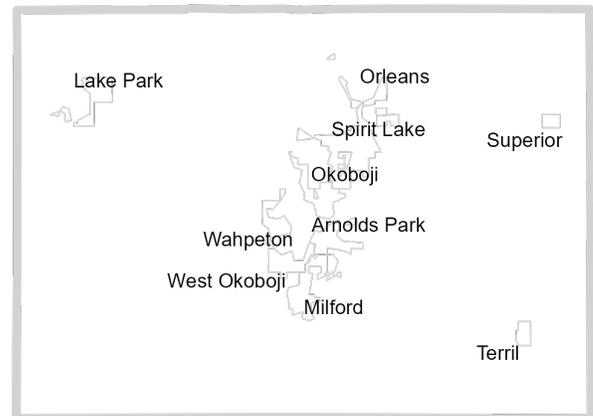
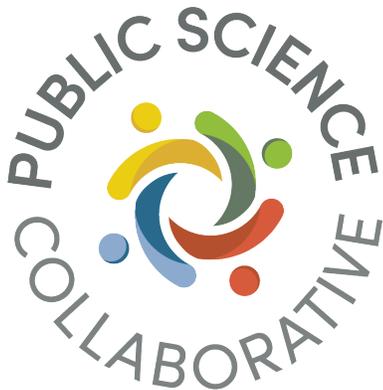


Recovery Readiness Assessment: Dickinson County

June, 2025



Dickinson County



Report provided to the Iowa Department of Health and Human Services

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

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Executive Summary

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

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

This report examines recovery resources in Dickinson County, which is part of Iowa's Behavioral Health District 2 (see Figure 1). Dickinson County has a population of 17,800, and its largest city is Spirit Lake.

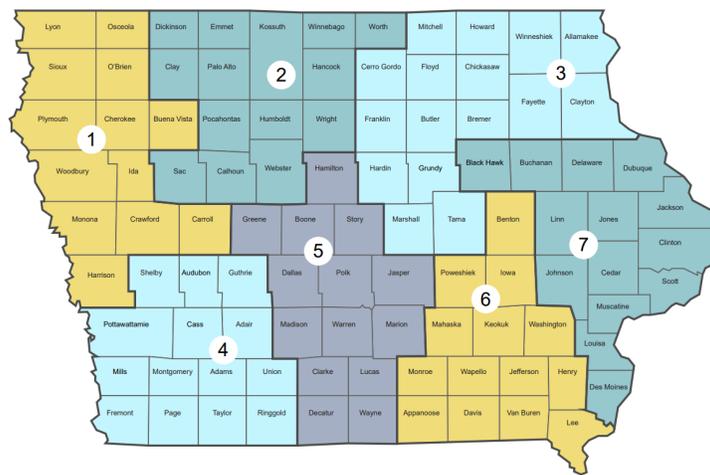


Figure 1: Iowa's Behavioral Health Districts (Source: Iowa HHS)

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

Table 1: Recovery Ready Community Index in Dickinson County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Spirit Lake	5,469	5 (out of 103)	77.2	74	135.3	16.5
Milford	3,315	65 (out of 103)	63.6	30	90.5	9.0
Lake Park	1,191	85 (out of 145)	45.3	21	176.3	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. Dickinson County is located in district 2, which has 14 counties, as shown in Table 2. Dickinson County falls in 7th 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 2.

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. Dickinson County is in the Micropolitan group of counties, and ranks 3rd out of 15 Iowa counties in the group.

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

County	Pop. Group	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Kossuth	Rural	3 (out of 63)	74.1	150	102.7	8.2
Dickinson	Micropolitan	3 (out of 15)	69.4	164	91.9	8.4
Calhoun	Rural	6 (out of 63)	68.0	111	112.6	5.1
Webster	Micropolitan	5 (out of 15)	64.6	267	72.5	7.9
Sac	Rural	9 (out of 63)	63.3	122	125.0	3.1
Wright	Rural	10 (out of 63)	63.3	142	110.8	3.1
Clay	Micropolitan	7 (out of 15)	60.9	144	87.6	6.1
Winnebago	Rural	17.5 (out of 63)	59.2	123	115.5	2.8
Pocahontas	Rural	21 (out of 63)	56.1	78	110.8	4.3
Emmet	Rural	25 (out of 63)	50.3	96	103.0	3.2
Palo Alto	Rural	26 (out of 63)	49.7	103	115.7	2.2
Hancock	Rural	42 (out of 63)	41.2	101	94.2	2.8
Worth	Rural	58.5 (out of 63)	27.2	73	98.9	1.4
Humboldt	Rural	61 (out of 63)	24.8	81	84.6	2.1

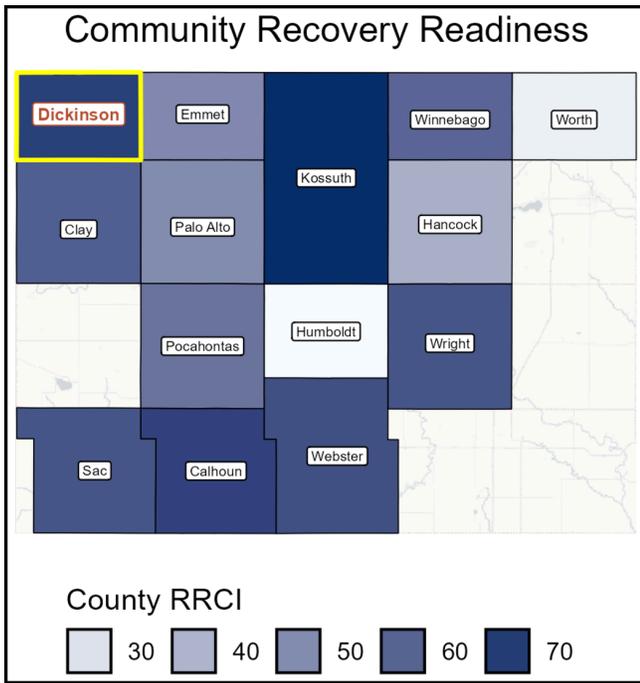


Figure 2: Recovery Ready Community Index in Dickinson County

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

In district 2, Dickinson County's RRCI score ranks 7th. Among cities with at least 1,000 people in Dickinson County, Spirit Lake has the highest RRCI score, while Lake Park has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 2, Dickinson County has the 4th highest number of total recovery resources. In Dickinson County cities of at least 1,000 people, Spirit Lake has the most recovery resources.

