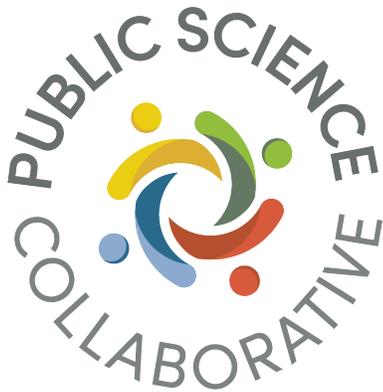
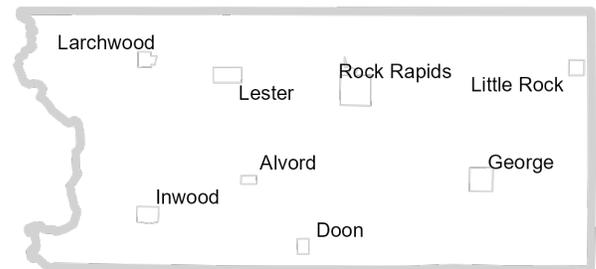


Recovery Readiness Assessment: Lyon County

June, 2025



Lyon 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.

Table of contents

Executive Summary	3
What is Recovery?	4
Peer Support	4
Community-Based Recovery Organizations	4
Recovery Readiness	5
How can this guide improve recovery readiness?	5
Is Your Community Recovery Ready?	6
What Resources Does Your Community Have?	10
SAMHSA Dimensions of Recovery Resources	10
Social Determinants of Health Recovery Resources	11
Peer Support Providers	12
Which Neighborhoods in Your Community Need Additional Health Resources and Support?	13
Substance Use Vulnerability	13
Social Determinants of Health	18
Appendix 1: Data Used in this Report	19
Appendix 2: RRCI Rankings for Cities in Behavioral Health District 1	21
Appendix 3: Mutual Aid Meetings In Lyon County	23
Appendix 4: Resources In Lyon County	24

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 Lyon County, which is part of Iowa's Behavioral Health District 1 (see Figure 1). Lyon County has a population of 12,100, and its largest city is Rock Rapids.



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

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

Table 1: Recovery Ready Community Index in Lyon County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Larchwood	1,076	10 (out of 145)	82.5	26	241.6	9.3
Rock Rapids	2,653	62 (out of 103)	64.2	30	113.1	3.8
George	1,049	70.5 (out of 145)	50.2	23	219.3	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. Lyon County is located in district 1, which has 13 counties, as shown in Table 2. Lyon County falls in 8th place in terms of the RRCI in the district. The following pages have maps showing the RRCI and its component measures across behavioral health district 1.

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. Lyon County is in the Rural group of counties, and ranks 32nd out of 63 Iowa counties in the group.

Table 2: Recovery Ready Community Index in Behavioral Health District 1 Counties

County	Pop. Group	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Monona	Rural	5 (out of 63)	71.1	101	117.2	10.4
Carroll	Micropolitan	4 (out of 15)	68.4	186	90.0	7.3
Woodbury	Metropolitan Core	1 (out of 9)	67.7	698	66.0	8.3
O'Brien	Rural	7.5 (out of 63)	67.7	147	104.2	4.3
Harrison	Metropolitan Non-Core	2.5 (out of 12)	61.2	148	101.1	3.4
Ida	Rural	16 (out of 63)	59.9	75	108.0	5.8
Buena Vista	Micropolitan	9 (out of 15)	55.4	173	83.6	3.9
Sioux	Rural	23 (out of 63)	51.0	272	75.6	2.8
Cherokee	Rural	27 (out of 63)	49.3	108	93.2	3.5
Crawford	Rural	28 (out of 63)	48.3	142	87.2	3.1
Plymouth	Rural	30.5 (out of 63)	46.9	223	86.8	1.9
Lyon	Rural	32.5 (out of 63)	44.2	117	96.8	2.5
Osceola	Rural	58.5 (out of 63)	27.2	60	98.1	1.6

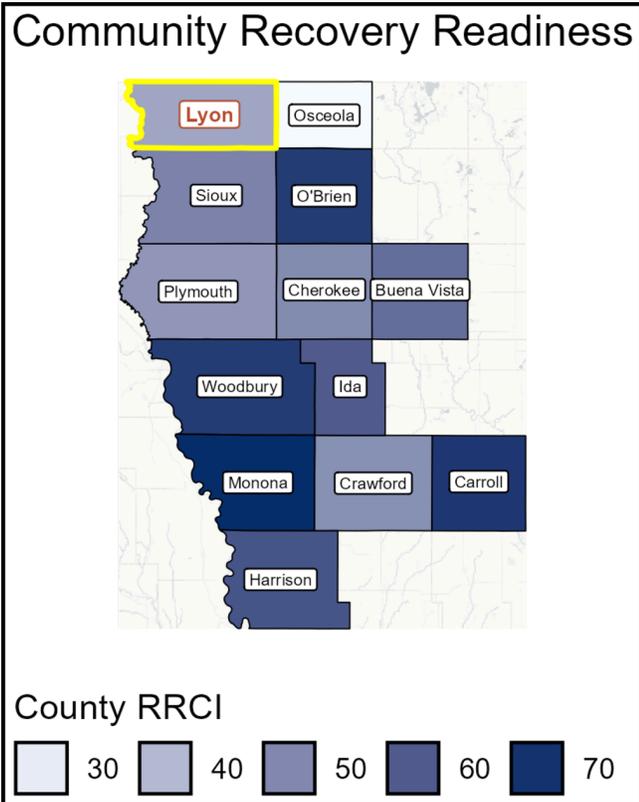


Figure 2: Recovery Ready Community Index in Lyon County

Figure 2 shows community recovery readiness in behavioral health district 1 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. Lyon County is highlighted with a yellow outline and bold label.

In district 1, Lyon County's RRCI score ranks 8th. Among cities with at least 1,000 people in Lyon County, Larchwood has the highest RRCI score, while George has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 1, Lyon County has the 9th highest number of total recovery resources. In Lyon County cities of at least 1,000 people, Larchwood has the most recovery resources.

