

# Recovery Readiness Assessment: Mitchell County

*June, 2025*



## Mitchell 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 Collaborative<sup>1</sup> (PSC) created Recovery Readiness Assessments for 300 communities, 99 counties, and Iowa's seven new behavioral health districts in Iowa (2025). The community, county and district Recovery Readiness Assessments are updated annually. The reports are commissioned by the Iowa Department of Health and Human Services to support the expansion of substance use recovery services across the state. Use this report:

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

This report examines recovery resources in Mitchell County, which is part of Iowa's Behavioral Health District 3 (see Figure 1). Mitchell County has a population of 10,500, and its largest city is Osage.

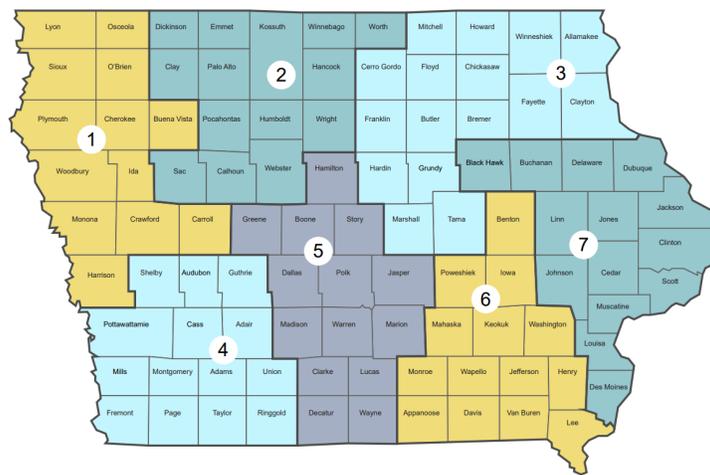


Figure 1: Iowa's Behavioral Health Districts (Source: Iowa HHS)

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Mitchell 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 Series<sup>2</sup> to give an overall view of health and recovery in Iowa counties and communities.

For additional questions or information about this report, the data tools described, or the Public Science Collaborative, please reach out to the principal investigators of this study, Dr. Shawn Dorius at [sdorius@iastate.edu](mailto:sdorius@iastate.edu), or Dr. Kelsey Van Selous, MSW, LCSW at [kvansel@iastate.edu](mailto:kvansel@iastate.edu).

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

<sup>2</sup><https://publicsciencecollaborative.org/research-project/iowas-health-snapshot-series/>

## What is Recovery?

The Iowa Department of Health and Human Services and the Substance Abuse and Mental Health Services Administration (SAMHSA) define recovery as follows:

*“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”*

A second useful definition of recovery, which shaped the PSC approach to recovery community readiness, was created by Bill White:

*“Recovery is the experience through which individuals, families, and communities impacted by severe alcohol and other drug (AOD) problems utilize internal and external resources to voluntarily resolve these problems, heal the wounds inflicted by AOD-related problems, actively manage their continued vulnerability to such problems, and develop a healthy, productive, and meaningful life.”*

Common to both definitions is that recovery is not a state or moment in life, but a process of moving toward better health in an actively managed and self-directed way. Recovery takes time and often involves not just the individual, but family and community. For this reason, the external resources noted in the White definition are what motivate our emphasis on recovery-ready communities. Resources outside of the individual, including housing, transportation, recreation, and schools, can promote early recovery, as well as longer and more stable recovery. Identifying resources that support long-term recovery can help identify towns and cities rich in these recovery tools. This, in turn, enables more effective development of new community-based recovery organizations.

### Peer Support

Peer support can take different forms, but it is often vital for supporting recovery in a community. Simply, peer support consists of people in recovery using their own experiences to support others in recovery who might have similar experiences. Peer support may include referring people in recovery to resources, being a model for how to recover, and being a general resource for helping someone reach and maintain their own recovery.

A common form of peer support is mutual aid meetings, such as Alcoholics Anonymous or Narcotics Anonymous, where people in recovery meet in groups and have a safe setting to discuss their own recovery and support others.

There are also one-on-one opportunities for peer support. In these settings, trained specialists and coaches who have lived experience can give customized support to individuals with a similar substance use or recovery experience. These kinds of peer support include:

- **Peer Support Specialists (PSS):** people currently living well in recovery from a serious mental illness or substance use. They provide support and hope through their own recovery experiences and provide other useful information for the people they work with.
- **Family Peer Support Specialists (FSS):** specialists trained to specifically work with families and have their own experiences caring for children with behavioral health needs. FSS can give feedback that is designed and intended for parents and children, including helping families navigate support systems for children.
- **Recovery Coaches (RC):** people in recovery from a substance use disorder, or are a family member of a person in recovery from a substance use disorder. They are able to offer their own perspectives and experiences with recovery that can help a peer to stay engaged in their recovery.

Take a look at the “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/)<sup>3</sup>.

### Community-Based Recovery Organizations

Recovery organizations help people who are recovering from substance use disorders. They take various shapes, but they all aim to support individuals. They offer services and resources to help people stay in recovery, enhance their health, and reintegrate into society.

<sup>3</sup><https://iowapeersupport.sites.uiowa.edu/>

Most community-based recovery organizations will offer some form of peer support. This may include peer support specialists, recovery coaches, or mutual aid meetings, and a range of activities and services to grow community and connection among people in recovery. These organizations provide a substance-free environment where all are welcome. People in recovery can receive guidance in daily activities such as finding stable housing, a job, or volunteer opportunities. They might also offer recreation and social groups, or linkages to legal support.