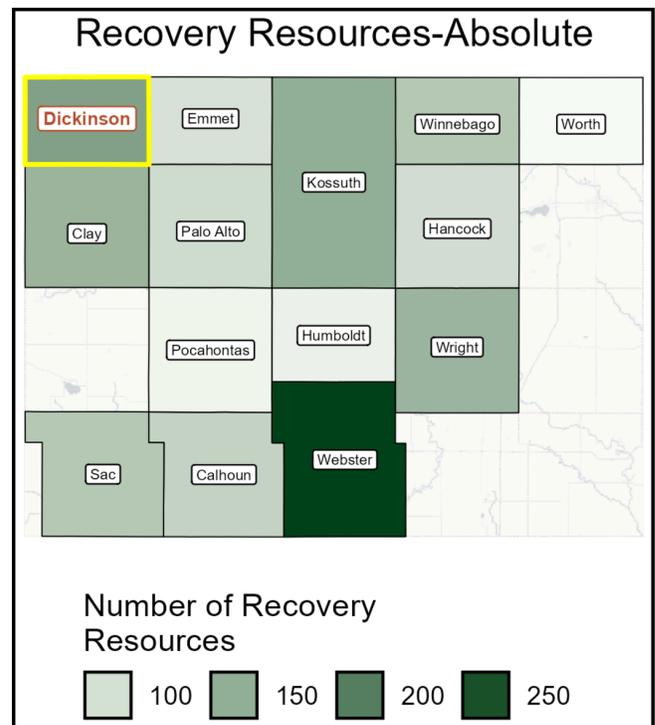


Figure 3: Recovery Resources in Dickinson County

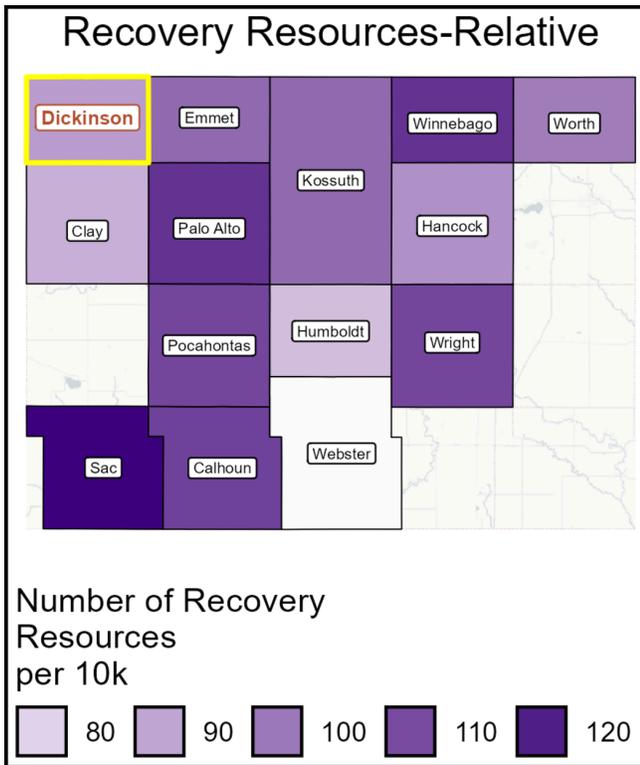


Figure 4: Recovery Resources per 10k in Dickinson County

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.

Dickinson County ranks 13th among the counties in district 2 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Spirit Lake has the highest number of recovery resources per 10,000 population, while Milford 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 2, Dickinson County has the 2nd highest number of mutual aid meetings per 10,000 people. Within Dickinson County, Spirit Lake is the city of 1,000+ people with the largest recovery culture, while Lake Park has the lowest.

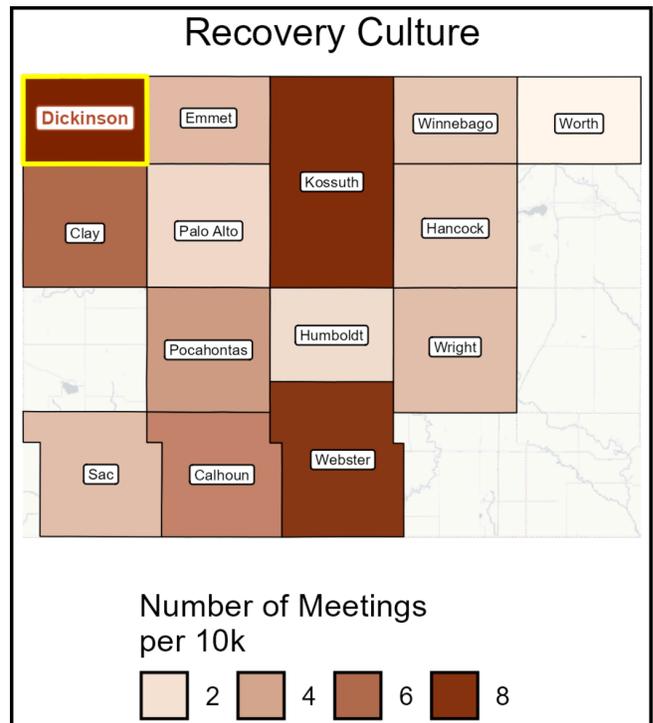


Figure 5: Mutual Aid Meetings per 10k in Dickinson County

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 Dickinson 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 Dickinson County Cities

City	Community	Health	Home	Purpose
Spirit Lake	47	11	7	18
Milford	21	2	4	6
Lake Park	15	0	1	5

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 Dickinson County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Spirit Lake	7	3	9	39	25
Milford	4	2	1	19	7
Lake Park	1	2	0	15	3

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 Collaborative](#)⁸ 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 2. Organizations located in Dickinson County cities are listed first and highlighted in bold.