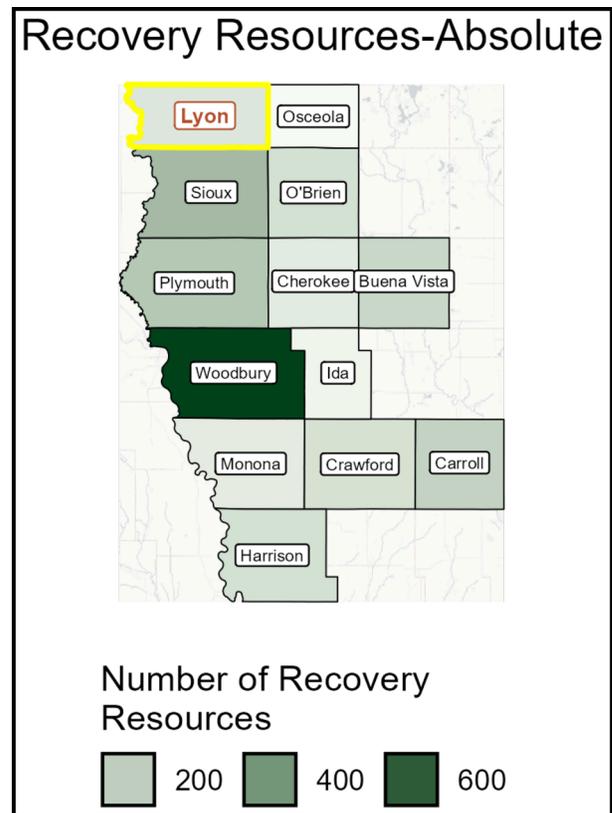


Figure 3: Recovery Resources in Lyon County

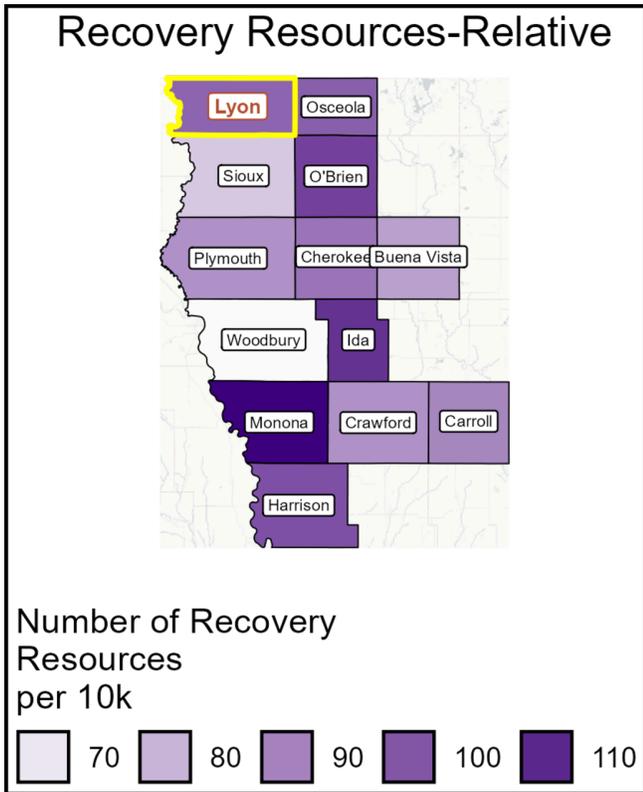


Figure 4: Recovery Resources per 10k in Lyon County

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.

Lyon County ranks 5th among the counties in district 1 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Larchwood has the highest number of recovery resources per 10,000 population, while Rock Rapids 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 1, Lyon County has the 11th highest number of mutual aid meetings per 10,000 people. Within Lyon County, Larchwood is the city of 1,000+ people with the largest recovery culture, while George has the lowest.

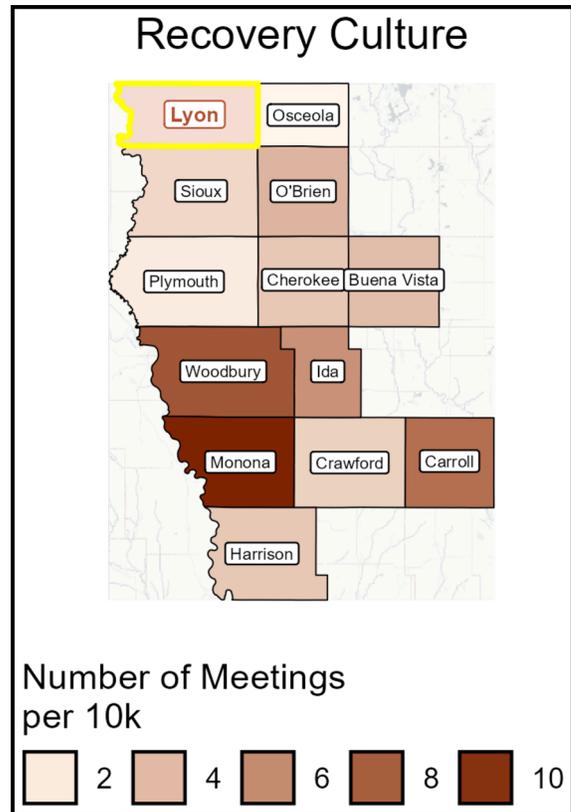


Figure 5: Mutual Aid Meetings per 10k in Lyon County

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 Lyon 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 Lyon County Cities

City	Community	Health	Home	Purpose
Rock Rapids	11	6	3	11
Larchwood	14	2	4	7
George	8	1	3	11

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 Lyon County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Rock Rapids	3	2	6	10	10
Larchwood	4	3	2	13	5
George	3	1	1	8	10

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 1. Organizations located in Lyon County cities are listed first and highlighted in bold.

Table 5: Peer Support Providers in Behavioral Health District 1

City	Organization	Family Peer Support Specialists	Peer Recovery Coaches	Peer Support Specialists	Other
Carroll	Child Health Specialty Clinics (CHSC)	1	0	0	0
Carroll	New Opportunities	0	0	1	0
Carroll	Plains Area Mental Health Center (PAMHC)	0	0	1	0
Cherokee	Plains Area Mental Health Center (PAMHC)	1	0	1	0
Denison	Plains Area Mental Health Center (PAMHC)	0	0	1	0
Le Mars	Plains Area Mental Health Center (PAMHC)	1	0	2	0
Rock Valley	Hope Haven - Faith, Community, Possibilities	0	0	2	0
Sheldon	Rosecrance - Jackson Recovery Centers	0	2	0	0
Sioux City	Child Health Specialty Clinics (CHSC)	1	0	0	0
Sioux City	Rosecrance - Jackson Recovery Centers	0	2	0	0
Sioux City	Siouxland Community Health Center	1	0	2	1
Sioux City	Skyranch Behavioral Services	0	1	1	0

