

Recovery Readiness Assessment: Cedar County

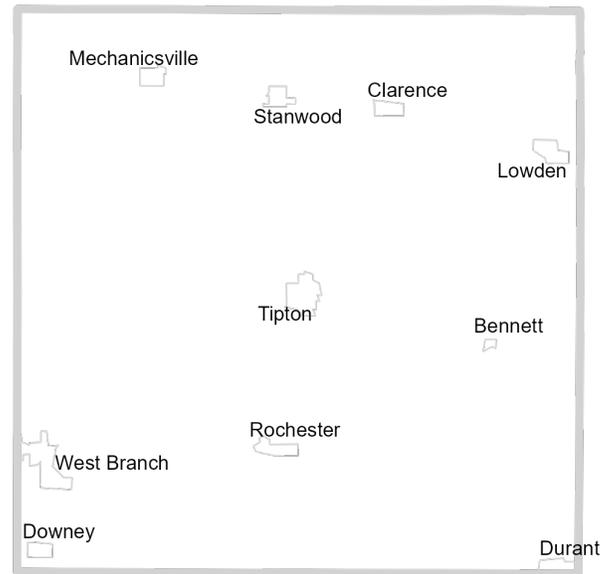
June, 2025



Cedar 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 Cedar County, which is part of Iowa's Behavioral Health District 7 (see Figure 1). Cedar County has a population of 18,400, and its largest city is Tipton.



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

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Cedar 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 Cedar County. Among this group, Tipton 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, Tipton are among the top half of their comparison population groups.

Table 1: Recovery Ready Community Index in Cedar County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Tipton	3,111	73.5 (out of 103)	62.8	33	106.1	3.2
West Branch	2,526	88 (out of 103)	49.5	44	174.2	0.0
Durant	1,904	108 (out of 145)	38.3	24	126.1	0.0
Clarence	1,223	138 (out of 145)	24.8	11	89.9	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. Cedar County is located in district 7, which has 14 counties, as shown in Table 2. Cedar County falls in 14th 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 7.

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. Cedar County is in the Rural group of counties, and ranks 62nd out of 63 Iowa counties in the group.

Table 2: Recovery Ready Community Index in Behavioral Health District 7 Counties

County	Pop. Group	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Dubuque	Metropolitan Core	3 (out of 9)	61.9	574	58.0	5.5
Jones	Metropolitan Non-Core	4 (out of 12)	60.9	203	97.6	2.9
Linn	Metropolitan Core	4 (out of 9)	60.5	1385	60.4	4.3
Muscatine	Micropolitan	10 (out of 15)	55.4	289	67.6	3.5
Black Hawk	Metropolitan Core	6 (out of 9)	54.1	776	59.4	3.3
Clinton	Micropolitan	12 (out of 15)	50.7	368	79.3	2.4
Jackson	Rural	24 (out of 63)	50.7	201	103.5	1.0
Johnson	Metropolitan Core	7 (out of 9)	48.6	872	56.3	2.8
Des Moines	Micropolitan	13.5 (out of 15)	47.6	320	82.9	1.8
Scott	Metropolitan Core	8 (out of 9)	46.6	1129	64.8	2.2
Delaware	Rural	36 (out of 63)	42.9	127	72.4	4.0
Buchanan	Rural	50 (out of 63)	35.0	168	81.4	1.5
Louisa	Rural	60 (out of 63)	25.2	101	94.3	0.0
Cedar	Rural	62 (out of 63)	22.4	136	73.8	0.5

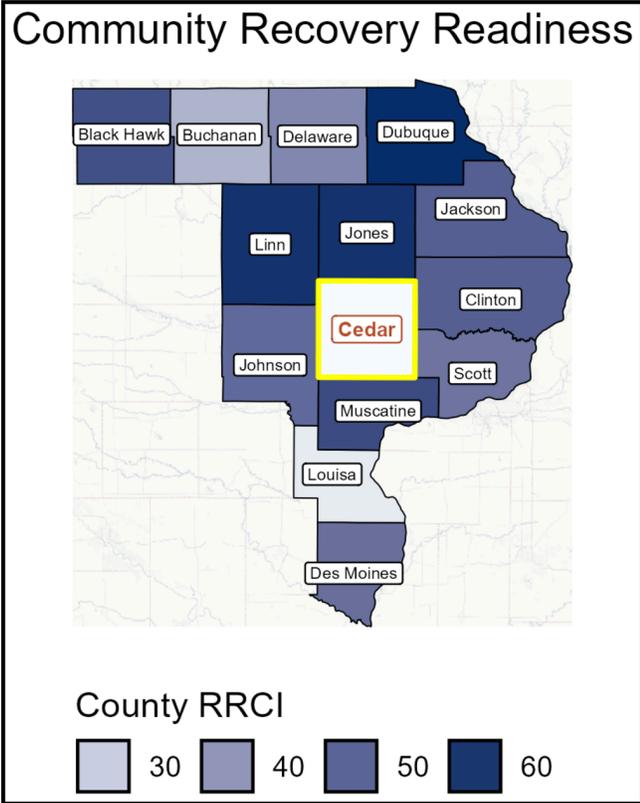


Figure 2: Recovery Ready Community Index in Cedar County

Figure 2 shows community recovery readiness in behavioral health district 7 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. Cedar County is highlighted with a yellow outline and bold label.

In district 7, Cedar County's RRCI score ranks 14th. Among cities with at least 1,000 people in Cedar County, Tipton has the highest RRCI score, while Clarence has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 7, Cedar County has the 12th highest number of total recovery resources. In Cedar County cities of at least 1,000 people, Tipton has the most recovery resources.