Table 5: Peer Support Providers in Behavioral Health District 2

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

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

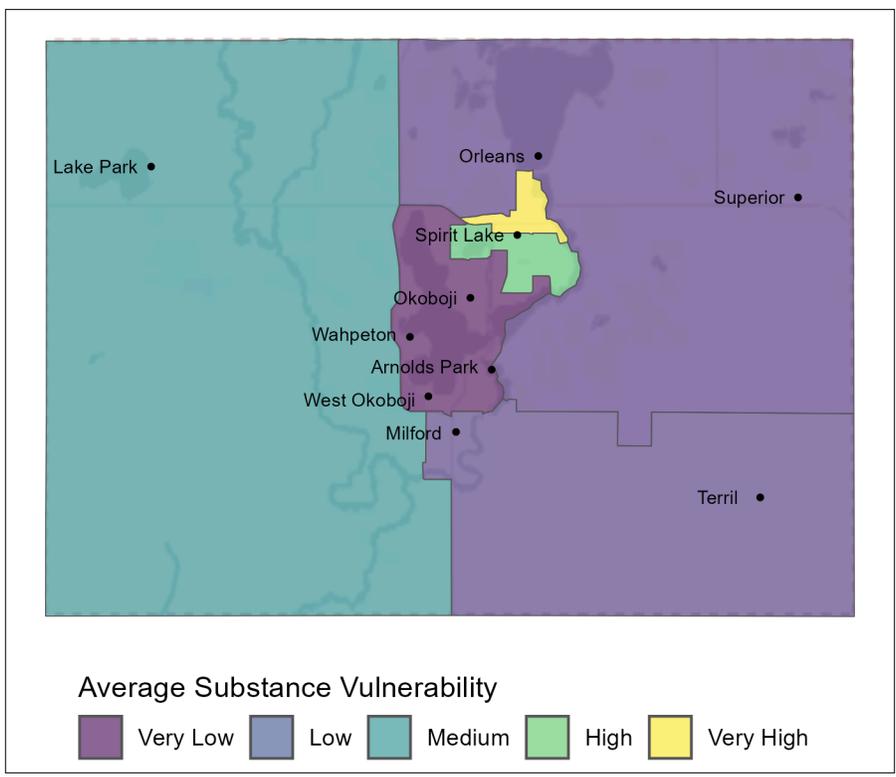
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

