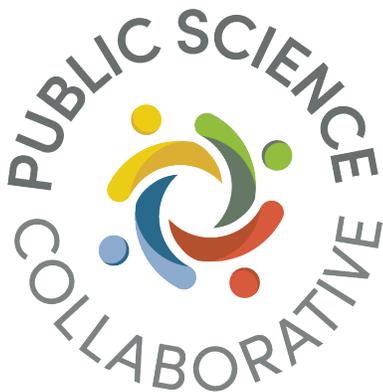


Recovery Readiness Assessment: Allamakee County

June, 2025



Allamakee County



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

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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 Allamakee County, which is part of Iowa's Behavioral Health District 3 (see Figure 1). Allamakee County has a population of 14,000, and its largest city is Waukon.



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

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Allamakee County'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 “What are the Peer Support Resources in Your Communities?” 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 counties and 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](#)⁵ that allows people to further explore the RRCI, compare recovery readiness scores, and evaluate communities.

Table 1 shows all of the cities with at least 1,000 people in Allamakee County. Among this group, Lansing has the highest RRCI score, indicating that it is a community that may be well-suited to support a recovery community organization, due to its strong number recovery resources. We also looked at communities in comparison to other cities of similar sizes, seen in the “Pop. Group Rank” column, for a comparison of cities that might be expected to have similar quantities of resources. When looking at these cities in comparison to their population groups, Waukon and Lansing are among the top half of their comparison population groups.

Table 1: Recovery Ready Community Index in Allamakee County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Lansing	1,111	22 (out of 145)	79.0	23	207.0	9.0
Waukon	3,796	38.5 (out of 103)	68.0	49	129.1	2.6
Postville	2,787	100 (out of 103)	29.9	22	78.9	0.0

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

Another way to look at recovery readiness is in the context of Iowa's new behavioral health districts, which manage treatment and recovery services in counties across the district. Allamakee County is located in district 3, which has 16 counties, as shown in Table 2. Allamakee County falls in 8th place in terms of the RRCI in the district. The following pages have maps showing the RRCI and its component measures across behavioral health district 3.

Each county is also put into a comparison group of similar counties, including metropolitan core counties (such as Polk or Linn), metropolitan non-core counties (suburban or exurban counties), micropolitan counties (such as Cerro Gordo and Marshall), and rural counties. Allamakee County is in the Rural group of counties, and ranks 43rd out of 63 Iowa counties in the group.

Table 2: Recovery Ready Community Index in Behavioral Health District 3 Counties

County	Pop. Group	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Fayette	Rural	1 (out of 63)	79.6	234	120.7	3.6
Bremer	Metropolitan Non-Core	1 (out of 12)	76.2	264	105.1	4.0
Howard	Rural	4 (out of 63)	71.4	111	117.3	5.3
Floyd	Rural	11 (out of 63)	61.9	144	92.9	5.2
Butler	Rural	12 (out of 63)	61.6	145	101.4	3.5
Clayton	Rural	14.5 (out of 63)	60.9	186	109.0	2.3
Winneshiek	Rural	19 (out of 63)	58.8	191	95.6	3.0
Cerro Gordo	Micropolitan	8 (out of 15)	58.2	323	75.5	3.5
Grundy	Metropolitan Non-Core	6 (out of 12)	48.6	126	102.0	2.4
Hardin	Rural	34 (out of 63)	43.5	165	98.6	1.2
Tama	Rural	40.5 (out of 63)	41.5	146	86.0	2.4
Mitchell	Rural	40.5 (out of 63)	41.5	87	82.5	4.7
Allamakee	Rural	43 (out of 63)	40.1	138	98.3	1.4
Chickasaw	Rural	45 (out of 63)	38.8	107	90.2	2.5
Franklin	Rural	46 (out of 63)	38.8	101	101.2	2.0
Marshall	Micropolitan	15 (out of 15)	36.4	252	63.0	1.8

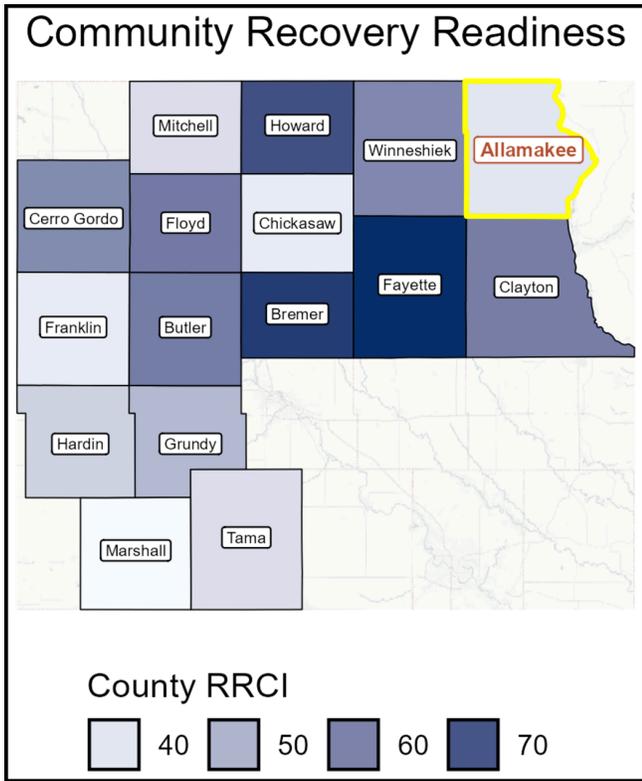


Figure 2: Recovery Ready Community Index in Allamakee County

Figure 2 shows community recovery readiness in behavioral health district 3 with a visualization of the Recovery Ready Community Index. The darker blues represent counties with higher RRCI scores, while the lighter blues and whites show counties with lower RRCI scores. Allamakee County is highlighted with a yellow outline and bold label.

In district 3, Allamakee County's RRCI score ranks 8th. Among cities with at least 1,000 people in Allamakee County, Lansing has the highest RRCI score, while Postville has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 3, Allamakee County has the 7th highest number of total recovery resources. In Allamakee County cities of at least 1,000 people, Lansing has the most recovery resources.