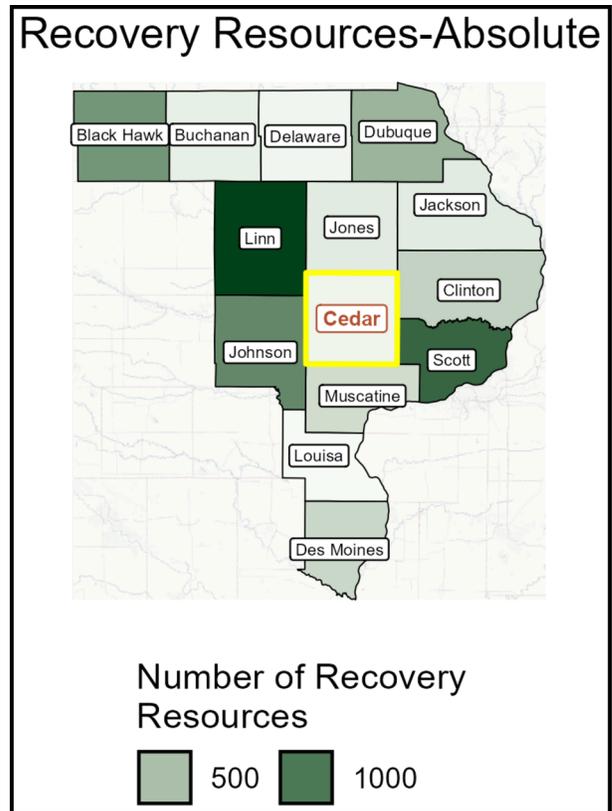


Figure 3: Recovery Resources in Cedar County

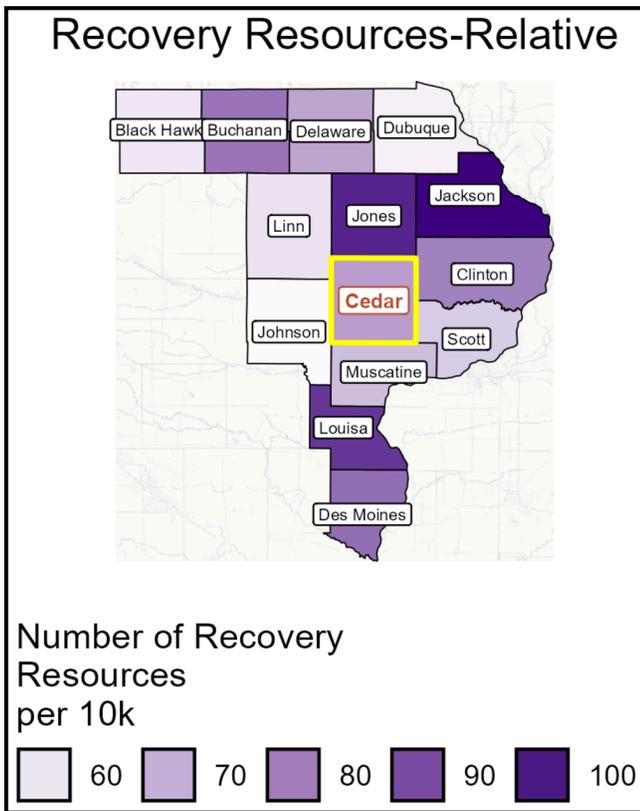


Figure 4: Recovery Resources per 10k in Cedar County

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.

Cedar County ranks 8th among the counties in district 7 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Tipton has the highest number of recovery resources per 10,000 population, while Clarence 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 7, Cedar County has the 14th highest number of mutual aid meetings per 10,000 people. Within Cedar County, Tipton is the city of 1,000+ people with the largest recovery culture, while West Branch has the lowest.

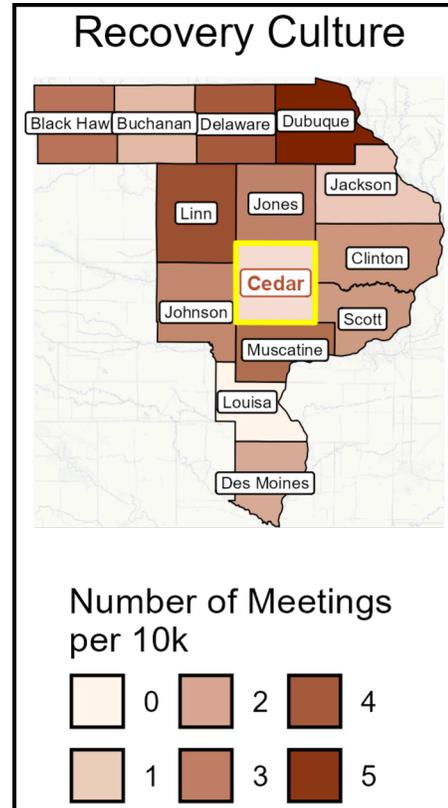


Figure 5: Mutual Aid Meetings per 10k in Cedar County

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 Cedar 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 Cedar County Cities

City	Community	Health	Home	Purpose
West Branch	27	0	7	10
Tipton	10	3	8	13
Durant	14	2	4	4
Clarence	7	1	1	2

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 Cedar County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
West Branch	7	4	0	27	6
Tipton	8	3	3	9	11
Durant	4	2	2	14	2
Clarence	1	0	1	7	2

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](#) 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 7. Organizations located in Cedar County cities are listed first and highlighted in bold.

Table 5: Peer Support Providers in Behavioral Health District 7

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Anamosa	NAMI Dubuque- Jones County	0	0	1	0
Bettendorf	Child Health Specialty Clinics (CHSC)	1	0	0	0
Burlington	Alcohol and Drug Dependency Services of Southeast Iowa (ADDS)	0	1	0	0
Burlington	Optimae Life Services	0	0	1	0
Burlington	Transitions DMC, Inc.	0	0	0	1
Burlington	Young House Family Services	1	0	0	0
Cedar Rapids	Abbe Community Mental Health	0	2	7	0
Cedar Rapids	Area Substance Abuse Council (ASAC)	0	1	0	0
Cedar Rapids	CRUSH Iowa	0	2	0	0
Cedar Rapids	Four Oaks	1	0	0	0
Cedar Rapids	Linn County Access Center	0	0	1	0
Cedar Rapids	Plugged-In Iowa	0	0	1	0
Cedar Rapids	Resources for Human Development	0	0	1	0
Cedar Rapids	Tanager Place	1	0	0	0
Cedar Rapids	The Arc of East Central Iowa	1	0	1	0
Clinton	Bridgeview Community Mental Health Center/IHH	0	0	1	0
Clinton	Child Health Specialty Clinics (CHSC)	1	0	0	0

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

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Clinton	Life Connections Peer Recovery Services	0	0	1	0
Clinton	Rediscover Recovery Community Center	0	1	0	0
Coralville	Brave Leadership	0	1	1	0
Coralville	Veterans Administration	0	0	1	0
Davenport	Family Resources	1	0	1	0
Davenport	Vera French Mental Health Center	1	1	6	0
DeWitt	Life Connections Peer Recovery Services	0	0	2	0
Dubuque	Area Substance Abuse Council (ASAC)	0	1	0	0
Dubuque	Child Health Specialty Clinics (CHSC)	1	0	0	0
Dubuque	Fountain of Youth	0	1	0	0
Dubuque	Hillcrest Family Services	1	0	4	0
Dubuque	Liberty Recovery Community - Operation Empower	0	1	0	0
Dubuque	NAMI Dubuque	0	0	1	0
Dubuque	ZTM Sober Living	0	1	0	0
Independence	Pathways Behavioral Services	0	2	0	0
Iowa City	Abbe Community Mental Health	0	1	3	0
Iowa City	Access 2 Independence	0	0	0	1
Iowa City	Child Health Specialty Clinics (CHSC)	1	0	0	0
Iowa City	Community Crisis Services	0	0	0	1
Iowa City	Community and Family Resources	0	1	0	0
Iowa City	Four Oaks	0	0	1	0
Iowa City	Inside Out Reentry Community	0	1	0	0
Iowa City	Iowa City Sober Living	0	1	0	0
Iowa City	Iowa Peer Support Network	0	0	1	0
Iowa City	NAMI Johnson County	1	0	2	0
Iowa City	UIHC Department of Psychiatry	0	1	1	0

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Manchester	Abbe Community Mental Health	0	0	1	0
Manchester	NAMI Dubuque- Delaware County	0	0	1	0
Maquoketa	Hillcrest Family Services	1	0	1	0
Muscatine	Muscatine Center for Social Action (MCSA)	0	0	2	0
Muscatine	Muscatine Center for Social Action (MCSA)	0	0	1	0
Muscatine	Robert Young Center for Community Mental Health	0	0	0	1
Wapello	Alcohol and Drug Dependency Services of Southeast Iowa (ADDS)	0	1	0	0
Wapello	Hillcrest Family Services	1	0	1	0
Wapello	Hope Haven Area Development Center Corporation - Imagine the Possibilities	0	0	1	0
Waterloo	Blackhawk Grundy	1	0	2	0
Waterloo	Elevate Housing Foundation (CCBHC)	0	0	1	0
Waterloo	Families First Counseling Services	1	0	0	0
Waterloo	One City United	0	2	0	0
Waterloo	Pathways Behavioral Services	1	1	2	0
Waterloo	Resources for Human Development	0	0	1	0

