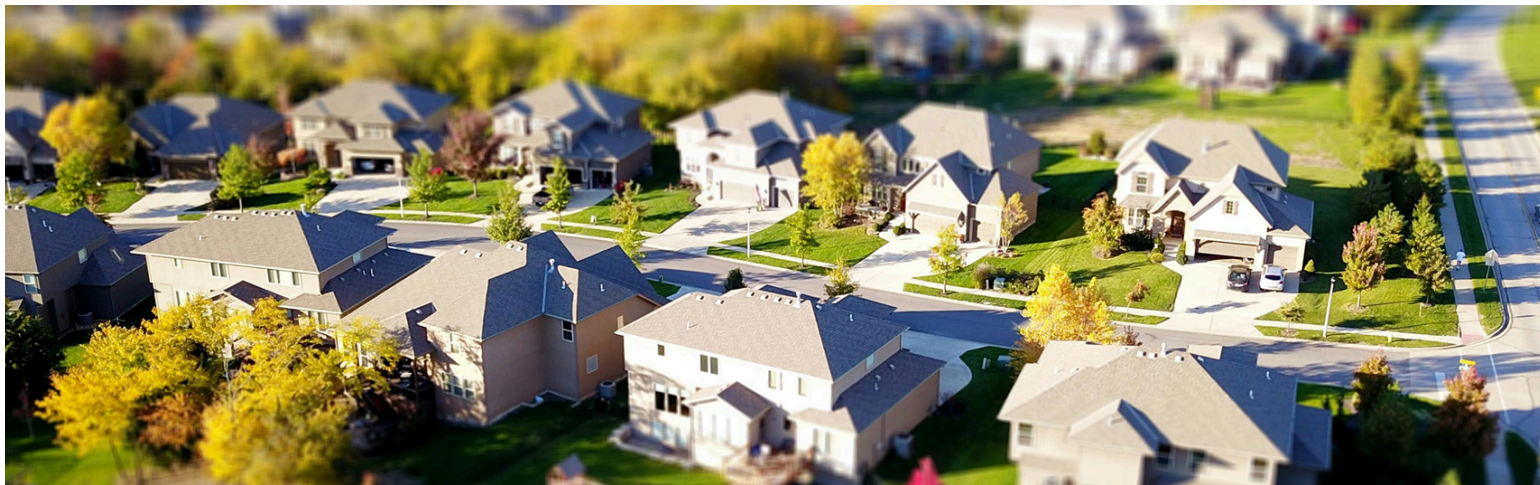
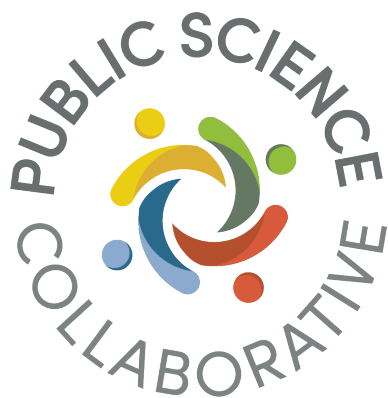


Recovery Readiness Assessment: Palo Alto County

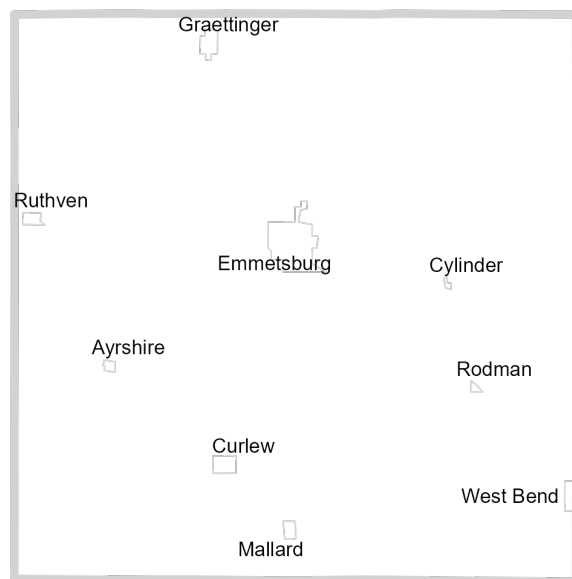
June, 2025



Palo Alto 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 Palo Alto County, which is part of Iowa's Behavioral Health District 2 (see Figure 1). Palo Alto County has a population of 8,900, and its largest city is Emmetsburg.

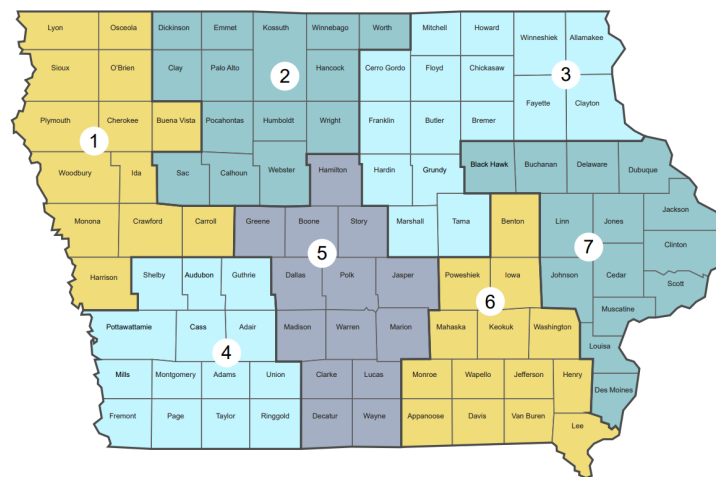


Figure 1: Iowa's Behavioral Health Districts (Source: Iowa HHS)

The following pages define recovery, recovery-oriented services, and recovery-ready communities. We evaluate Palo Alto 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 academically

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 Palo Alto County. Among this group, Emmetsburg 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, Emmetsburg are among the top half of their comparison population groups.