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

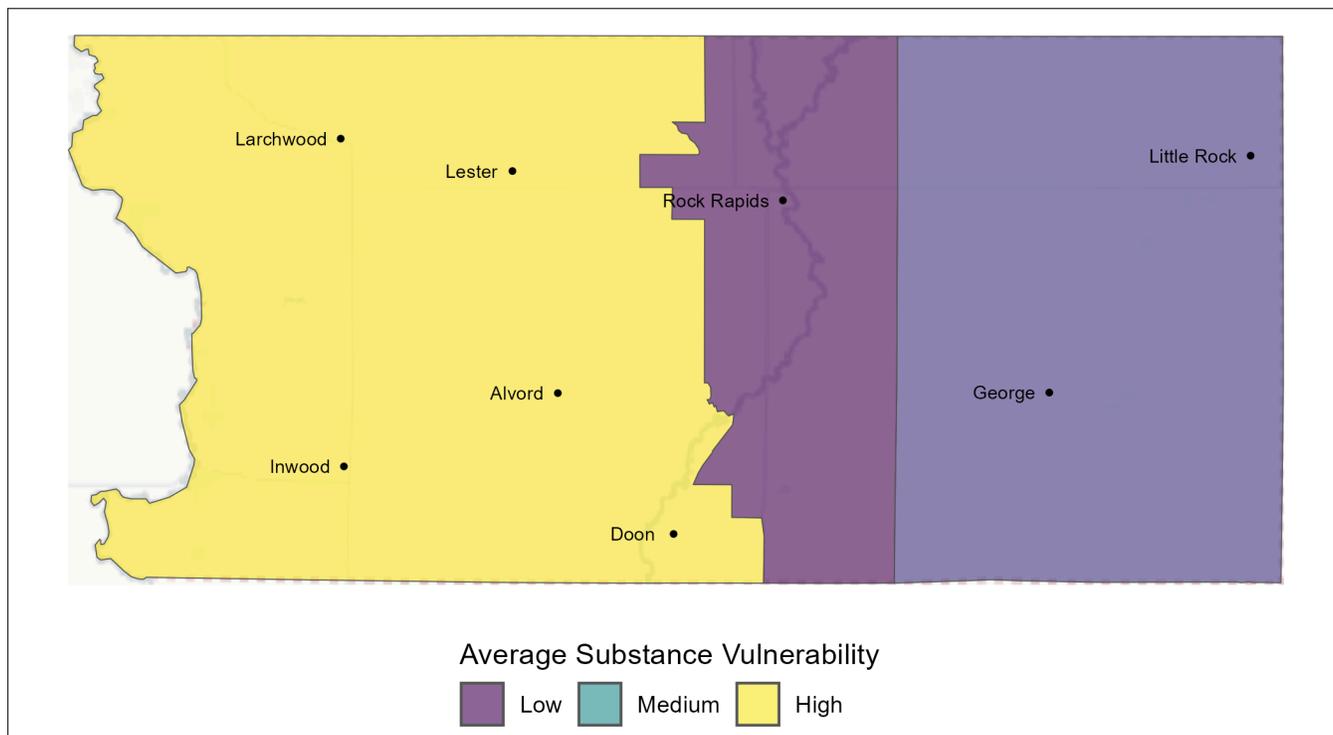
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