Substance Use Vulnerability

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



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

Figure 7: Opioid Vulnerability in Dickinson County

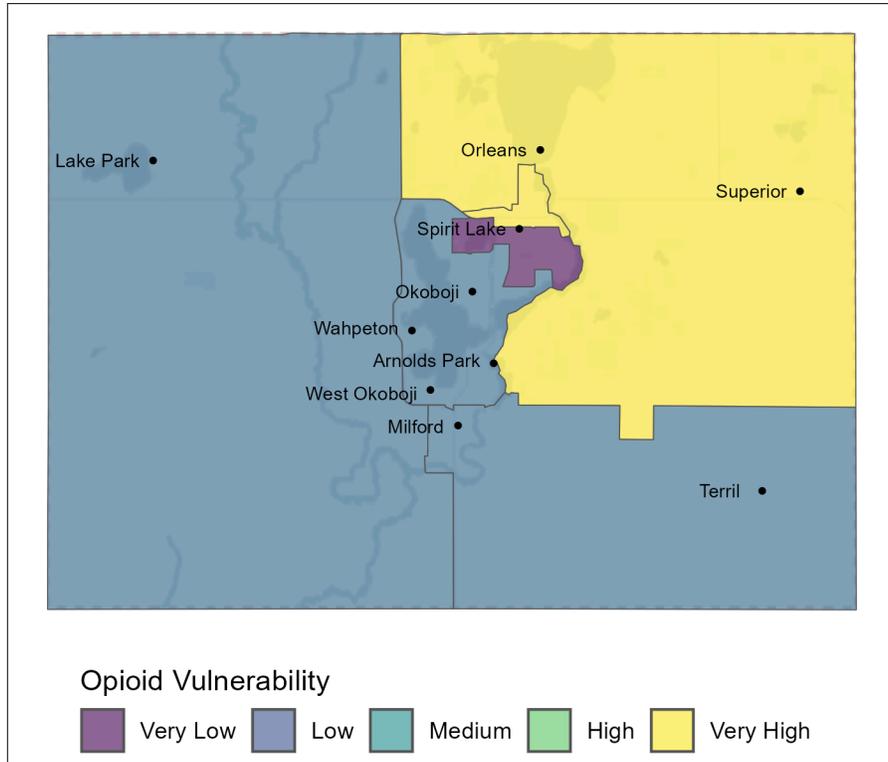


Figure 8: Methamphetamine Vulnerability in Dickinson County

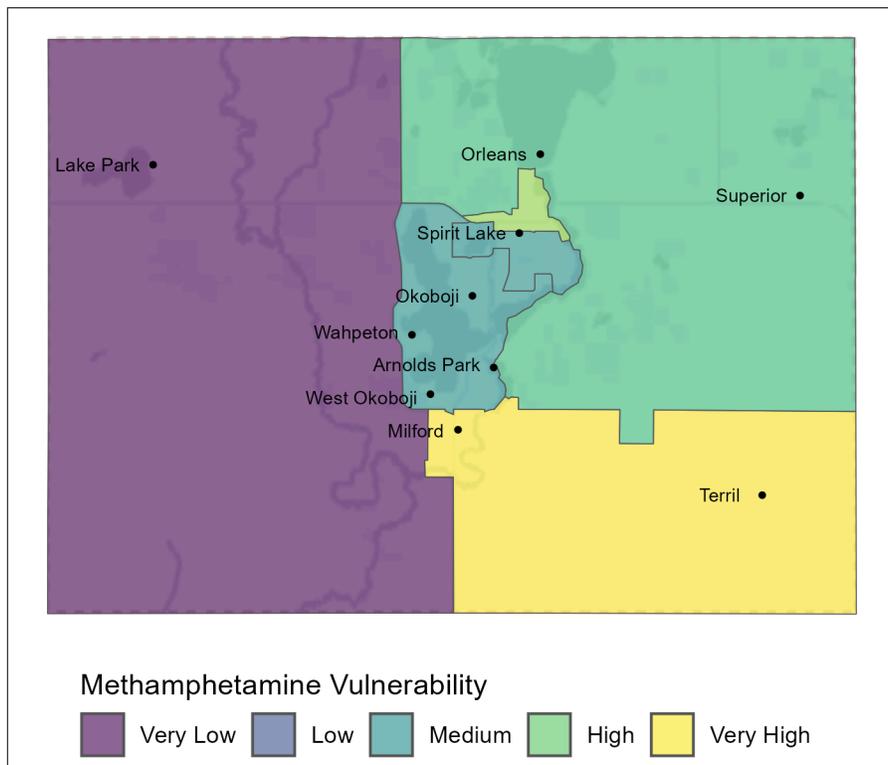


Figure 9: Heroin Vulnerability in Dickinson County