A few of the most well-known recovery organizations include:

- **Recovery Community Centers:** These centers are free, universal access physical spaces that offer a variety of services to support individuals in recovery. A typical recovery community center will host mutual aid meetings, maintain a network of local recovery coaches, engage in community advocacy for people in recovery, and coordinate connections to general resources for recoverees. They will also coordinate with first responders, parole officers, and emergency departments to support people with substance use disorders.
- **Recovery Cafes:** These community spaces bring people in recovery together, providing a space to socialize with other people in recovery, support one another, and engage in service. Cafes often provide free hot meals, beverages, and other basic needs to support people in recovery. They might also offer peer support and other activities in a welcoming, substance-free environment. The [Recovery Café Network](https://recoverycafenetwork.org/)<sup>4</sup> is a good starting place to learn more.
- **Recovery Houses:** These are safe, substance-free living environments that support people in recovery from substance use disorders. Most recovery houses provide a structured and supportive community where residents can focus on their recovery journey and live among other people in recovery. Oxford Houses are among the most well-known recovery residences.
- **Recovery High Schools and Collegiate Recovery Programs:** These educational institutions provide a supportive environment for students in recovery, helping them succeed 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.

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<sup>4</sup><https://recoverycafenetwork.org/>

## Is Your Community Recovery Ready?

We consulted scientific literature on substance use recovery and engaged key stakeholders, including people in recovery and individuals from around the country and in Iowa who work directly with recoverees. From these efforts, we identify 24 categories of community-based recovery resources and services. Collecting all of that data for each of Iowa’s cities and towns yielded a total of nearly 40,000 community resources that support recovery. We mapped and analyzed these resources to identify a short list of ‘Recovery Ready’ communities across the state, culminating in the first-of-its-kind index: The Recovery Ready Community Index (RRCI).

The RRCI is comprised of three components: total number of resources, total resources per 10,000 population, and total mutual aid meetings per 10,000 population (the first two categories include all resources except mutual aid meetings). A community’s overall RRCI score is calculated by taking the average of the components’ percentile ranks among all Iowa communities. For instance, the community with the most resources has a total resources percentile score of 100 (meaning the community has more resources than 100% of counties), while the one with the fewest has a score of 0.

The Public Science Collaborative designed and created a public-facing, [interactive dashboard](#)<sup>5</sup> that allows people to further explore the RRCI, compare recovery readiness scores, and evaluate communities.

Table 1 shows all of the cities with at least 1,000 people in Mitchell County. Among this group, St. Ansgar 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, Osage and St. Ansgar are among the top half of their comparison population groups.

Table 1: Recovery Ready Community Index in Mitchell County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
St. Ansgar	1,156	19 (out of 145)	79.3	24	207.6	8.7
Osage	3,578	30 (out of 103)	69.5	42	117.4	8.4

<sup>5</sup><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. Mitchell County is located in district 3, which has 16 counties, as shown in Table 2. Mitchell County falls in 12th place in terms of the RRCI in the district. The following pages have maps showing the RRCI and its component measures across behavioral health district 3.

Each county is also put into a comparison group of similar counties, including metropolitan core counties (such as Polk or Linn), metropolitan non-core counties (suburban or exurban counties), micropolitan counties (such as Cerro Gordo and Marshall), and rural counties. Mitchell County is in the Rural group of counties, and ranks 40th out of 63 Iowa counties in the group.

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

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

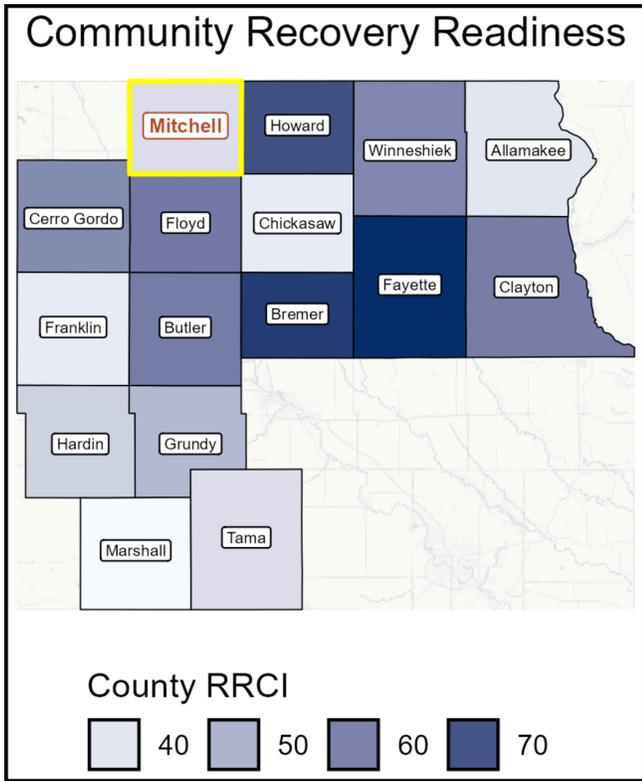


Figure 2: Recovery Ready Community Index in Mitchell County

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

In district 3, Mitchell County's RRCI score ranks 12th. Among cities with at least 1,000 people in Mitchell County, St. Ansgar has the highest RRCI score, while Osage has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 3, Mitchell County has the 16th highest number of total recovery resources. In Mitchell County cities of at least 1,000 people, St. Ansgar has the most recovery resources.