Table 1: Recovery Ready Community Index in Palo Alto County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Emmetsburg	3,651	77 (out of 103)	62.5	38	104.1	2.7
Graettinger	1,038	110 (out of 145)	37.3	15	144.5	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. Palo Alto County is located in district 2, which has 14 counties, as shown in Table 2. Palo Alto County falls in 11th 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. Palo Alto County is in the Rural group of counties, and ranks 26th out of 63 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

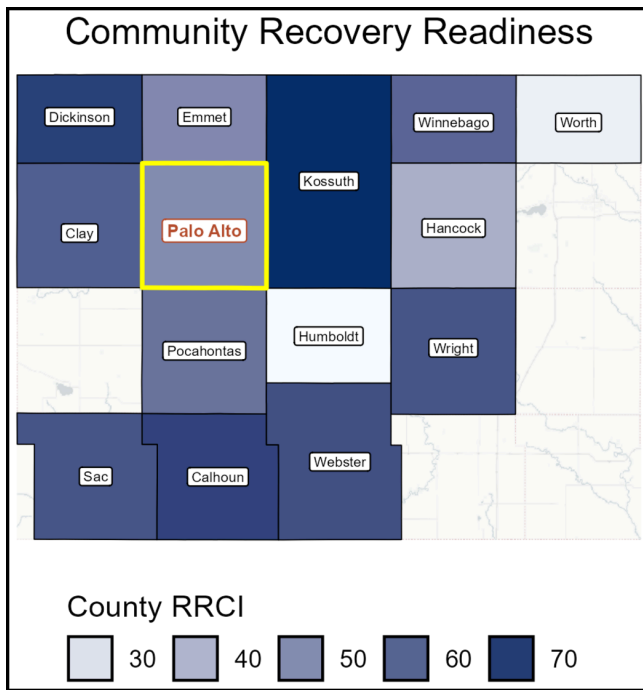


Figure 2: Recovery Ready Community Index in Palo Alto County

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. Palo Alto County is highlighted with a yellow outline and bold label.

In district 2, Palo Alto County's RRCI score ranks 11th. Among cities with at least 1,000 people in Palo Alto County, Emmetsburg has the highest RRCI score, while Graettinger has the lowest.

Figure 3 shows Absolute Resource Abundance, or the number of total recovery resources. In behavioral health district 2, Palo Alto County has the 9th highest number of total recovery resources. In Palo Alto County cities of at least 1,000 people, Emmetsburg has the most recovery resources.

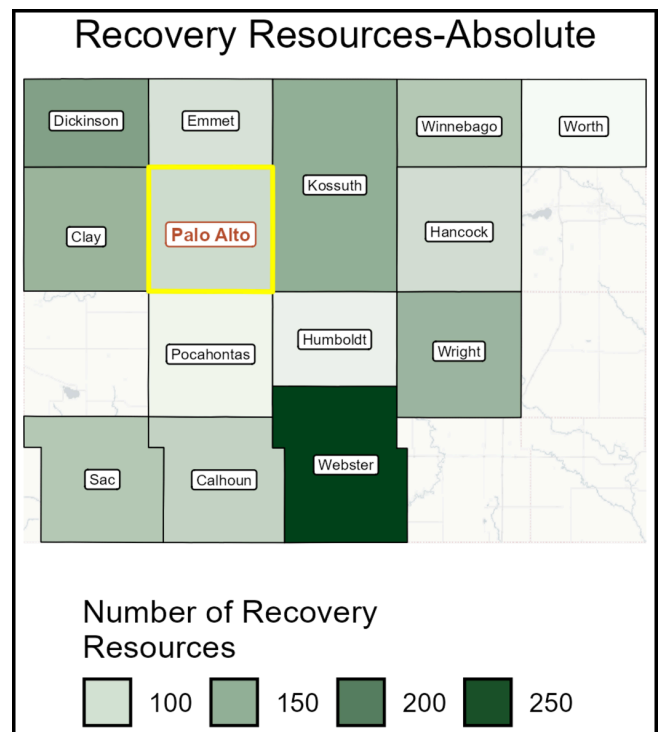


Figure 3: Recovery Resources in Palo Alto County

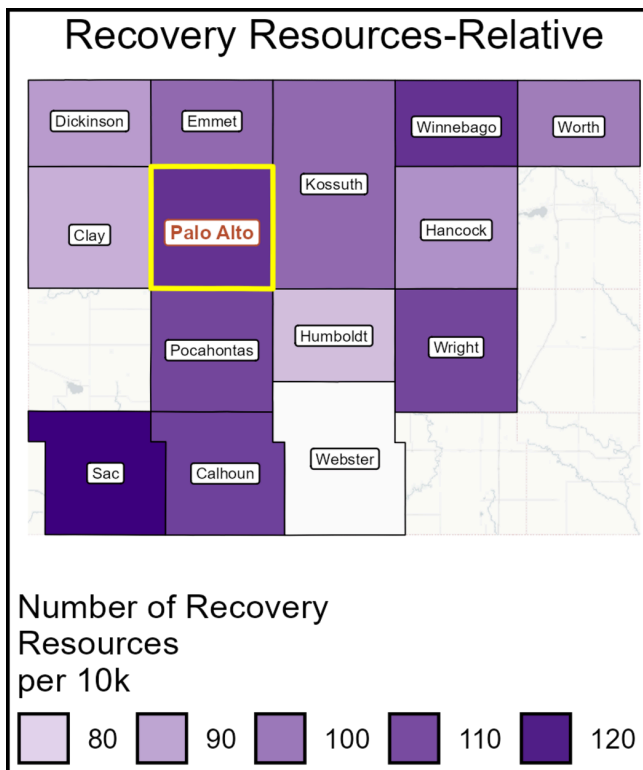


Figure 4: Recovery Resources per 10k in Palo Alto County

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.

Palo Alto County ranks 2nd among the counties in district 2 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Graettinger has the highest number of recovery resources per 10,000 population, while Emmetsburg 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, Palo Alto County has the 12th highest number of mutual aid meetings per 10,000 people. Within Palo Alto County, Emmetsburg is the city of 1,000+ people with the largest recovery culture, while Graettinger has the lowest.