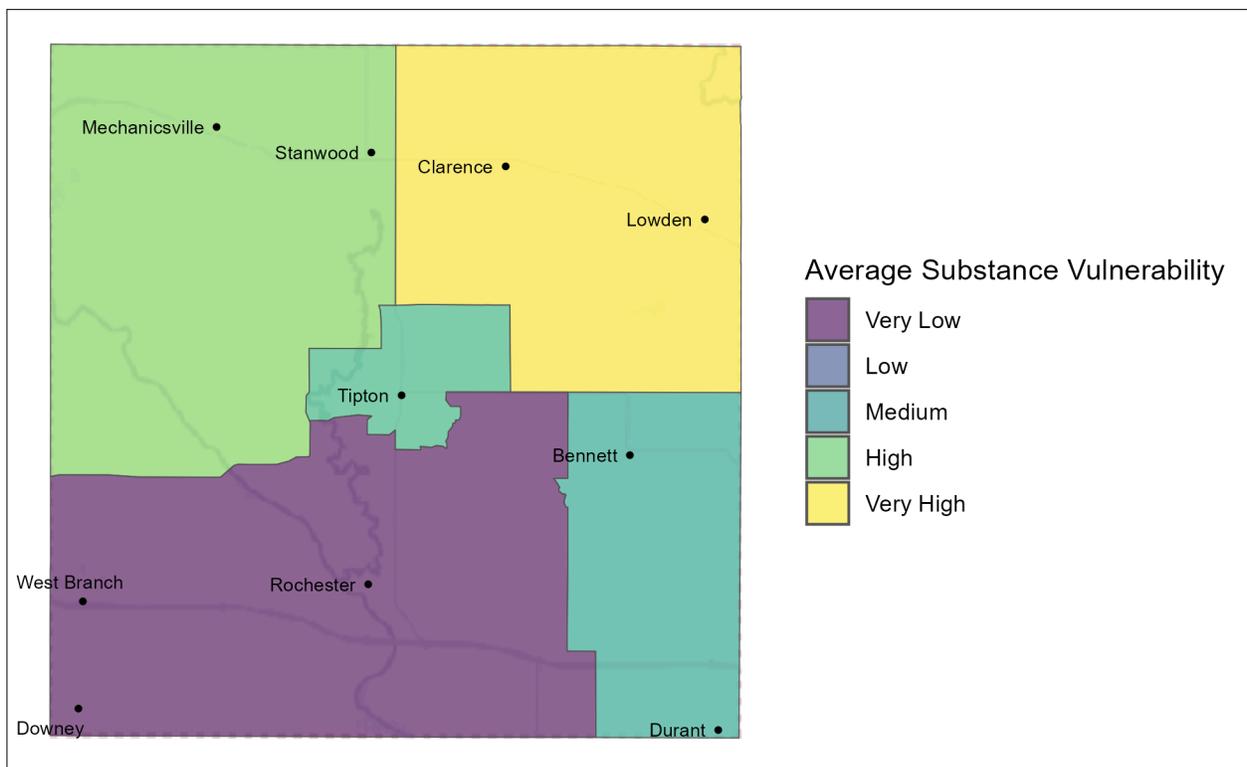
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

Substance Use Vulnerability

The Public Science Collaborative has developed data resources to help community organizations, local governments, and public health practitioners 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 Cedar County



