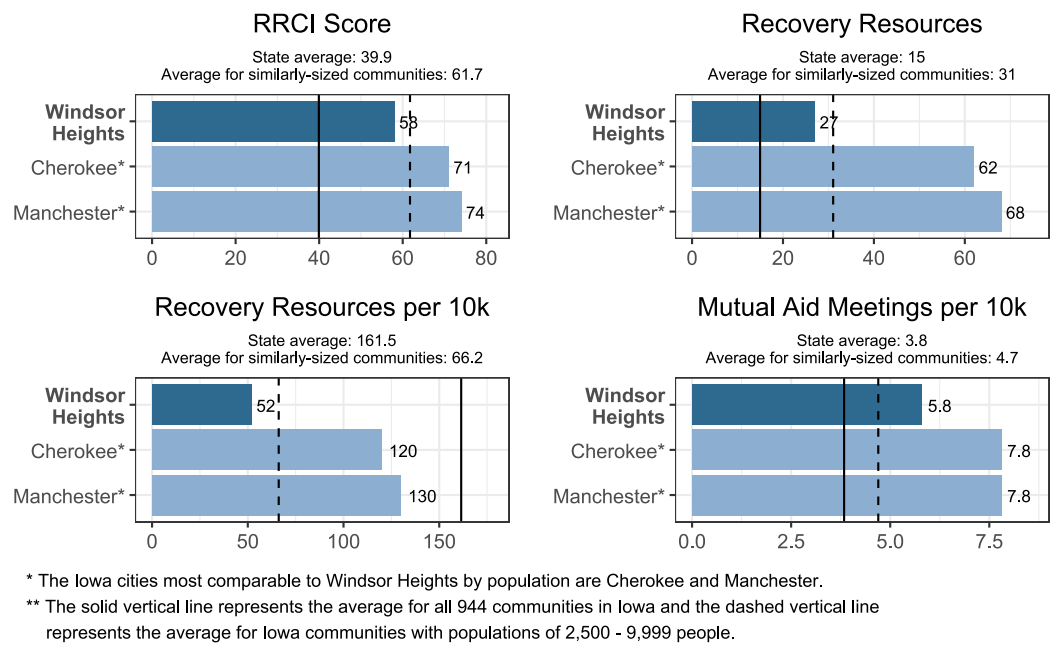


Figure 2: Recovery Resources in Windsor Heights

Windsor Heights ranks 85th of 103 on the RRCI in its population group (2,500 - 9,999). Among the same group, Windsor Heights ranks 92nd in total resources, 102nd in resources per 10,000 people, and 29th in mutual aid meetings per 10,000 people. In addition to the RRCI, a community might also consider resource diversity. That is, whether Windsor Heights has a wide range of types of resources to support multiple pathways to recovery. On this measure, Windsor Heights has 6 types of non-meeting resources, compared to the average of 8.3 for cities with a population of 2,500 - 9,999.

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

## What Are the Resources in Your Community?

Overall, Windsor Heights has 3 mutual aid meetings and 27 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 Windsor Heights. 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 Windsor Heights

| Meeting Type         | Total Meeting Locations | Total Meetings |
|----------------------|-------------------------|----------------|
| Alcoholics Anonymous | 3                       | 3              |

Table 2: Types of Recovery Resources in Windsor Heights

| Resource Type             | Total Resources |
|---------------------------|-----------------|
| Childcare Provider        | 8               |
| Place of Worship          | 6               |
| Trail                     | 5               |
| School                    | 2               |
| Tennis Court              | 2               |
| Baseball/Softball Diamond | 1               |
| Drug Drop-off Site        | 1               |
| Other Sports Facilities   | 1               |
| Soccer Field              | 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 Windsor Heights that fit into each of those dimensions of recovery.

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

- **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)