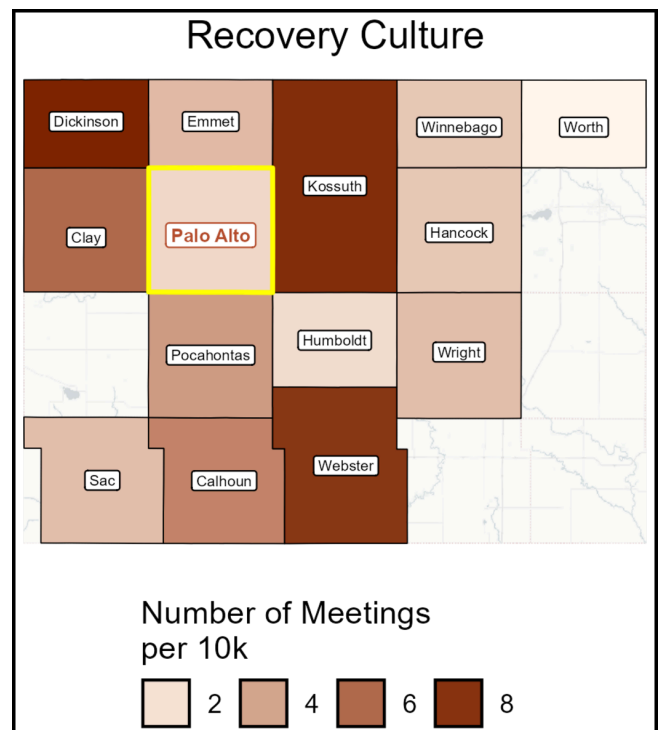


Figure 5: Mutual Aid Meetings per 10k in Palo Alto County

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 Palo Alto 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 Palo Alto County Cities

City	Community	Health	Home	Purpose
Emmetsburg	11	8	9	11
Graettinger	6	1	2	6

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 [\(Click here for more information⁷\)](#):

- **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, Work-force Development Offices)

Table 4: Social Determinants of Health Resources in Palo Alto County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Emmetsburg	9	4	8	10	8
Graettinger	2	2	1	6	4

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

Peer Support Providers

Peer support is an important kind of specialized support for people in recovery. Peer Support Providers include organizations that have trained staff members to provide specialized peer support. Some of these trained positions include peer support specialists, peer recovery coaches, and family peer support specialists. The “What is Recovery?” section at the beginning of this report has more information about each. All types of peer support are intended to provide individualized support through one-on-one meetings with people who have similar lived experience and are in recovery themselves. The [University of Iowa’s Peer Workforce Collaborative⁸](https://iowapeersupport.sites.uiowa.edu/) has more information about different types of peer support specialists and how people in recovery can themselves become peer support specialists.

Table 5 shows peer support provider organizations in behavioral health district 2. Organizations located in Palo Alto 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
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
Spirit Lake	Plains Area Mental Health Center (PAMHC)	0	0	1	0

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

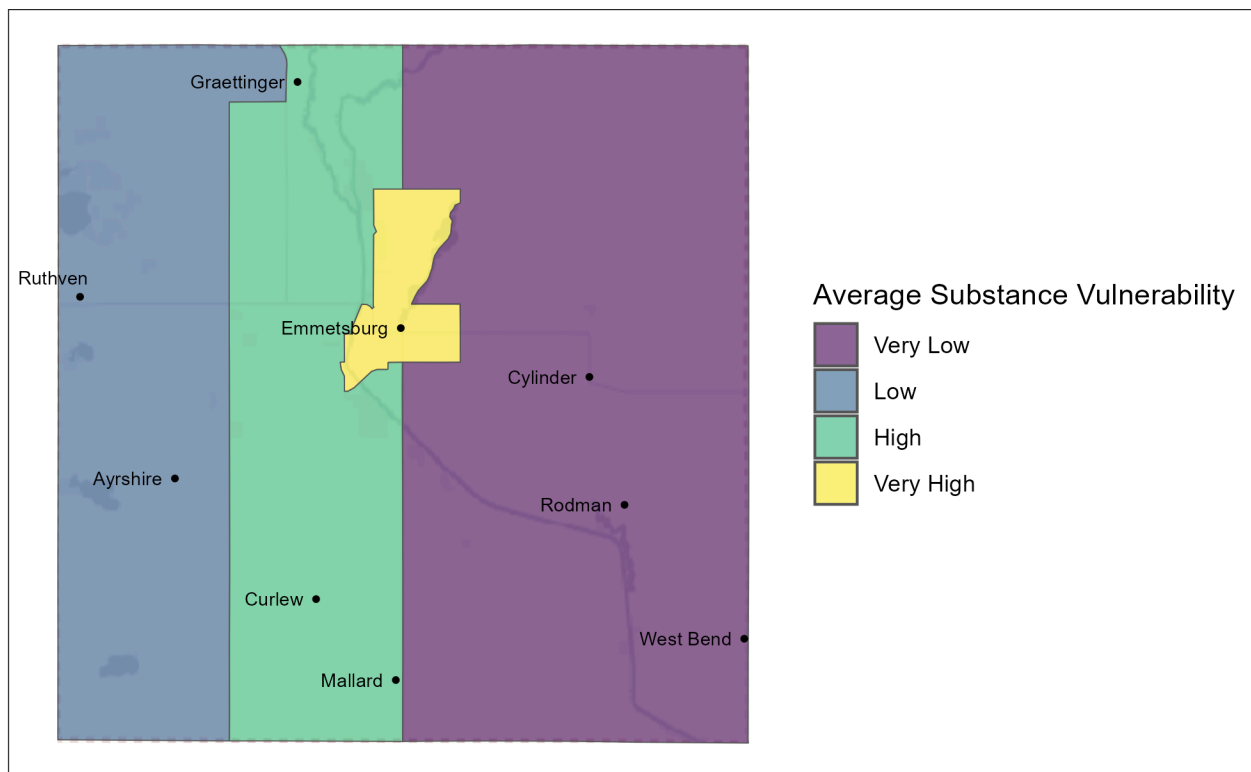
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