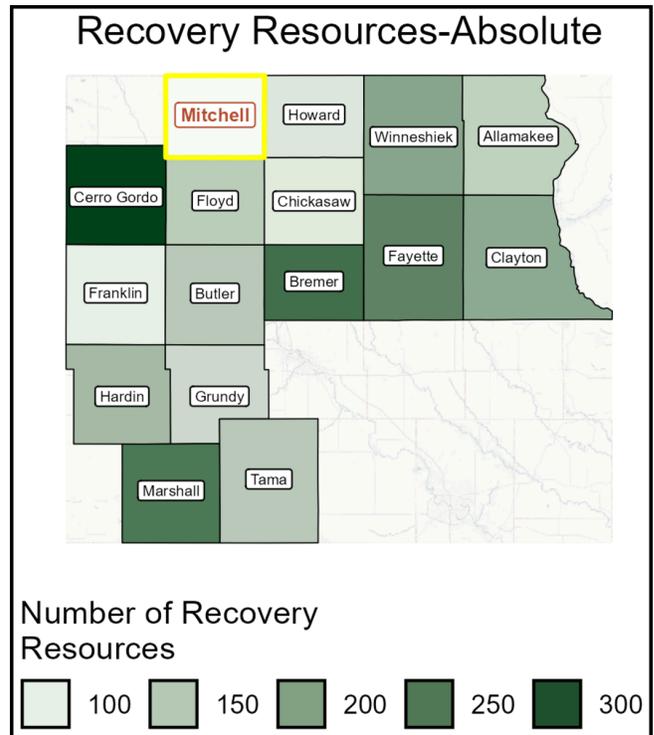


Figure 3: Recovery Resources in Mitchell County

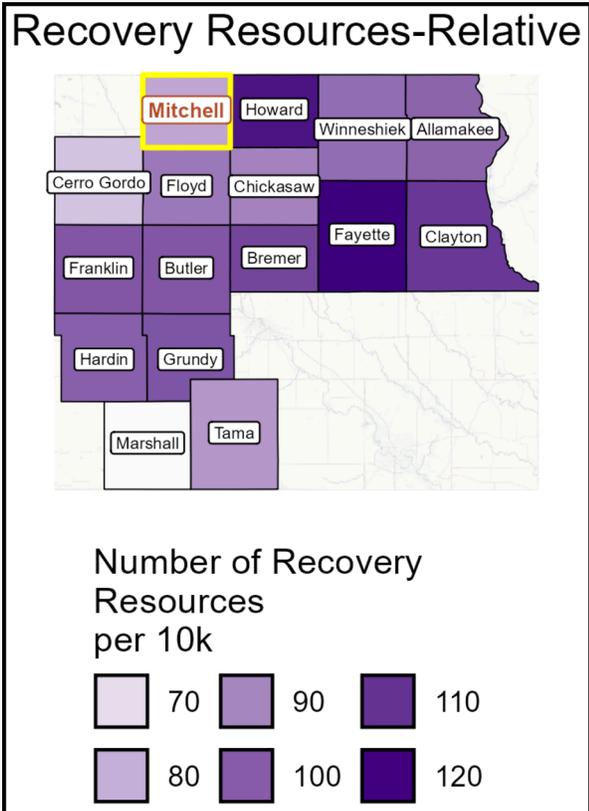


Figure 4: Recovery Resources per 10k in Mitchell County

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.

Mitchell County ranks 14th among the counties in district 3 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, St. Ansgar has the highest number of recovery resources per 10,000 population, while Osage has the lowest.

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

Among counties in behavioral health district 3, Mitchell County has the 1st highest number of mutual aid meetings per 10,000 people. Within Mitchell County, Osage is the city of 1,000+ people with the largest recovery culture, while St. Ansgar has the lowest.

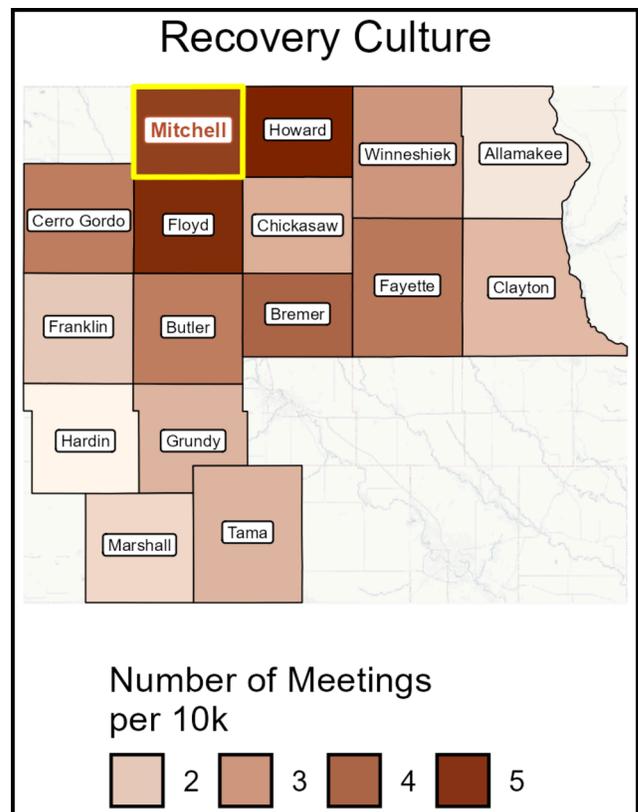


Figure 5: Mutual Aid Meetings per 10k in Mitchell County

# 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 Mitchell County that fit into each of those dimensions of recovery.

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

- **Community** (Peer Support–Specialists and Coaches, Recovery Organizations–Community and Collegiate, Mutual Aid Meetings, Libraries, Parks and Playgrounds, Lakes and Beaches, Trails, Sports Facilities)
- **Health** (Access Centers, Drug Drop Off Sites, Hospitals and Clinics, MAT Sites, Mental & Behavioral Health Centers, SUD and Gambling Treatment Centers, YMCA Gyms)
- **Home** (Childcare Providers, Recovery Housing, Section Eight Housing, Shelters, Intimate Partner Violence Programs)
- **Purpose** (Workforce Development Offices, Colleges and Universities, K-12 Schools, Places of Worship)

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

City	Community	Health	Home	Purpose
Osage	21	4	9	11
St. Ansgar	11	2	4	8

<sup>6</sup><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](#)<sup>7</sup>):

- **Health Care Access and Quality** (Access Centers, Drug Drop Off Sites, Hospitals and Clinics, MAT Sites, Mental & Behavioral Health Centers, SUD and Gambling Treatment Centers)
- **Social and Community Context** (Peer Support–Specialists and Coaches, Recovery Organizations–Community and Collegiate, Intimate Partner Violence Programs, Mutual Aid Meetings, Places of Worship)
- **Neighborhood and Built Environment** (Libraries, Parks and Playgrounds, YMCA Gyms, Lakes and Beaches, Trails, Sports Facilities)
- **Education Access and Quality** (Colleges and Universities, K-12 Schools)
- **Economic Stability** (Childcare Providers, Recovery Housing, Section Eight Housing, Shelters, Workforce Development Offices)

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

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Osage	9	3	4	18	11
St. Ansgar	4	3	2	10	6

<sup>7</sup><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<sup>8</sup>](#) has more information about different types of peer support specialists and how people in recovery can themselves become peer support specialists.