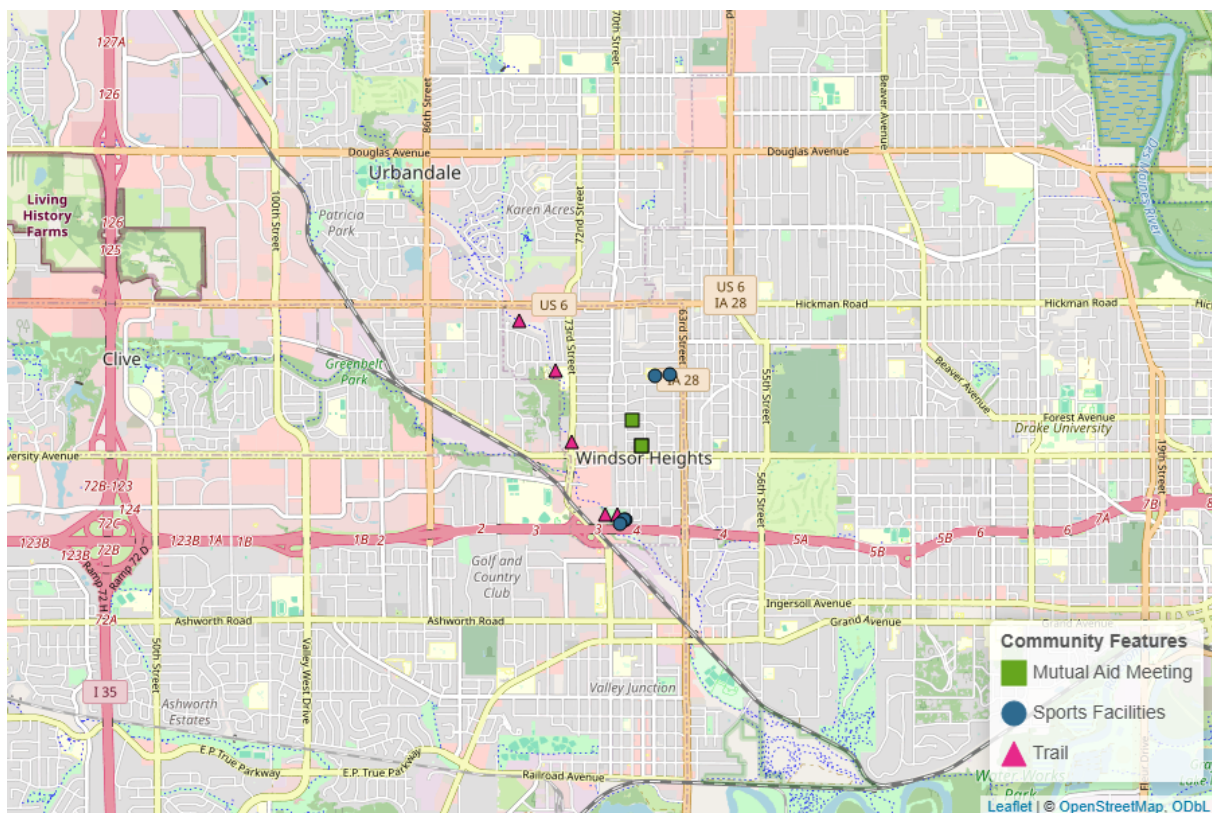


Figure 3: Community Resources in Windsor Heights

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

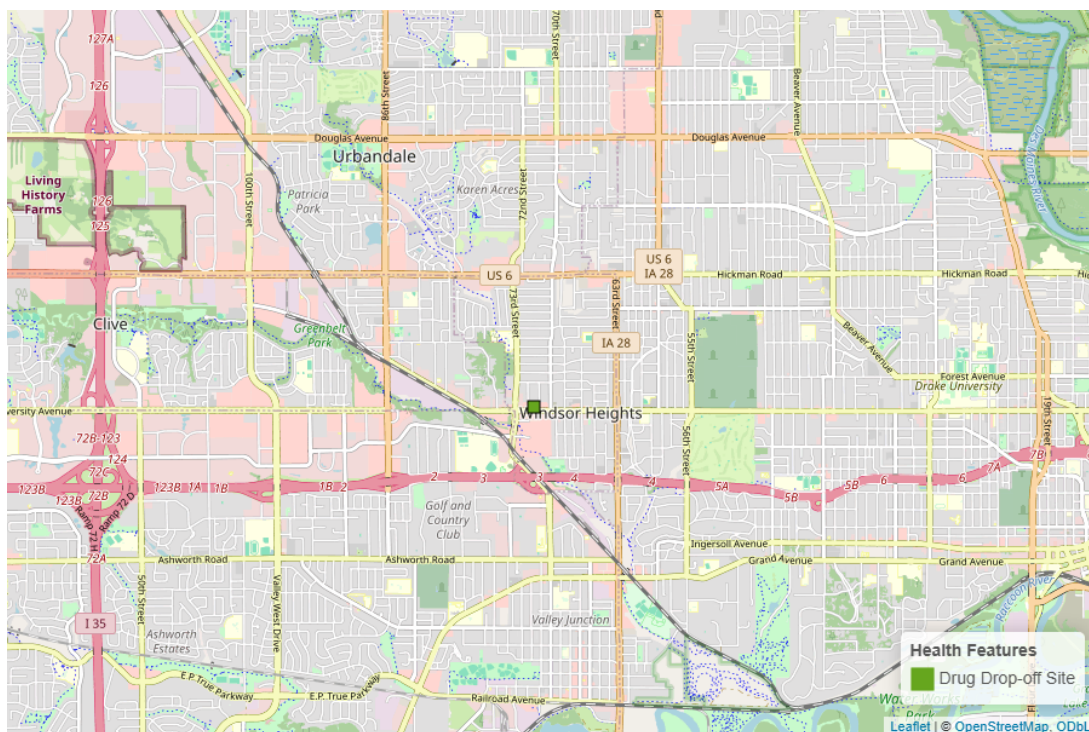


Figure 4: Health Resources in Windsor Heights

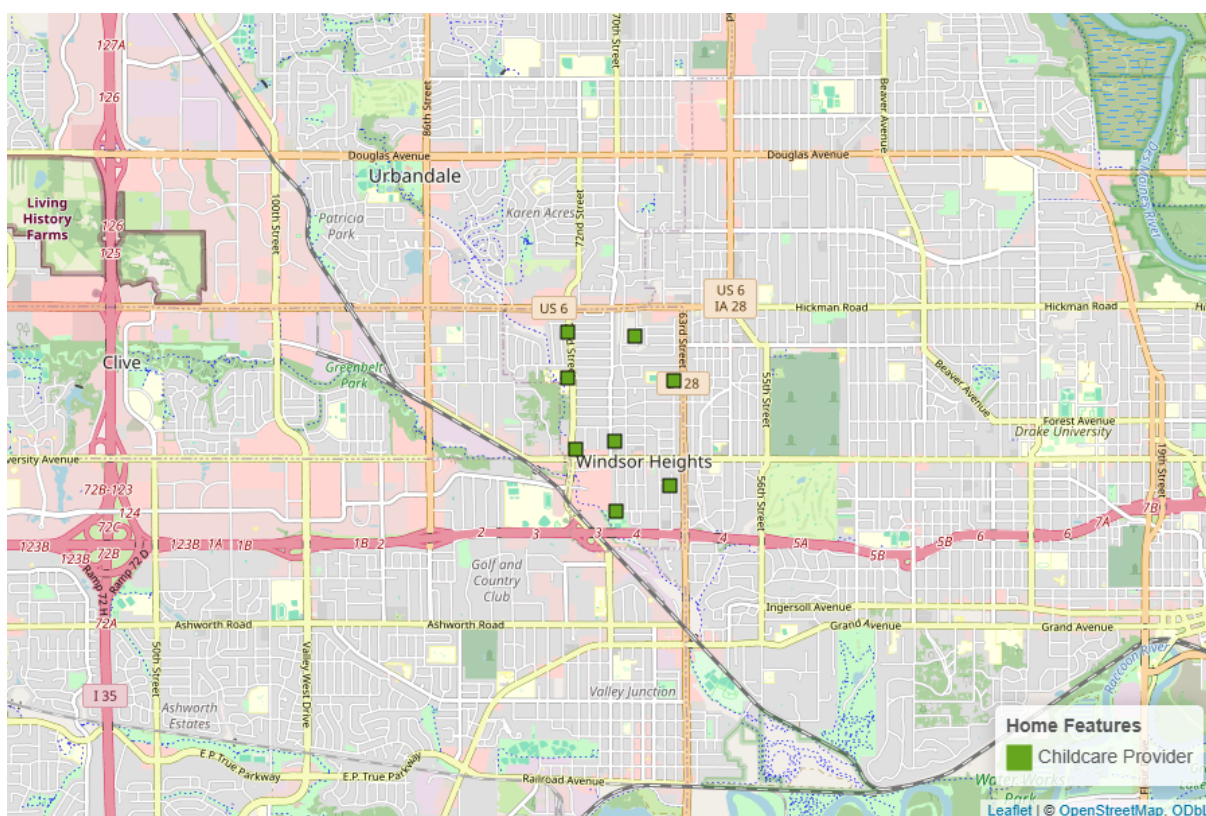


Figure 5: Home Resources in Windsor Heights

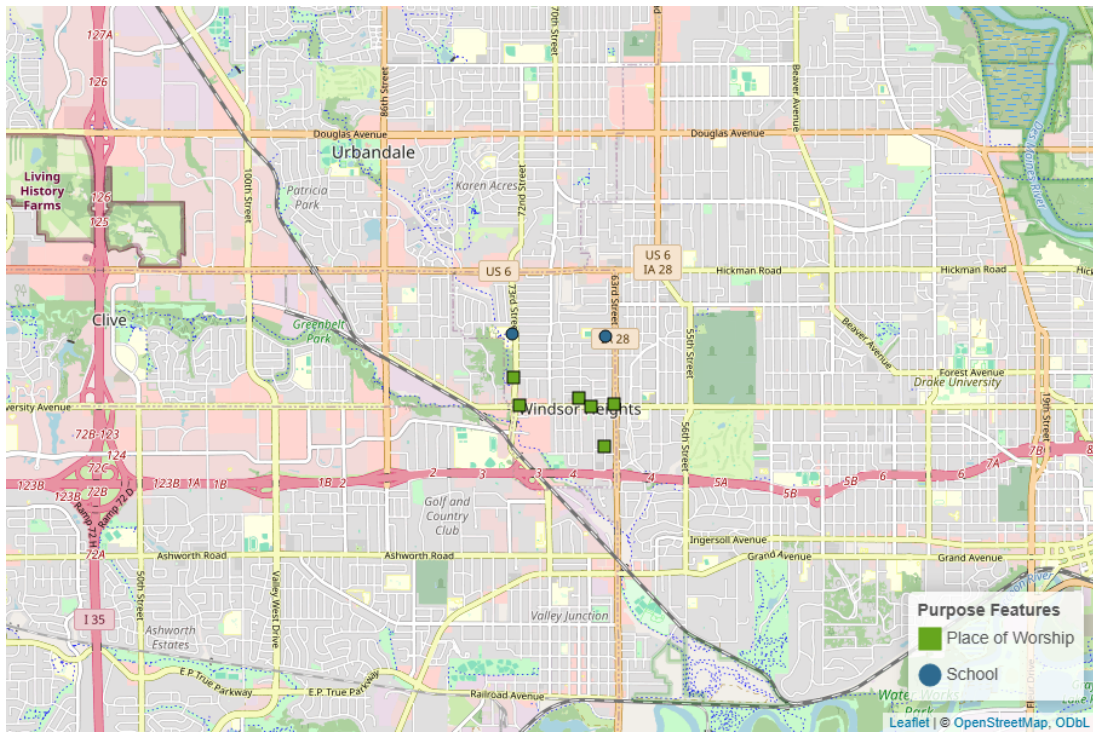


Figure 6: Purpose Resources in Windsor Heights

## 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](#)<sup>7</sup>):

- **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)