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 Palo Alto County



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

Figure 7: Opioid Vulnerability in Palo Alto County

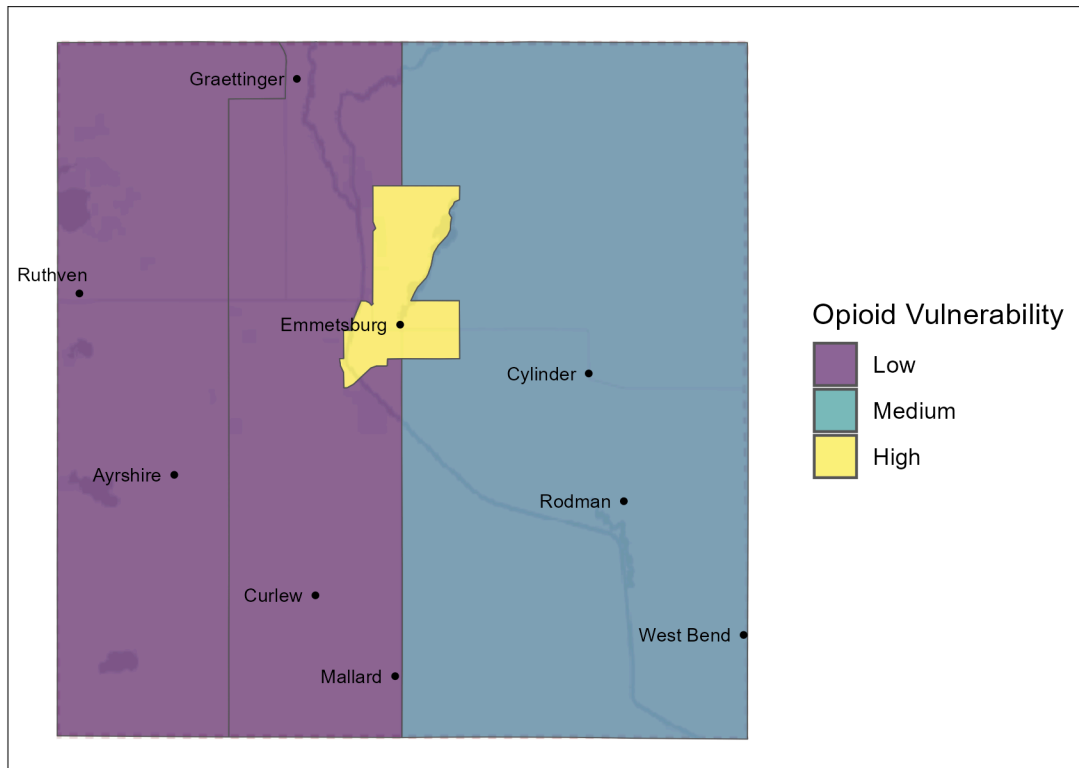