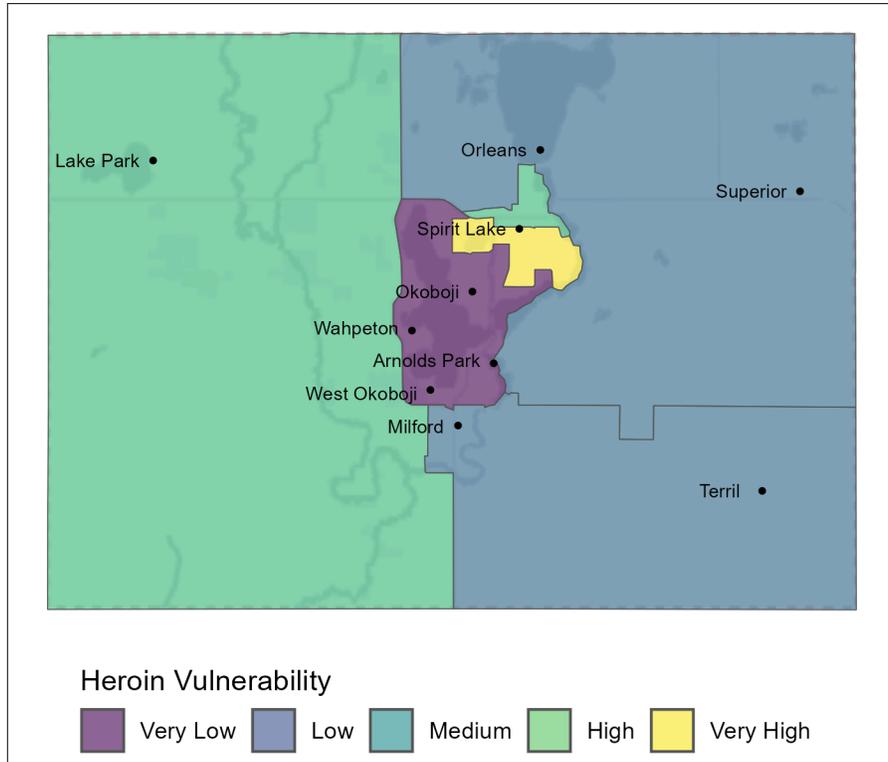


Figure 10: Alcohol Vulnerability in Dickinson County

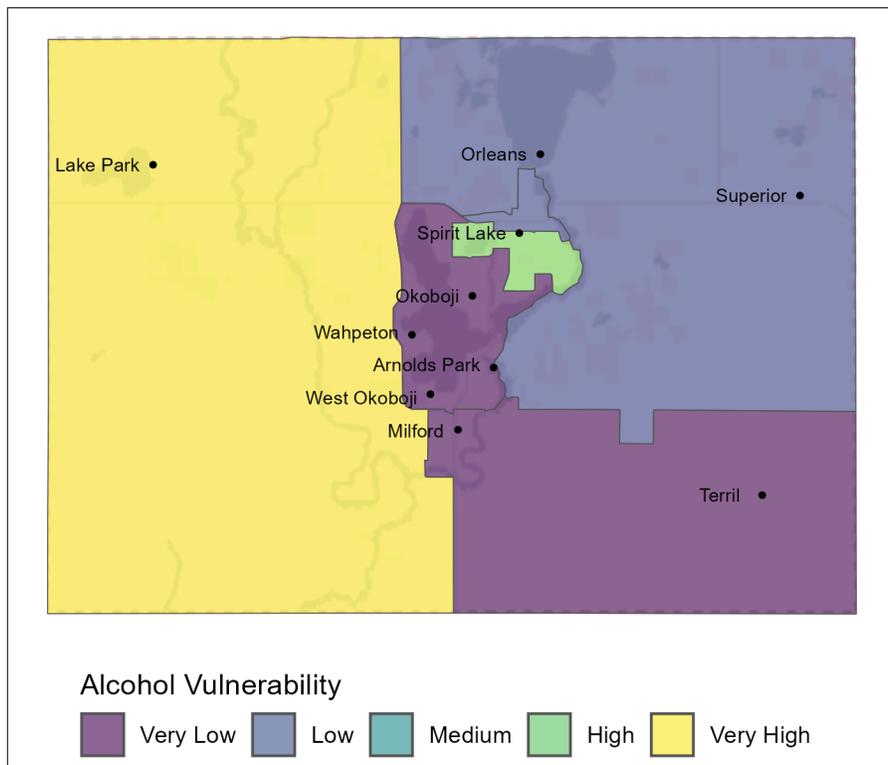


Figure 11: Cannabis Vulnerability in Dickinson County

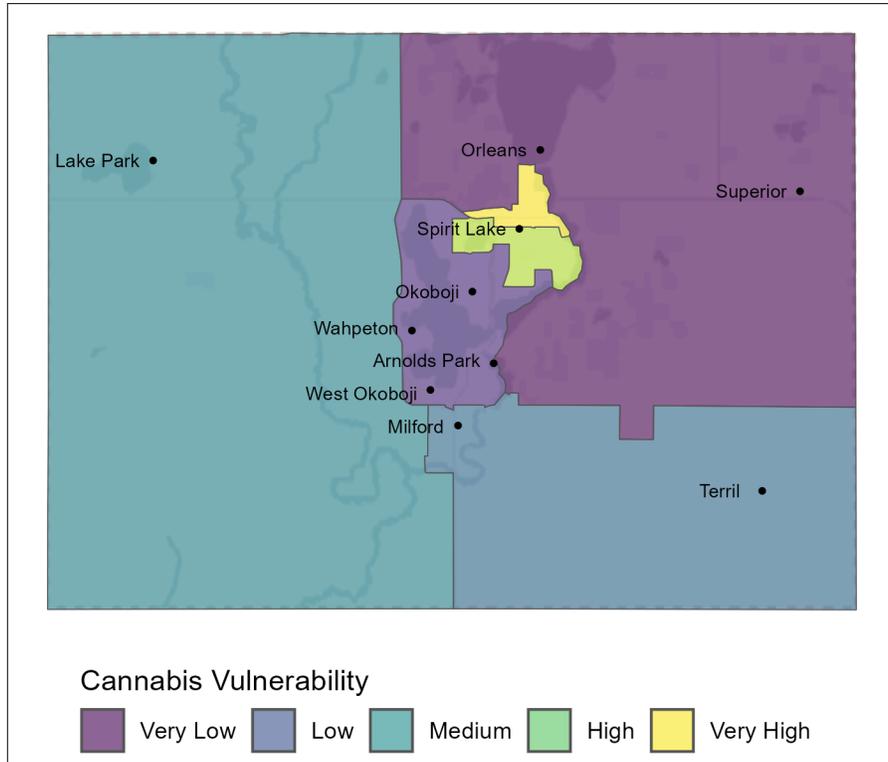


Figure 12: Cocaine Vulnerability in Dickinson County

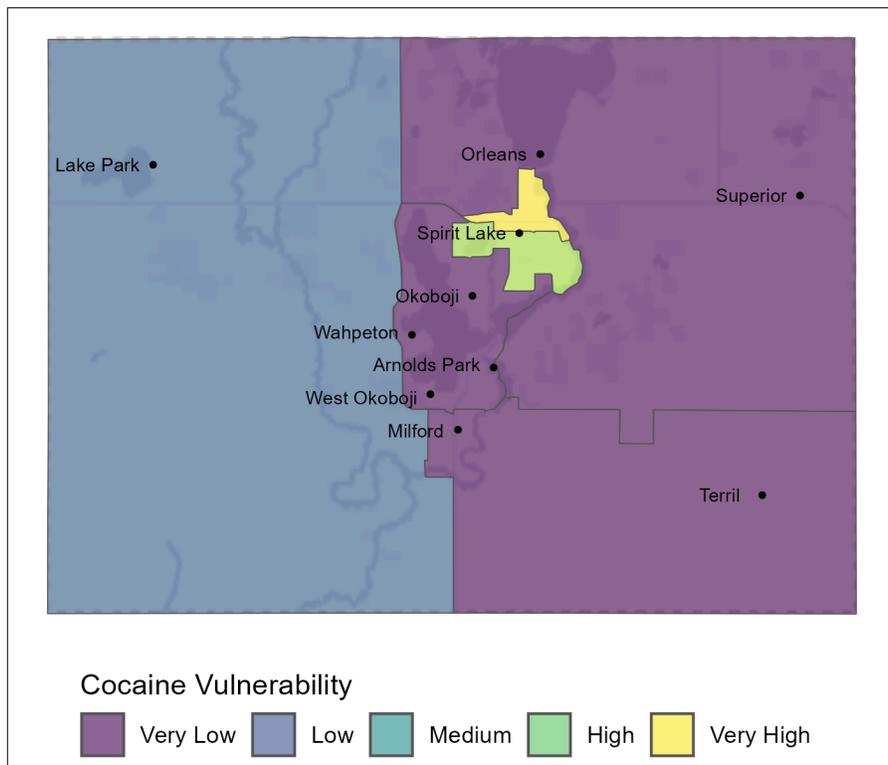
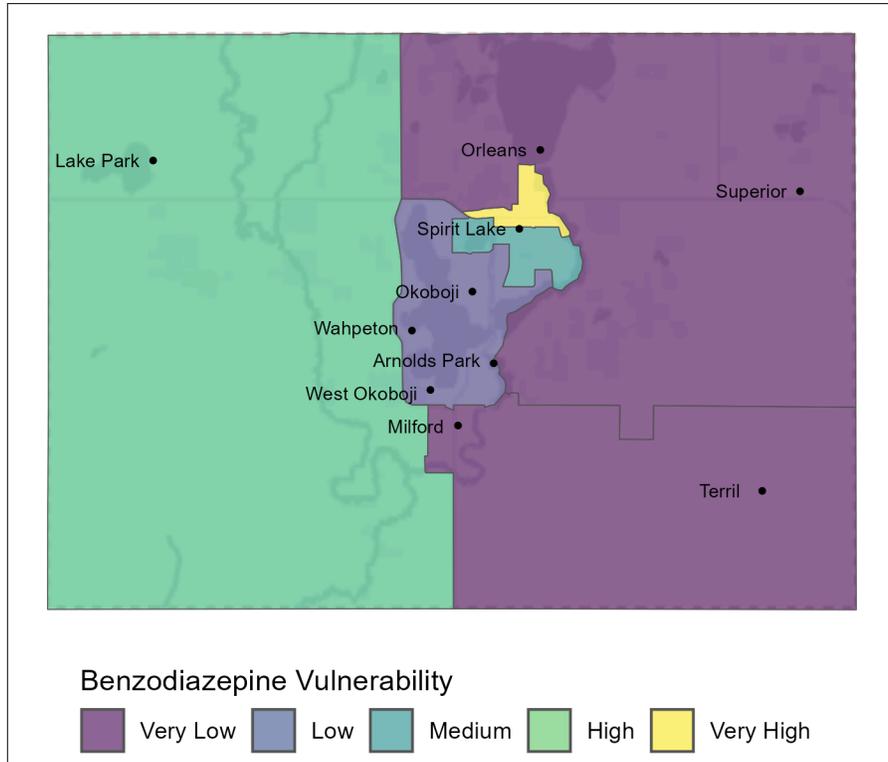