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

Table 5: Peer Support Providers in Behavioral Health District 3

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

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

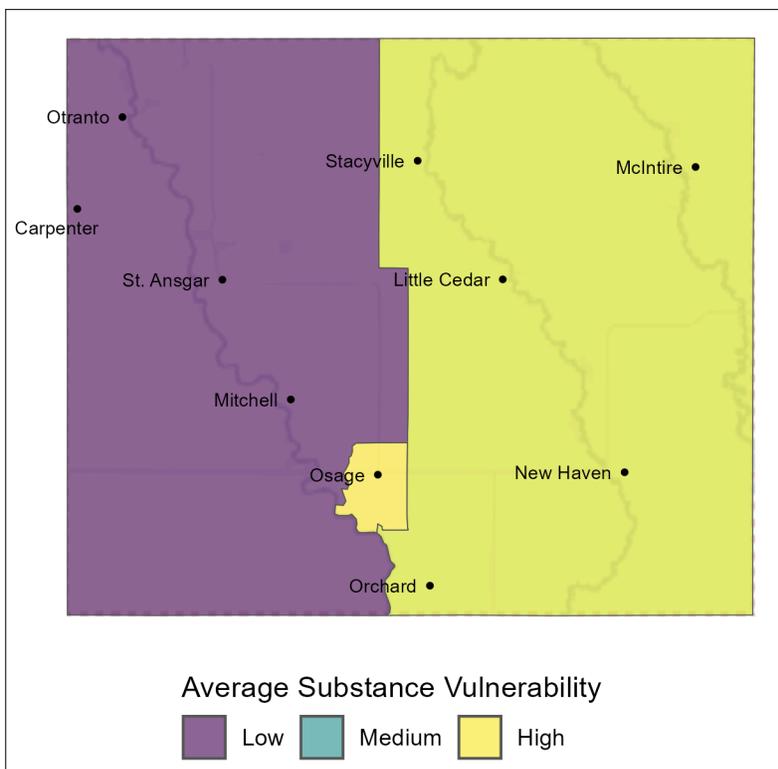
# Which Neighborhoods in Your Community Need Additional Health Resources and Support?

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

Identifying towns and neighborhoods with high or low risk of substance use can aid public health efforts. This knowledge helps us take targeted actions based on specific risks in those areas. To aid in this work, the following pages include substance use vulnerability maps for overall substance use, opioids, methamphetamine, heroin, alcohol, cannabis, cocaine, and benzodiazepines.