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

Figure 7: Opioid Vulnerability in Cedar County

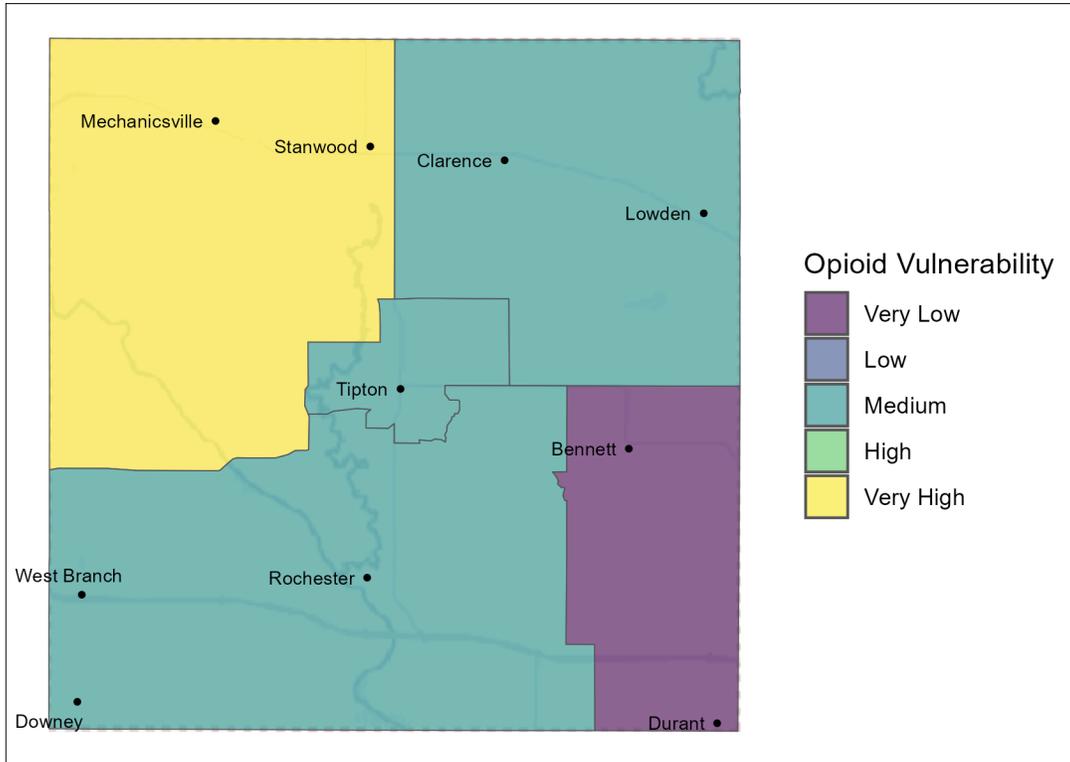


Figure 8: Methamphetamine Vulnerability in Cedar County

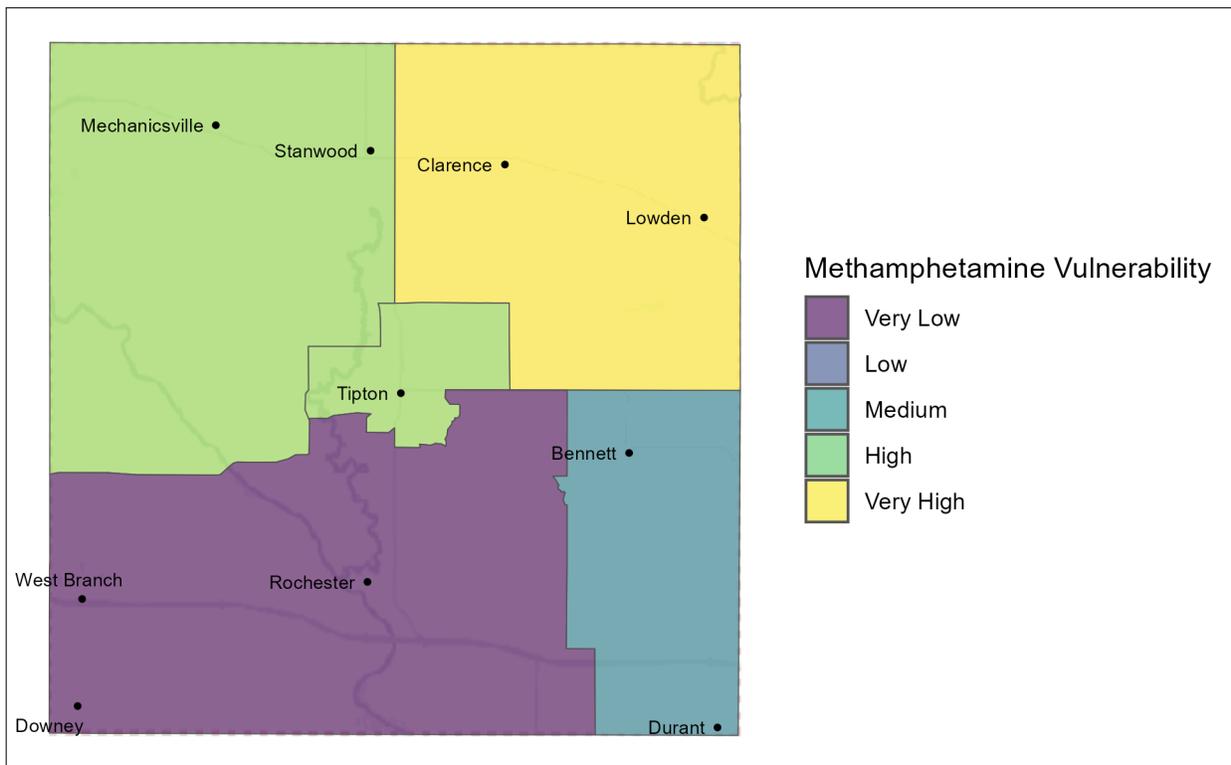


Figure 9: Heroin Vulnerability in Cedar County

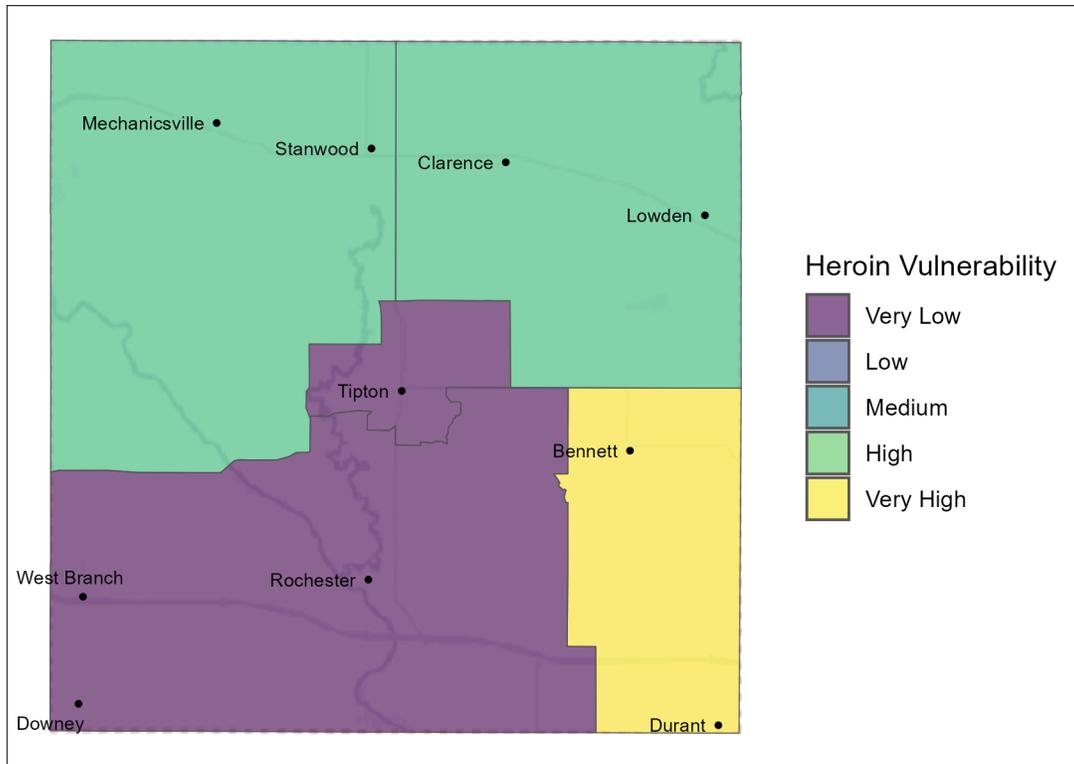