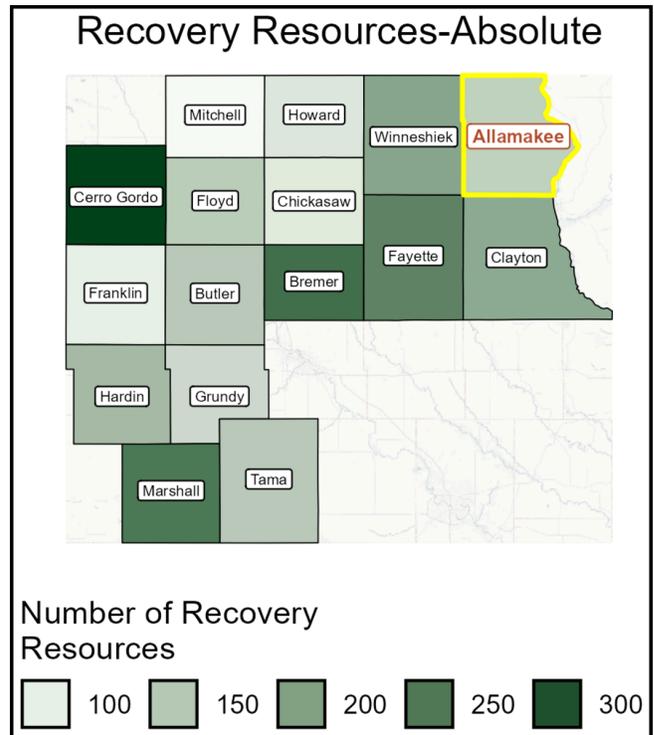


Figure 3: Recovery Resources in Allamakee County

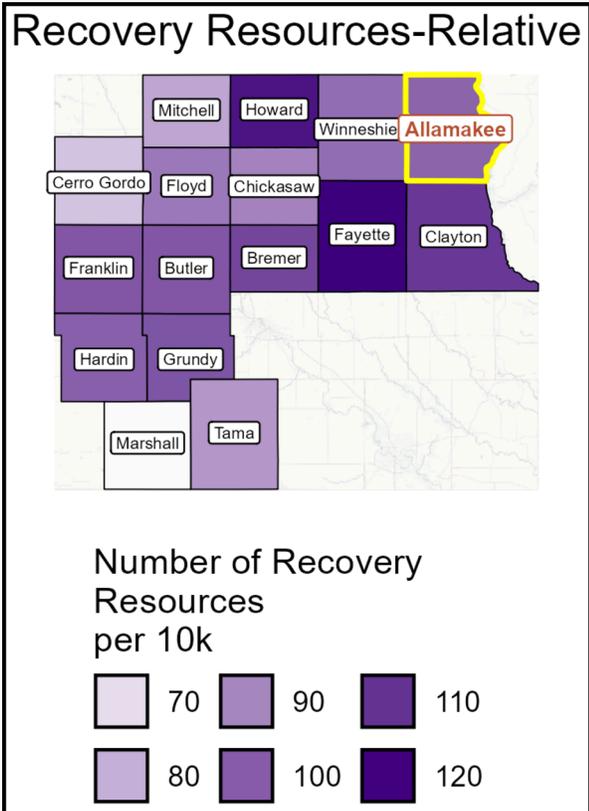


Figure 4: Recovery Resources per 10k in Allamakee County

Figure 4 shows number of recovery resources per 10,000 population, or the Relative Resource Abundance. Adjusting for population creates a more accurate comparison for smaller communities that may have fewer people, but have stronger resource access for that population.

Allamakee County ranks 2nd among the counties in district 3 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Lansing has the highest number of recovery resources per 10,000 population, while Postville has the lowest.

Figure 5 shows number of mutual aid meetings per 10,000 population, or the Recovery Culture. A community with a strong recovery culture already has community members working and collaborating in the recovery space.

Among counties in behavioral health district 3, Allamakee County has the 15th highest number of mutual aid meetings per 10,000 people. Within Allamakee County, Lansing is the city of 1,000+ people with the largest recovery culture, while Postville has the lowest.

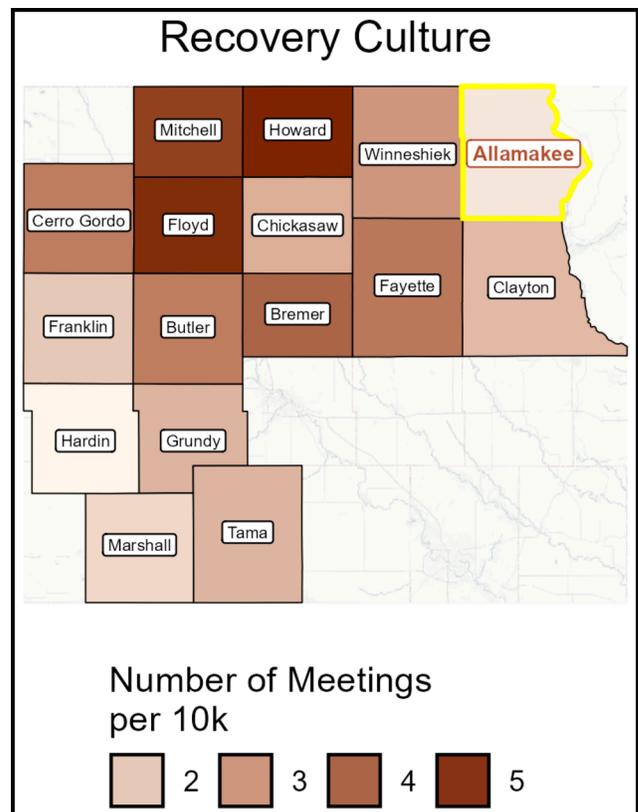


Figure 5: Mutual Aid Meetings per 10k in Allamakee County

What Resources Does Your Community Have?

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. Table 3 identifies resources in Allamakee County 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)

Table 3: SAMHSA Dimensions of Health Resources in Allamakee County Cities

City	Community	Health	Home	Purpose
Waukon	12	5	14	19
Lansing	16	1	1	6
Postville	9	1	4	8

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

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 living in an area with few resources, like childcare and parks, may be more likely to face other challenges as a result. For instance, they may deal with higher transportation costs to take their child to childcare, which can add stress to their finances. These maps can also be used in conjunction with the population data in the next section to help identify at-risk populations and neighborhoods. Neighborhoods with health and substance use vulnerabilities may need greater access to specific supporting resources. Table 4 shows communities in the county and their resources among categories within the Social Determinants of Health.

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, Workforce Development Offices)

Table 4: Social Determinants of Health Resources in Allamakee County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Waukon	13	5	5	11	16
Lansing	1	2	1	15	5
Postville	4	4	1	9	4

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

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 5 shows peer support provider organizations in behavioral health district 3. Organizations located in Allamakee County cities are listed first and highlighted in bold.

Table 5: Peer Support Providers in Behavioral Health District 3

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Charles City	Plugged-In Iowa	0	0	1	0
Decorah	Child Health Specialty Clinics (CHSC)	1	0	0	0
Decorah	Northeast Iowa Behavioral Health	0	1	1	0
Decorah	Plugged-In Iowa	0	0	1	0
Hampton	Prairie Ridge Behavioral Health	0	0	1	0
Marshalltown	Center Associates	1	0	1	0
Marshalltown	Mid-Iowa Triumph Recovery Center	0	0	1	0
Marshalltown	Together We Can, Inc.	0	0	1	0
Mason City	Child Health Specialty Clinics (CHSC)	1	0	0	0
Mason City	Four Oaks	0	0	1	0
Mason City	Prairie Ridge Behavioral Health	0	1	1	1
Oelwein	Child Health Specialty Clinics (CHSC)	1	0	0	0
Toledo	Plugged-In Iowa	0	0	1	0
Waverly	Pathways Behavioral Services	0	0	2	0