Figure 6: Overall Substance Use Vulnerability in Mitchell County



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

Figure 7: Opioid Vulnerability in Mitchell County

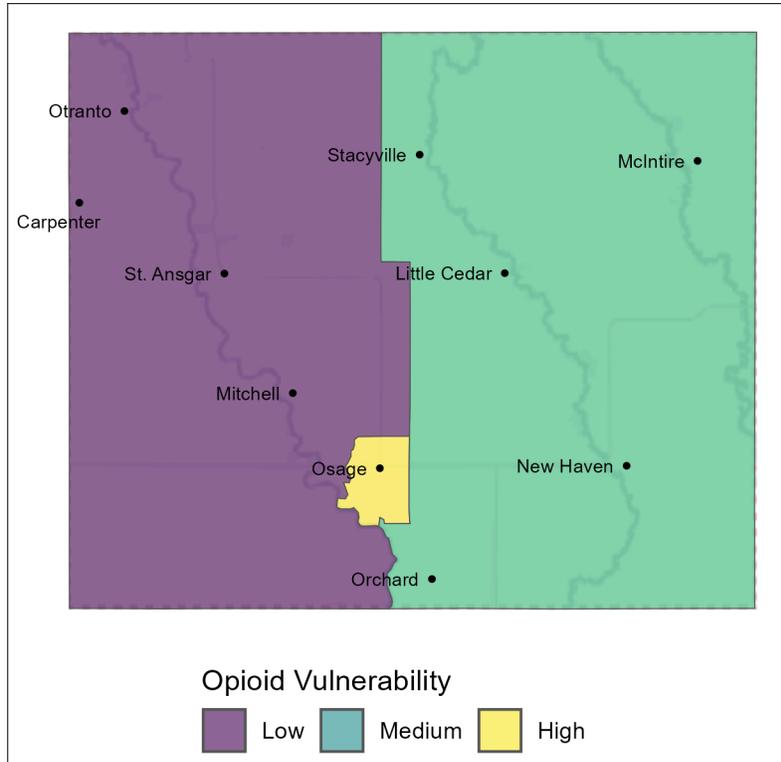


Figure 8: Methamphetamine Vulnerability in Mitchell County

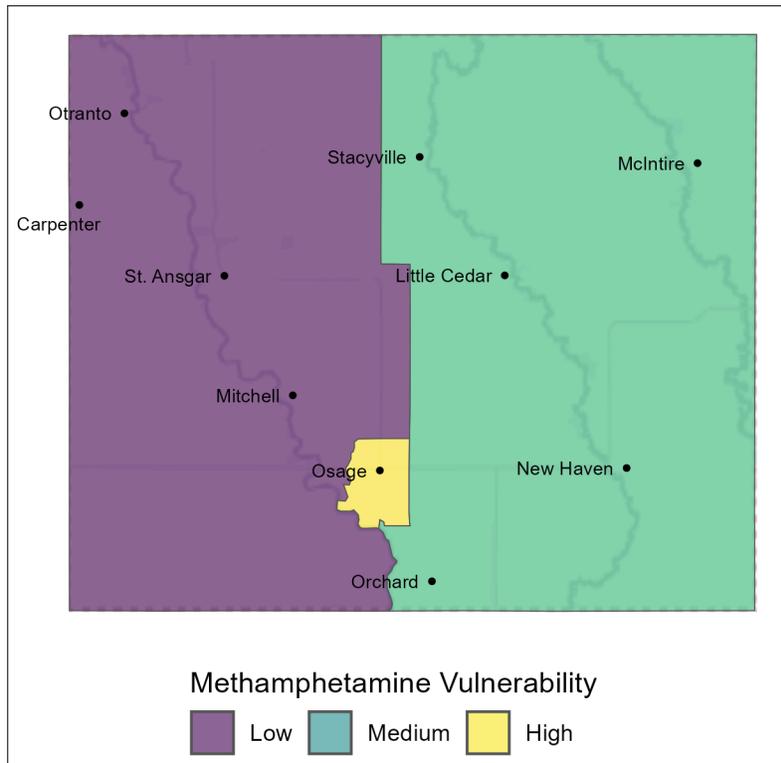


Figure 9: Heroin Vulnerability in Mitchell County