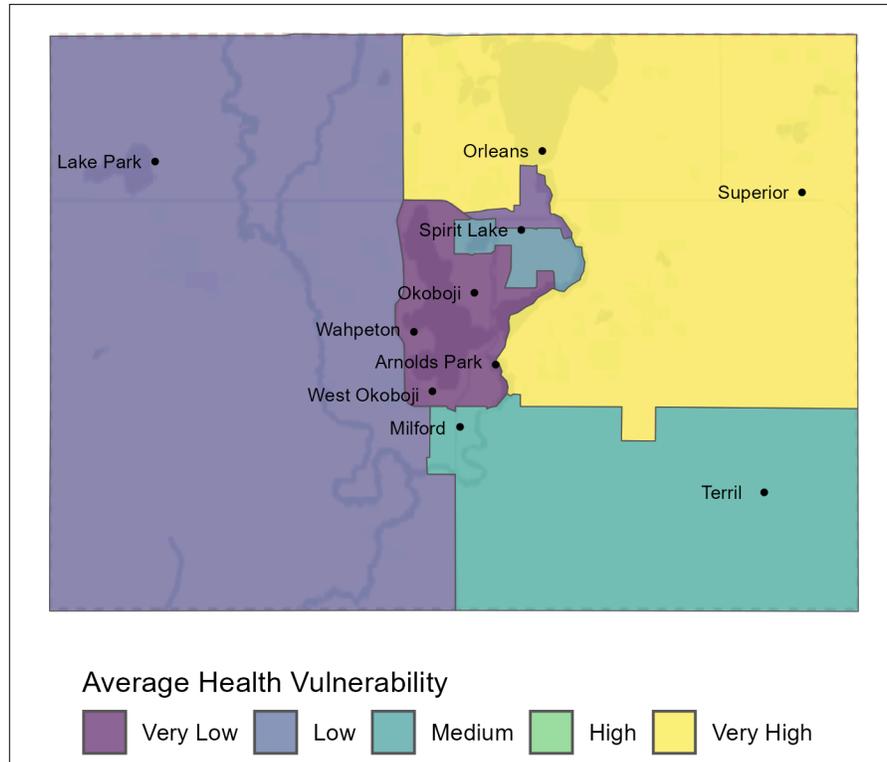
Figure 13: Benzodiazepine Vulnerability in Dickinson County



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 Dickinson 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 Dickinson 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 2

Table 7 adds on to the Recovery Ready Community Index table found earlier in the report. This table includes all 27 cities in behavioral health district 2 that have more than 1,000 people. The table is sorted by population, to help enable comparisons between cities in the district of similar sizes. You can use the information to see the relative strengths and weaknesses of communities across the district. Cities located in Dickinson County are bolded.

Table 7: RRCI in Behavioral Health Dickinson County Cities

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

Appendix 3: Mutual Aid Meetings In Dickinson County

Table 8: Mutual Aid Meeting Directory in Dickinson County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>As Bill Sees It Discussion Group</u>	2100 Zenith Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Beginners Big Book Study</u>	1005 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Big Book Group</u>	702 16th St, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Big Book Study Group</u>	1204 L Ave, Milford, IA 51351, USA	1
Alcoholics Anonymous	<u>Chip Group</u>	1301 Okoboji Ave, Milford, IA 51351, USA	1
Alcoholics Anonymous	<u>Discussion Group</u>	U.S. Highway 71 South, Okoboji, IA, USA	1
Alcoholics Anonymous	<u>Iowa Great Lakes Group</u>	1204 L Ave, Milford, IA 51351, USA	1
Alcoholics Anonymous	<u>Iowa Lakes Women's Group</u>	2100 Zenith Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Keep It Simple Group</u>	3501 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Men's Experience Strength & Hope Group</u>	702 16th St, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Okoboji Candlelight Group</u>	156 US-71, Arnolds Park, IA 51331, USA	1
Alcoholics Anonymous	<u>Sober Living Group</u>	1411 Hill Ave, Spirit Lake, IA 51360, USA	1
Alcoholics Anonymous	<u>Twelve & Twelve Group</u>	2011 23rd St, Spirit Lake, IA 51360, USA	1
Celebrate Recovery	Good News Community Church	1010 Julia St, Okoboji, Iowa 51355 United States	1
Narcotics Anonymous	NA	702 16th St, Spirit Lake, IA 51360, USA	1