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

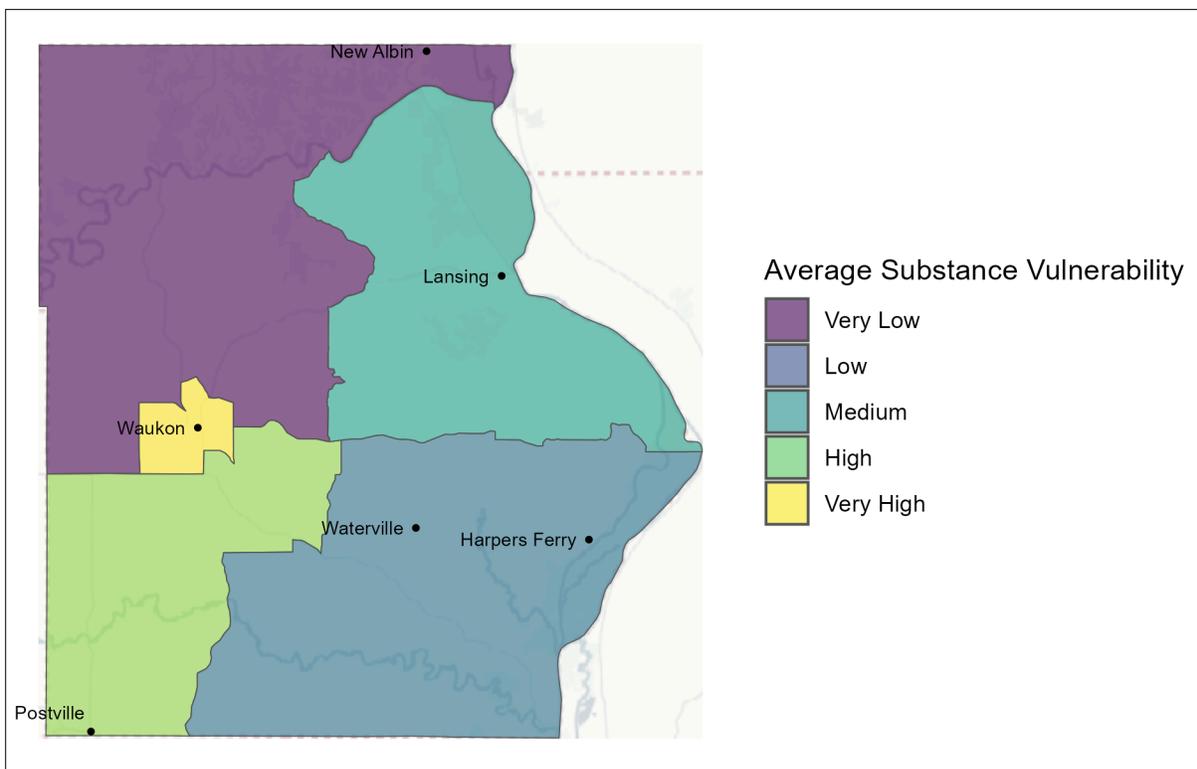
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

Substance Use Vulnerability

The Public Science Collaborative has developed data resources to help community organizations, local governments, and public health practitioners allocate resources more effectively for 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 6: Overall Substance Use Vulnerability in Allamakee County