Figure 8: Methamphetamine Vulnerability in Palo Alto County

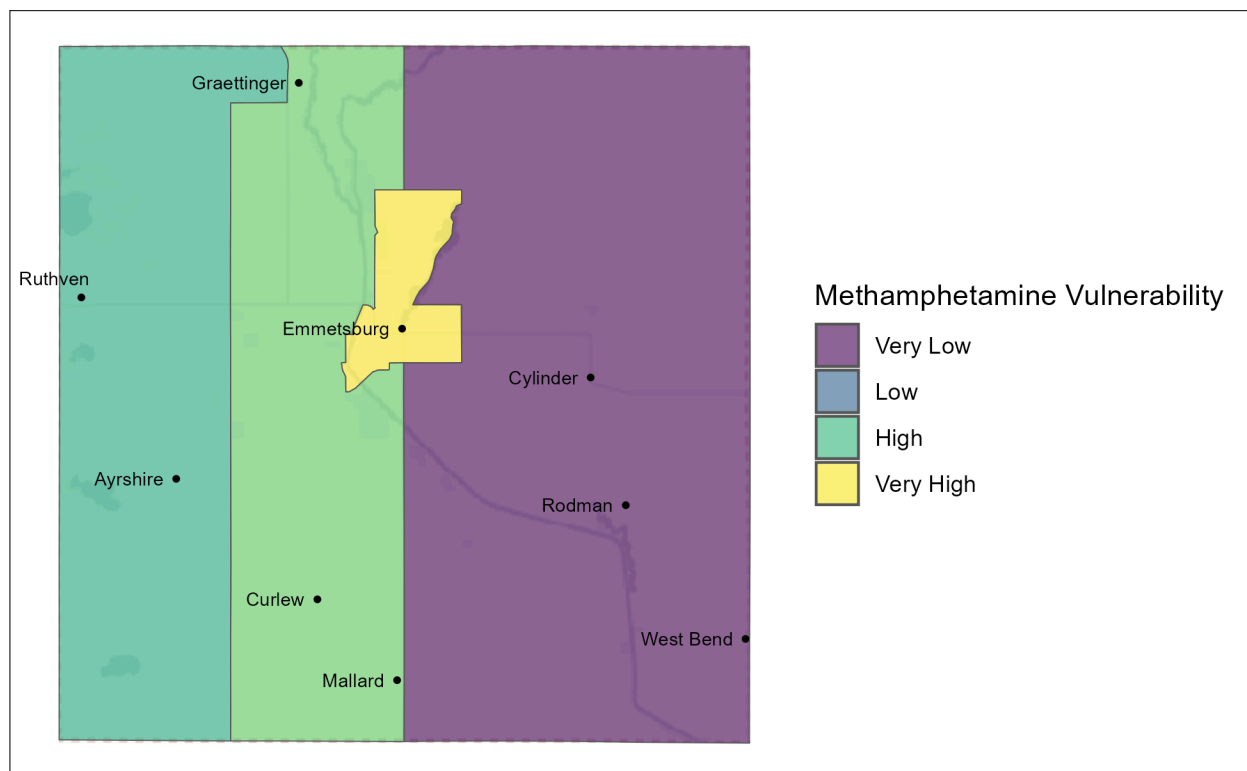


Figure 9: Heroin Vulnerability in Palo Alto County

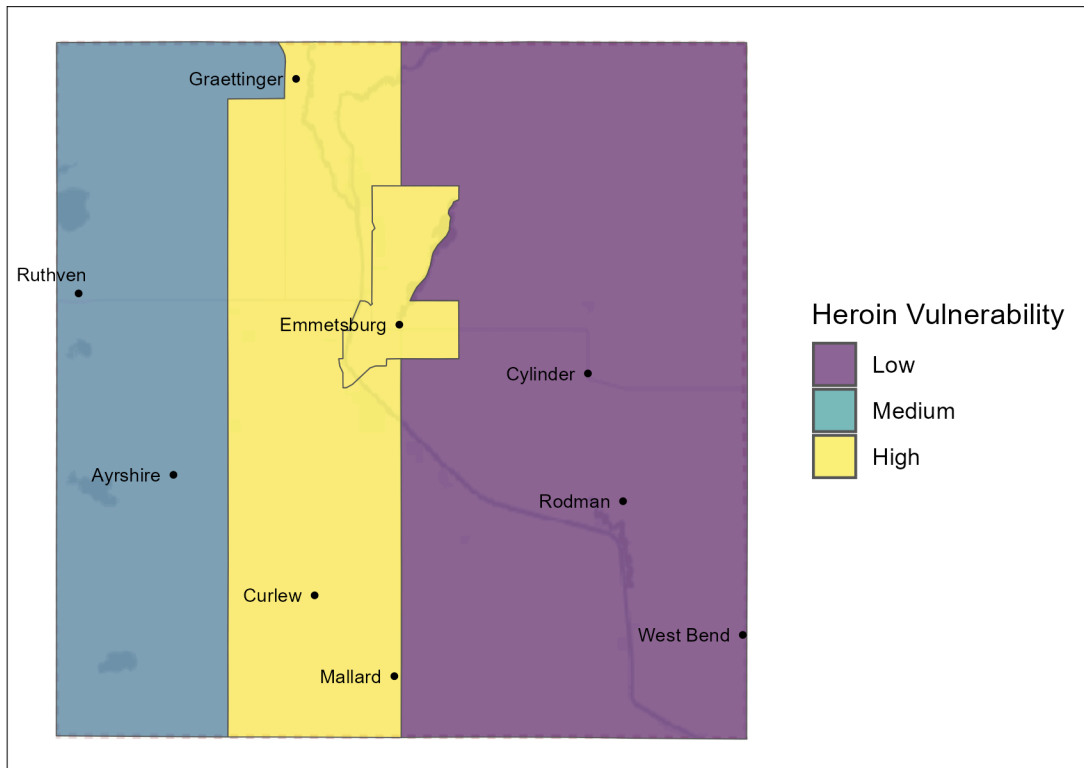


Figure 10: Alcohol Vulnerability in Palo Alto County

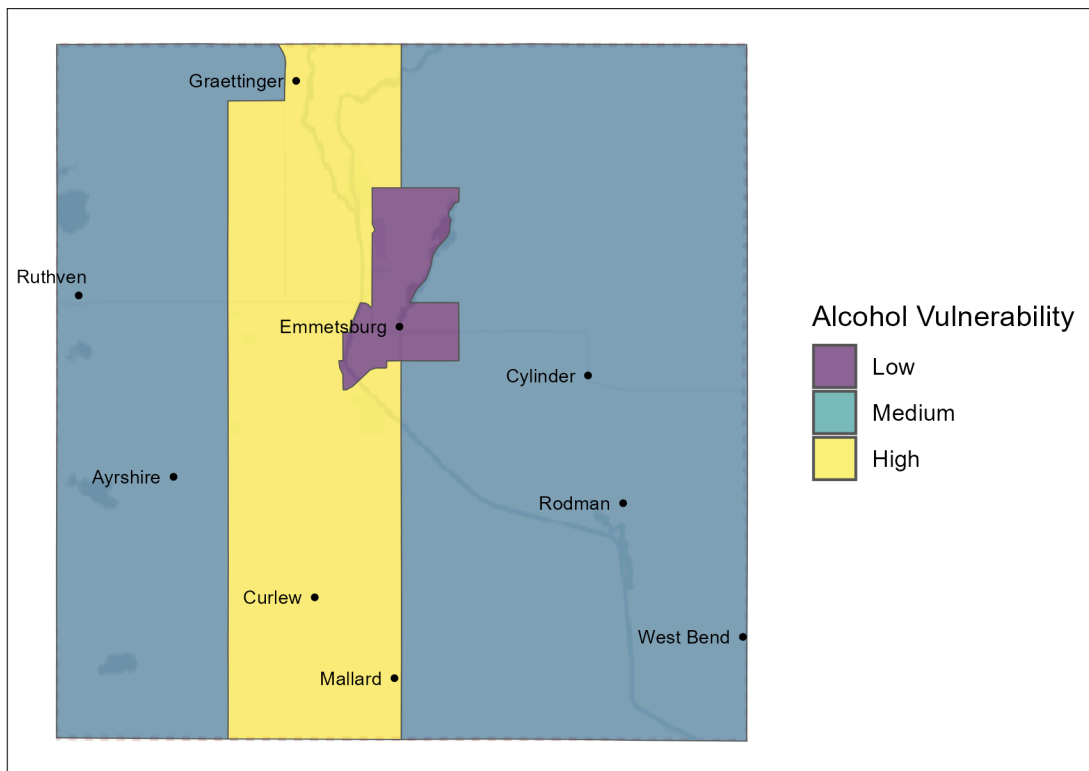