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 Lyon County



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

Figure 7: Opioid Vulnerability in Lyon County

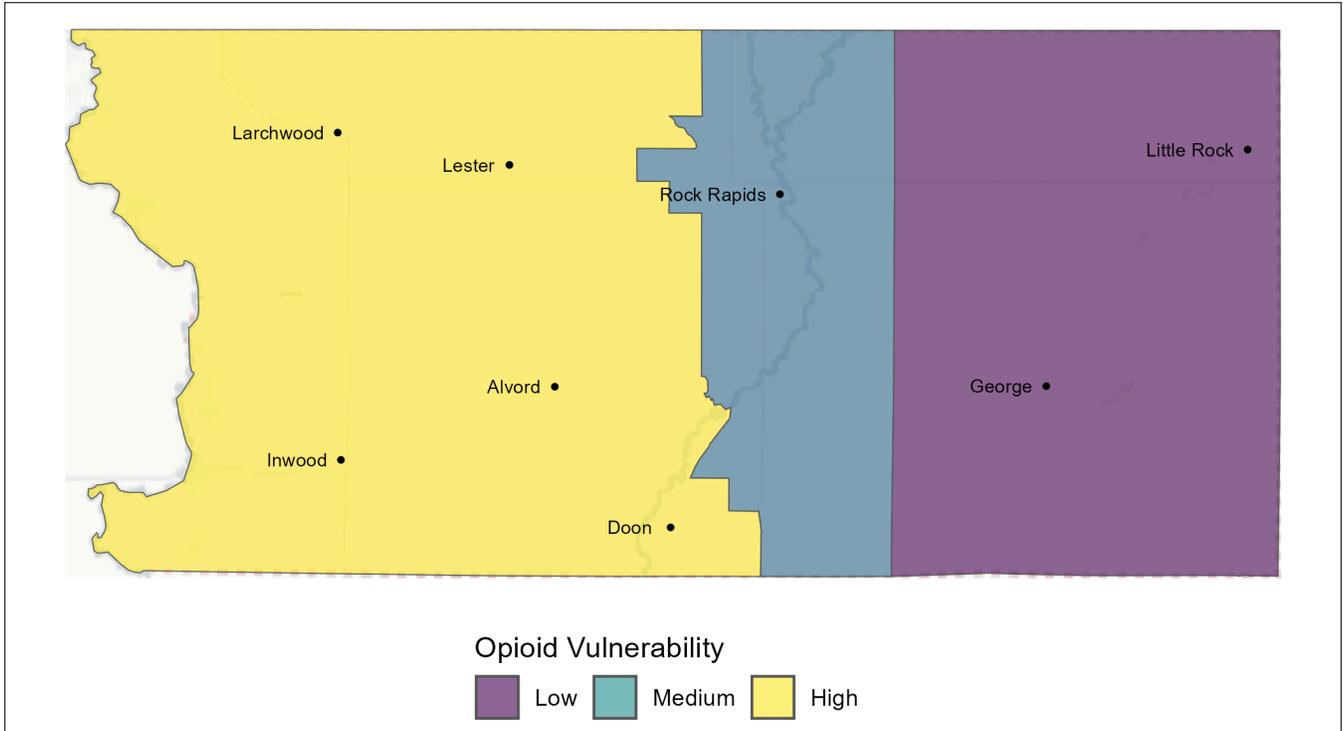


Figure 8: Methamphetamine Vulnerability in Lyon County

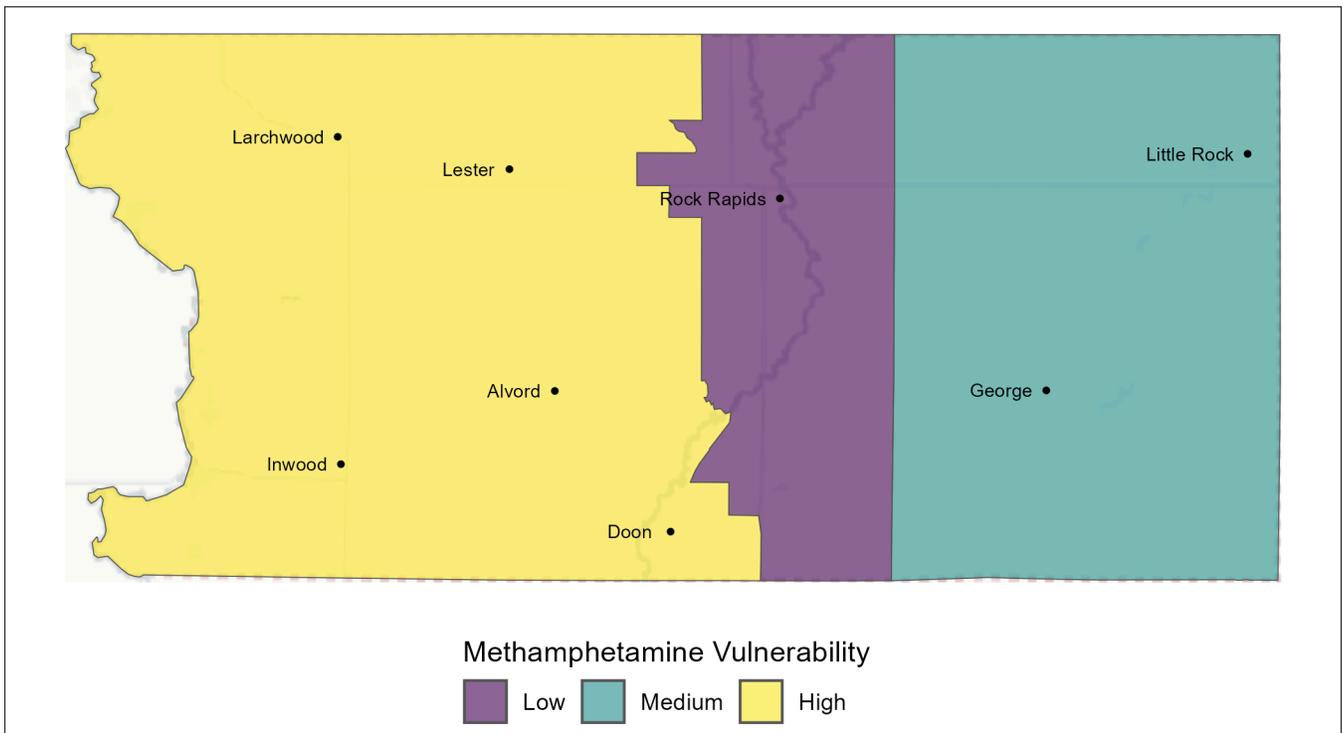


Figure 9: Heroin Vulnerability in Lyon County

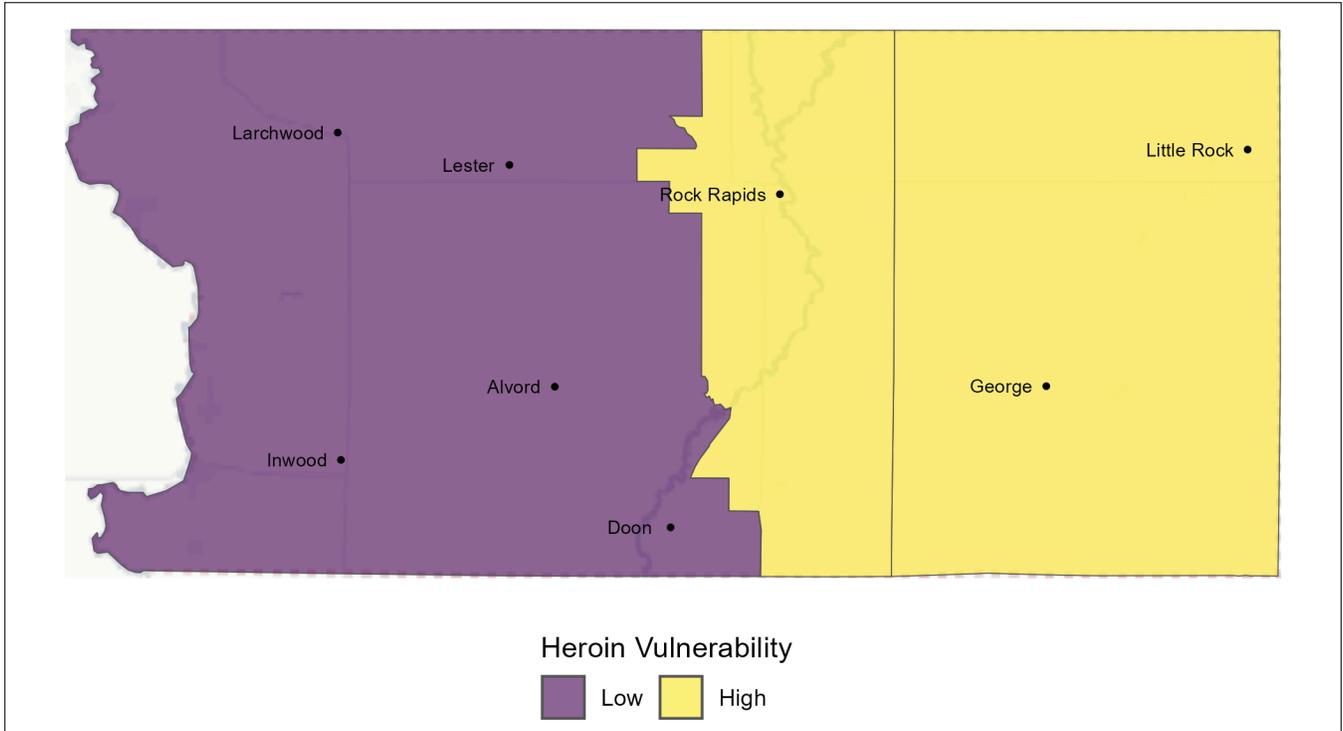