Appendix 4: Resources In Dickinson County

Table 9: Recovery Resource Directory in Dickinson County

Resource Type	Name	Address
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Arnolds Park, Dickinson County, Iowa, 51331, United States
Baseball/Softball Diamond	4 Baseball/Softball Diamonds	Lake Park, Dickinson County, Iowa, 51347, United States
Baseball/Softball Diamond	6 Baseball/Softball Diamonds	Milford, Dickinson County, Iowa, 51351, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Orleans, Dickinson County, Iowa, 51360, United States
Baseball/Softball Diamond	7 Baseball/Softball Diamonds	Spirit Lake, Dickinson County, Iowa, 51360, United States
Baseball/Softball Diamond	2 Baseball/Softball Diamonds	Terril, Dickinson County, Iowa, 51364, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Dickinson County, Iowa, 51360, United States
Outdoor Basketball Court	2 Outdoor Basketball Courts	Milford, Dickinson County, Iowa, 51351, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Okoboji, Dickinson County, Iowa, 51355, United States
Outdoor Basketball Court	2 Outdoor Basketball Courts	Spirit Lake, Dickinson County, Iowa, 51360, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Terril, Dickinson County, Iowa, 51364, United States
Beach	Gull Point State Park Complex 2022 Beach Classification: Less Vulnerable	10400 240th Ave, Spirit Lake, IA 51360
Beach	Emerson Bay State Recreation Area 2022 Beach Classification: Vulnerable	3100 Emerson St, Milford, IA 51351
Beach	Gull Point State Park 2022 Beach Classification: Less Vulnerable	2801 Gull Point Pl, Milford, IA 51351
Beach	Marble Beach State Recreation Area 2022 Beach Classification: Less Vulnerable	12320 240th Ave, Spirit Lake, IA 51360
Beach	Spirit Lake 2022 Beach Classification: Less Vulnerable	25140 140th St, Spirit Lake, IA 51360
Beach	Pikes Point State Park 2022 Beach Classification: Less Vulnerable	15956 Lake Shore Dr, Spirit Lake, IA 51360
Beach	Gull Point State Park Complex 2022 Beach Classification: Less Vulnerable	20823 Lagoon St S, Spirit Lake, IA 51360
Childcare Provider	<u>Carousel Preschool and Daycare</u>	3575 Zenith Ave, Spirit Lake, IA, 51360
Childcare Provider	<u>Graettinger Terril CSD Preschool</u>	101 S Schooley St, Terril, IA, 51364
Childcare Provider	<u>Joyful Journeys Daycare/Preschool</u>	2300 27th St, Spirit Lake, IA, 51360
Childcare Provider	<u>Laura Fiebig</u>	12 Lakeside LN, Lake Park, IA, 51347

Resource Type	Name	Address
Childcare Provider	<u>Lindsay Borthwick-Brown</u>	1215 Lake ST, Spirit Lake, IA, 51360
Childcare Provider	<u>Little Sprouts Early Learning Center</u>	1003 23rd ST, Milford, IA, 51351
Childcare Provider	<u>Milford Head Start</u>	1525 Three Cross Rd, Milford, IA, 51351
Childcare Provider	<u>Okoboji Y Kids</u>	1100 8th St, Milford, IA, 51351
Childcare Provider	<u>Safari Child Care & Preschool</u>	403 P AVE, Milford, IA, 51351
Childcare Provider	<u>Sally Kness</u>	2305 Akron AVE, Spirit Lake, IA, 51360
Childcare Provider	<u>Spirit Lake Y Kids</u>	2901 Hill AVE, Spirit Lake, IA, 51360
Childcare Provider	<u>Tammy Werner</u>	2831 Hwy 9/71, Spirit Lake, IA, 51360
Childcare Provider	<u>The Tot Spot</u>	904 J Ave, Milford, IA, 51351
Drug Drop-off Site	Dickinson County Sheriff's Office	1802 Hill Ave, Spirit Lake, IA, 51360
Drug Drop-off Site	Hy-Vee Clinic Pharmacy (1628)	1012 Okoboji Avenue, Milford, IA, 51351
Drug Drop-off Site	Hy-Vee Pharmacy (1628)	1500 18th Street, Spirit Lake, IA, 51360
Drug Drop-off Site	Lewis Pharmacy - Spirit Lake	2202 17th Street, Spirit Lake, IA, 51360
Football Field	Practice Field	Lake Park, Dickinson County, Iowa, 51347, United States
Football Field	Spirit Lake High School Football Field	Spirit Lake, Dickinson County, Iowa, 51360, United States
Football Field	1 Football Field	Lake Park, Dickinson County, Iowa, 51347, United States
Football Field	1 Football Field	Milford, Dickinson County, Iowa, 51351, United States
Hospital	Lakes Regional Healthcare	2301 Highway 71 S, Spirit Lake, IA 51360
Lake	Big Spirit Lake	11959 Pasture Rd, Spirit Lake, IA 51360
Lake	Center Lake	3398 Center Lake Dr, Spirit Lake, IA 51360
Lake	Diamond Lake	1140 State Hwy 86, Spirit Lake, IA 51360
Lake	East Okoboji Lake	601 39th St, Spirit Lake, IA 51360
Lake	Littel Swan Lake	1310 County Rd N16, Estherville, IA 51334
Lake	Little Spirit Lake	74 State Hwy 276, Spirit Lake, IA 51360
Lake	Lower Gar Lake	20460 232nd Ave, Milford, IA 51351
Lake	Minnewashta Lake	300 Helms Dr, Arnolds Park, IA 51331
Lake	Pleasant Lake	16744 Pleasant Lake Cir, Spirit Lake, IA 51360
Lake	Prairie Lake	1833 County Rd M56, Spirit Lake, IA 51360
Lake	Silver Lake (Dickinson)	200 Country Club Dr, Lake Park, IA 51347
Lake	Swan Lake	1310 County Rd N16, Estherville, IA 51334
Lake	Upper Gar Lake	231 E Broadway St, Arnolds Park, IA 51331
Lake	Welch Lake	12879 211th Ave, Spirit Lake, IA 51360