Figure 11: Cannabis Vulnerability in Palo Alto County

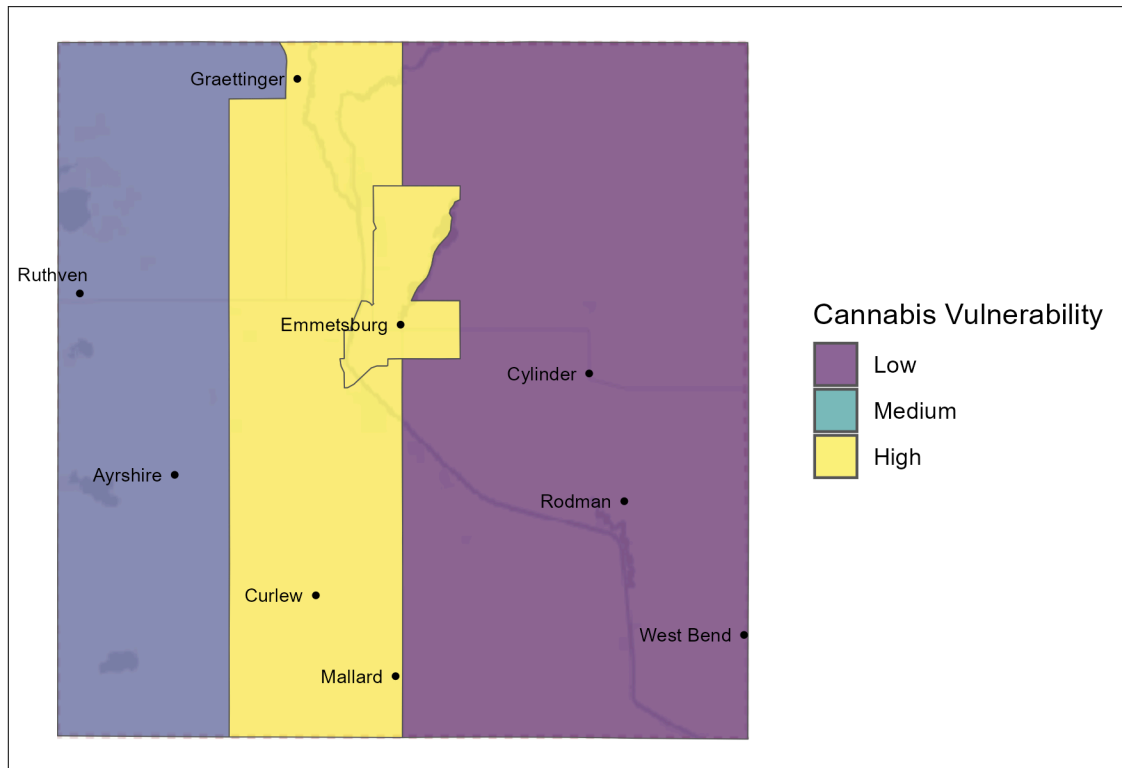


Figure 12: Cocaine Vulnerability in Palo Alto County

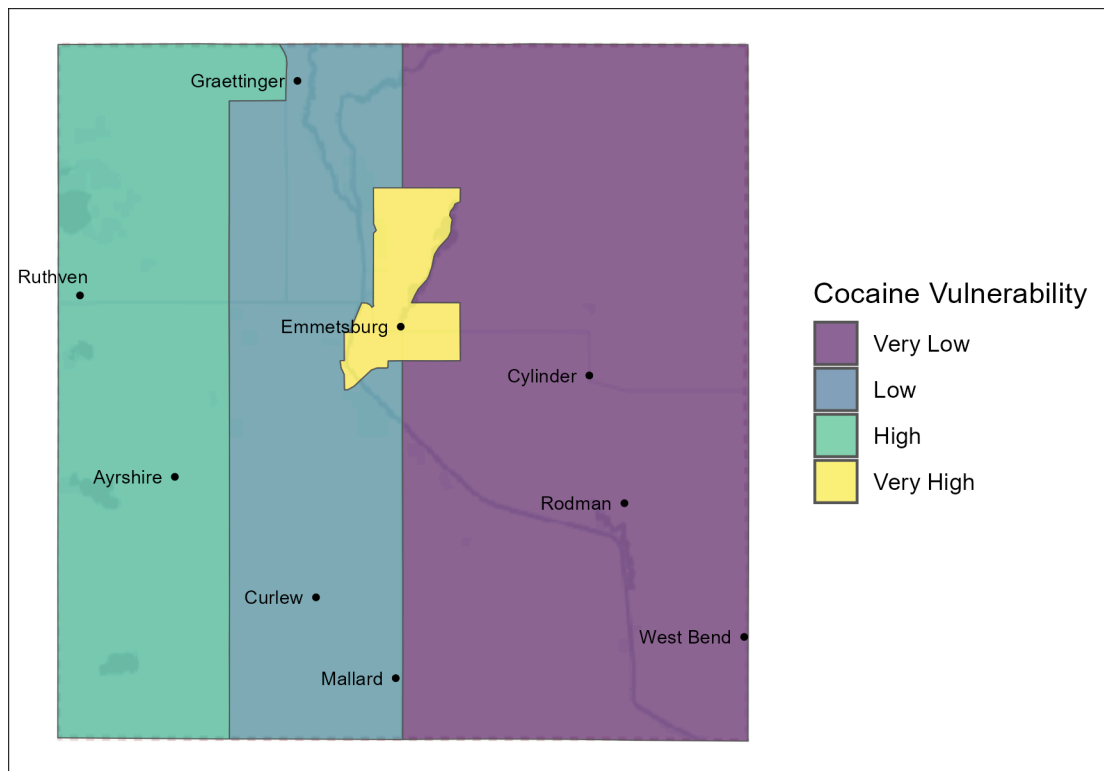
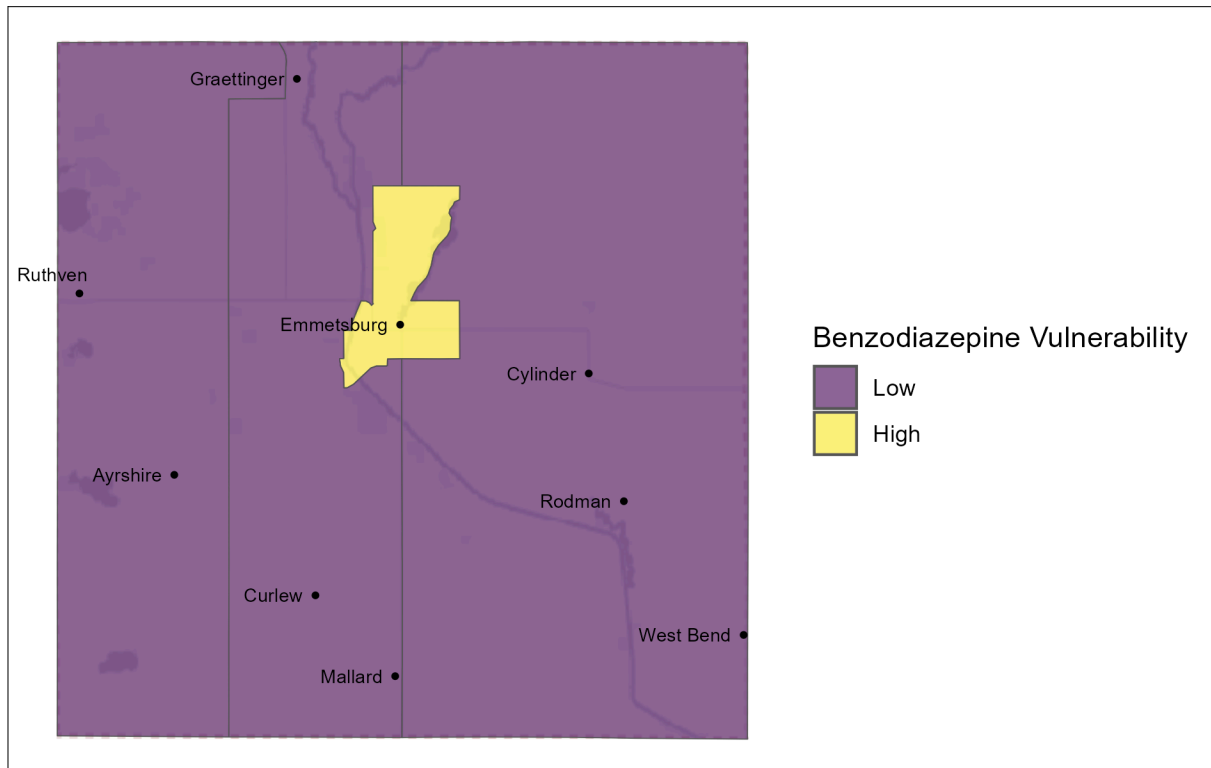