Figure 10: Alcohol Vulnerability in Lyon County

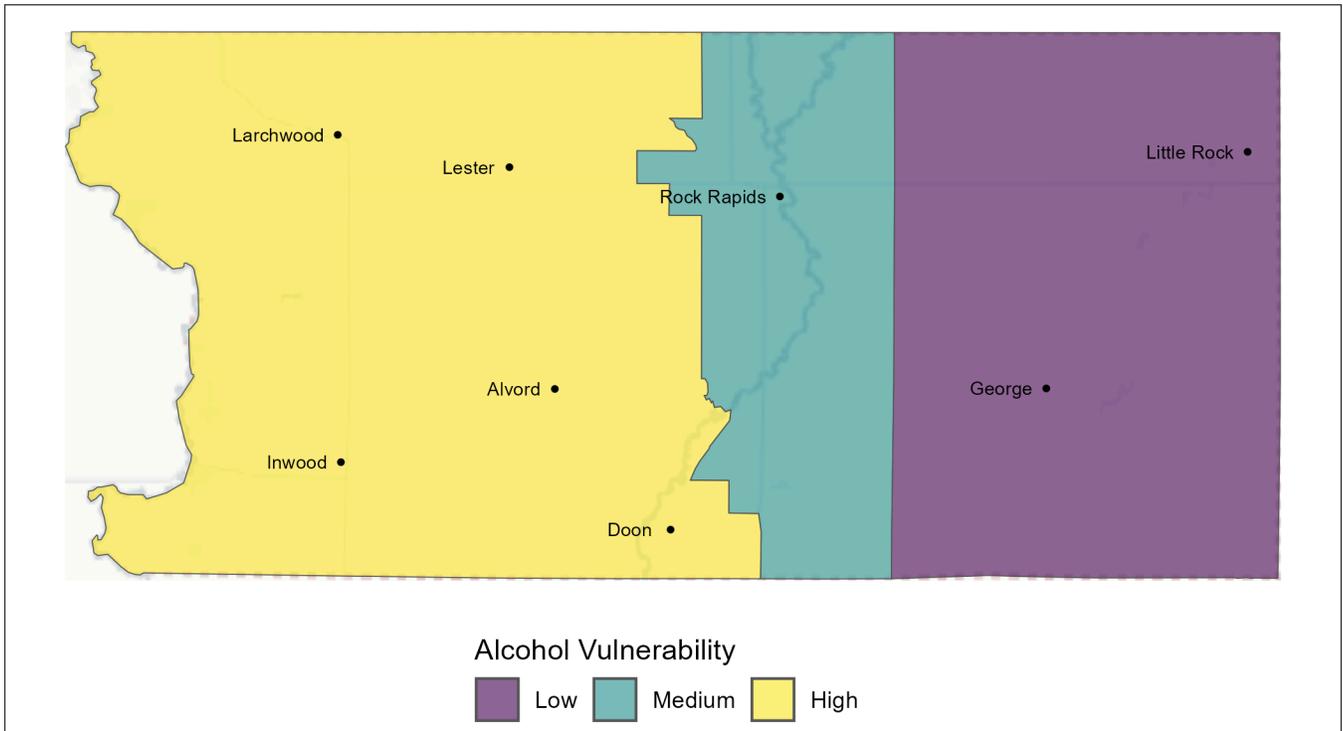


Figure 11: Cannabis Vulnerability in Lyon County

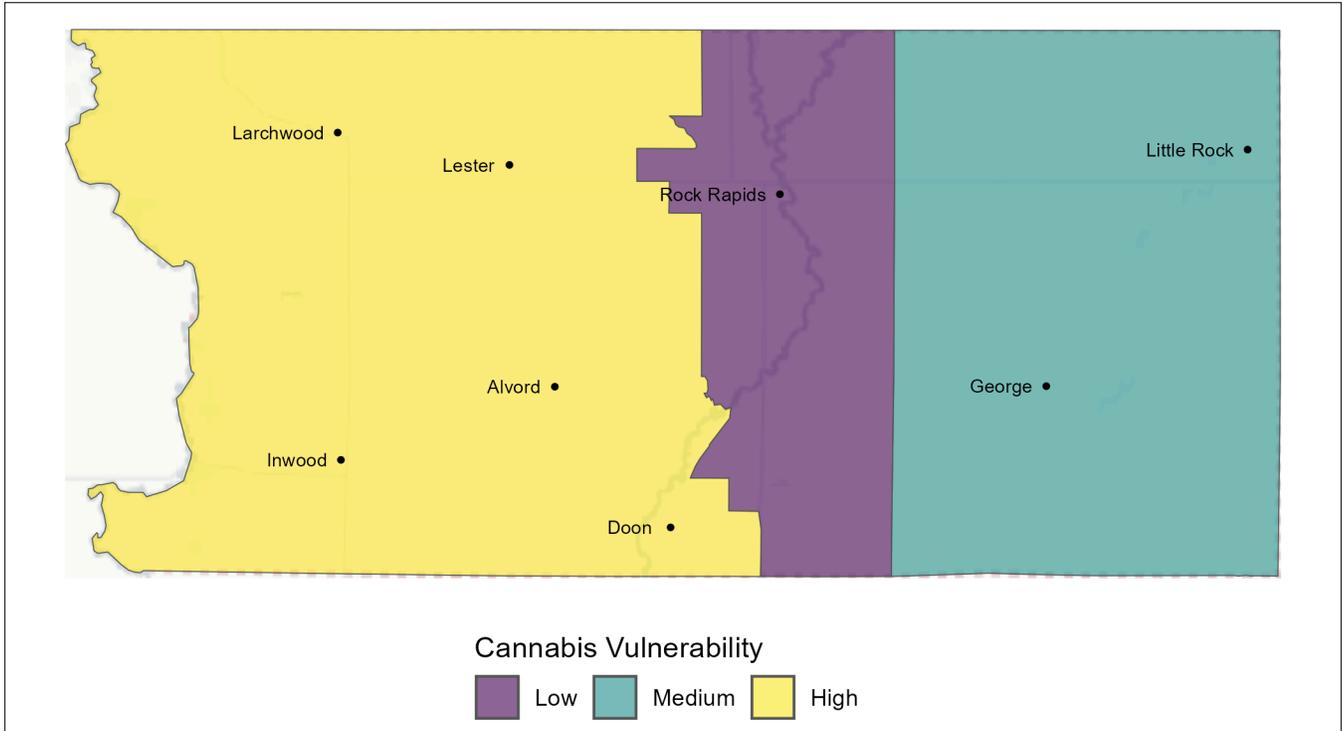


Figure 12: Cocaine Vulnerability in Lyon County

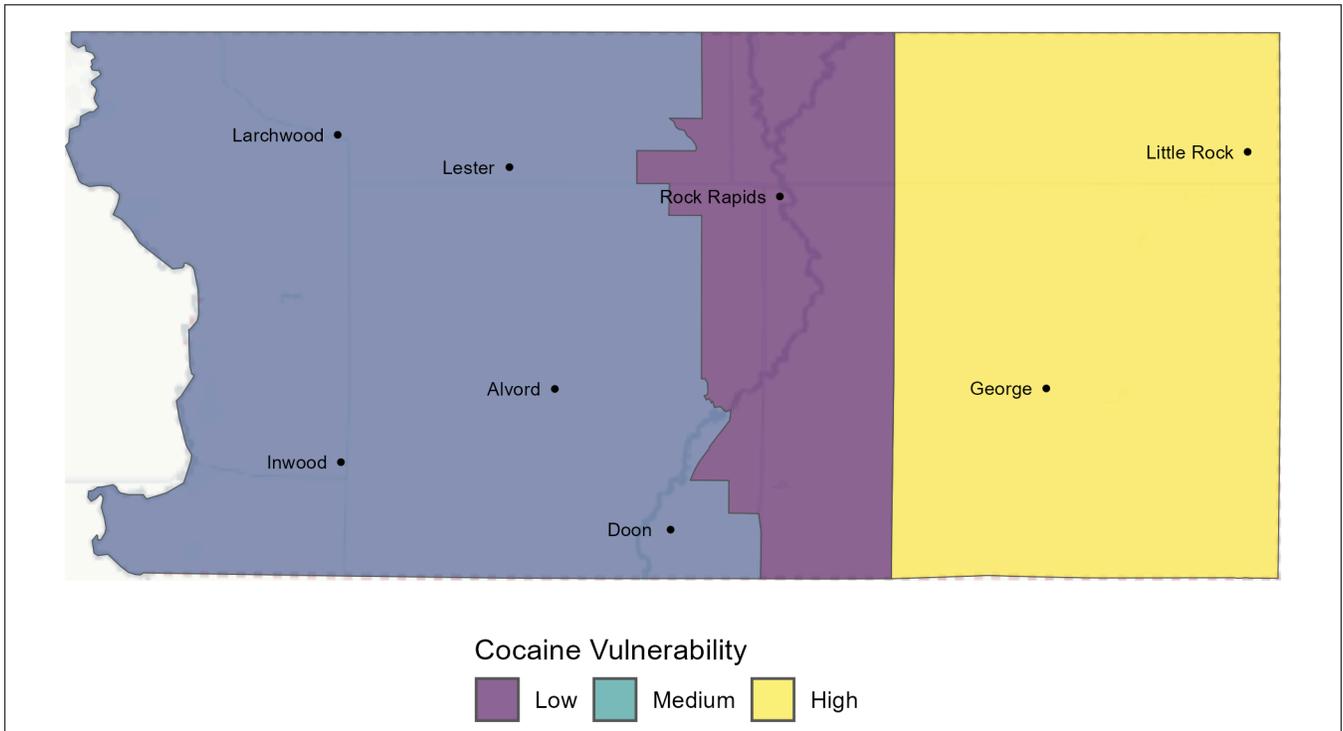
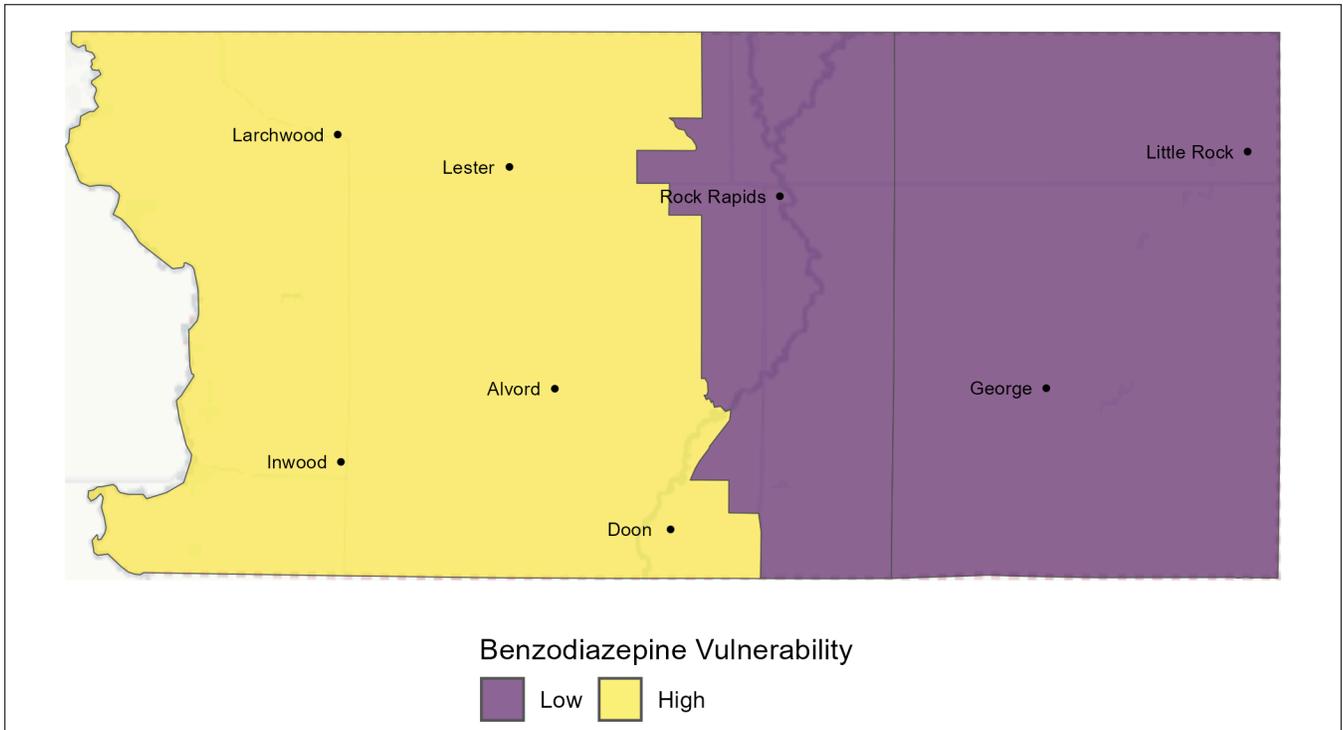


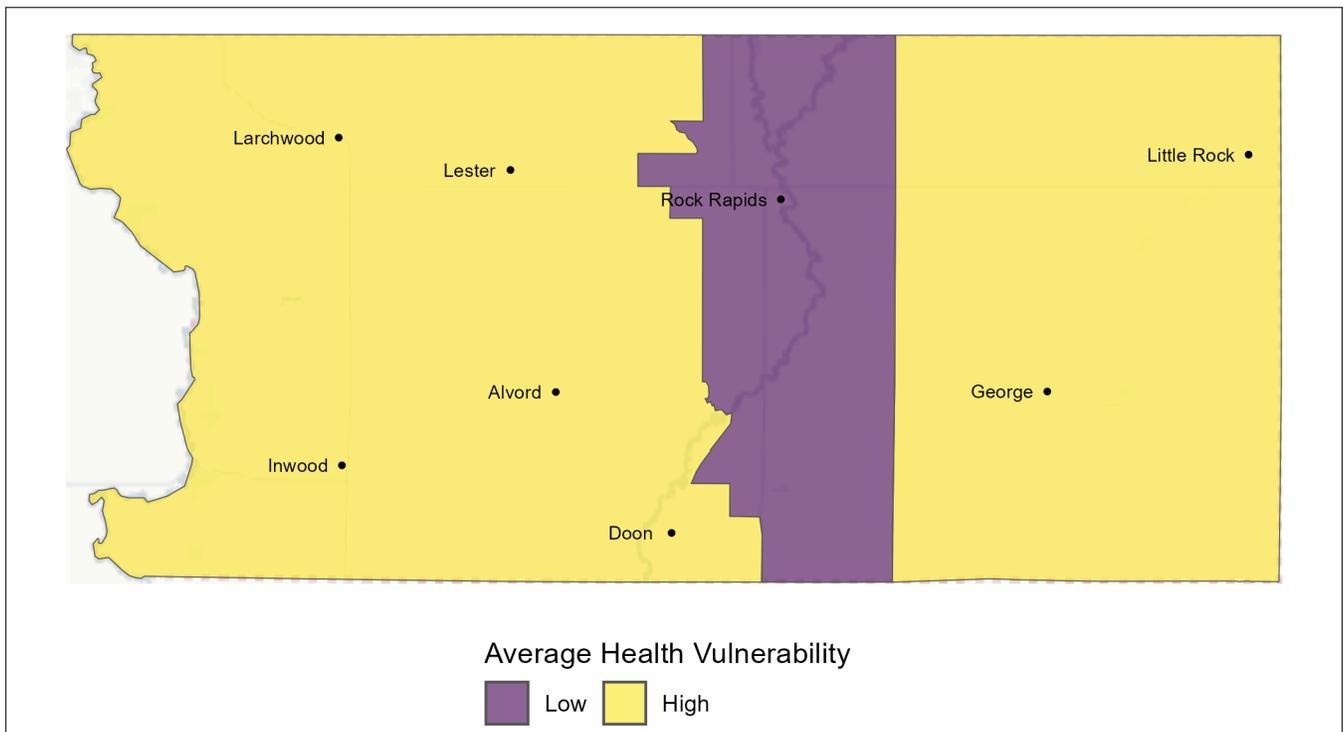
Figure 13: Benzodiazepine Vulnerability in Lyon County



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 Lyon 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 Lyon 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 1

Table 7 adds on to the Recovery Ready Community Index table found earlier in the report. This table includes all 36 cities in behavioral health district 1 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 Lyon County are bolded.