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

Figure 7: Opioid Vulnerability in Allamakee County

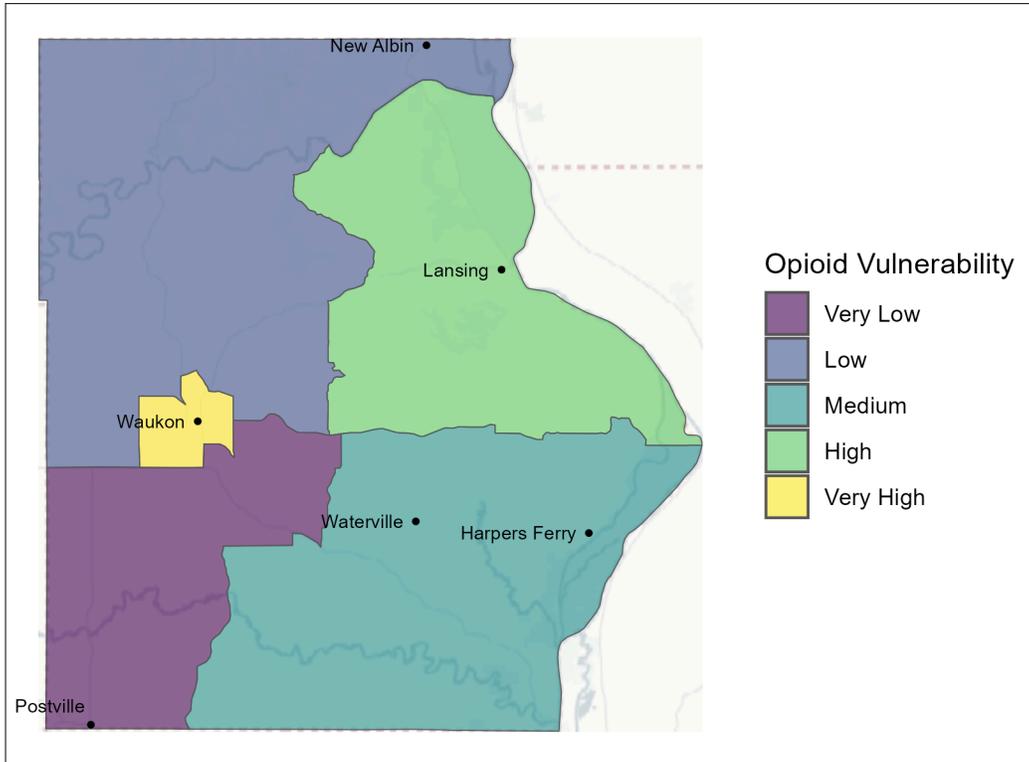


Figure 8: Methamphetamine Vulnerability in Allamakee County

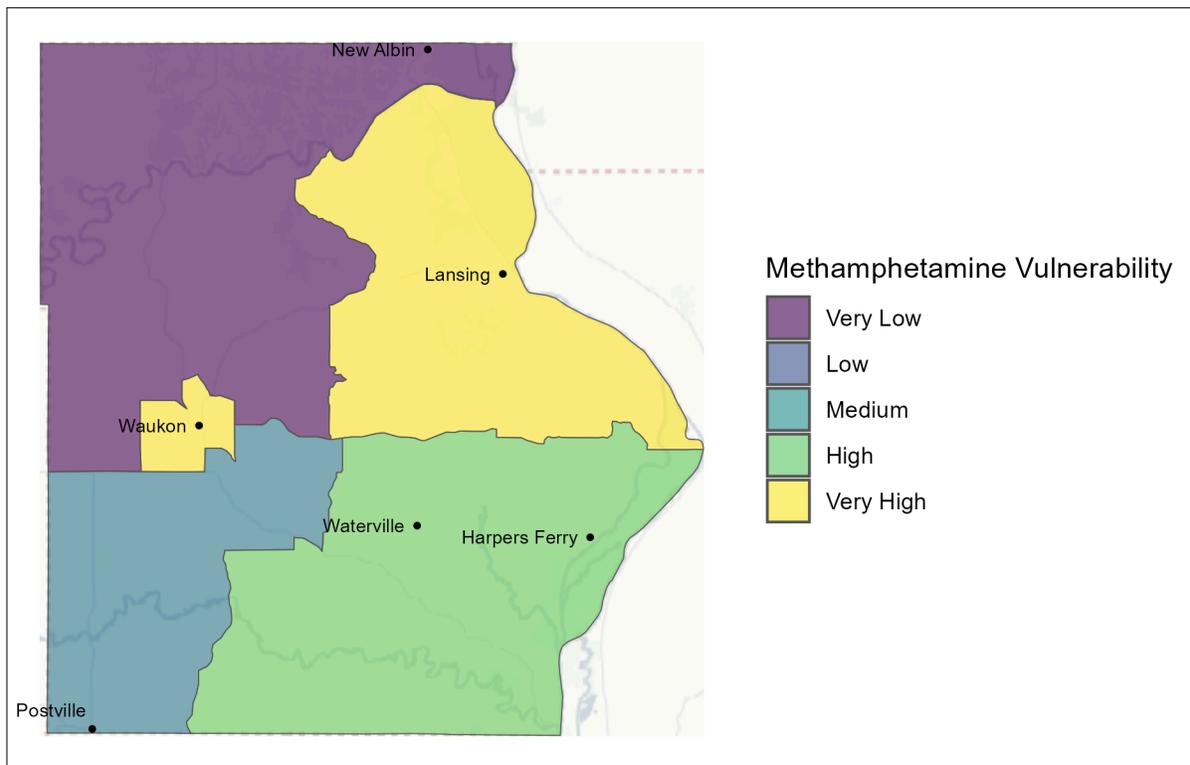


Figure 9: Heroin Vulnerability in Allamakee County

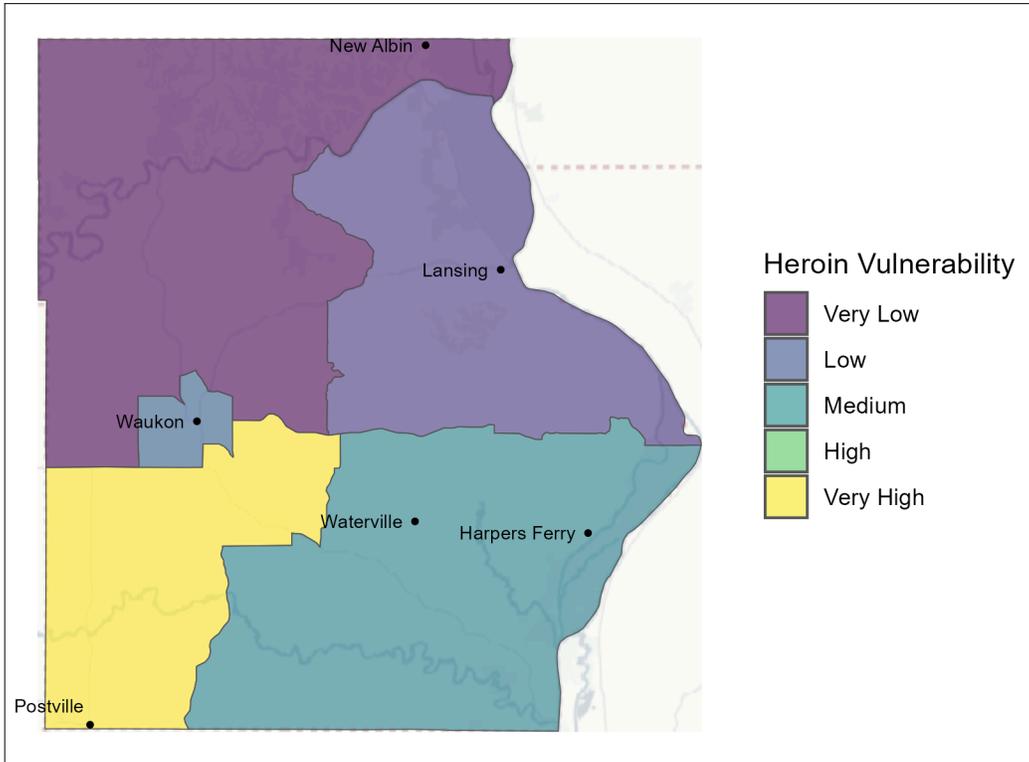