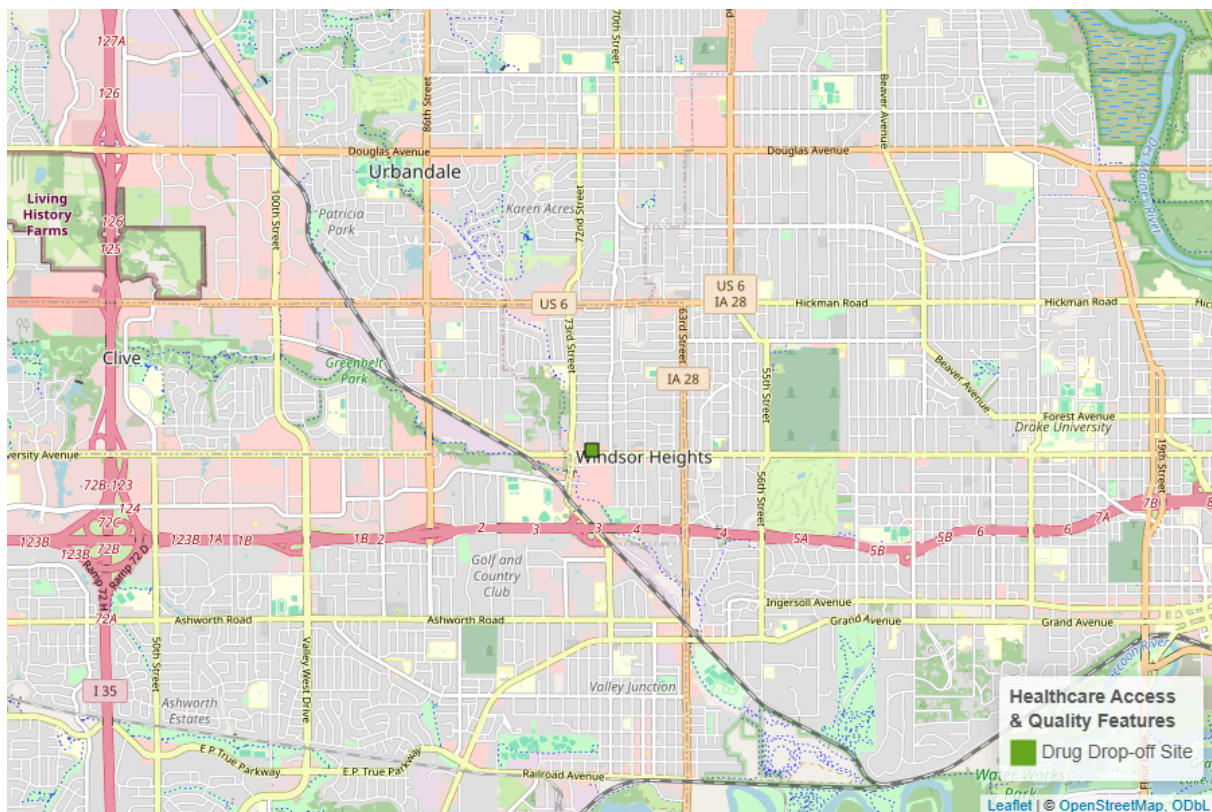


Figure 7: Heath Care Access and Quality Resources in Windsor Heights

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

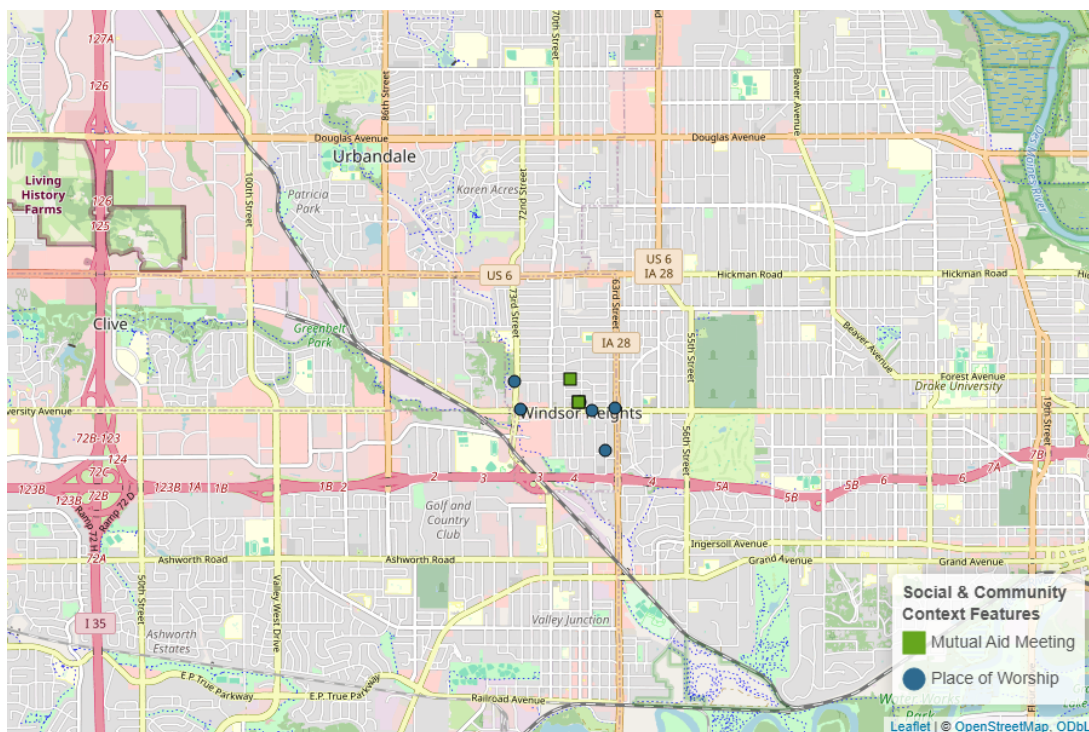


Figure 8: Social and Community Context Resources in Windsor Heights

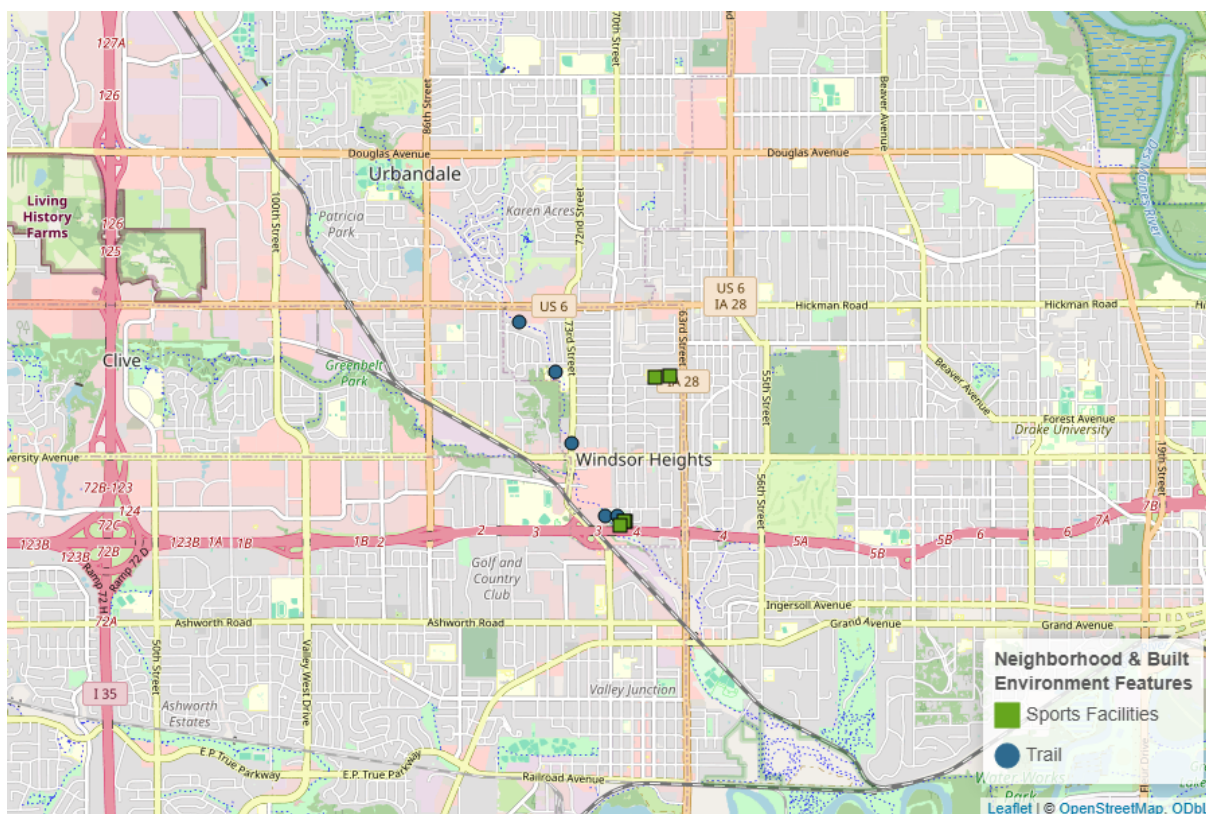


Figure 9: Neighborhood and Built Environment Resources in Windsor Heights

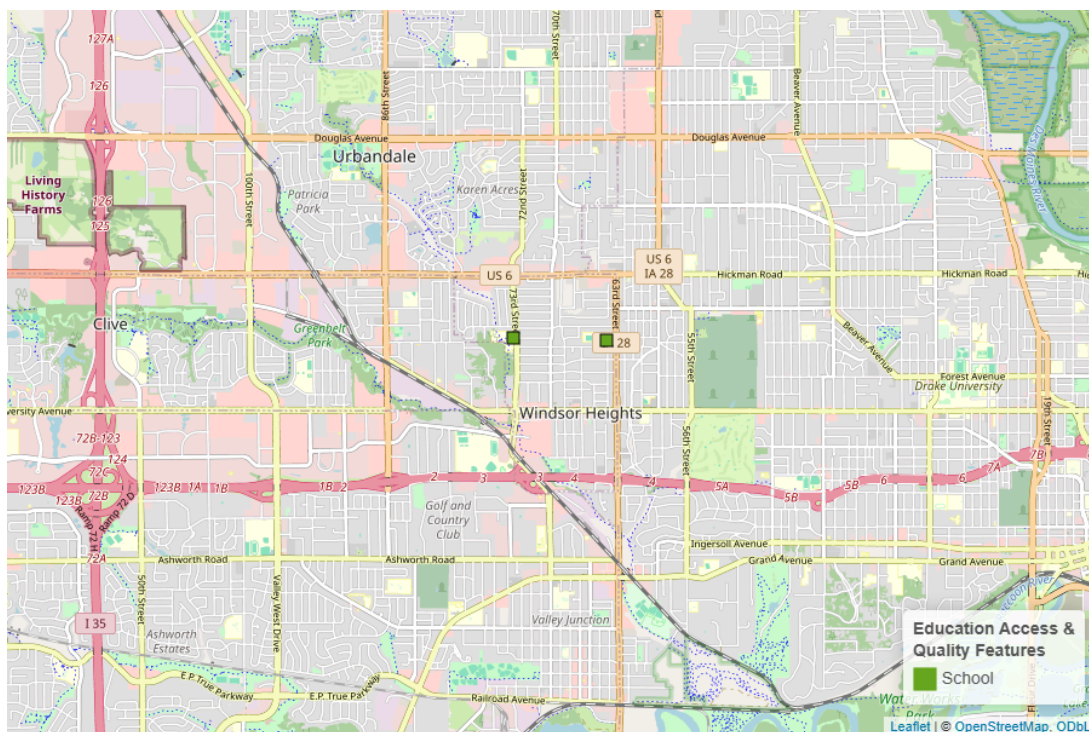


Figure 10: Education Access and Quality Resources in Windsor Heights

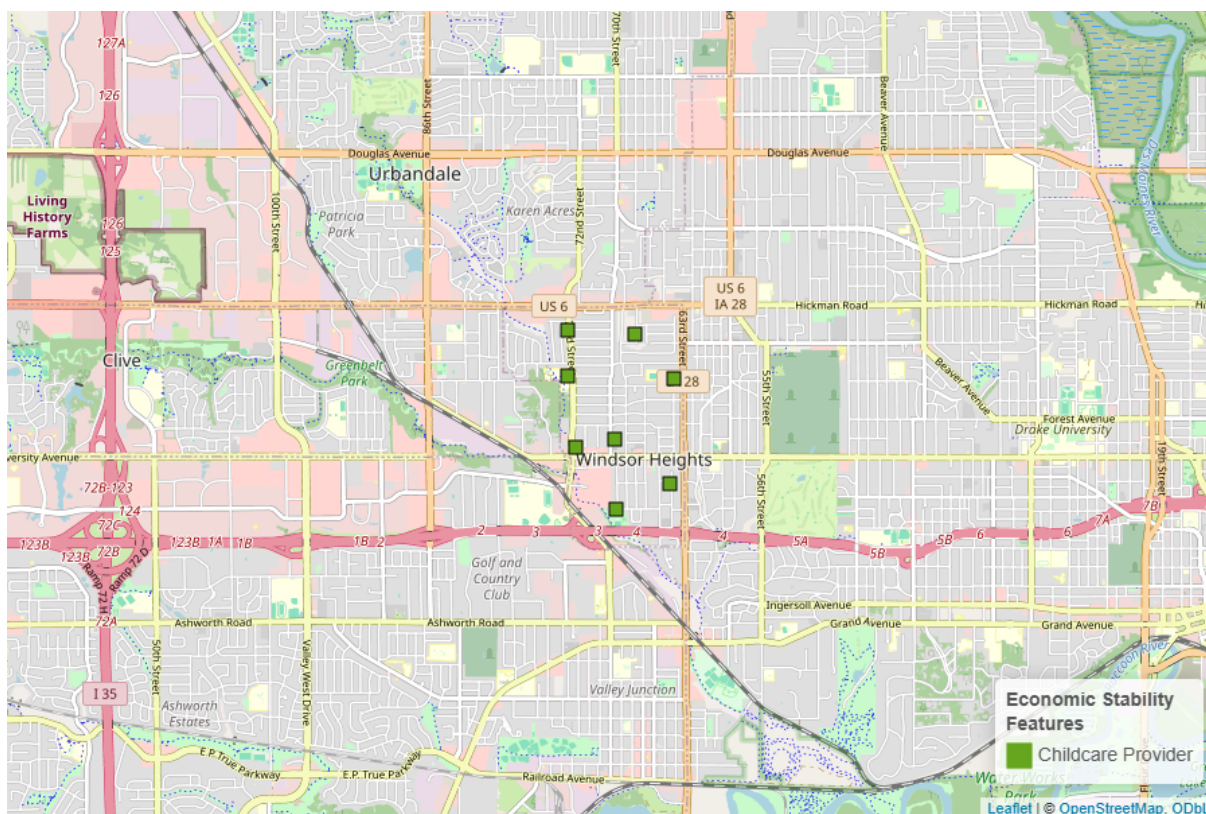


Figure 11: Economic Stability Resources in Windsor Heights

## 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 Collaborative<sup>8</sup>](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 5. Organizations located in Windsor Heights are listed first and highlighted in bold.