Figure 10: Alcohol Vulnerability in Cedar County

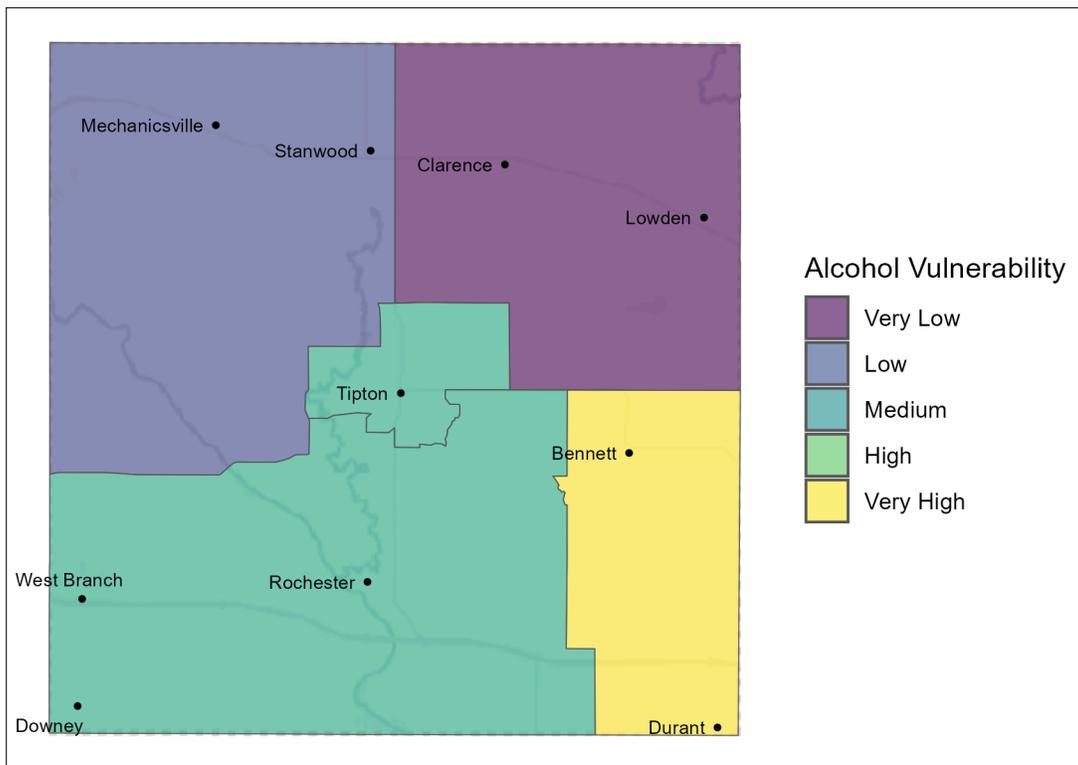


Figure 11: Cannabis Vulnerability in Cedar County

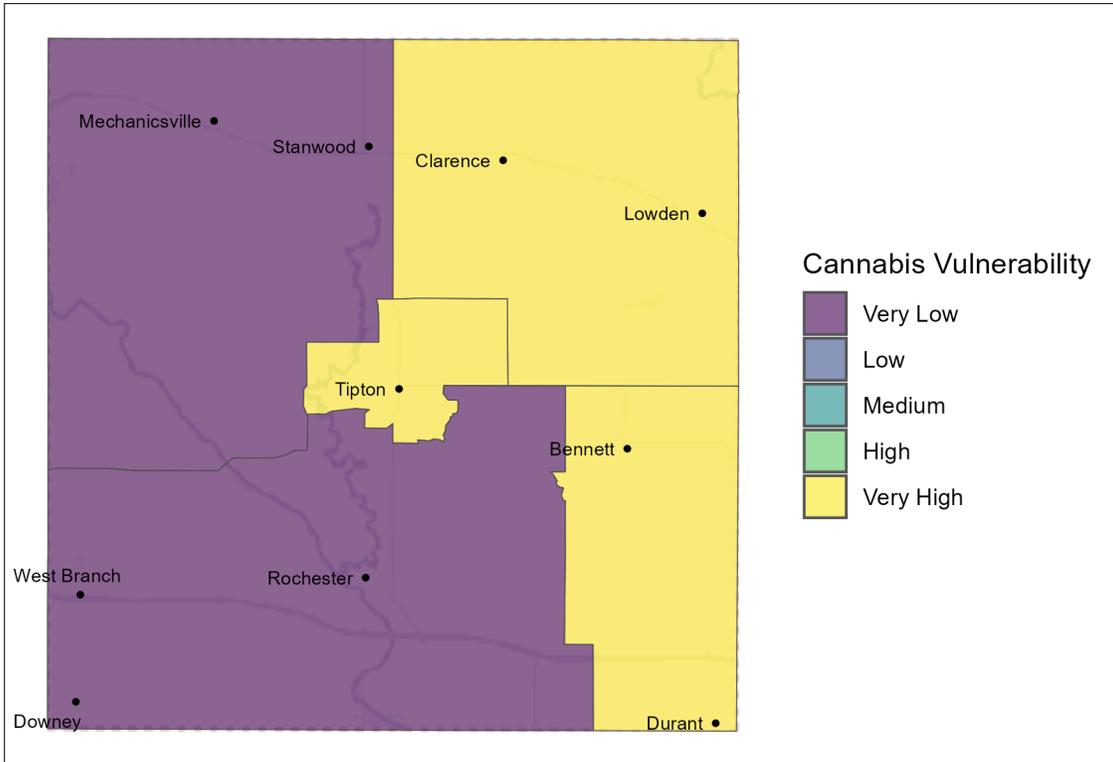


Figure 12: Cocaine Vulnerability in Cedar County

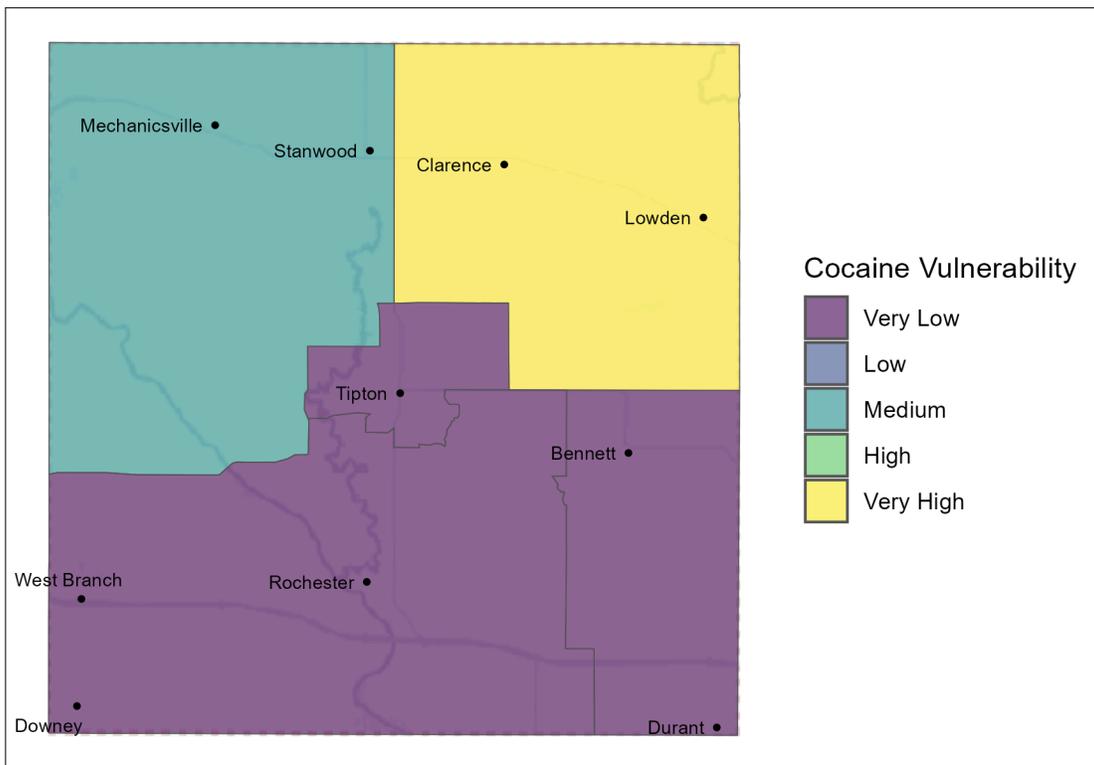
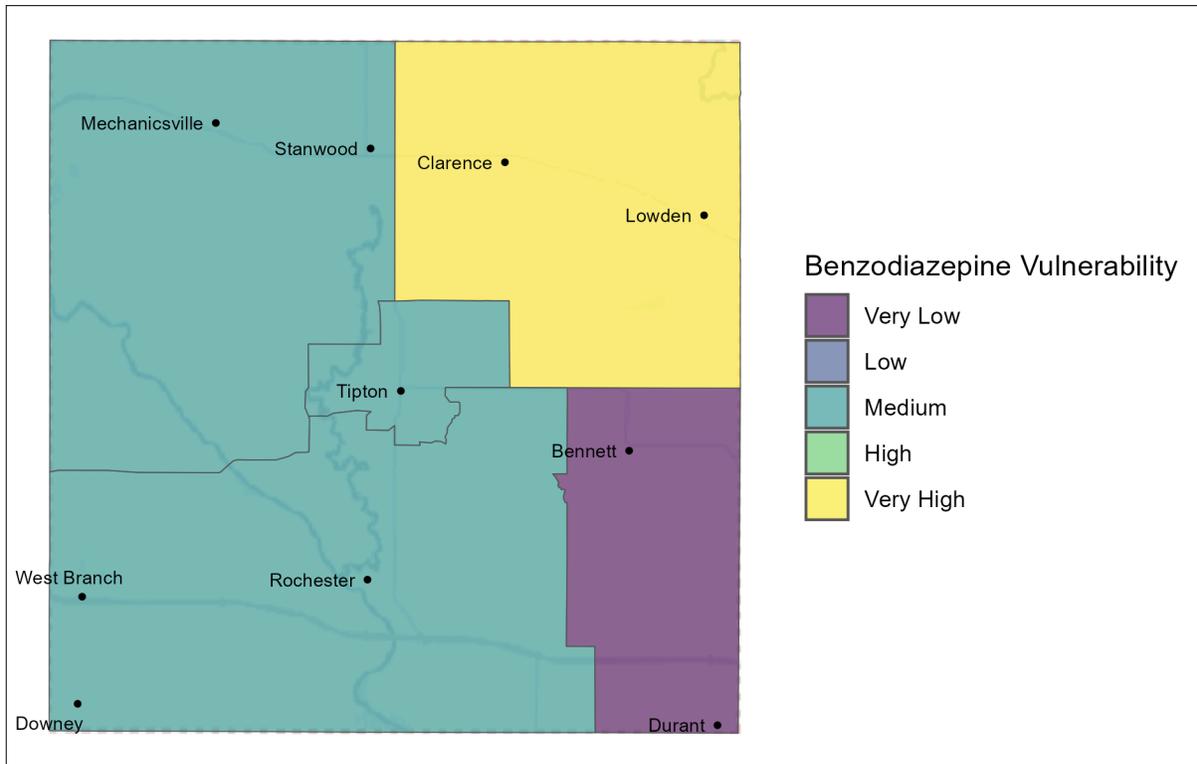