Figure 10: Alcohol Vulnerability in Allamakee County

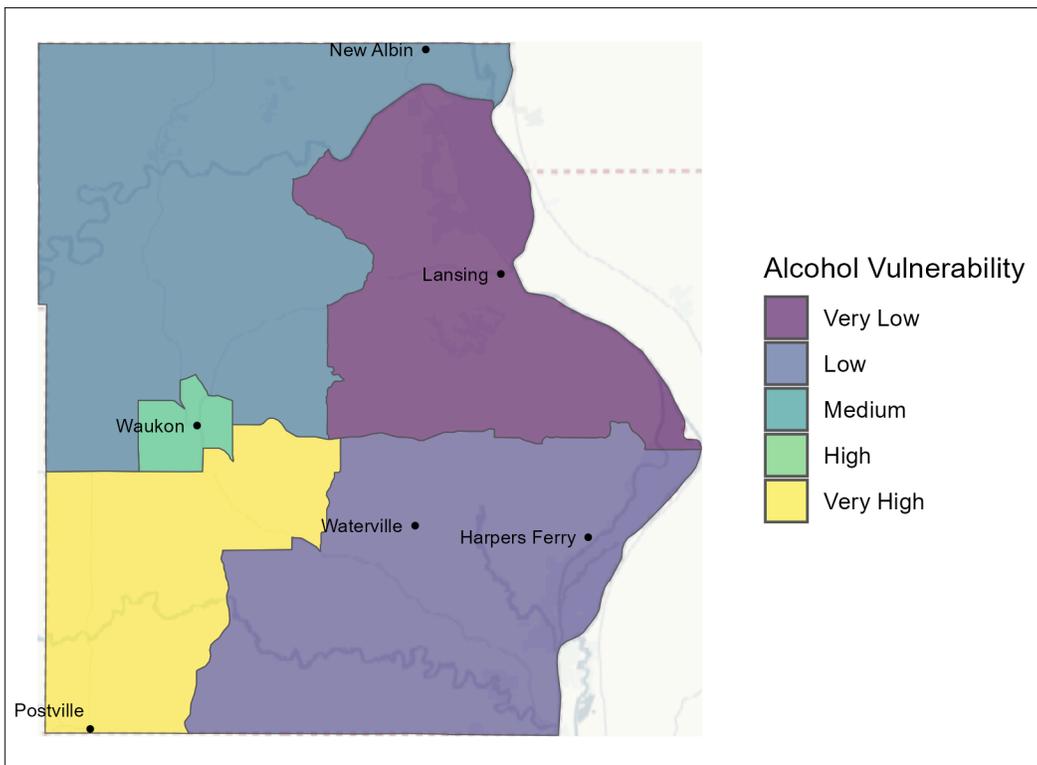


Figure 11: Cannabis Vulnerability in Allamakee County

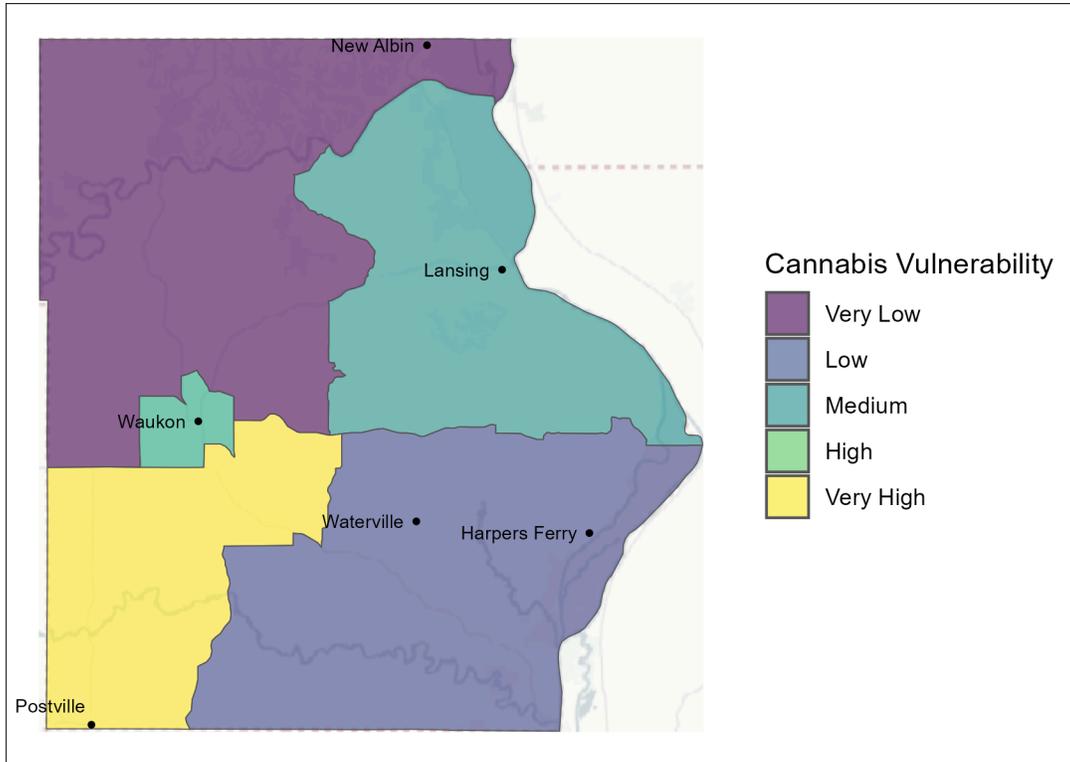


Figure 12: Cocaine Vulnerability in Allamakee County

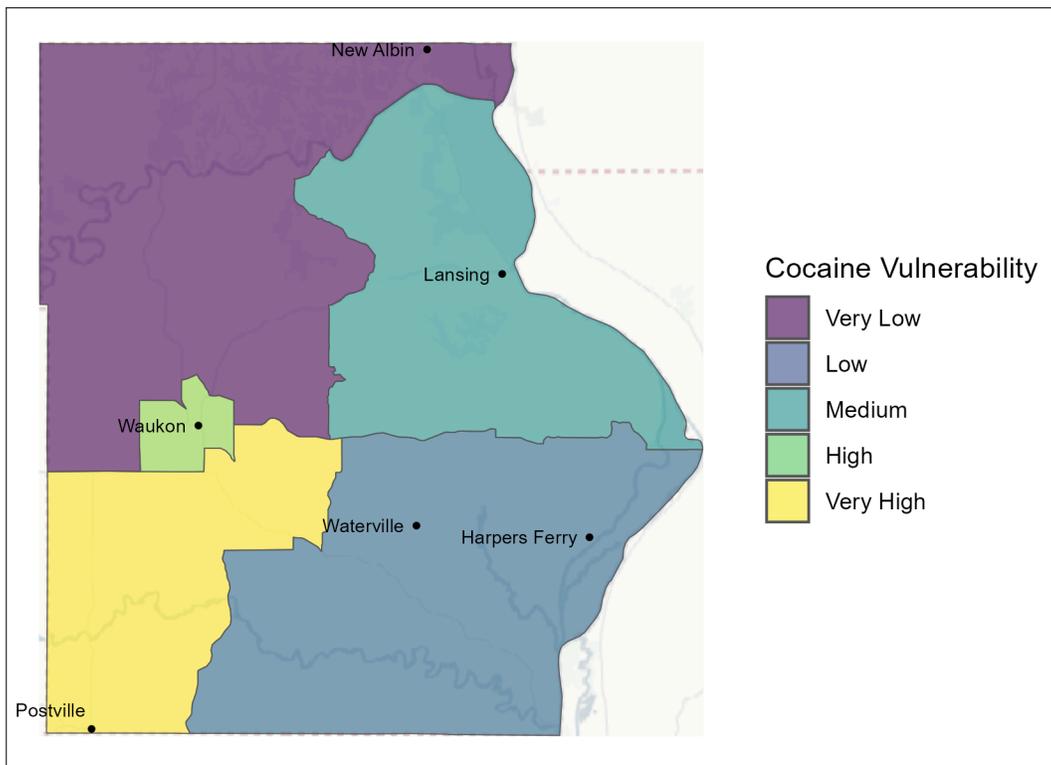
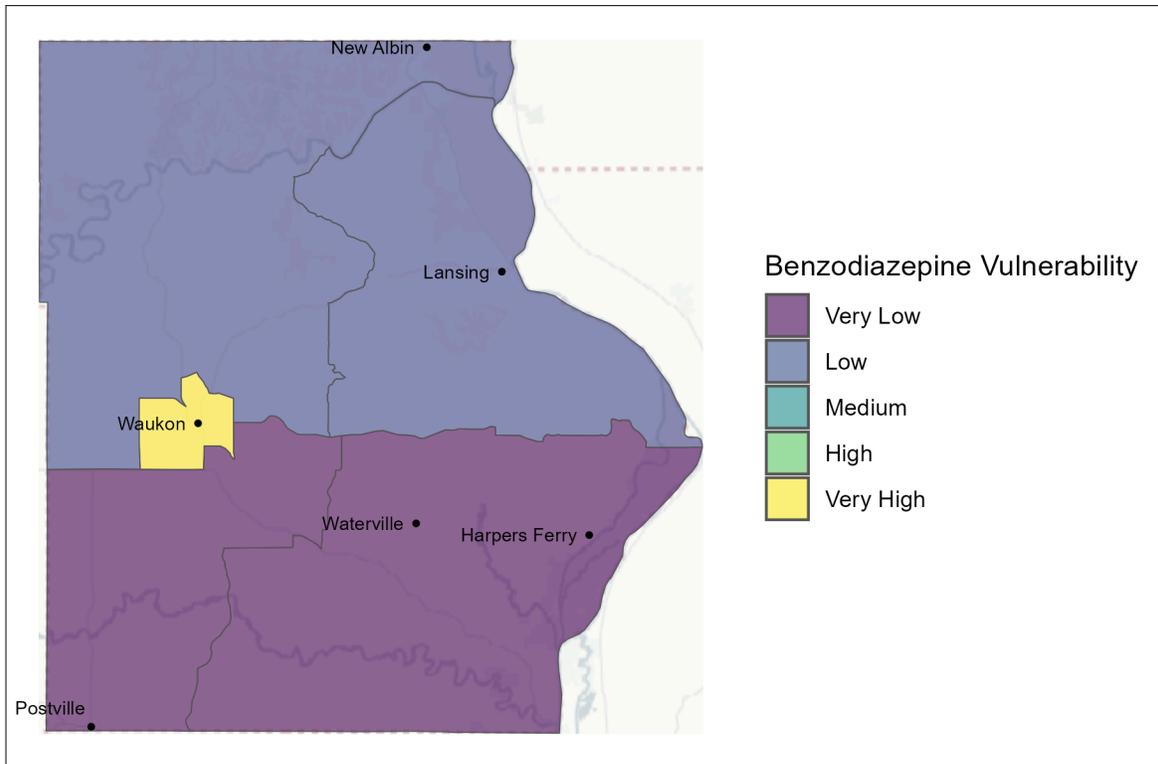