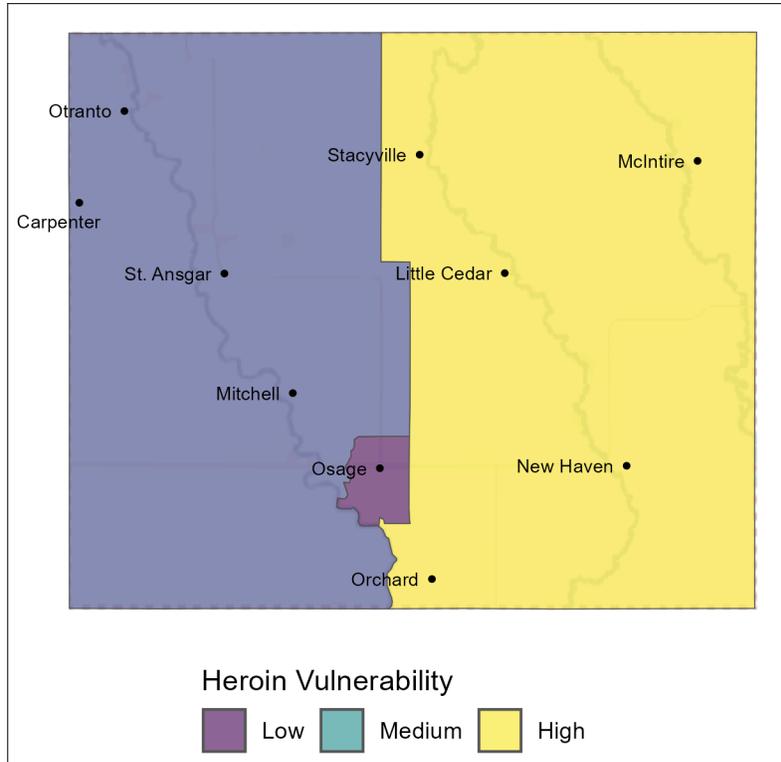


Figure 10: Alcohol Vulnerability in Mitchell County

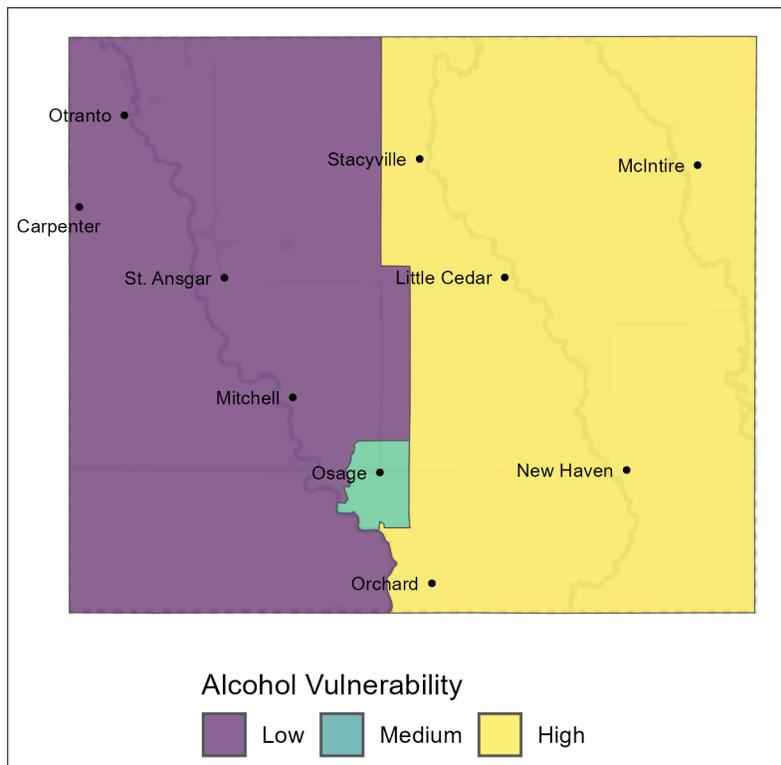


Figure 11: Cannabis Vulnerability in Mitchell County

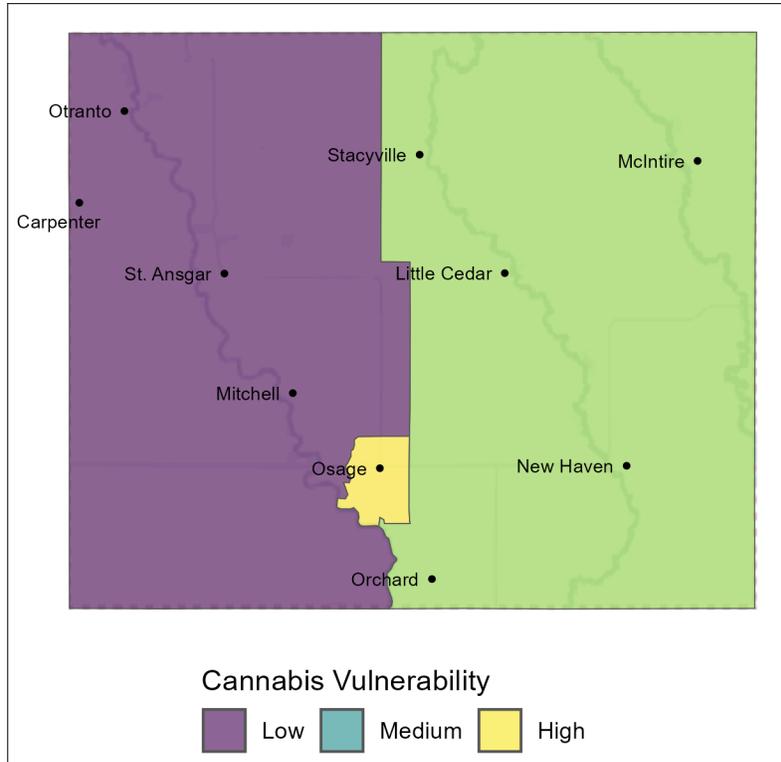


Figure 12: Cocaine Vulnerability in Mitchell County

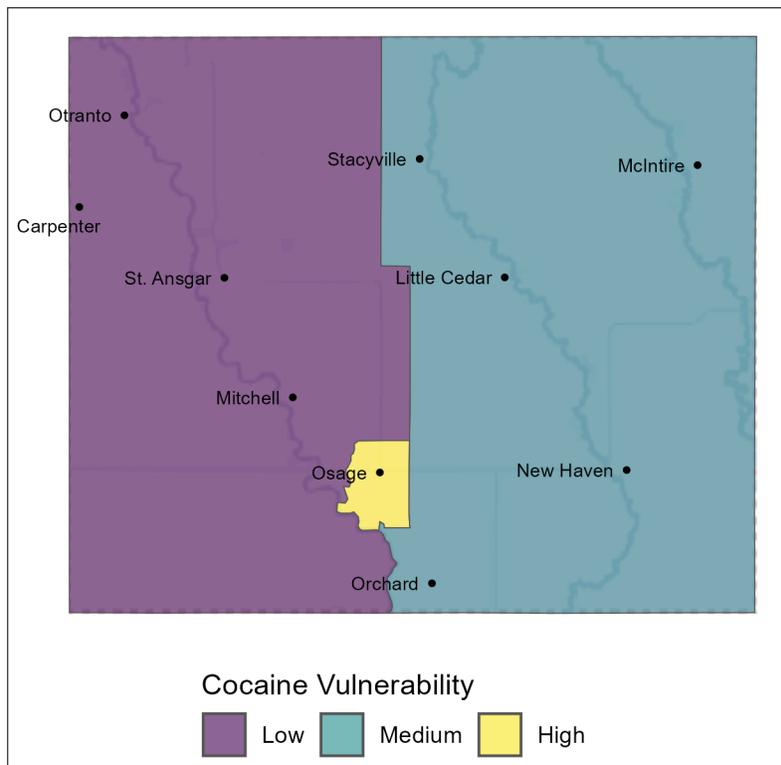
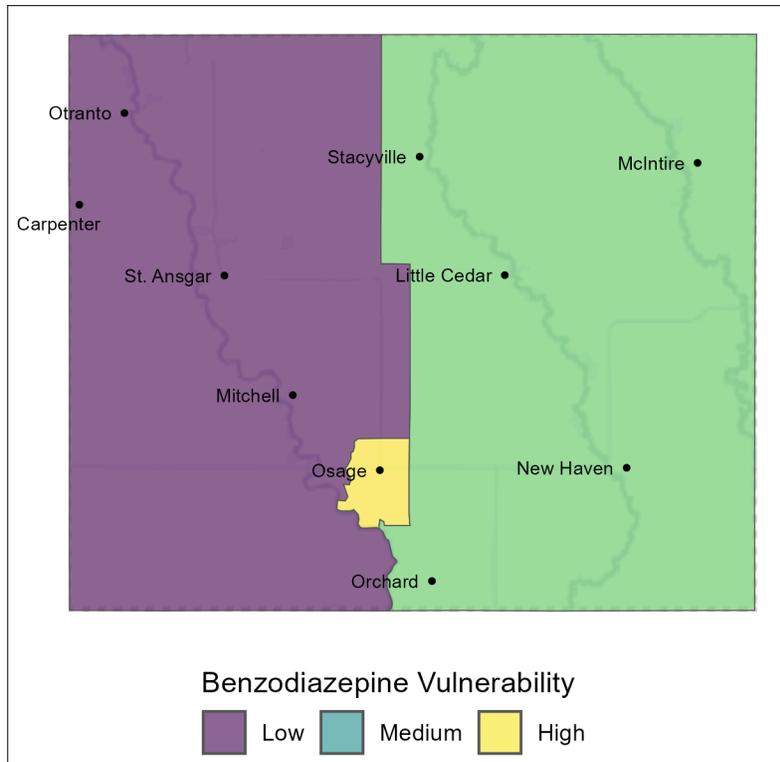