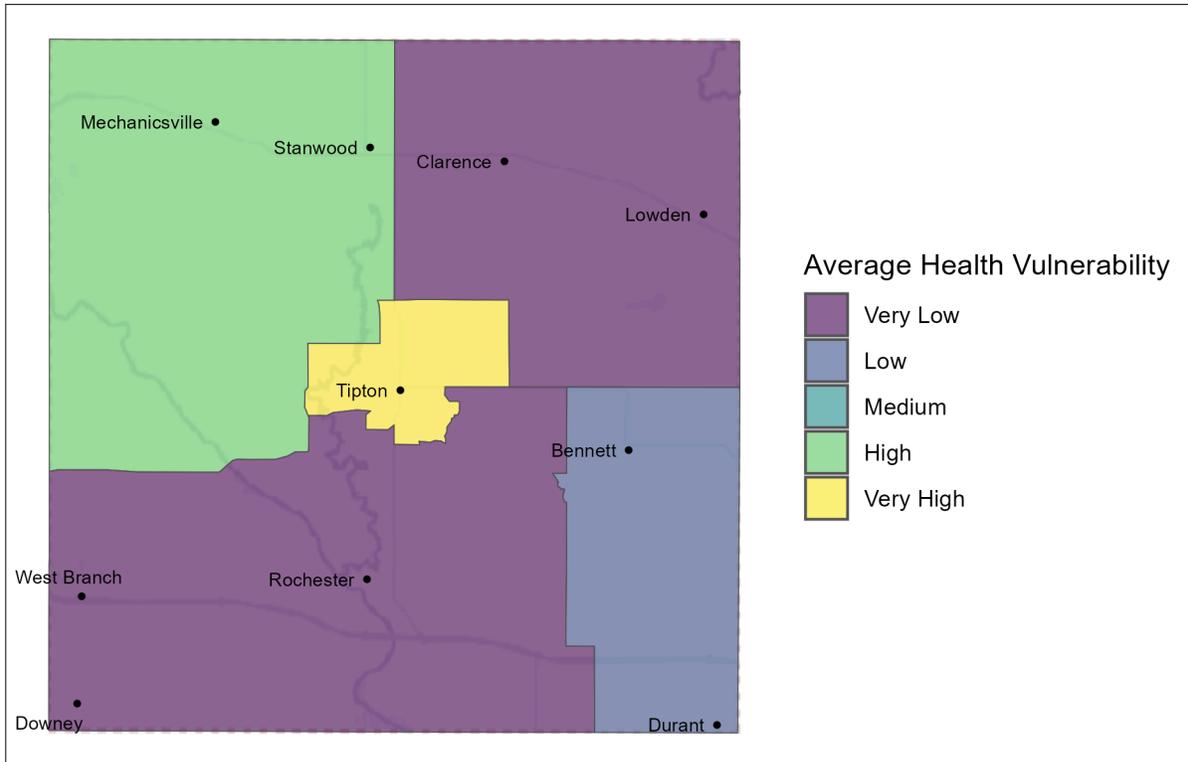
Figure 13: Benzodiazepine Vulnerability in Cedar County



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 Cedar 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 Cedar 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 7

Table 7 adds on to the Recovery Ready Community Index table found earlier in the report. This table includes all 68 cities in behavioral health district 7 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 Cedar County are bolded.

Table 7: RRCI in Behavioral Health Cedar County Cities

City	Population	Pop. Group Rank	RRCI	Resource Abundance- Absolute	Resource Abundance- Relative	Recovery Culture
Cedar Rapids	136,859	6 (out of 11)	64.5	938	68.5	5.6
Davenport	101,083	7 (out of 11)	64.0	756	74.8	4.0
Iowa City	75,264	4 (out of 11)	65.2	622	82.6	4.4
Waterloo	66,947	9 (out of 11)	63.6	514	76.8	3.6
Dubuque	59,271	3 (out of 11)	65.5	405	68.3	8.4
Marion	41,690	29 (out of 31)	61.2	267	64.0	3.1
Cedar Falls	40,662	25 (out of 31)	61.8	280	68.9	3.2
Bettendorf	39,297	16 (out of 31)	63.9	329	83.7	3.3
Clinton	24,425	18 (out of 31)	63.6	207	84.7	3.3
Burlington	23,800	12 (out of 31)	65.3	235	98.7	2.9
Muscatine	23,567	6 (out of 31)	68.2	237	100.6	5.5
Coralville	22,846	14 (out of 31)	65.0	230	100.7	1.8
North Liberty	20,782	21 (out of 31)	62.9	186	89.5	1.4
Hiawatha	7,178	83 (out of 103)	58.9	51	71.1	2.8
Eldridge	6,743	93 (out of 103)	38.0	67	99.4	0.0
Independence	6,149	36 (out of 103)	68.4	74	120.3	3.3
Maquoketa	6,105	55 (out of 103)	66.0	67	109.7	3.3
Asbury	5,949	97 (out of 103)	31.8	39	65.6	0.0
Anamosa	5,553	20 (out of 103)	71.2	70	126.1	5.4
DeWitt	5,535	14 (out of 103)	73.2	72	130.1	7.2
Tiffin	5,271	67.5 (out of 103)	63.4	50	94.9	3.8
Manchester	5,144	13 (out of 103)	73.9	68	132.2	7.8
Le Claire	4,718	82 (out of 103)	60.5	29	61.5	10.6
Camanche	4,562	92 (out of 103)	40.8	54	118.4	0.0
Mount Vernon	4,551	18 (out of 103)	71.4	60	131.8	4.4
Evansdale	4,530	61 (out of 103)	64.2	39	86.1	8.8
Dyersville	4,357	43 (out of 103)	67.5	50	114.8	4.6
Monticello	4,055	27 (out of 103)	69.9	56	138.1	2.5
West Liberty	3,795	45 (out of 103)	67.3	43	113.3	5.3