Table 3: Peer Support Providers in Behavioral Health District 5

| City       | Organization                               | Family Peer Support Specialists | Peer Recovery Coaches | Peer Support Specialists | Other |
|------------|--------------------------------------------|---------------------------------|-----------------------|--------------------------|-------|
| Ames       | Community and Family Resources             | 0                               | 1                     | 0                        | 0     |
| Ames       | Eyerly Ball                                | 0                               | 0                     | 1                        | 0     |
| Ames       | NAMI Central Iowa                          | 0                               | 0                     | 1                        | 0     |
| Ames       | YSS                                        | 1                               | 0                     | 0                        | 0     |
| Ankeny     | Four Oaks                                  | 1                               | 0                     | 0                        | 0     |
| Boone      | Central Iowa Recovery                      | 0                               | 0                     | 1                        | 0     |
| Des Moines | Broadlawns Medical Center                  | 0                               | 0                     | 2                        | 0     |
| Des Moines | Central Iowa Center for Independent Living | 0                               | 0                     | 1                        | 0     |
| Des Moines | Child Health Specialty Clinics (CHSC)      | 1                               | 0                     | 0                        | 0     |
| Des Moines | Community Support Advocates                | 0                               | 0                     | 1                        | 0     |
| Des Moines | Community and Family Resources             | 0                               | 1                     | 0                        | 0     |
| Des Moines | Easterseals Iowa                           | 1                               | 0                     | 0                        | 0     |
| Des Moines | Eyerly Ball                                | 0                               | 0                     | 5                        | 0     |
| Des Moines | Full Circle Recovery Community Center      | 0                               | 1                     | 0                        | 0     |
| Des Moines | Iowa Harm Reduction Coalition              | 0                               | 0                     | 1                        | 0     |
| Des Moines | MercyOne                                   | 0                               | 1                     | 0                        | 0     |
| Des Moines | NAMI Iowa                                  | 0                               | 0                     | 1                        | 0     |
| Des Moines | NAMI Iowa - Office of Recovery Services    | 0                               | 0                     | 1                        | 0     |
| Des Moines | Orchard Place                              | 1                               | 0                     | 0                        | 0     |

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

| City            | Organization                                  | Family Peer Support Specialists | Peer Recovery Coaches | Peer Support Specialists | Other |
|-----------------|-----------------------------------------------|---------------------------------|-----------------------|--------------------------|-------|
| Des Moines      | Primary Health Care Homeless Support Services | 0                               | 0                     | 2                        | 0     |
| Des Moines      | Veterans Administration                       | 0                               | 0                     | 1                        | 0     |
| Des Moines      | Wellpoint (formerly Amerigroup)               | 0                               | 0                     | 0                        | 1     |
| Indianola       | Central Iowa Recovery                         | 0                               | 0                     | 1                        | 0     |
| Indianola       | MercyOne                                      | 0                               | 1                     | 0                        | 0     |
| Johnston        | Ellipsis                                      | 1                               | 0                     | 0                        | 0     |
| Johnston        | Outside The Box                               | 0                               | 0                     | 0                        | 1     |
| Knoxville       | Inside Out Wellness & Advocacy                | 0                               | 1                     | 0                        | 0     |
| Knoxville       | Resources for Human Development               | 0                               | 0                     | 1                        | 0     |
| Newton          | Capstone Behavioral Health                    | 1                               | 0                     | 2                        | 0     |
| Newton          | MercyOne                                      | 0                               | 1                     | 0                        | 0     |
| Osceola         | Crossroads Behavioral Health Services         | 1                               | 0                     | 1                        | 0     |
| Perry           | Inside Out Wellness & Advocacy                | 0                               | 1                     | 0                        | 0     |
| Pleasant Hill   | Thrive Now Recovery Center                    | 0                               | 1                     | 0                        | 0     |
| Urbandale       | Mosaic Haven, LLC                             | 1                               | 0                     | 0                        | 0     |
| Webster City    | Central Iowa Recovery                         | 0                               | 0                     | 1                        | 0     |
| West Des Moines | Community Support Advocates                   | 1                               | 0                     | 2                        | 0     |
| West Des Moines | Stepping Stone Family Services                | 1                               | 0                     | 0                        | 0     |
| West Des Moines | UCS Healthcare                                | 0                               | 1                     | 0                        | 0     |
| Winterset       | Crossroads Behavioral Health Services         | 1                               | 0                     | 1                        | 0     |
| Woodward        | Inside Out Wellness & Advocacy                | 0                               | 1                     | 0                        | 0     |

# 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/).<sup>9</sup>

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.

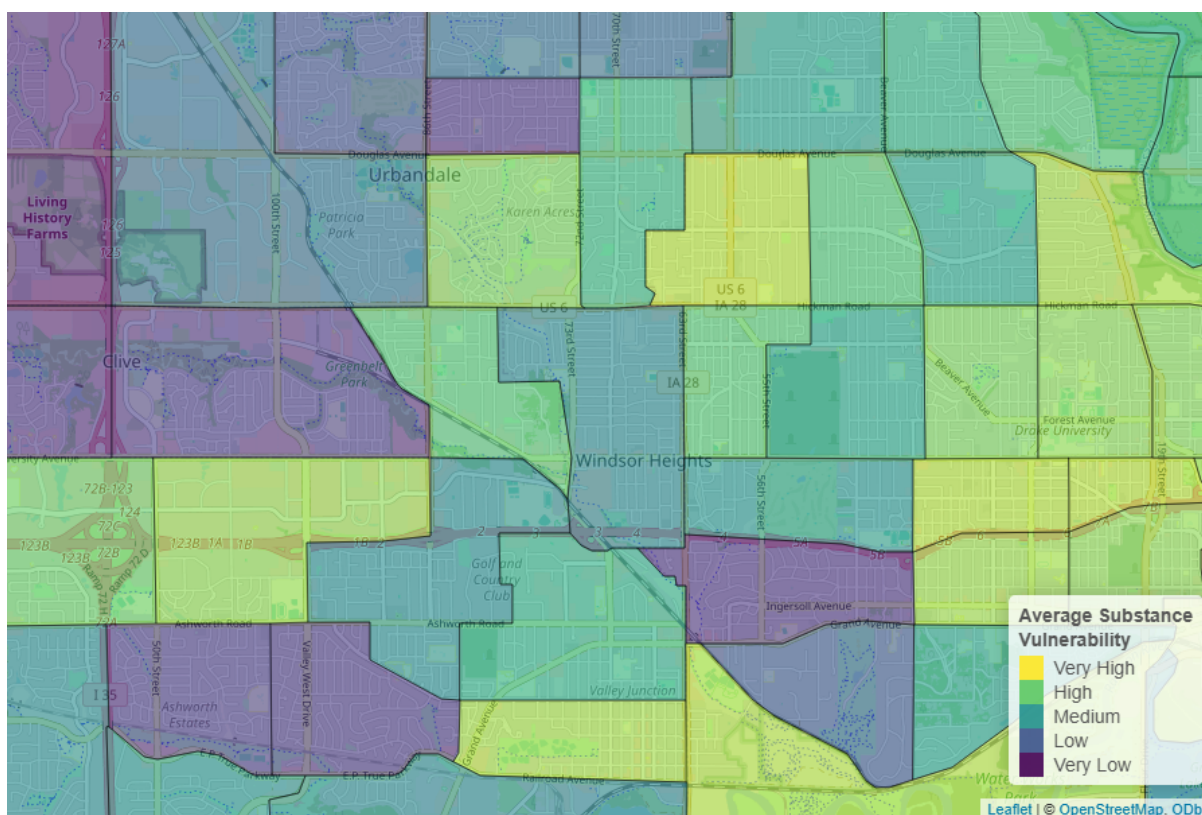


Figure 12: Overall Substance Use Vulnerability in Windsor Heights

<sup>9</sup>[https://publicsciencecollaborative.shinyapps.io/substance\\_use\\_vulnerability/](https://publicsciencecollaborative.shinyapps.io/substance_use_vulnerability/)