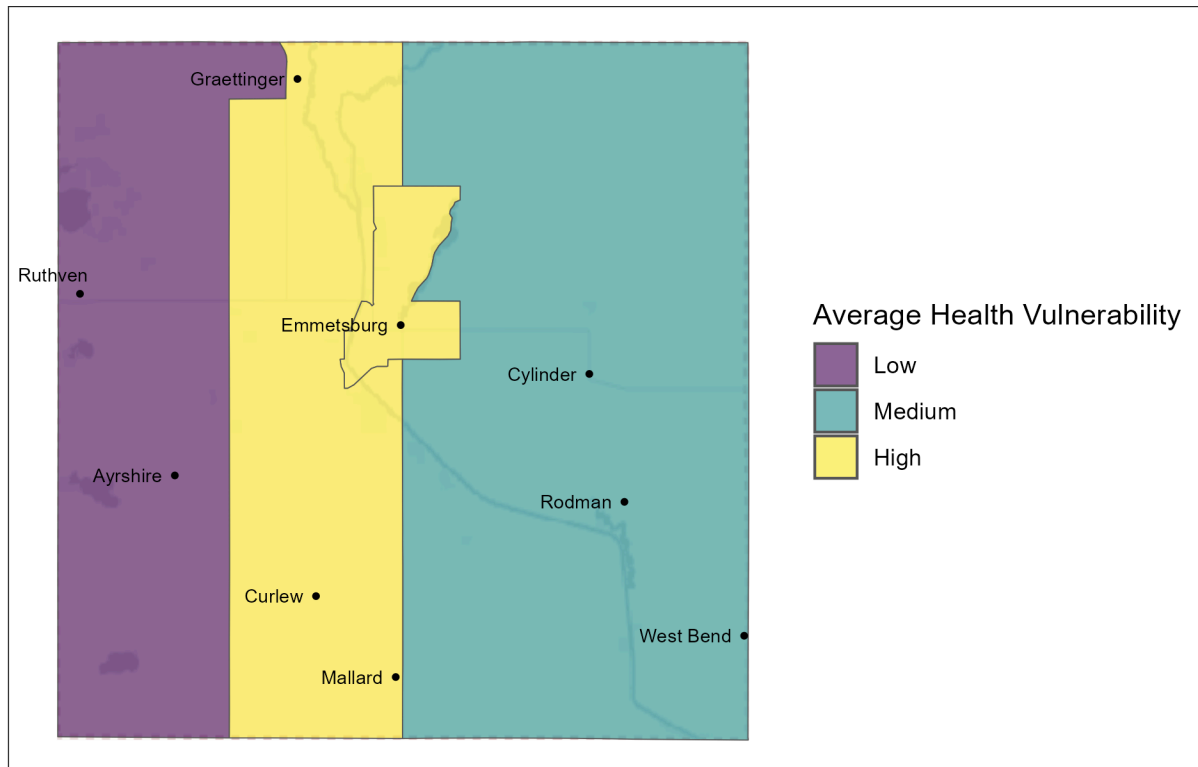
Figure 13: Benzodiazepine Vulnerability in Palo Alto County



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

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 Palo Alto County are bolded.

Table 7: RRCI in Behavioral Health Palo Alto 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 Palo Alto County

Table 8: Mutual Aid Meeting Directory in Palo Alto County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Dry Dock Group</u>	1901 Rolling St, Ruthven, IA 51358, USA	1
Alcoholics Anonymous	<u>Surrender Accept Maintain Group</u>	711 Broadway St, Emmetsburg, IA 50536, USA	1

Appendix 4: Resources In Palo Alto County

Table 9: Recovery Resource Directory in Palo Alto County

Resource Type	Name	Address
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Cylinder, Palo Alto County, Iowa, 50528, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Emmetsburg, Palo Alto County, Iowa, 50536, United States
Baseball/Softball Diamond	2 Baseball/Softball Diamonds	Graettinger, Palo Alto County, Iowa, 51342, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Mallard, Palo Alto County, Iowa, 50562, United States
Baseball/Softball Diamond	4 Baseball/Softball Diamonds	Palo Alto County, Iowa, 50536, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Palo Alto County, Iowa, 50597, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Ruthven, Palo Alto County, Iowa, 51358, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	West Bend, Palo Alto County, Iowa, 50597, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Cylinder, Palo Alto County, Iowa, 50528, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Mallard, Palo Alto County, Iowa, 50562, United States
Beach	Lost Island-Huston Park	35106 320th St, Ruthven, IA 51358
Childcare Provider	Dehlia Wernimont	1201 11th ST, Emmetsburg, IA, 50536
Childcare Provider	Emmetsburg Education Center	1013 Broadway St, Emmetsburg, IA, 50536
Childcare Provider	Grace Helmke	1007 Ruthven ST, Ruthven, IA, 51358
Childcare Provider	Graettinger-Terril Preschool	205 S Lincoln Ave, Graettinger, IA, 51342
Childcare Provider	Hazel Hoch	2407 18th ST, Emmetsburg, IA, 50536
Childcare Provider	Iowa Lakes Head Start	3200 College Dr, Emmetsburg, IA, 50536
Childcare Provider	Little Explorers Daycare	503 W Olive ST, Graettinger, IA, 51342
Childcare Provider	Little Irish Preschool & After School	1903 S Broadway, Emmetsburg, IA, 50536
Childcare Provider	Little Learners Childcare Center	3403 8th St, Emmetsburg, IA, 50536
Childcare Provider	Melissa Peil	2102 16th ST, Emmetsburg, IA, 50536
Childcare Provider	Michelle Westfall	703 Call ST, Emmetsburg, IA, 50536
Childcare Provider	The Wolverine Den Child Care Center	15 2nd ST NW, West Bend, IA, 50597
Drug Drop-off Site	Hy-Vee Pharmacy	3402 Main Street, Emmetsburg, IA, 50536
Drug Drop-off Site	Palo Alto County Sheriff's Office	2001 11th Street, Emmetsburg, IA, 50536
Football Field	1 Football Field	Emmetsburg, Palo Alto County, Iowa, 50536, United States