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Robins	3,349	89 (out of 103)	49.4	15	44.8	3.0
West Burlington	3,184	91 (out of 103)	41.8	41	128.8	0.0
Tipton	3,111	73.5 (out of 103)	62.8	33	106.1	3.2
Solon	3,092	25 (out of 103)	70.6	44	142.3	3.2
Wilton	2,943	99 (out of 103)	30.2	23	78.2	0.0
Fairfax	2,865	102 (out of 103)	26.3	18	62.8	0.0
Park View	2,861	86 (out of 103)	56.7	23	80.4	3.5
Hudson	2,614	64 (out of 103)	63.7	29	110.9	3.8
Jesup	2,596	56 (out of 103)	64.9	30	115.6	3.9
Center Point	2,575	23 (out of 103)	70.9	37	143.7	3.9
Cascade	2,565	63 (out of 103)	63.8	26	101.4	7.8
West Branch	2,526	88 (out of 103)	49.5	44	174.2	0.0
Bellevue	2,256	6 (out of 145)	83.6	55	243.8	4.4
La Porte City	2,170	76 (out of 145)	48.2	37	170.5	0.0
Columbus Junction	2,129	122 (out of 145)	33.6	22	103.3	0.0
Ely	2,033	139 (out of 145)	24.6	14	68.9	0.0
Epworth	1,991	121 (out of 145)	33.7	21	105.5	0.0
Wapello	1,935	66 (out of 145)	52.4	40	206.7	0.0
Mediapolis	1,930	132 (out of 145)	28.7	17	88.1	0.0
Peosta	1,922	46 (out of 145)	64.7	21	109.3	10.4
Durant	1,904	108 (out of 145)	38.3	24	126.1	0.0
Walcott	1,895	140 (out of 145)	20.1	10	52.8	0.0
Blue Grass	1,867	137 (out of 145)	25.3	14	75.0	0.0
Kent Estates	1,863	143 (out of 145)	11.9	5	26.8	0.0
Farley	1,809	128 (out of 145)	30.9	18	99.5	0.0
Lisbon	1,782	51 (out of 145)	61.4	19	106.6	5.6
Fairbank	1,509	126 (out of 145)	32.7	17	112.7	0.0
Walford	1,318	142 (out of 145)	12.2	5	37.9	0.0
Lone Tree	1,285	134 (out of 145)	26.3	12	93.4	0.0
Central City	1,266	15 (out of 145)	80.5	27	213.3	7.9
University Heights	1,232	145 (out of 145)	6.8	3	24.4	0.0
Clarence	1,223	138 (out of 145)	24.8	11	89.9	0.0
Springville	1,210	32 (out of 145)	74.6	21	173.6	8.3
Palo	1,173	118 (out of 145)	34.3	15	127.9	0.0

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Fruitland	1,107	141 (out of 145)	14.9	6	54.2	0.0
Buffalo	1,090	50 (out of 145)	61.4	13	119.3	9.2
Winthrop	1,081	129 (out of 145)	29.3	12	111.0	0.0
Swisher	1,064	144 (out of 145)	6.9	3	28.2	0.0
Preston	1,057	91 (out of 145)	43.1	18	170.3	0.0

Appendix 3: Mutual Aid Meetings In Cedar County

Table 8: Mutual Aid Meeting Directory in Cedar County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Tipton Group</u>	600 Mulberry St, Tipton, IA 52772, USA	1

Appendix 4: Resources In Cedar County

Table 9: Recovery Resource Directory in Cedar County

Resource Type	Name	Address
Baseball/Softball Diamond	2 Baseball/Softball Diamonds	Bennett, Cedar County, Iowa, 52721, United States
Baseball/Softball Diamond	2 Baseball/Softball Diamonds	Clarence, Cedar County, Iowa, 52216, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Durant, Cedar County, Iowa, 52747, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Lowden, Cedar County, Iowa, 52255, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Stanwood, Cedar County, Iowa, 52337, United States
Baseball/Softball Diamond	5 Baseball/Softball Diamonds	Tipton, Cedar County, Iowa, 52772, United States
Baseball/Softball Diamond	8 Baseball/Softball Diamonds	West Branch, Cedar County, Iowa, 52358, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Clarence, Cedar County, Iowa, 52216, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Durant, Cedar County, Iowa, 52747, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	West Branch, Cedar County, Iowa, 52358, United States
Childcare Provider	<u>Campus for Kids Daycare</u>	108 5th ST, Durant, IA, 52747
Childcare Provider	<u>Cedar County Coordinated Child Care Inc</u>	603 W 6th ST, Tipton, IA, 52772
Childcare Provider	<u>Cracker Box Kids</u>	408 7th ST, Durant, IA, 52747
Childcare Provider	<u>Gina Strong</u>	107 Washington BLVD, West Branch, IA, 52358
Childcare Provider	<u>Jeanna Hills</u>	168 290th ST, West Branch, IA, 52358
Childcare Provider	<u>Jennifer Lantzman</u>	55 Mulberry ST, Tipton, IA, 52772
Childcare Provider	<u>JoAnn Gray</u>	201 2nd Ave, Clarence, IA, 52216
Childcare Provider	<u>Joan West</u>	308 3rd ST, Durant, IA, 52747
Childcare Provider	<u>Kathleen Keimig</u>	803 4th ST, Durant, IA, 52747
Childcare Provider	<u>Laura Cook</u>	827 W Main ST, West Branch, IA, 52358
Childcare Provider	<u>Little Friends Preschool</u>	607 Lynn St, Tipton, IA, 52772
Childcare Provider	<u>Little Knights Learning Center</u>	611 8th ST, Lowden, IA, 52255
Childcare Provider	<u>Little Knights Learning Center - Mechanicsville</u>	609 125th ST, Mechanicsville, IA, 52306
Childcare Provider	<u>Makayla Volkert</u>	408 Meridian ST, Tipton, IA, 52772
Childcare Provider	<u>Melissa Poe</u>	421 N Maple ST, West Branch, IA, 52358
Childcare Provider	<u>Melissa Stoolman</u>	1778 Delta AVE, West Branch, IA, 52358

Resource Type	Name	Address
Childcare Provider	<u>Sycamore Learning Center</u>	101 Lynn ST, Tipton, IA, 52772
Childcare Provider	<u>Taylor Tots Family Childcare Center LLC</u>	1325 Cedar ST, Tipton, IA, 52772
Childcare Provider	<u>Tiny Tigers Wrap Around (Preschool) Child Care</u>	601 Lemon St, Tipton, IA, 52772
Childcare Provider	<u>West Branch Community ELC-Kids Club</u>	128 Oliphant St, West Branch, IA, 52358
Childcare Provider	<u>West Branch Community Early Learning Center</u>	400 W Orange ST, West Branch, IA, 52358
Drug Drop-off Site	Cedar County Sheriff Office	711 E South St, Tipton, IA, 52772
Drug Drop-off Site	Hy-Vee Pharmacy (3062)	621 5th Street, Durant, IA, 52747
Football Field	Butch Pedersen Field at the Little Rose Bowl	West Branch, Cedar County, Iowa, 52358, United States
Football Field	1 Football Field	Durant, Cedar County, Iowa, 52747, United States
Football Field	1 Football Field	Stanwood, Cedar County, Iowa, 52337, United States
Lake	Bennett Lake	2298 State Hwy 130, Bennett, IA 52721
Lake	Cedar Valley Park Quarries	660 255th St, West Branch, IA 52358
Library	Bennett Public Library	203 Main, Cedar, Bennett, IA, 52721
Library	Clarence Public Library	309 6th Ave, Cedar, Clarence, IA, 52216
Library	Durant Branch	402 6th St, Cedar, Durant, IA, 52747
Library	Lowden Public Library	605 Main St, Cedar, Lowden, IA, 52255
Library	Mechanicsville Public Library	218 E 1st St, Cedar, Mechanicsville, IA, 52306
Library	Stanwood Public Library	202 E Broadway, Cedar, Stanwood, IA, 52337
Library	Tipton Public Library	206 Cedar St, Cedar, Tipton, IA, 52772
Library	West Branch Public Library	300 N Downey St, Cedar, West Branch, IA, 52358
NA	<u>Tipton Police Department</u>	407 Lynn St, Tipton, IA 52772
Other Sports Facilities	1 Other Sports Facility	Durant, Cedar County, Iowa, 52747, United States
Other Sports Facilities	1 Other Sports Facility	Tipton, Cedar County, Iowa, 52772, United States
Place of Worship	<u>Apostolic Church of Tipton</u>	511 East St, Tipton, IA 52772, USA
Place of Worship	<u>Bethany Lutheran Church</u>	237 S 2nd St, West Branch, IA 52358, USA
Place of Worship	<u>Calvary Church</u>	417 E 5th St, Tipton, IA 52772, USA
Place of Worship	<u>Cedar Street Baptist Church</u>	708 Cedar St, Tipton, IA 52772, USA
Place of Worship	<u>Coon Creek Church</u>	137 175th St, Lisbon, IA 52253, USA
Place of Worship	<u>Diamond Community Church</u>	Massillon Cemetery, 2281 120th St, Lowden, IA 52255, USA