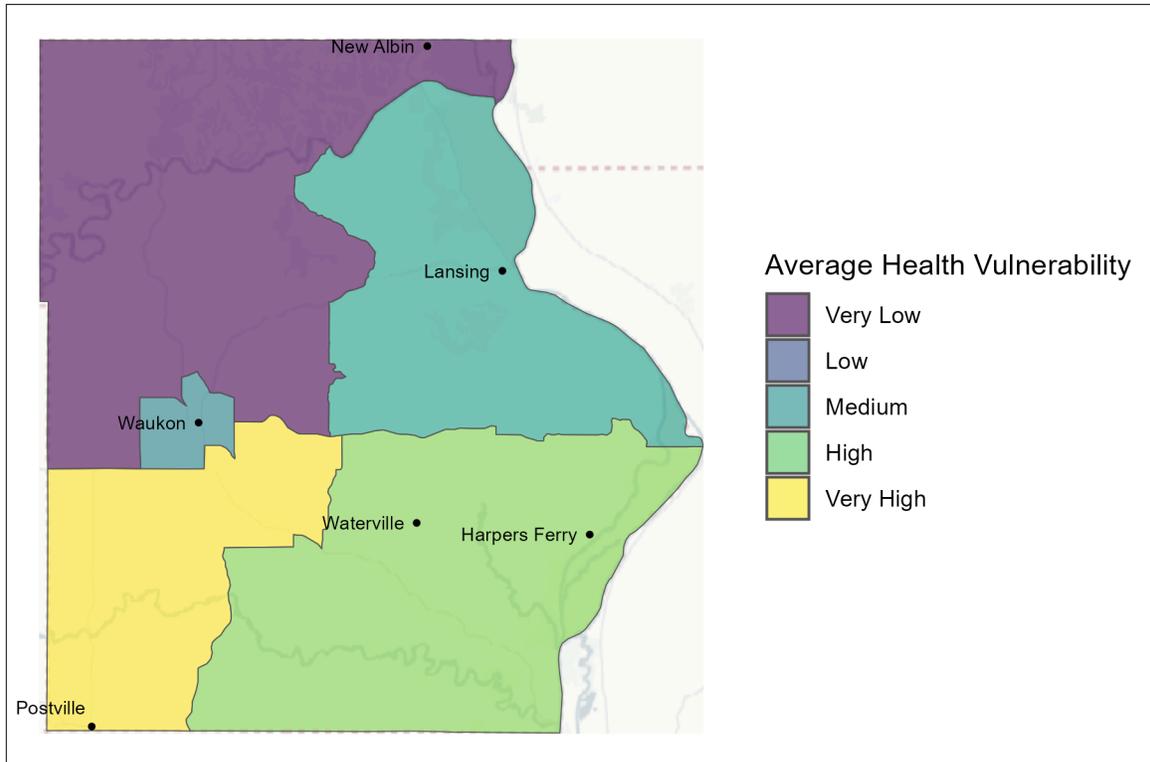
Figure 13: Benzodiazepine Vulnerability in Allamakee County



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 Allamakee County, 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 14: Overall Health Vulnerability in Allamakee County



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 [Meetings Finder](#),¹¹ [Recovery Resource Finder](#),¹² [Well-Being Resource Finder](#),¹³ and [Physical Activity Resource Finder](#).¹⁴

Table 6: 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

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

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

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

¹⁴<http://public-science.org/physicalactivity>

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

Appendix 2: RRCI Rankings for Cities in Behavioral Health District 3

Table 7 adds on to the Recovery Ready Community Index table found earlier in the report. This table includes all 47 cities in behavioral health district 3 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 Allamakee County are bolded.

Table 7: RRCI in Behavioral Health Allamakee County Cities

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Marshalltown	27,491	31 (out of 31)	60.4	178	64.7	2.5
Mason City	27,135	13 (out of 31)	65.2	229	84.4	4.8
Waverly	10,446	2 (out of 31)	76.4	153	146.5	5.7
Clear Lake	7,603	79 (out of 103)	61.4	65	85.5	2.6
Decorah	7,597	4 (out of 103)	77.5	116	152.7	6.6
Charles City	7,321	11 (out of 103)	74.3	92	125.7	10.9
Oelwein	5,878	54 (out of 103)	66.1	60	102.1	5.1
Iowa Falls	5,062	67.5 (out of 103)	63.4	53	104.7	2.0
Hampton	4,311	51 (out of 103)	66.5	52	120.6	2.3
Cresco	3,901	7 (out of 103)	76.2	59	151.2	7.7
Waukon	3,796	38.5 (out of 103)	68.0	49	129.1	2.6
Osage	3,578	30 (out of 103)	69.5	42	117.4	8.4
New Hampton	3,462	33 (out of 103)	69.0	46	132.9	2.9
Tama	3,079	28 (out of 103)	69.9	39	126.7	6.5
Grundy Center	2,794	46.5 (out of 103)	67.1	32	114.5	7.2
Postville	2,787	100 (out of 103)	29.9	22	78.9	0.0
Eldora	2,622	37 (out of 103)	68.1	34	129.7	3.8
West Union	2,393	8 (out of 145)	83.3	47	196.4	12.5
Denver	2,216	34 (out of 145)	72.8	34	153.4	4.5
Sumner	2,159	36 (out of 145)	71.3	29	134.3	9.3
Toledo	2,079	81 (out of 145)	47.0	34	163.5	0.0
Reinbeck	1,805	119 (out of 145)	34.2	20	110.8	0.0
Parkersburg	1,747	25 (out of 145)	77.3	32	183.2	5.7
Guttenberg	1,675	72 (out of 145)	50.0	32	191.0	0.0
Nashua	1,634	55 (out of 145)	59.7	17	104.0	6.1
Shell Rock	1,634	125 (out of 145)	32.9	18	110.2	0.0
Monona	1,618	112 (out of 145)	36.5	20	123.6	0.0
Dysart	1,575	41 (out of 145)	67.5	21	133.3	6.3
Ackley	1,554	88 (out of 145)	44.6	25	160.9	0.0

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
State Center	1,548	113 (out of 145)	36.0	19	122.7	0.0
Traer	1,464	64 (out of 145)	53.5	12	82.0	6.8
Strawberry Point	1,415	52 (out of 145)	61.3	16	113.1	7.1
Nora Springs	1,394	107 (out of 145)	38.5	19	136.3	0.0
Greene	1,390	127 (out of 145)	32.6	16	115.1	0.0
Dike	1,258	18 (out of 145)	79.4	26	206.7	7.9
Tripoli	1,256	3 (out of 145)	85.6	35	278.7	8.0
Elkader	1,249	2 (out of 145)	86.9	38	304.2	8.0
Clarksville	1,248	28.5 (out of 145)	75.3	22	176.3	8.0
Fayette	1,242	59 (out of 145)	56.9	37	297.9	0.0
Sheffield	1,204	95 (out of 145)	42.2	19	157.8	0.0
Conrad	1,170	102 (out of 145)	40.6	18	153.8	0.0
St. Ansgar	1,156	19 (out of 145)	79.3	24	207.6	8.7
Lansing	1,111	22 (out of 145)	79.0	23	207.0	9.0
Fredericksburg	1,040	38 (out of 145)	69.7	16	153.8	9.6
Allison	1,028	9 (out of 145)	82.6	25	243.2	9.7
Aplington	1,012	109 (out of 145)	38.0	15	148.2	0.0
Janesville	1,012	73 (out of 145)	49.7	22	217.4	0.0