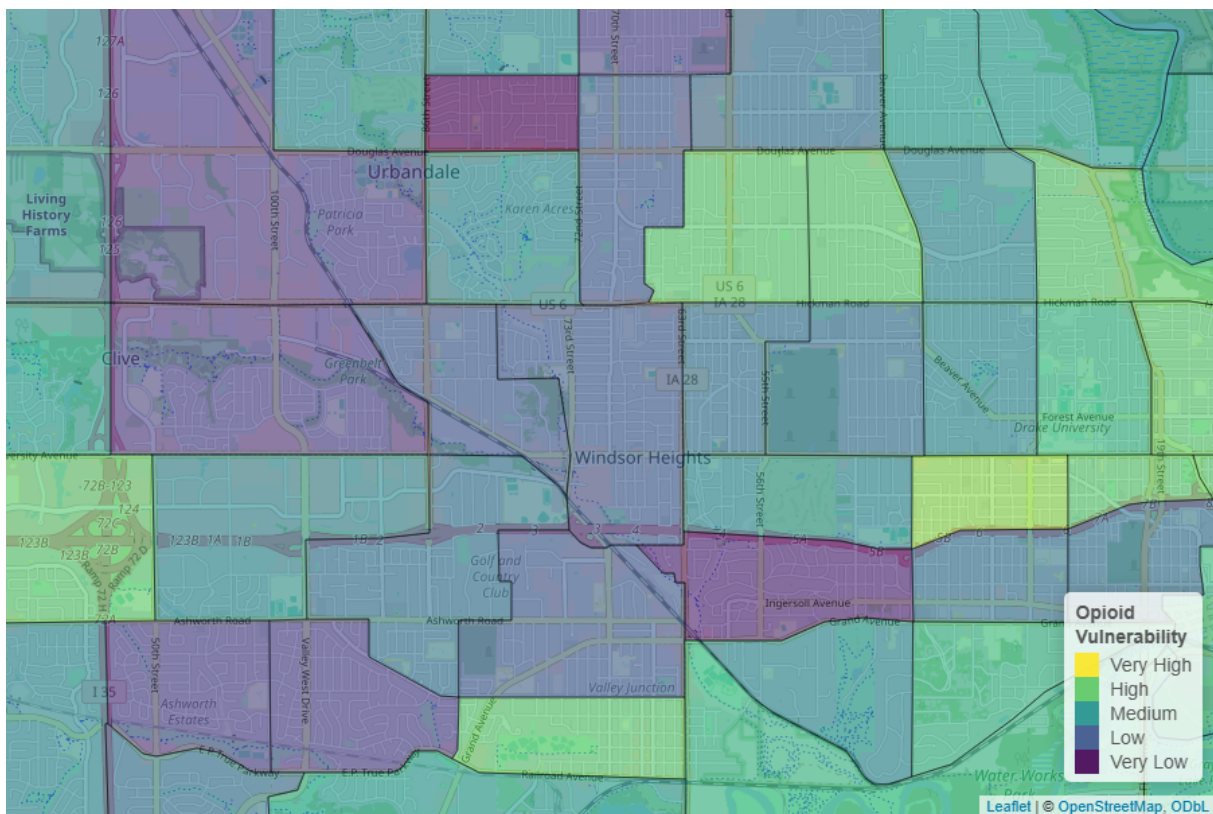


Figure 13: Opioid Vulnerability in Windsor Heights

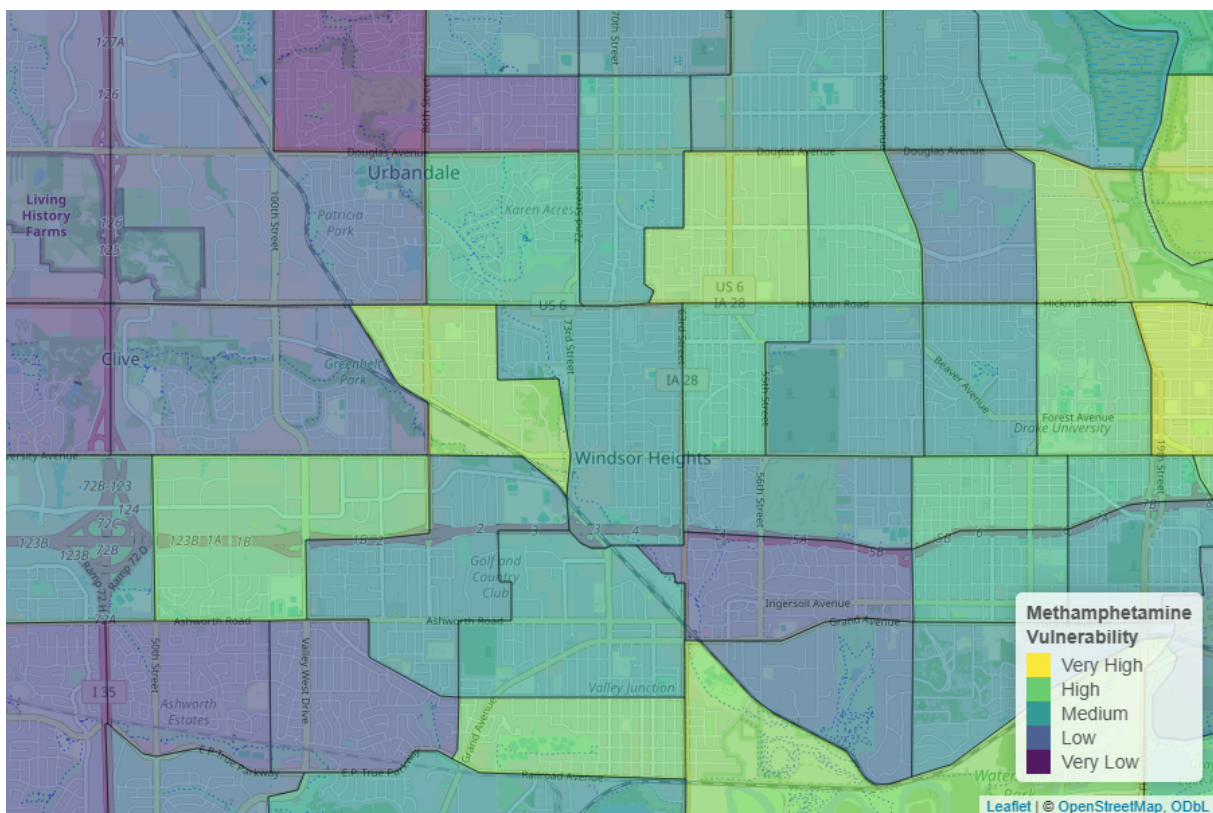


Figure 14: Methamphetamine Vulnerability in Windsor Heights

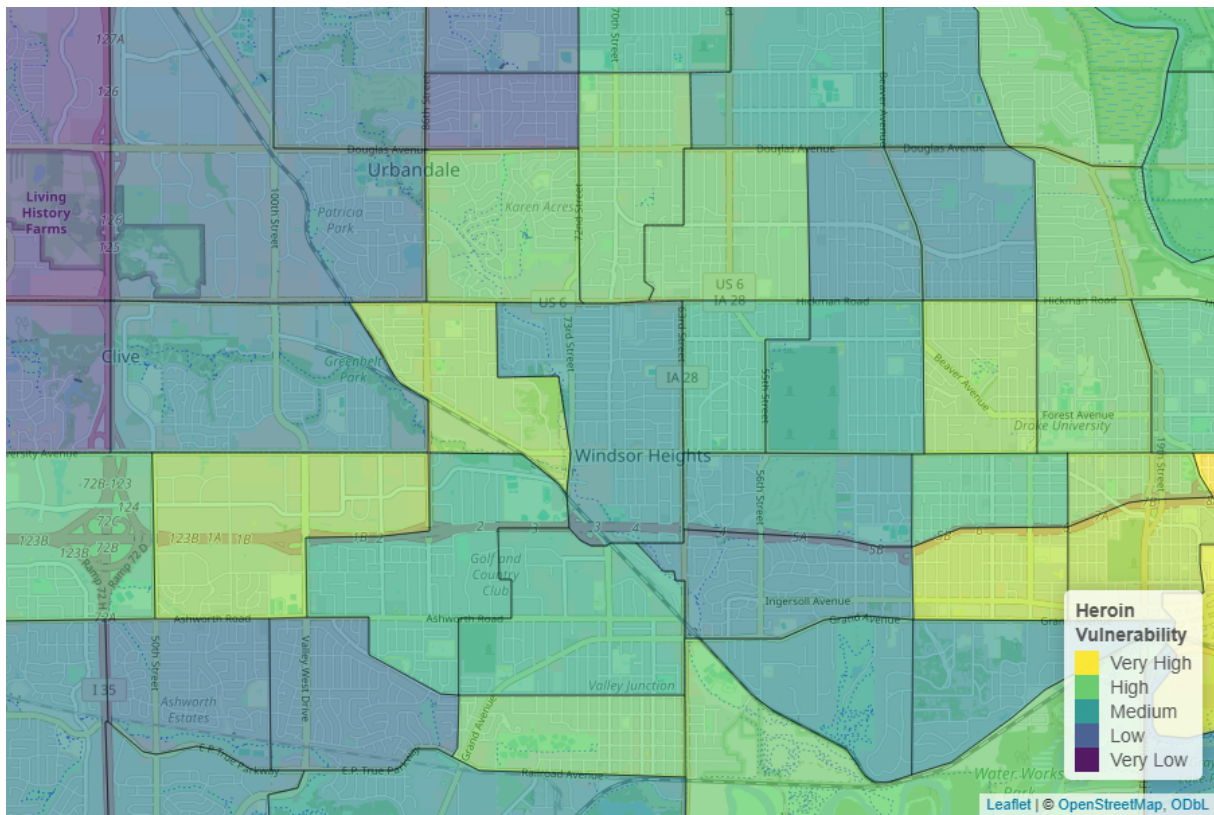


Figure 15: Heroin Vulnerability in Windsor Heights

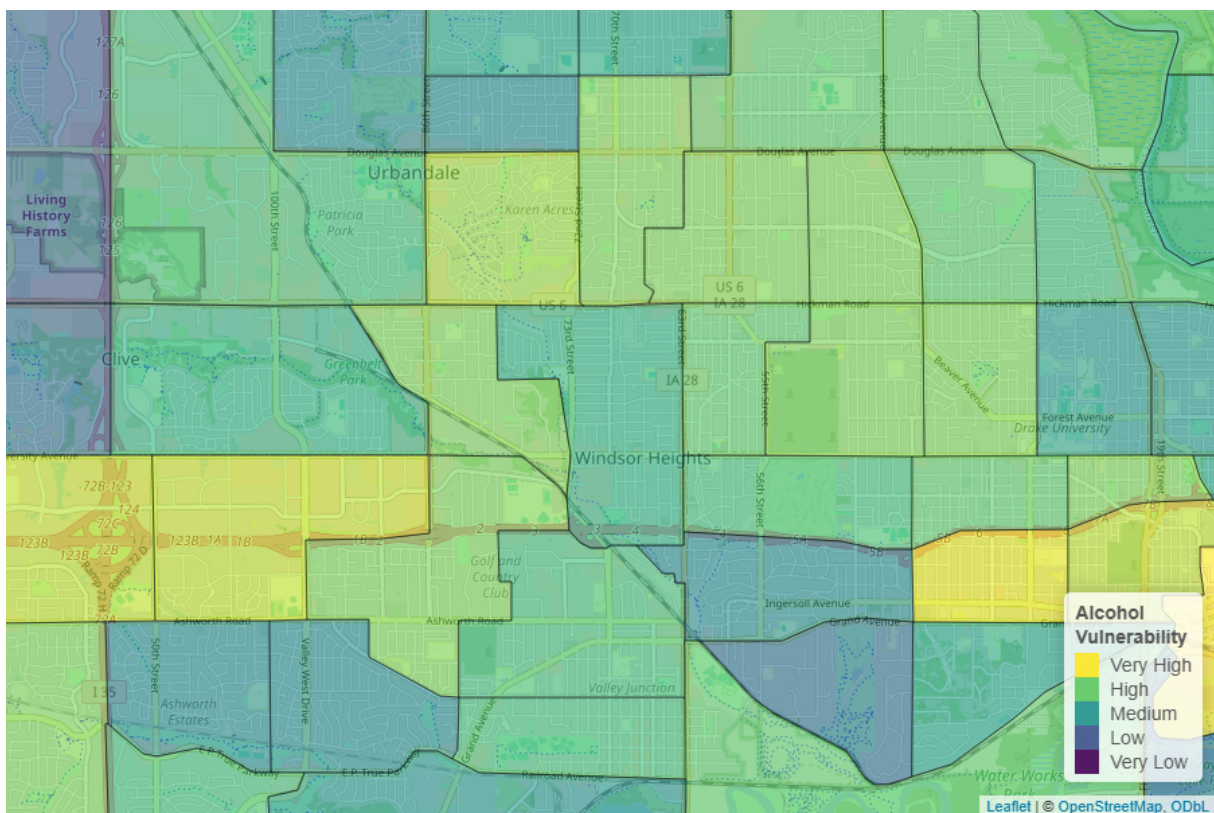


Figure 16: Alcohol Vulnerability in Windsor Heights

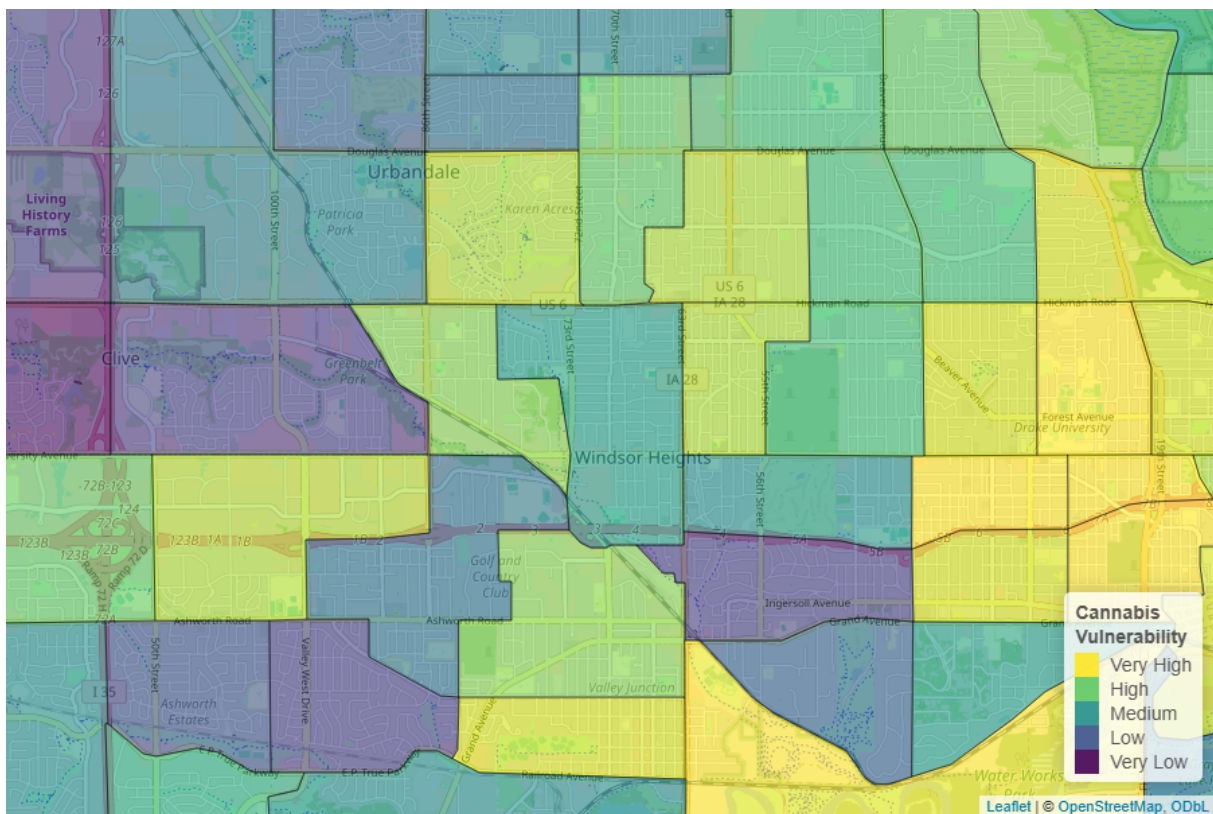


Figure 17: Cannabis Vulnerability in Windsor Heights

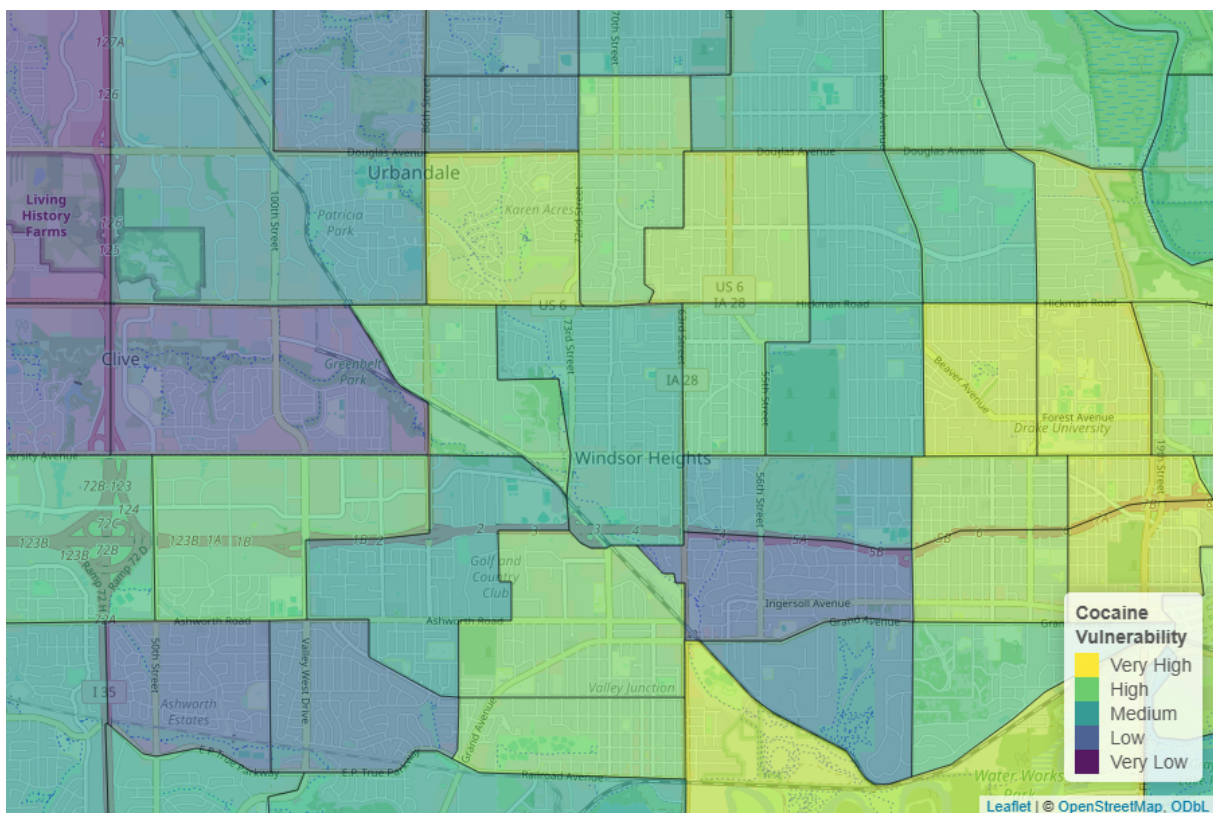


Figure 18: Cocaine Vulnerability in Windsor Heights

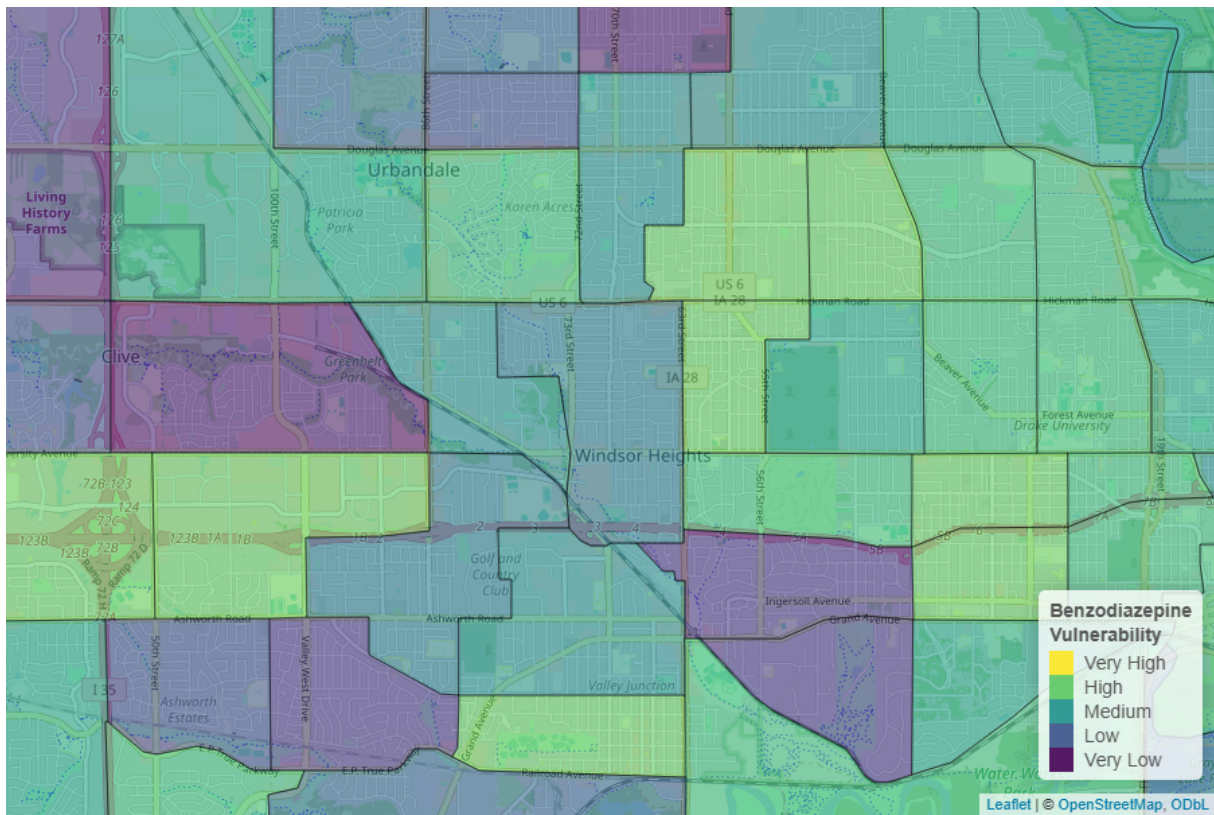


Figure 19: Benzodiazepine Vulnerability in Windsor Heights

## 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 Windsor Heights, 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/).<sup>10</sup>

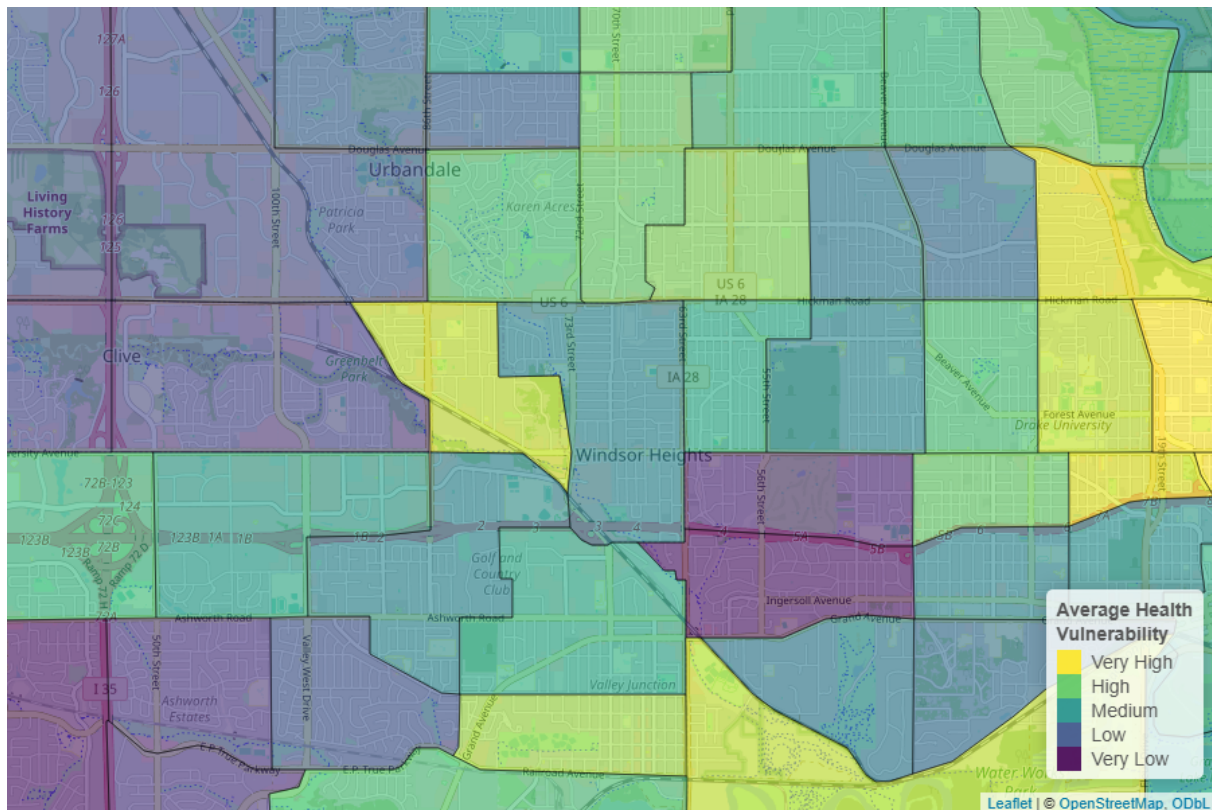


Figure 20: Overall Health Vulnerability in Windsor Heights

<sup>10</sup><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](#),<sup>11</sup> [Well-Being Resource Finder](#),<sup>12</sup> and [Physical Activity Resource Finder](#).<sup>13</sup>

Table 4: Recovery Resource Data Sources

| Resource Type                                     | Source                                                   |
|---------------------------------------------------|----------------------------------------------------------|