Resource Type	Name	Address
Lake	West Okoboji Lake	2167 Manhattan Blvd, Spirit Lake, IA 51360
Lake	Westport Park Pond	1175 230th St, Lake Park, IA 51347
Library	Arnolds Park Public Library	156 N Hwy 71, Dickinson, Arnolds Park, IA, 51331
Library	Lake Park Public Library	905 S Market St, Dickinson, Lake Park, IA, 51347
Library	Milford Memorial Library	1009 9th St, Dickinson, Milford, IA, 51351
Library	Spirit Lake Public Library	702 16th St, Dickinson, Spirit Lake, IA, 51360
Library	Terril Public Library	115 N State St, Dickinson, Terril, IA, 51364
Other Sports Facilities	1 Other Sports Facility	Milford, Dickinson County, Iowa, 51351, United States
Public Park	Spirit Lake State Game Management Area	11959 Pasture Rd, Spirit Lake, IA 51360
Peer Support Provider	Adult Integrated Health Home	710 Lake St, Spirit Lake, IA 51360
Place of Worship	Adventist Church	2857 220th St, Terril, IA 51364, USA
Place of Worship	Christian Family Worship Center	1805 Erie Ave, Spirit Lake, IA 51360, USA
Place of Worship	Christs Fellowship Church	3401 US-71, Spirit Lake, IA 51360, USA
Place of Worship	Concordia Lutheran Church	306 E 4th St, Lake Park, IA 51347, USA
Place of Worship	Evangelical Free Church	406 28th St, Spirit Lake, IA 51360, USA
Place of Worship	Excelsior Church	2005 150th Ave, Milford, IA 51351, USA
Place of Worship	First Lutheran Church	1204 L Ave, Milford, IA 51351, USA
Place of Worship	First Presbyterian Church	1803 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	First Presbyterian Church	218 S Market St, Lake Park, IA 51347, USA
Place of Worship	Friends Church	228 US-71, Arnolds Park, IA 51331, USA
Place of Worship	Good News Community Church	1902 Zenith Ave, Spirit Lake, IA 51360, USA
Place of Worship	Grace Lutheran Church	801 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	Immanuel Lutheran Church	207 W Main St, Terril, IA 51364, USA
Place of Worship	Immanuel Lutheran Church	2565 US-71, Spirit Lake, IA 51360, USA
Place of Worship	Kingdom Hall Jehovahs Witnesses	1803 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	Lakeview Open Bible Church	2700 23rd St Entrance B, Spirit Lake, IA 51360, USA
Place of Worship	Little Sioux Church	1892 260th St, Milford, IA 51351, USA
Place of Worship	Milford Baptist Church	1004 21st St #2, Milford, IA 51351, USA
Place of Worship	New Testament Baptist Church	2011 Gary Ave, Spirit Lake, IA 51360, USA
Place of Worship	Saint Albans Episcopal Church	2200 23rd St, Spirit Lake, IA 51360, USA
Place of Worship	Saint Josephs Catholic Church	1301 Okoboji Ave, Milford, IA 51351, USA

Resource Type	Name	Address
Place of Worship	<u>Saint Marys Catholic Church</u>	1019 Hill Ave, Spirit Lake, IA 51360, USA
Place of Worship	<u>Seventh Day Adventist Church</u>	503 11th St, Spirit Lake, IA 51360, USA
Place of Worship	<u>Spirit Lake Baptist Church</u>	907 19th St, Spirit Lake, IA 51360, USA
Place of Worship	<u>Spirit Lake United Methodist Church</u>	1807 Gary Ave, Spirit Lake, IA 51360, USA
Place of Worship	<u>Union Memorial Church</u>	805 Okoboji Ave, Milford, IA 51351, USA
Place of Worship	<u>United Methodist Church</u>	207 W Main St, Terril, IA 51364, USA
Place of Worship	<u>United Methodist Church</u>	249 US-71, Arnolds Park, IA 51331, USA
Place of Worship	<u>United Methodist Church</u>	26 Ave B E, Lake Park, IA 51347, USA
Playground	1 Playground	101 S Schooley St, Terril, IA 51364
Playground	1 Playground	1701 Lake Shore Dr, Okoboji, IA 51355
Recovery Housing	<u>Discovery House</u>	1411 Hill Avenue, Spirit Lake, IA
School	Graettinger-Terril Elementary School	101 S. Schooley St., Terril, IA
School	Harris-Lake Park Elementary School	105 Ave A West, Lake Park, IA
School	Harris-Lake Park High School	905 South Market, Lake Park, IA
School	Okoboji Elementary School	705 N Ave, Milford, IA
School	Okoboji High School	901 H. Ave., Milford, IA
School	Okoboji Middle School	1800 6th Street, Milford, IA
School	Spirit Lake Elementary School	709 28th Street, Spirit Lake, IA
School	Spirit Lake High School	2701 Hill Ave, Spirit Lake, IA
School	Spirit Lake Middle School	609 28th St, Spirit Lake, IA
Soccer Field	1 Soccer Field	Lake Park, Dickinson County, Iowa, 51347, United States
SUD or Gambling Treatment Center	<u>Plains Area Mental Health Center, Inc.</u>	710 Lake St., Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Seasons Center for Behavioral Health</u>	1401 Hill Avenue, Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Shade of the Tree</u>	1601 Keokuk Ave., Spirit Lake, IA, 51360
SUD or Gambling Treatment Center	<u>Shade of the Tree</u>	2323 Highway 71 South, Spirit Lake, IA, 51360
Tennis Court	Private Tennis Court	Dickinson County, Iowa, 51355, United States
Tennis Court	Private Tennis Court	Milford, Dickinson County, Iowa, 51351, United States
Tennis Court	4 Tennis Courts	Dickinson County, Iowa, 51360, United States
Tennis Court	2 Tennis Courts	Lake Park, Dickinson County, Iowa, 51347, United States
Tennis Court	2 Tennis Courts	Milford, Dickinson County, Iowa, 51351, United States
Tennis Court	8 Tennis Courts	Okoboji, Dickinson County, Iowa, 51355, United States

Resource Type	Name	Address
Tennis Court	1 Tennis Court	Okoboji, Dickinson County, Iowa, 51360, United States
Tennis Court	6 Tennis Courts	Spirit Lake, Dickinson County, Iowa, 51360, United States
Tennis Court	4 Tennis Courts	Wahpeton, Dickinson County, Iowa, 51351, United States
Tennis Court	2 Tennis Courts	Wahpeton, Dickinson County, Iowa, 51360, United States
VA Hospital or Clinic	<u>Spirit Lake VA Community Based Outpatient Clinic (CBOC)</u>	1850 Royal Ave, Spirit Lake, IA 51360
Outdoor Volleyball Court	2 Outdoor Volleyball Courts	Milford, Dickinson County, Iowa, 51351, United States
YMCA	Bedell Family YMCA	1900 41st St, Spirit Lake, IA 51360
YMCA	Camp Foster YMCA	1769 260th Ave, Spirit Lake, IA 51360
YMCA	YMCA - Milford HLPC	2207 Okoboji Ave, Milford, IA 51351