Appendix 3: Mutual Aid Meetings In Allamakee County

Table 8: Mutual Aid Meeting Directory in Allamakee County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Lansing Group</u>	648 Main St, Lansing, IA 52151, USA	1
Alcoholics Anonymous	<u>Waukon Alano Group</u>	605 1st Ave NW, Waukon, IA 52172, USA	1

Appendix 4: Resources In Allamakee County

Table 9: Recovery Resource Directory in Allamakee County

Resource Type	Name	Address
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Allamakee County, Iowa, 52160, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Harpers Ferry, Allamakee County, Iowa, 52146, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Lansing, Allamakee County, Iowa, 52151, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	New Albin, Allamakee County, Iowa, 52160, United States
Baseball/Softball Diamond	2 Baseball/Softball Diamonds	Postville, Allamakee County, Iowa, 52162, United States
Baseball/Softball Diamond	5 Baseball/Softball Diamonds	Waukon, Allamakee County, Iowa, 52172, United States
Outdoor Basketball Court	2 Outdoor Basketball Courts	Lansing, Allamakee County, Iowa, 52151, United States
Childcare Provider	<u>Alexie Grotegut</u>	291 1st ST SE, New Albin, IA, 52160
Childcare Provider	<u>Allamakee CSD-Bright Beginnings</u>	953 3rd Ave. NW, Waukon, IA, 52172
Childcare Provider	<u>Allamakee CSD-Waterville Bright Beginnings</u>	115 Main Street, Waterville, IA, 52170
Childcare Provider	<u>Brenda Timmerman</u>	609 W Main ST, Waukon, IA, 52172
Childcare Provider	<u>Dawn Tyribakken</u>	2879 North View RD, Dorchester, IA, 52140
Childcare Provider	<u>Growing Bear Day Care & Preschool Inc</u>	526 4th St NW, Waukon, IA, 52172
Childcare Provider	<u>Heather Rissman</u>	105 3rd ST NE, Waukon, IA, 52172
Childcare Provider	<u>Karen Cota</u>	2082 Hwy 76 N, Waukon, IA, 52172
Childcare Provider	<u>Linda Tanner</u>	471 2nd ST, New Albin, IA, 52160
Childcare Provider	<u>Mary Verthein</u>	913 2nd ST NW, Waukon, IA, 52172
Childcare Provider	<u>Miranda Gerlach</u>	110 E Main ST APT 101, Waukon, IA, 52172
Childcare Provider	<u>NEICAC-Postville Head Start and CDC</u>	210 S Ogden, Postville, IA, 52162
Childcare Provider	<u>NEICAC-Waukon Head Start</u>	953 3rd Ave NW, Waukon, IA, 52172
Childcare Provider	<u>New Albin Elementary (The Rainbow Room)</u>	401 Locust St., New Albin, IA, 52160
Childcare Provider	<u>New Albin School Age Program</u>	401 Locust SE, New Albin, IA, 52160
Childcare Provider	<u>Postville Childcare Services Inc</u>	210 S Ogden ST, Postville, IA, 52162
Childcare Provider	<u>Robin Kjosa</u>	248 E Green ST, Postville, IA, 52162
Childcare Provider	<u>Sheila Mellick</u>	506 3rd ST SW, Waukon, IA, 52172
Childcare Provider	<u>St Patrick's Clover Patch Preschool</u>	200 2nd St Sw, Waukon, IA, 52172
Childcare Provider	<u>St. Patrick School-Junior Kindergarten</u>	200 2nd Street, SW, Waukon, IA, 52172
Childcare Provider	<u>Susan Guyer</u>	810 2nd AVE SW, Waukon, IA, 52172

Resource Type	Name	Address
Childcare Provider	<u>The Learning Tree Childcare Center</u>	515 Main ST, Lansing, IA, 52151
Drug Drop-off Site	Hartig Drug	21 West Main St, Waukon, IA, 52172
Football Field	1 Football Field	Lansing, Allamakee County, Iowa, 52151, United States
Football Field	1 Football Field	Waukon, Allamakee County, Iowa, 52172, United States
Hospital	Veterans Memorial Hospital	40 1st St SE, Waukon, IA 52172
Intimate Partner Violence Program	Helping Services- Domestic Abuse Resource Center	PO Box 524, Postville, IA 52162 , US
Lake	Big Lake (Lansing)	10774 State Hwy 82, Ferryville, WI 54628
Lake	Big Slough	2601 State Hwy 26, New Albin, IA 52160
Lake	Butler Lake	919 Winfield Rd, Harpers Ferry, IA 52146
Lake	Conway Lake	2304 State Hwy 26, New Albin, IA 52160
Lake	Founders Pond	197 Hwy 76, Harpers Ferry, IA 52146
Lake	Gimmel Lake	1126 Great River Rd, Harpers Ferry, IA 52146
Lake	Harper's Slough	1179 Red Oak Rd, Harpers Ferry, IA 52146
Lake	Japan Slough	899 Hwy 364, Harpers Ferry, IA 52146
Lake	Joyce Lake	1014 Great River Rd, Harpers Ferry, IA 52146
Lake	Lost Channel	7206 Anthony Rd, De Soto, WI 54624
Lake	Martelle Lake	1091 Great River Rd, Harpers Ferry, IA 52146
Lake	McDonald Slough	2332 State Hwy 26, New Albin, IA 52160
Lake	Middle Slough	2309 State Hwy 26, New Albin, IA 52160
Lake	Minnesota Slough	6513 State Hwy 35, De Soto, WI 54624
Lake	Mud Hen Lake	28664 Pirates Ln, Eastman, WI 54626
Lake	New Albin Big Lake	6606 State Hwy 35, De Soto, WI 54624
Lake	Off Slough	124 Cottage Rd, Harpers Ferry, IA 52146
Lake	Oil Spring Creek	1140 Great River Rd, Harpers Ferry, IA 52146
Lake	Phillipi Lake	2210 State Hwy 26, New Albin, IA 52160
Lake	Pigpen Slough	200 Cherry St, New Albin, IA 52160
Lake	Rittenhouse Lake	25234 State Hwy 35, Eastman, WI 54626
Lake	Saint Paul Slough	98 State Hwy 35, Eastman, WI 54626
Lake	Taylor Lake	2021 Wildcat Canyon Dr, Harpers Ferry, IA 52146
Lake	Upper Iowa River	2719 High View Ln, New Albin, IA 52160
Lake	Village Creek	1938 Columbus Rd, Lansing, IA 52151