| Beach                                             | <a href="#">Iowa DNR</a>                                 |
| Library                                           | <a href="#">Institute of Museum and Library Services</a> |
| Playground                                        | <a href="#">OpenStreetMap</a>                            |
| Public Park                                       | <a href="#">OpenStreetMap</a>                            |
| Trail                                             | <a href="#">OpenStreetMap</a>                            |
| Outdoor Basketball Court                          | <a href="#">OpenStreetMap</a>                            |
| Football Field                                    | <a href="#">OpenStreetMap</a>                            |
| Soccer Field                                      | <a href="#">OpenStreetMap</a>                            |
| Baseball/Softball Diamond                         | <a href="#">OpenStreetMap</a>                            |
| Tennis Court                                      | <a href="#">OpenStreetMap</a>                            |
| Pickleball Court                                  | <a href="#">OpenStreetMap</a>                            |
| Outdoor Volleyball Court                          | <a href="#">OpenStreetMap</a>                            |
| Other Sports Facilities                           | <a href="#">OpenStreetMap</a>                            |
| 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                                              | <a href="#">Iowa DNR</a>                                 |
| Access Center                                     | Manual Addition                                          |
| Drug Drop-off Site                                | <a href="#">Iowa Geodata</a>                             |
| Hospital                                          | <a href="#">Iowa Medicaid Provider Search</a>            |
| MAT Site                                          | <a href="#">SAMHSA</a>                                   |
| Mental & Behavioral Health Center                 | <a href="#">Iowa DHHS</a>                                |
| Rural Health Clinic                               | <a href="#">Iowa Association of Rural Health Clinics</a> |

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

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

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

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

## Appendix 2: RRCI Rankings for Cities in Behavioral Health District 5

Table 5 adds on to the Recovery Ready Community Index data found earlier in the report. This table includes all 54 cities in behavioral health district 5 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 Polk County, including Windsor Heights, are bolded.