Resource Type	Name	Address
Football Field	1 Football Field	Ruthven, Palo Alto County, Iowa, 51358, United States
Hospital	Palo Alto County Hospital	3201 1st St, Emmetsburg, IA 50536
Lake	Five Island Lake	34757 Island View Ln, Emmetsburg, IA 50536
Lake	Lost Island Lake	33089 340th Ave, Ruthven, IA 51358
Lake	Mulroney Recreation W.A. Pond	4370 512th Ave, Mallard, IA 50562
Lake	Silver Lake (Palo Alto)	35279 Lovers Ln, Ruthven, IA 51358
Lake	Sportsman Park Pond	5245 370th St, Cylinder, IA 50528
Lake	Virgin Lake	3509 380th St, Ruthven, IA 51358
Library	Emmetsburg Public Library	707 N Superior, Palo Alto, Emmetsburg, IA, 50536
Library	Graettinger Public Library	115 W Robins St, Palo Alto, Graettinger, IA, 51342
Library	Mallard Public Library	605 Inman St, Palo Alto, Mallard, IA, 50562
Library	Ruthven Public Library	1301 Gowrie St, Palo Alto, Ruthven, IA, 51358
Library	West Bend Public Library	316 S Broadway, Palo Alto, West Bend, IA, 50597
MAT Site	Markie Lynn Van't Hul NP	3201 1St Street, Se, Emmetsburg, IA, 50536
Public Park	Oppedahl State Game Management Area	3140 350th Ave, Terril, IA 51364
Public Park	Salton Park	3643 480th St, Curlew, IA 50527
Public Park	West Des Moines River Canoe Stop	5005 540th Ave, Rolfe, IA 50581
Place of Worship	Apostolic Christian Fellowship	801 3rd Ave SW, West Bend, IA 50597, USA
Place of Worship	Assembly of God Church	3506 1st St, Emmetsburg, IA 50536, USA
Place of Worship	Bethany Lutheran Church	711 Broadway St, Emmetsburg, IA 50536, USA
Place of Worship	Bethel Lutheran Church	401 W Patterson St, Graettinger, IA 51342, USA
Place of Worship	First Baptist Church	X7H5+GH Curlew, IA, USA
Place of Worship	Grace Baptist Church	2801 17th St, Emmetsburg, IA 50536, USA
Place of Worship	Graettinger United Methodist Church	102 S Cameron Ave, Graettinger, IA 51342, USA
Place of Worship	Holy Family Catholic Church	2003 Broadway St, Emmetsburg, IA 50536, USA
Place of Worship	Immaculate Conception Church	601 W Spies St, Graettinger, IA 51342, USA
Place of Worship	Lost Island Church	3797 310th St, Ruthven, IA 51358, USA
Place of Worship	Our Saviours Lutheran Church	1004 Main St, Emmetsburg, IA 50536, USA
Place of Worship	Peace Lutheran Church	703 2nd Ave SE, West Bend, IA 50597, USA

Resource Type	Name	Address
Place of Worship	<u>Prairie View Church</u>	4067 500th St, Curlew, IA 50527, USA
Place of Worship	<u>Sacred Heart Catholic Church</u>	1901 Rolling St, Ruthven, IA 51358, USA
Place of Worship	<u>Sacred Heart Church</u>	1501 Silver Lake Ave, Ayrshire, IA 50515, USA
Place of Worship	<u>Saint Johns Lutheran Church</u>	5289 320th St, Cylinder, IA 50528, USA
Place of Worship	<u>Saint Lukes Church</u>	5652 340th St, Cylinder, IA 50528, USA
Place of Worship	<u>Saint Marys Catholic Church</u>	910 Micawber St, Mallard, IA 50562, USA
Place of Worship	<u>Saint Paul Lutheran Church</u>	805 Harrison St, Emmetsburg, IA 50536, USA
Place of Worship	<u>Saint Peter and Pauls Church</u>	206 1st Ave NW, West Bend, IA 50597, USA
Place of Worship	<u>Trinity Episcopal Church</u>	804 Lake St, Emmetsburg, IA 50536, USA
Place of Worship	<u>Trinity Lutheran Church</u>	311 IA-4, Mallard, IA 50562, USA
Place of Worship	<u>United Methodist Church</u>	1402 Rolling St #7751, Ruthven, IA 51358, USA
Place of Worship	<u>United Methodist Church</u>	1501 Silver Lake Ave, Ayrshire, IA 50515, USA
Place of Worship	<u>United Methodist Church</u>	301 4th St, Mallard, IA 50562, USA
Place of Worship	<u>United Methodist Church</u>	307 1st Ave SW, West Bend, IA 50597, USA
Place of Worship	<u>Zion Lutheran Church</u>	1501 Silver Lake Ave, Ayrshire, IA 50515, USA
Place of Worship	<u>Zion Lutheran Church</u>	1801 Rolling St, Ruthven, IA 51358, USA
Rural Health Clinic	Family Practice Clinic Emmetsburg	3201 First Street, Emmetsburg, IA, 50536
Rural Health Clinic	Family Practice Clinic Graettinger	109 West Robbins Street, Graettinger, IA, 51342
Rural Health Clinic	Family Practice Clinic West Bend	107 West Division Street, West Bend, IA, 50597
School	Emmetsburg Catholic School	1903 S Broadway, Emmetsburg, IA
School	Emmetsburg High School	205 King St, Emmetsburg, IA
School	Emmetsburg Middle School	205 King Street, Emmetsburg, IA
School	Graettinger-Terril High School	205 S Lincoln Ave, Graettinger, IA
School	Graettinger-Terril Middle School	205 S Lincoln Ave, Graettinger, IA
School	Ruthven-Ayrshire Elementary School	1505 Washington St, Ruthven, IA
School	Ruthven-Ayrshire High School	1505 Washington St, Ruthven, IA
School	West Bend-Mallard Elementary School	300 3rd Ave SW, West Bend, IA
School	West Bend-Mallard High School	300 3rd Ave SW, West Bend, IA
School	West Bend-Mallard Middle School	300 3rd Ave. SW, West Bend, IA
School	West Elementary School	602 Call St, Emmetsburg, IA
Section 8 Housing	Emmetsburg Group Homes	1501 Palmer St, Emmetsburg, IA, 50536

Resource Type	Name	Address
Section 8 Housing	Ruthven Apartments	2701 Mitchell Street, Ruthven, IA, 51358
SUD or Gambling Treatment Center	<u>Palo Alto County Health System</u>	3201 1st Street, Emmetsburg, IA, 50536
SUD or Gambling Treatment Center	<u>Plains Area Mental Health Center, Inc.</u>	3204 1st Street, Emmetsburg, IA, 50536
SUD or Gambling Treatment Center	<u>Seasons Center for Behavioral Health</u>	Suite 1 918 Broadway, Emmetsburg, IA, 50536
Tennis Court	2 Tennis Courts	Emmetsburg, Palo Alto County, Iowa, 50536, United States
Tennis Court	2 Tennis Courts	Graettinger, Palo Alto County, Iowa, 51342, United States
Outdoor Volleyball Court	1 Outdoor Volleyball Court	Cylinder, Palo Alto County, Iowa, 50528, United States