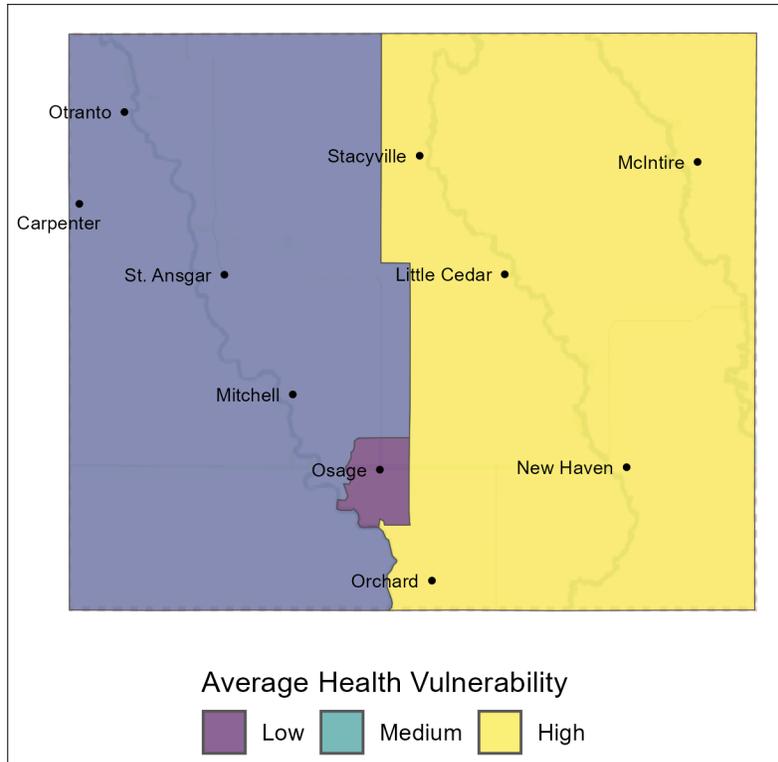
Figure 13: Benzodiazepine Vulnerability in Mitchell County



## 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 Mitchell 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/).<sup>10</sup>

Figure 14: Overall Health Vulnerability in Mitchell County



<sup>10</sup><https://publicsciencecollaborative.shinyapps.io/sdoh/>

## Appendix 1: Data Used in this Report

The data used in this report is a variety of recovery, community, and well-being resources that can be useful for individuals in recovery. To collect this data, we used public resources, including government agencies and recovery websites. The data sources can be found in the table below. Our collection of data may not cover every single resource in Iowa, but it represents the primarily publicly available data found through our research and following the advice of substance use experts and researchers. This data was acquired through several ways: simple downloads, manual data entry, computer reading of PDF files, scraping websites, and utilization of APIs.

There are also several resource finder tools to help find a specific resource in an area, including the [Meetings Finder](#),<sup>11</sup> [Recovery Resource Finder](#),<sup>12</sup> [Well-Being Resource Finder](#),<sup>13</sup> and [Physical Activity Resource Finder](#).<sup>14</sup>

Table 6: Recovery Resource Data Sources

Resource Type	Source
Beach	<a href="#">Iowa DNR</a>
Library	<a href="#">Institute of Museum and Library Services</a>
Playground	<a href="#">OpenStreetMap</a>
Public Park	<a href="#">OpenStreetMap</a>
Trail	<a href="#">OpenStreetMap</a>
Outdoor Basketball Court	<a href="#">OpenStreetMap</a>
Football Field	<a href="#">OpenStreetMap</a>
Soccer Field	<a href="#">OpenStreetMap</a>
Baseball/Softball Diamond	<a href="#">OpenStreetMap</a>
Tennis Court	<a href="#">OpenStreetMap</a>
Pickleball Court	<a href="#">OpenStreetMap</a>
Outdoor Volleyball Court	<a href="#">OpenStreetMap</a>
Other Sports Facilities	<a href="#">OpenStreetMap</a>
Family Support Specialist	Wellpoint Peer Support Inventory
Mutual Aid Meeting	Various Websites
Peer Support Provider	Wellpoint Peer Support Inventory
Recovery Organizations (Community and Collegiate)	Manual Addition
SUD Recovery Coach	Wellpoint Peer Support Inventory
Lake	<a href="#">Iowa DNR</a>
Access Center	Manual Addition
Drug Drop-off Site	<a href="#">Iowa Geodata</a>
Hospital	<a href="#">Iowa Medicaid Provider Search</a>
MAT Site	<a href="#">SAMHSA</a>

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

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

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

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

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

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

Table 7 adds on to the Recovery Ready Community Index table found earlier in the report. This table includes all 47 cities in behavioral health district 3 that have more than 1,000 people. The table is sorted by population, to help enable comparisons between cities in the district of similar sizes. You can use the information to see the relative strengths and weaknesses of communities across the district. Cities located in Mitchell County are bolded.

Table 7: RRCI in Behavioral Health Mitchell County Cities

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

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

### Appendix 3: Mutual Aid Meetings In Mitchell County

Table 8: Mutual Aid Meeting Directory in Mitchell County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Osage Group</u>	732 Main St, Osage, IA 50461, USA	2
Alcoholics Anonymous	<u>Riceville Group</u>	123 W Main St, Riceville, IA 50466, USA	1
Alcoholics Anonymous	<u>St. Ansgar Group</u>	217 W 5th St, St Ansgar, IA 50472, USA	1
Al-Anon	Osage AFG	732 Main Street, Osage, IA, 50461, USA	1
Narcotics Anonymous	Osage NA	730 Main St, Osage, IA 50461, USA	1