Table 7: RRCI in Behavioral Health Lyon County Cities

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Sioux City	85,651	2 (out of 11)	67.1	631	73.7	9.8
Storm Lake	11,275	20 (out of 31)	63.2	96	85.1	3.5
Le Mars	10,597	9 (out of 31)	68.0	117	110.4	3.8
Carroll	10,261	8 (out of 31)	68.2	95	92.6	9.7
Sioux Center	8,335	76 (out of 103)	62.7	71	85.2	3.6
Denison	8,247	48 (out of 103)	67.0	85	103.1	4.9
Orange City	6,312	71 (out of 103)	63.1	64	101.4	1.6
Sheldon	5,386	26 (out of 103)	70.0	69	128.1	3.7
Cherokee	5,157	22 (out of 103)	70.9	62	120.2	7.8
Sergeant Bluff	5,090	80 (out of 103)	61.2	42	82.5	3.9
Rock Valley	4,061	35 (out of 103)	68.5	53	130.5	2.5
Onawa	2,862	9 (out of 103)	75.3	40	139.8	14.0
Sibley	2,821	60 (out of 103)	64.2	32	113.4	3.5
Missouri Valley	2,685	29 (out of 103)	69.7	32	119.2	11.2
Hawarden	2,674	32 (out of 103)	69.2	36	134.6	3.7
Rock Rapids	2,653	62 (out of 103)	64.2	30	113.1	3.8
Alta	2,344	58 (out of 145)	58.3	21	89.6	4.3
Hull	2,248	43 (out of 145)	65.8	25	111.2	8.9
Ida Grove	1,904	4 (out of 145)	84.6	40	210.1	15.8
Remsen	1,897	114 (out of 145)	35.9	22	116.0	0.0
Moville	1,840	86 (out of 145)	45.1	29	157.6	0.0
Akron	1,660	47 (out of 145)	64.4	20	120.5	6.0
Hartley	1,588	48 (out of 145)	63.9	19	119.6	6.3
Holstein	1,552	57 (out of 145)	59.2	16	103.1	6.4
Sanborn	1,510	49 (out of 145)	63.2	18	119.2	6.6
Manning	1,474	17 (out of 145)	79.8	26	176.4	33.9
Kingsley	1,427	70.5 (out of 145)	50.2	29	203.2	0.0
Woodbine	1,418	78 (out of 145)	47.7	26	183.4	0.0
Coon Rapids	1,403	89 (out of 145)	44.5	23	163.9	0.0

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Logan	1,362	16 (out of 145)	80.2	26	190.9	14.7
Alton	1,350	54 (out of 145)	60.5	15	111.1	7.4
Dunlap	1,318	60 (out of 145)	56.4	37	280.7	0.0
Marcus	1,236	117 (out of 145)	35.3	16	129.4	0.0
Glidden	1,153	101 (out of 145)	41.0	18	156.1	0.0
Larchwood	1,076	10 (out of 145)	82.5	26	241.6	9.3
George	1,049	70.5 (out of 145)	50.2	23	219.3	0.0

Appendix 3: Mutual Aid Meetings In Lyon County

Table 8: Mutual Aid Meeting Directory in Lyon County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Inwood A.A. Group</u>	302 S Oak St, Inwood, IA 51240, USA	1
Alcoholics Anonymous	<u>Larchwood AA</u>	1030 Blaine St, Larchwood, IA 51241, USA	1
Alcoholics Anonymous	<u>Serenity Group</u>	610 S 3rd Ave, Rock Rapids, IA 51246, USA	1

Appendix 4: Resources In Lyon County

Table 9: Recovery Resource Directory in Lyon County

Resource Type	Name	Address
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Alvord, Lyon County, Iowa, 51230, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Doon, Lyon County, Iowa, 51235, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	George, Lyon County, Iowa, 51237, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Inwood, Lyon County, Iowa, 51240, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Larchwood, Lyon County, Iowa, 51241, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Lester, Lyon County, Iowa, 51242, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Little Rock, Lyon County, Iowa, 51243, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Lyon County, Iowa, 51240, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Lyon County, Iowa, 51243, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Rock Rapids, Lyon County, Iowa, 51246, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Lyon County, Iowa, 51240, United States
Beach	Lake Pahoja Recreation Park	1830 County Rd K14, Larchwood, IA 51241
Childcare Provider	<u>Charlotte Jurrens</u>	134 3rd AVE, Little Rock, IA, 51243
Childcare Provider	<u>Cindy Klingensmith</u>	602 Thomas ST, Lester, IA, 51242
Childcare Provider	<u>Inwood Christian School - Sonlight PS</u>	302 E. Madison, Inwood, IA, 51240
Childcare Provider	<u>Jodi L Sutherland</u>	1111 Williams ST, Larchwood, IA, 51241
Childcare Provider	<u>Kari Matuska</u>	307 E Indiana AVE, George, IA, 51237
Childcare Provider	<u>Kelsey Mulder</u>	106 S Williams ST, George, IA, 51237
Childcare Provider	<u>Kingdom Kids Community Daycare</u>	305 E Madison St, Inwood, IA, 51240
Childcare Provider	<u>Learning Center Preschool</u>	612 Rice Ave, Doon, IA, 51235
Childcare Provider	<u>Lil' Mustangs Child Care Center</u>	309 S Lincoln ST Ste 2, George, IA, 51237
Childcare Provider	<u>Lindsey Roemen</u>	1116 Shirley AVE, Larchwood, IA, 51241
Childcare Provider	<u>Lyon County Head Start</u>	302 S Lincoln St, Rock Rapids, IA, 51246
Childcare Provider	<u>Rock Rapids Kids Club</u>	304 S Lincoln ST, Rock Rapids, IA, 51246
Childcare Provider	<u>Teyha Wiertzema</u>	211 3rd AVE, Little Rock, IA, 51243
Childcare Provider	<u>Wiggles & Giggles After School Program</u>	909 Broadway Street, Larchwood, IA, 51241
Childcare Provider	<u>Wiggles and Giggles Childcare Center</u>	816 Carter ST, Larchwood, IA, 51241
Drug Drop-off Site	Avera Merrill Pioneer Hospital	1100 S. 10th Avenue, Rock Rapids, IA, 51246