Resource Type	Name	Address
Place of Worship	<u>First United Church of Christ</u>	303 E 6th St, Tipton, IA 52772, USA
Place of Worship	<u>Friends Church</u>	120 Downey St, West Branch, IA 52358, USA
Place of Worship	<u>Gloria Dei Lutheran Church</u>	207 7th St, Durant, IA 52747, USA
Place of Worship	<u>Kingdom Hall of Jehovahs Witnesses</u>	615 E 6th St, Tipton, IA 52772, USA
Place of Worship	<u>Methodist Church</u>	1401 Maurer St, Wilton, IA 52778, USA
Place of Worship	<u>Mount Zion Church</u>	1458 Snaggy Ridge Rd, Tipton, IA 52772, USA
Place of Worship	<u>Peace Church of Christ United</u>	414 Maple St, Bennett, IA 52721, USA
Place of Worship	<u>Presbyterian Church</u>	408 E 1st St, Mechanicsville, IA 52306, USA
Place of Worship	<u>Red Oak Church</u>	751 King Ave, Tipton, IA 52772, USA
Place of Worship	<u>Saint Bernadette Catholic Church</u>	507 E Orange St, West Branch, IA 52358, USA
Place of Worship	<u>Saint Johns United Church of Christ</u>	320 9th Ave, Clarence, IA 52216, USA
Place of Worship	<u>Saint Joseph Church</u>	1501 Franklin Ave, West Branch, IA 52358, USA
Place of Worship	<u>Saint Marys Catholic Church</u>	302 Reeder St, Mechanicsville, IA 52306, USA
Place of Worship	<u>Saint Marys Parish</u>	208 Meridian St, Tipton, IA 52772, USA
Place of Worship	<u>Saint Paul Lutheran Church</u>	260 4th St, Bennett, IA 52721, USA
Place of Worship	<u>Saint Paul Lutheran Church</u>	313 Ash St, Stanwood, IA 52337, USA
Place of Worship	<u>Saint Pauls Episcopal Church</u>	206 6th Ave, Durant, IA 52747, USA
Place of Worship	<u>South Bethel Church</u>	1856 Old Muscatine Rd, Wilton, IA 52778, USA
Place of Worship	<u>Springdale Methodist Church</u>	554 290th St, West Branch, IA 52358, USA
Place of Worship	<u>Stanwood Union Church</u>	208 S Main St, Stanwood, IA 52337, USA
Place of Worship	<u>Sugar Creek Church</u>	1900 Rose Ave, Wilton, IA 52778, USA
Place of Worship	<u>Tipton Bible Church</u>	322 W 2nd St, Tipton, IA 52772, USA
Place of Worship	<u>Trinity Church</u>	2197 Moscow Rd, Moscow, IA 52760, USA
Place of Worship	<u>Trinity Evangelical Lutheran Church</u>	122 W 7th St, Tipton, IA 52772, USA
Place of Worship	<u>Trinity Lutheran Church</u>	801 N Washington Ave, Lowden, IA 52255, USA
Place of Worship	<u>United Methodist Church</u>	203 Downey St, West Branch, IA 52358, USA
Place of Worship	<u>United Methodist Church</u>	305 E 1st St, Mechanicsville, IA 52306, USA
Place of Worship	<u>United Methodist Church</u>	314 7th Ave, Clarence, IA 52216, USA
Place of Worship	<u>United Methodist Church</u>	607 Lynn St, Tipton, IA 52772, USA
Place of Worship	<u>Zion United Church of Christ</u>	402 Main St, Lowden, IA 52255, USA
Playground	school playground	606 5th St, Lowden, IA 52255

Resource Type	Name	Address
Playground	1 Playground	706 5th St, Lowden, IA 52255
Rural Health Clinic	UnityPoint Health- Family Medicine Clinic-Tipton	1412 Cedar Street, Tipton, IA, 52772
Rural Health Clinic	<u>UnityPoint Health-Family Medicine Clarence</u>	411 First Avenue, Clarence, IA, 52216
School	Bennett Elementary School	300 Cedar St, Bennett, IA
School	Durant Elementary School	408 7th St, Durant, IA
School	Durant Junior/Senior High School	408 7th St, Durant, IA
School	Hoover Elementary School	148 N Oliphant, West Branch, IA
School	North Cedar Jr/Sr High School	400 Ball Street, Clarence, IA
School	North Cedar Lowden Elementary Center	703 Park Avenue, Lowden, IA
School	North Cedar Mechanicsville Elementary Center	609 125th St., Mechanicsville, IA
School	Scattergood Friends School	1951 Delta Avenue, West Branch, IA
School	Tipton Elementary School	601 Lemon, Tipton, IA
School	Tipton High School	400 E 6th St, Tipton, IA
School	Tipton Middle School	725 West 7th St., Tipton, IA
School	West Branch High School	900 W Main, West Branch, IA
School	West Branch Middle School	900 W. Main St., West Branch, IA
Section 8 Housing	Tipton Senior Park Phase Iii Apartments	50 Plum St Apt E5, Tipton, IA, 52772
Soccer Field	2 Soccer Fields	Cedar County, Iowa, 52358, United States
Soccer Field	1 Soccer Field	West Branch, Cedar County, Iowa, 52358, United States
SUD or Gambling Treatment Center	<u>Community and Family Resources, Inc.</u>	216 West 6th St., Tipton, IA, 52772
Tennis Court	2 Tennis Courts	Clarence, Cedar County, Iowa, 52216, United States
Tennis Court	2 Tennis Courts	Durant, Cedar County, Iowa, 52747, United States
Tennis Court	2 Tennis Courts	Stanwood, Cedar County, Iowa, 52337, United States
Tennis Court	2 Tennis Courts	Tipton, Cedar County, Iowa, 52772, United States
Outdoor Volleyball Court	1 Outdoor Volleyball Court	Clarence, Cedar County, Iowa, 52216, United States
Outdoor Volleyball Court	4 Outdoor Volleyball Courts	West Branch, Cedar County, Iowa, 52358, United States