## Appendix 4: Resources In Mitchell County

Table 9: Recovery Resource Directory in Mitchell County

Resource Type	Name	Address
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Mitchell County, Iowa, 50476, United States
Baseball/Softball Diamond	7 Baseball/Softball Diamonds	Osage, Mitchell County, Iowa, 50461, United States
Baseball/Softball Diamond	5 Baseball/Softball Diamonds	St. Ansgar, Mitchell County, Iowa, 50472, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	St. Ansgar, Mitchell County, Iowa, 50472, United States
Childcare Provider	<a href="#"><u>April Grimm</u></a>	4186 Noble AVE, Little Cedar, IA, 50454
Childcare Provider	<a href="#"><u>Bethany Aupperle</u></a>	207 W 2nd ST, St Ansgar, IA, 50472
Childcare Provider	<a href="#"><u>Cassie Hoisington</u></a>	3550 Valley AVE, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Cassies Crazy Critters</u></a>	509 Poplar ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Diane Wagner</u></a>	421 N 11th ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Growing Tree Preschool</u></a>	833 Ash ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Hope Ricke</u></a>	215 N Mitchell ST, Saint Ansgar, IA, 50472
Childcare Provider	<a href="#"><u>Jill Collins</u></a>	403 Mechanic ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Lisa Shoars</u></a>	3190 March Ave, Orchard, IA, 50460
Childcare Provider	<a href="#"><u>Lori Meyer</u></a>	405 Elm ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Melinda Darrow</u></a>	1109 S 4th ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Merri-Land Christian Preschool</u></a>	615 W 2nd St, Saint Ansgar, IA, 50472
Childcare Provider	<a href="#"><u>Osage Community Day Care</u></a>	510 Mechanic ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Sapphire Bird</u></a>	1031 Chase ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Stacyville Kids Care</u></a>	603 N Broad St, Stacyville, IA, 50476
Childcare Provider	<a href="#"><u>Taylor Hayen</u></a>	219 S 2nd ST, Osage, IA, 50461
Childcare Provider	<a href="#"><u>Wee Saints Day Care</u></a>	122 W 8th ST, Saint Ansgar, IA, 50472
Drug Drop-off Site	Brower Pharmacy	140 W. 4th Street, Saint Ansgar, IA, 50472
Drug Drop-off Site	Mitchell County Sheriff Office	211 6th St, Osage, IA, 50461
Football Field	Osage Football Field	Osage, Mitchell County, Iowa, 50461, United States
Football Field	1 Football Field	St. Ansgar, Mitchell County, Iowa, 50472, United States
Hospital	Mitchell County Regional Health	616 N 8th St, Osage, IA 50461
Lake	Interstate Lake (Mitchell Impoundment)	3989 Glass Ave, Saint Ansgar, IA 50472
Lake	Otranto Impoundment	1233 480th St, Saint Ansgar, IA 50472
Lake	Stacyville Impoundment	305 E Spring St, Stacyville, IA 50476
Library	Nissen Public Library	217 W 5th St, Mitchell, St. Ansgar, IA, 50472

<b>Resource Type</b>	<b>Name</b>	<b>Address</b>
Library	Osage Public Library	406 Main St, Mitchell, Osage, IA, 50461
Library	Riceville Public Library	307 Woodland Ave, Mitchell, Riceville, IA, 50466
Library	Stacyville Public Library	106 N Broad St, Mitchell, Stacyville, IA, 50476
Place of Worship	<a href="#"><u>Christian Missionary Church</u></a>	726 State St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>Church of God and Christ</u></a>	203 Wheeler St, McIntire, IA 50455, USA
Place of Worship	<a href="#"><u>David Church</u></a>	4421 Shadow Ave, Riceville, IA 50466, USA
Place of Worship	<a href="#"><u>Deer Creek Church</u></a>	4598 Zinnia Ave, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>Eden Church</u></a>	1587 Mitchell Line St, Rudd, IA 50471, USA
Place of Worship	<a href="#"><u>First Baptist Church</u></a>	218 N 7th St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>First Lutheran Church</u></a>	212 S Main St, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>First United Methodist Church</u></a>	819 Main St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>Immanuel Lutheran Church</u></a>	308 W 5th St, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>Methodist Church</u></a>	2552 427 St, Little Cedar, IA 50454, USA
Place of Worship	<a href="#"><u>Our Saviours Lutheran Church</u></a>	833 Ash St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>Rock Creek Lutheran Church</u></a>	3269 Foothill Ave, Nora Springs, IA 50458, USA
Place of Worship	<a href="#"><u>Sacred Heart Catholic Church</u></a>	1204 State St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>Sacred Heart Church</u></a>	F75X+G9 Meyer, IA, USA
Place of Worship	<a href="#"><u>Saint Ansgar Baptist Church</u></a>	303 E 1st St, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>Saint Ansgar Catholic Church</u></a>	112 S Jefferson St, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>Saint Johns Church</u></a>	1202 390 St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>Saint Johns Church</u></a>	1921 317th St, Mitchell, IA 50461, USA
Place of Worship	<a href="#"><u>Saint Peter Lutheran Church</u></a>	4680 Hickory Ave, Toeterville, IA 50481, USA
Place of Worship	<a href="#"><u>Saint Peters Church</u></a>	2985 360th St, Mitchell, IA 50461, USA
Place of Worship	<a href="#"><u>Trinity Lutheran Church</u></a>	402 State St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>United Church of Christ</u></a>	630 State St, Osage, IA 50461, USA
Place of Worship	<a href="#"><u>United Methodist Church</u></a>	510 W 4th St, St Ansgar, IA 50472, USA
Place of Worship	<a href="#"><u>Visitation Church</u></a>	604 N Broad St, Stacyville, IA 50476, USA
Playground	1 Playground	418 S 8th St, Osage, IA 50461
Rural Health Clinic	Osage Clinic	620 North Eighth Street, Osage, IA, 50461
Rural Health Clinic	Riceville Clinic	109 Westward Drive, Riceville, IA, 50466
Rural Health Clinic	St Ansgar Clinic	140 West Fourth Street Suite 1, Saint Ansgar, IA, 50472
School	Lincoln Elementary School	515 Chase Street, Osage, IA

<b>Resource Type</b>	<b>Name</b>	<b>Address</b>
School	Osage High School	820 Sawyer Drive, Osage, IA
School	Osage Middle School	820 Sawyer, Osage, IA
School	St Ansgar Elementary School	206 E. 8th Street, St Ansgar, IA
School	St Ansgar High School	206 East 8th Street, St Ansgar, IA
School	St Ansgar Middle School	206 East 8th Street, St Ansgar, IA
SUD or Gambling Treatment Center	<u>Prairie Ridge Integrated Behavioral Healthcare</u>	415 Pleasant Street, Osage, IA, 50461
Tennis Court	7 Tennis Courts	Osage, Mitchell County, Iowa, 50461, United States
Tennis Court	1 Tennis Court	St. Ansgar, Mitchell County, Iowa, 50472, United States
Outdoor Volleyball Court	1 Outdoor Volleyball Court	St. Ansgar, Mitchell County, Iowa, 50472, United States