Table 5: RRCI in Behavioral Health District 5 Cities

| City                   | Population | Pop. Group Rank   | RRCI | Resource Abundance-Absolute | Resource Abundance-Relative | Recovery Culture |
|------------------------|------------|-------------------|------|-----------------------------|-----------------------------|------------------|
| <b>Des Moines</b>      | 212,464    | 5 (out of 11)     | 64.7 | 1447                        | 68.1                        | 6.2              |
| <b>Ankeny</b>          | 70,542     | 11 (out of 11)    | 62.3 | 509                         | 72.2                        | 3.1              |
| <b>West Des Moines</b> | 69,893     | 8 (out of 11)     | 63.6 | 506                         | 72.4                        | 4.0              |
| Ames                   | 66,112     | 10 (out of 11)    | 63.1 | 472                         | 71.4                        | 3.8              |
| <b>Urbandale</b>       | 46,026     | 22 (out of 31)    | 62.8 | 258                         | 56.1                        | 5.2              |
| Waukee                 | 26,974     | 24 (out of 31)    | 62.0 | 214                         | 79.3                        | 2.2              |
| <b>Johnston</b>        | 24,196     | 7 (out of 31)     | 68.2 | 282                         | 116.5                       | 2.1              |
| <b>Altoona</b>         | 20,592     | 30 (out of 31)    | 60.4 | 117                         | 56.8                        | 3.4              |
| <b>Clive</b>           | 18,776     | 28 (out of 31)    | 61.5 | 110                         | 58.6                        | 4.3              |
| Indianola              | 15,918     | 19 (out of 31)    | 63.5 | 148                         | 93.0                        | 1.9              |
| <b>Grimes</b>          | 15,810     | 15 (out of 31)    | 64.2 | 145                         | 91.7                        | 3.2              |
| Newton                 | 15,696     | 26 (out of 31)    | 61.7 | 128                         | 81.5                        | 1.9              |
| Norwalk                | 13,610     | 27 (out of 31)    | 61.6 | 114                         | 83.8                        | 0.7              |
| Boone                  | 12,445     | 17 (out of 31)    | 63.8 | 103                         | 82.8                        | 4.0              |
| <b>Pleasant Hill</b>   | 10,796     | 23 (out of 31)    | 62.7 | 95                          | 88.0                        | 2.8              |
| Pella                  | 10,624     | 3 (out of 31)     | 73.4 | 154                         | 145.0                       | 2.8              |
| <b>Bondurant</b>       | 8,061      | 94 (out of 103)   | 37.8 | 76                          | 94.3                        | 0.0              |
| Perry                  | 7,928      | 58 (out of 103)   | 64.5 | 67                          | 84.5                        | 6.3              |
| Webster City           | 7,769      | 81 (out of 103)   | 61.1 | 67                          | 86.2                        | 1.3              |
| Knoxville              | 7,493      | 38.5 (out of 103) | 68.0 | 76                          | 101.4                       | 6.7              |
| Nevada                 | 6,952      | 57 (out of 103)   | 64.7 | 74                          | 106.4                       | 1.4              |
| Adel                   | 6,259      | 66 (out of 103)   | 63.6 | 62                          | 99.1                        | 3.2              |
| <b>Polk City</b>       | 5,833      | 87 (out of 103)   | 55.1 | 32                          | 54.9                        | 1.7              |
| Osceola                | 5,495      | 21 (out of 103)   | 71.1 | 72                          | 131.0                       | 3.6              |
| Winterset              | 5,384      | 15 (out of 103)   | 72.9 | 65                          | 120.7                       | 11.1             |
| <b>Windsor Heights</b> | 5,171      | 85 (out of 103)   | 57.5 | 27                          | 52.2                        | 5.8              |
| Huxley                 | 4,440      | 95 (out of 103)   | 36.7 | 44                          | 99.1                        | 0.0              |
| Chariton               | 4,235      | 1 (out of 103)    | 80.9 | 73                          | 172.4                       | 9.4              |
| <b>Carlisle</b>        | 4,187      | 69.5 (out of 103) | 63.3 | 44                          | 105.1                       | 2.4              |

| City                 | Population | Pop. Group Rank  | RRCI | Resource Abundance-Absolute | Resource Abundance-Relative | Recovery Culture |
|----------------------|------------|------------------|------|-----------------------------|-----------------------------|------------------|
| Jefferson            | 4,164      | 53 (out of 103)  | 66.3 | 41                          | 98.5                        | 9.6              |
| <b>Saylorville</b>   | 3,559      | 101 (out of 103) | 28.1 | 22                          | 61.8                        | 0.0              |
| Story City           | 3,363      | 98 (out of 103)  | 31.7 | 27                          | 80.3                        | 0.0              |
| Madrid               | 2,803      | 72 (out of 103)  | 62.9 | 30                          | 107.0                       | 3.6              |
| <b>Mitchellville</b> | 2,557      | 103 (out of 103) | 25.9 | 17                          | 66.5                        | 0.0              |
| Lamoni               | 2,121      | 12 (out of 145)  | 81.8 | 47                          | 221.6                       | 4.7              |
| Colfax               | 2,089      | 53 (out of 145)  | 60.6 | 19                          | 91.0                        | 9.6              |
| Monroe               | 2,074      | 106 (out of 145) | 38.6 | 26                          | 125.4                       | 0.0              |
| Dallas Center        | 2,058      | 44 (out of 145)  | 65.6 | 25                          | 121.5                       | 4.9              |
| Granger              | 1,919      | 56 (out of 145)  | 59.3 | 19                          | 99.0                        | 5.2              |
| Ogden                | 1,902      | 23 (out of 145)  | 78.7 | 37                          | 194.5                       | 5.3              |
| Pleasantville        | 1,883      | 30 (out of 145)  | 74.8 | 31                          | 164.6                       | 5.3              |
| Leon                 | 1,795      | 67 (out of 145)  | 51.8 | 37                          | 206.1                       | 0.0              |
| Prairie City         | 1,649      | 103 (out of 145) | 40.4 | 23                          | 139.5                       | 0.0              |
| Corydon              | 1,566      | 84 (out of 145)  | 45.7 | 26                          | 166.0                       | 0.0              |
| Slater               | 1,498      | 77 (out of 145)  | 47.9 | 27                          | 180.2                       | 0.0              |
| Van Meter            | 1,469      | 69 (out of 145)  | 50.7 | 30                          | 204.2                       | 0.0              |
| Roland               | 1,458      | 133 (out of 145) | 28.1 | 14                          | 96.0                        | 0.0              |
| Earlham              | 1,406      | 82 (out of 145)  | 46.9 | 25                          | 177.8                       | 0.0              |
| Gilbert              | 1,300      | 79 (out of 145)  | 47.5 | 24                          | 184.6                       | 0.0              |
| Baxter               | 1,251      | 131 (out of 145) | 28.8 | 13                          | 103.9                       | 0.0              |
| Melcher-Dallas       | 1,228      | 75 (out of 145)  | 48.4 | 24                          | 195.4                       | 0.0              |
| Jewell Junction      | 1,225      | 105 (out of 145) | 39.6 | 18                          | 146.9                       | 0.0              |
| Sully                | 1,092      | 104 (out of 145) | 40.3 | 17                          | 155.7                       | 0.0              |
| Woodward             | 1,002      | 5 (out of 145)   | 83.7 | 23                          | 229.5                       | 29.9             |

## Appendix 3: Mutual Aid Meetings In Windsor Heights

Table 6: Mutual Aid Meeting Directory in Windsor Heights

| Meeting Type         | Group                                                            | Address                                      | Weekly Meeting # |
|----------------------|------------------------------------------------------------------|----------------------------------------------|------------------|
| Alcoholics Anonymous | <u>A New Chapter:A Womens Big Book Journey</u>                   | Clive, IA 50324, USA                         | 1                |
| Alcoholics Anonymous | <u>Big Book Babes- BEGINNERS MEETING (Babysitting Available)</u> | 1240 66th St, Windsor Heights, IA 50324, USA | 1                |
| Alcoholics Anonymous | <u>Big Book Babes-(Babysitting Available)</u>                    | 1240 66th St, Windsor Heights, IA 50324, USA | 1                |

## Appendix 4: Resources In Windsor Heights

Table 7: Recovery Resource Directory in Windsor Heights

| Resource Type             | Name                                                         | Address                                                  |
|---------------------------|--------------------------------------------------------------|----------------------------------------------------------|
| Baseball/Softball Diamond | Windsor Heights Ballpark                                     | Windsor Heights, Polk County, Iowa, 50324, United States |
| Childcare Provider        | <a href="#"><u>Dixie Engstrom</u></a>                        | 2108 73rd ST, Windsor Heights, IA, 50324                 |
| Childcare Provider        | <a href="#"><u>Felicia Sunh</u></a>                          | 1936 68th ST, Windsor Heights, IA, 50324                 |
| Childcare Provider        | <a href="#"><u>Katie's Little Learners</u></a>               | 6408 Mott AVE, Windsor Heights, IA, 50324                |
| Childcare Provider        | <a href="#"><u>Kids West-Clive Learning Academy</u></a>      | 1600 73rd St, Windsor Heights, IA, 50324                 |
| Childcare Provider        | <a href="#"><u>Klassic Kids Child Development Center</u></a> | 1237 73rd St, Windsor Heights, IA, 50324                 |
| Childcare Provider        | <a href="#"><u>Metro Kids - Cowles</u></a>                   | 6401 College Ave, Windsor Heights, IA, 50324             |
| Childcare Provider        | <a href="#"><u>Naomi Nippert</u></a>                         | 1249 70th ST, Windsor Heights, IA, 50324                 |
| Childcare Provider        | <a href="#"><u>Rana Cheichan</u></a>                         | 1010 69th ST, Windsor Heights, IA, 50324                 |
| Drug Drop-off Site        | Hy-Vee Pharmacy (1895)                                       | 7101 University Avenue, Windsor Heights, IA, 50324       |
| Other Sports Facilities   | 1 Other Sports Facility                                      | Windsor Heights, Polk County, Iowa, 50324, United States |
| Place of Worship          | <a href="#"><u>Crestwood Baptist Church</u></a>              | 7215 University Ave, Windsor Heights, IA 50324, USA      |
| Place of Worship          | <a href="#"><u>Greater Des Moines Baptist Church</u></a>     | 6507 University Ave, Windsor Heights, IA 50324, USA      |
| Place of Worship          | <a href="#"><u>Olivet Baptist Church</u></a>                 | 1400 73rd St, Windsor Heights, IA 50324, USA             |
| Place of Worship          | <a href="#"><u>Walnut Creek Community Church</u></a>         | 1016 64th St, Windsor Heights, IA 50324, USA             |
| Place of Worship          | <a href="#"><u>Windsor Heights Lutheran Church</u></a>       | 1240 66th St, Windsor Heights, IA 50324, USA             |
| Place of Worship          | <a href="#"><u>Windsor Presbyterian Church</u></a>           | 6301 University Ave, Windsor Heights, IA 50324, USA      |
| School                    | Clive Learning Academy                                       | 1600 73rd Street, Des Moines, IA                         |
| School                    | Cowles Elementary School                                     | 6401 College Ave, Des Moines, IA                         |
| Soccer Field              | 1 Soccer Field                                               | Windsor Heights, Polk County, Iowa, 50324, United States |
| Tennis Court              | 2 Tennis Courts                                              | Windsor Heights, Polk County, Iowa, 50324, United States |
| Trail                     | 5 Trails                                                     | No Address in Data                                       |