Resource Type	Name	Address
Drug Drop-off Site	Lewis - Rock Rapids Pharmacy	106 N. Boone Street, Rock Rapids, IA, 51246
Drug Drop-off Site	Lyon County Sheriff's Office	410 South Boone, Rock Rapids, IA, 51246
Football Field	1 Football Field	Little Rock, Lyon County, Iowa, 51243, United States
Football Field	1 Football Field	Rock Rapids, Lyon County, Iowa, 51246, United States
Lake	Jasper Pool	1003 100th St, Larchwood, IA 51241
Lake	Lake Pahoja	1830 County Rd K14, Larchwood, IA 51241
Lake	Locker Park Pond	300 Baldwin N, George, IA 51237
Library	Doon Public Library	207 Barton Ave, Lyon, Doon, IA, 51235
Library	George Public Library	119 S Main St, Lyon, George, IA, 51237
Library	Inwood Public Library	103 S Main St, Lyon, Inwood, IA, 51240
Library	Larchwood Public Library	1020 Broadway, Lyon, Larchwood, IA, 51241
Library	Little Rock Public Library	402 Main St, Lyon, Little Rock, IA, 51243
Library	Rock Rapids Public Library	102 S Greene St, Lyon, Rock Rapids, IA, 51246
Other Sports Facilities	1 Other Sports Facility	Lyon County, Iowa, 51240, United States
Public Park	1 Public Park	112 Ohio W, George, IA 51237
Place of Worship	<u>Apostolic Christian Church</u>	CMV8+VQ Lester, IA, USA
Place of Worship	<u>Bethel Church</u>	1295 Kennedy Ave., Little Rock, IA 51243, USA
Place of Worship	<u>Bethel Reformed Church</u>	CMV8+VQ Lester, IA, USA
Place of Worship	<u>Bethel United Methodist Church</u>	3005 S Main St, Inwood, IA 51240, USA
Place of Worship	<u>Central Baptist Church</u>	208 Minnesota Ave, George, IA 51237, USA
Place of Worship	<u>Christ Lutheran Church</u>	301 Main St, Alvord, IA 51230, USA
Place of Worship	<u>Christian Church</u>	114 S Greene St, Rock Rapids, IA 51246, USA
Place of Worship	<u>Christian Reformed Church</u>	301 S Bradley St, Rock Rapids, IA 51246, USA
Place of Worship	<u>Congregational United Church</u>	612 S 3rd Ave, Rock Rapids, IA 51246, USA
Place of Worship	<u>Doon Protestant Reformed Church</u>	227 Main St, Doon, IA 51235, USA
Place of Worship	<u>Ebenezer Presbyterian Church</u>	211 N Virginia St, George, IA 51237, USA
Place of Worship	<u>English Lutheran Church</u>	939 Broadway St, Larchwood, IA 51241, USA
Place of Worship	<u>Evangelical United Methodist Church</u>	200 E Michigan Ave, George, IA 51237, USA
Place of Worship	<u>Faith Baptist Church</u>	704 12th Ave, Rock Rapids, IA 51246, USA

Resource Type	Name	Address
Place of Worship	<u>First Baptist Church</u>	4102 190th St, George, IA 51237, USA
Place of Worship	<u>First Congregational Church</u>	227 Main St, Doon, IA 51235, USA
Place of Worship	<u>First Presbyterian Church</u>	409 Main St, Little Rock, IA 51243, USA
Place of Worship	<u>First Presbyterian Church</u>	4142 230th St, George, IA 51237, USA
Place of Worship	<u>First Reformed Church</u>	406 Barton Ave, Doon, IA 51235, USA
Place of Worship	<u>First Reformed Church</u>	414 Oak St, Inwood, IA 51240, USA
Place of Worship	<u>First Reformed Church</u>	512 S Union St, Rock Rapids, IA 51246, USA
Place of Worship	<u>Grandview Church</u>	1114 140th St, Larchwood, IA 51241, USA
Place of Worship	<u>Holy Name Catholic Church</u>	1108 S Carroll St, Rock Rapids, IA 51246, USA
Place of Worship	<u>Hope Church</u>	8XF6+G6 George, IA, USA
Place of Worship	<u>Immanuel Lutheran Church</u>	400 E Iowa Ave, George, IA 51237, USA
Place of Worship	<u>Immanuel Lutheran Church</u>	409 S 3rd Ave, Rock Rapids, IA 51246, USA
Place of Worship	<u>Inwood Christian Reformed Church</u>	302 S Oak, Inwood, IA 51240, USA
Place of Worship	<u>Lester United Methodist Church</u>	CMV8+VQ Lester, IA, USA
Place of Worship	<u>New Life Assembly of God Church</u>	305 E Madison St, Inwood, IA 51240, USA
Place of Worship	<u>Our Saviors Church</u>	2065 Birch Ave, Inwood, IA 51240, USA
Place of Worship	<u>Peace Lutheran Church</u>	902 S Carroll St, Rock Rapids, IA 51246, USA
Place of Worship	<u>Sacred Heart Catholic Church</u>	301 Main St, Alvord, IA 51230, USA
Place of Worship	<u>Saint John Lutheran Church</u>	103 N Main St, George, IA 51237, USA
Place of Worship	<u>Saint Mary Parish</u>	939 Broadway St, Larchwood, IA 51241, USA
Place of Worship	<u>Salem Reformed Church</u>	409 Main St, Little Rock, IA 51243, USA
Place of Worship	<u>Tabernacle Baptist Church</u>	206 E Indiana Ave, George, IA 51237, USA
Place of Worship	<u>United Church of Christ</u>	939 Broadway St, Larchwood, IA 51241, USA
Place of Worship	<u>United Methodist Church</u>	302 S Carroll St, Rock Rapids, IA 51246, USA
Place of Worship	<u>United Reformed Church</u>	608 Rice Ave, Doon, IA 51235, USA
Place of Worship	<u>Zoar Church</u>	2002 Log Ave, George, IA 51237, USA
Playground	City Park	609 Clinton St, Lester, IA 51242
Playground	1 Playground	1413 Holder St, Larchwood, IA 51241
Playground	3 Playgrounds	1830 County Rd K14, Larchwood, IA 51241
Playground	1 Playground	807 Brown St, Larchwood, IA 51241
Rural Health Clinic	Avera Medical Group George	101 N Main Street, George, IA, 51237

Resource Type	Name	Address
Rural Health Clinic	Avera Medical Group Rock Rapids	1100 South 10th Avenue, Rock Rapids, IA, 51246
School	Central Lyon Elementary School	1105 S Story, Rock Rapids, IA
School	Central Lyon Secondary School	1010 S Greene Street, Rock Rapids, IA
School	George-Little Rock Elementary School	134 1st Ave, Little Rock, IA
School	George-Little Rock Middle School	500 E Indiana Ave, George, IA
School	George-Little Rock Senior High School	500 E Indiana Ave, George, IA
School	Inwood Christian School	302 E. Madison, Inwood, IA
School	Northwest Iowa Protestant Reformed School	302 N 3rd St, Doon, IA
School	West Lyon Elementary School	1787 182nd Street, Inwood, IA
School	West Lyon High School	1787 182nd Street, Inwood, IA
School	West Lyon Junior High School	1787 182nd Street, Inwood, IA
Section 8 Housing	Rosewood Heights	1202 S 3rd Ave, Rock Rapids, IA, 51246
SUD or Gambling Treatment Center	<u>Plains Area Mental Health Center, Inc.</u>	104 Buncombe Dr., Rock Rapids, IA, 51246
SUD or Gambling Treatment Center	<u>Seasons Center for Behavioral Health</u>	Suite 202 315 1st Avenue, Rock Rapids, IA, 51246
Tennis Court	1 Tennis Court	Larchwood, Lyon County, Iowa, 51241, United States
Tennis Court	3 Tennis Courts	Rock Rapids, Lyon County, Iowa, 51246, United States
Outdoor Volleyball Court	3 Outdoor Volleyball Courts	Lyon County, Iowa, 51240, United States