Resource Type	Name	Address
Lake	Waukon Pond	11 Ave SW, Waukon, IA 52172
Lake	Yellow River Pond	774 State Forest Rd, Harpers Ferry, IA 52146
Lake	Zoll Lake	2421 State Hwy 26, New Albin, IA 52160
Library	Dolores Tillinghast Memorial Library	234 N 4th St, Allamakee, Harpers Ferry, IA, 52146
Library	Meehan Memorial Lansing Public Library	515 Main St, Allamakee, Lansing, IA, 52151
Library	New Albin Public Library	176 Elm St Ne, Allamakee, New Albin, IA, 52160
Library	Postville Public Library	235 W Tilden St, Allamakee, Postville, IA, 52162
Library	Robey Memorial Library	401 First Ave Nw, Allamakee, Waukon, IA, 52172
Library	Waterville Public Library	115 Main St, Allamakee, Waterville, IA, 52170
MAT Site	Nicole Lea Barbee MD	120 2Nd Avenue Se, Waukon, IA, 52172
Public Park	Hayes Lake Roadside Park	2872 Hwy 26, New Albin, IA 52160
Public Park	New Albin Big Lake Wildlife Management Area	185 4th St NE, New Albin, IA 52160
Place of Worship	<u>Bethlehem Church</u>	430 Bethlehem Dr, Postville, IA 52162, USA
Place of Worship	<u>Calvary Baptist Church</u>	509 8th Ave NW, Waukon, IA 52172, USA
Place of Worship	<u>Center Church</u>	1555 Trout Rd, Lansing, IA 52151, USA
Place of Worship	<u>East Paint Creek Church</u>	1751 Gronna Dr, Waterville, IA 52170, USA
Place of Worship	<u>First Baptist Church</u>	201 Allamakee St NW, Waukon, IA 52172, USA
Place of Worship	<u>First Presbyterian Church</u>	204 W Main St, Waukon, IA 52172, USA
Place of Worship	<u>Forest Mills United Methodist Church</u>	149 S Lawler St, Postville, IA 52162, USA
Place of Worship	<u>Gethsemane Chapel</u>	2092 Main St, Lansing, IA 52151, USA
Place of Worship	<u>Grace United Methodist Church</u>	125 Main St, New Albin, IA 52160, USA
Place of Worship	<u>Immaculate Conception Church</u>	12 N 7th St, Lansing, IA 52151, USA
Place of Worship	<u>Immaculate Conception Church</u>	1416 Great River Rd, Lansing, IA 52151, USA
Place of Worship	<u>Kingdom Hall</u>	1201 Teeple Creek Rd, Waukon, IA 52172, USA
Place of Worship	<u>Mount Hope Church</u>	CHQG+6P Dorchester, IA, USA
Place of Worship	<u>Old East Paint Creek Church</u>	1799 Elon Dr, Waterville, IA 52170, USA
Place of Worship	<u>Old Stone Church</u>	103 Watson Rd, Monona, IA 52159, USA
Place of Worship	<u>Old West Paint Creek Church</u>	1354 Maud Rd, Waukon, IA 52172, USA
Place of Worship	<u>Our Savior Lutheran Church</u>	480 Diagonal St, Lansing, IA 52151, USA

Resource Type	Name	Address
Place of Worship	<u>Presbyterian Church</u>	232 W Williams St, Postville, IA 52162, USA
Place of Worship	<u>Saint Bridgets Catholic Church</u>	165 W Williams St, Postville, IA 52162, USA
Place of Worship	<u>Saint Johns Church</u>	2946 Wheatland Rd, New Albin, IA 52160, USA
Place of Worship	<u>Saint Johns Lutheran Church</u>	8 5th St SW, Waukon, IA 52172, USA
Place of Worship	<u>Saint Josephs Catholic Church</u>	125 Main St, New Albin, IA 52160, USA
Place of Worship	<u>Saint Marys Church</u>	1831 Lycurgus Rd, Waukon, IA 52172, USA
Place of Worship	<u>Saint Marys Church</u>	2092 IA-76, Waukon, IA 52172, USA
Place of Worship	<u>Saint Patrick Catholic Church</u>	101 2nd St SW, Waukon, IA 52172, USA
Place of Worship	<u>Saint Pauls Lutheran Church</u>	104 E Military Rd, Postville, IA 52162, USA
Place of Worship	<u>Saint Pauls Methodist Church</u>	27 2nd Ave NW, Waukon, IA 52172, USA
Place of Worship	<u>Saint Pius Church</u>	699 State Forest Rd, Harpers Ferry, IA 52146, USA
Place of Worship	<u>Salem Church</u>	184 Picnic Woods Dr, Waukon, IA 52172, USA
Place of Worship	<u>Seventh Day Adventist Church</u>	21 7th St SW, Waukon, IA 52172, USA
Place of Worship	<u>United Methodist Church</u>	490 Center St, Lansing, IA 52151, USA
Place of Worship	<u>Waterloo Ridge Church</u>	169 Hoover Rd, Dorchester, IA 52140, USA
Place of Worship	<u>Waterville Lutheran Church</u>	101 Main St, Waterville, IA 52170, USA
Place of Worship	<u>West Paint Creek Church</u>	1351 Elon Dr, Waterville, IA 52170, USA
Place of Worship	<u>Zalmona Church</u>	371 IA-9, Waukon, IA 52172, USA
Place of Worship	<u>Zion United Church of Christ</u>	113 1st St NE, Waukon, IA 52172, USA
Playground	Clinton Meyer Park Playground	465 W Stoneman St, Postville, IA 52162
Playground	Roberts Park Playground	139 W Greene St, Postville, IA 52162
Playground	Volney Park Playground	1262 James Dr, Monona, IA 52159
Playground	1 Playground	1511 Rossville Rd, Waukon, IA 52172
Rural Health Clinic	Gundersen Palmer Lutheran Postville Clinic	111 South Reynolds, Postville, IA, 52162
Rural Health Clinic	VMH Medical Clinic Waukon	105 E Main Street, Waukon, IA, 52172
Rural Health Clinic	Gundersen Lansing Clinic	50 North 4th Street, Lansing, IA, 52151
School	Cora B Darling Elementary	312 W Post, Postville, IA
School	East Campus Elementary School	107 6th St NW, Waukon, IA
School	John R Mott Jr/Hi School	314 W Post, Postville, IA
School	Kee High School	569 Center St, Lansing, IA
School	Lansing Middle School	569 Center St., Lansing, IA
School	New Albin Elementary School	401 Locust SE, New Albin, IA
School	Postville Early Childhood Preschool/Ogden St./Child Care Center	210 South Ogden St., Postville, IA

Resource Type	Name	Address
School	Postville Early Childhood Preschool/Post St/REC Center	313 West Post Street , Postville, IA
School	St Patrick School	200 2nd St. SW, Waukon, IA
School	Waukon High School	1061 3rd Ave NW, Waukon, IA
School	Waukon Middle School	1059 3rd Ave NW, Waukon, IA
School	West Campus Elementary School	953 3rd Ave NW, Waukon, IA
Section 8 Housing	Southcrest Manor li	602 2nd St SW, Waukon, IA, 52172
SUD or Gambling Treatment Center	<u>Northeast Iowa Behavioral Health Inc.</u>	17 Allamakee Street, Waukon, IA, 52172
Tennis Court	2 Tennis Courts	Lansing, Allamakee County, Iowa, 52151, United States
Outdoor Volleyball Court	2 Outdoor Volleyball Courts	Waukon, Allamakee County, Iowa, 52172, United States