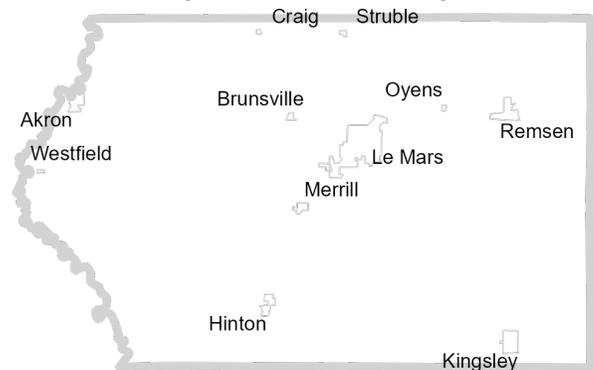


Recovery Readiness Assessment: Plymouth County

June, 2025



Plymouth 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 Plymouth County	23
Appendix 4: Resources In Plymouth 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 Plymouth County, which is part of Iowa's Behavioral Health District 1 (see Figure 1). Plymouth County has a population of 25,700, and its largest city is Le Mars.



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

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

Table 1: Recovery Ready Community Index in Plymouth County

City	Population	Pop. Group Rank	RRCI	Resource Abundance-Absolute	Resource Abundance-Relative	Recovery Culture
Le Mars	10,597	9 (out of 31)	68.0	117	110.4	3.8
Akron	1,660	47 (out of 145)	64.4	20	120.5	6.0
Kingsley	1,427	70.5 (out of 145)	50.2	29	203.2	0.0
Remsen	1,897	114 (out of 145)	35.9	22	116.0	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. Plymouth County is located in district 1, which has 13 counties, as shown in Table 2. Plymouth 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 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. Plymouth County is in the Rural group of counties, and ranks 30th 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

Community Recovery Readiness

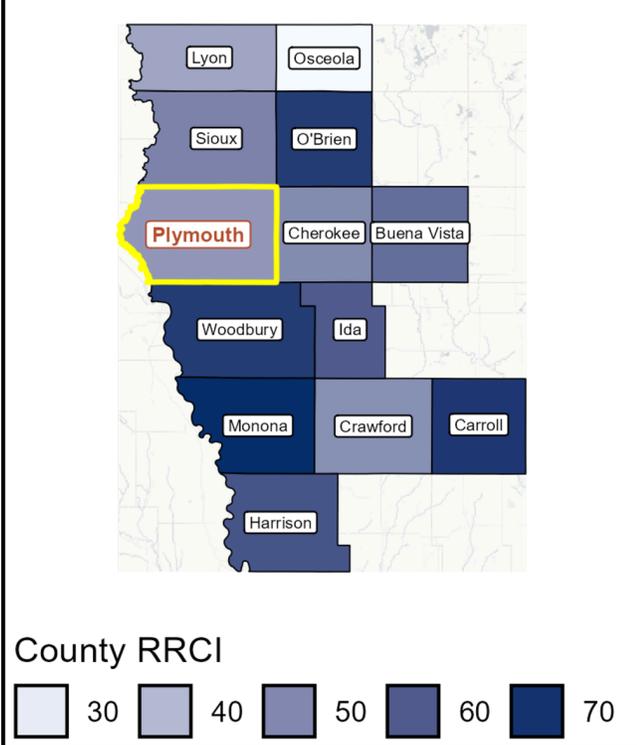


Figure 2: Recovery Ready Community Index in Plymouth County

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. Plymouth County is highlighted with a yellow outline and bold label.

In district 1, Plymouth County's RRCI score ranks 12th. Among cities with at least 1,000 people in Plymouth County, Akron has the highest RRCI score, while Remsen has the lowest.

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

Recovery Resources-Absolute

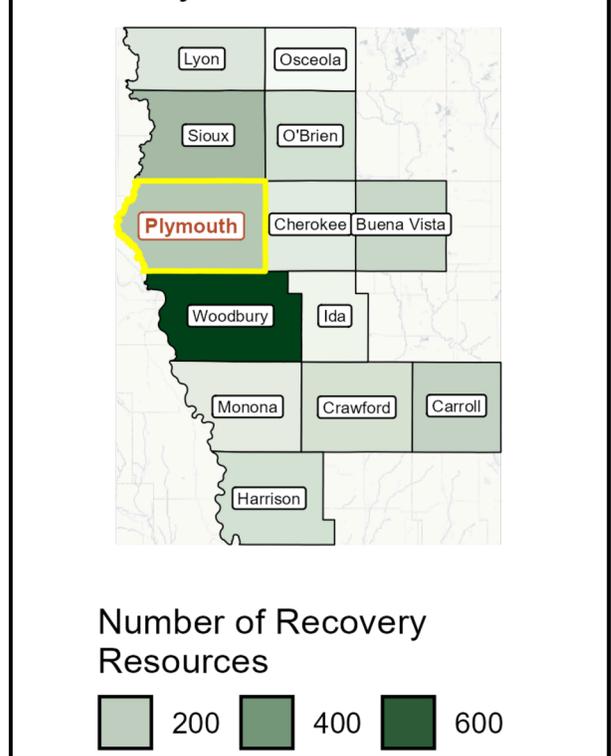


Figure 3: Recovery Resources in Plymouth County

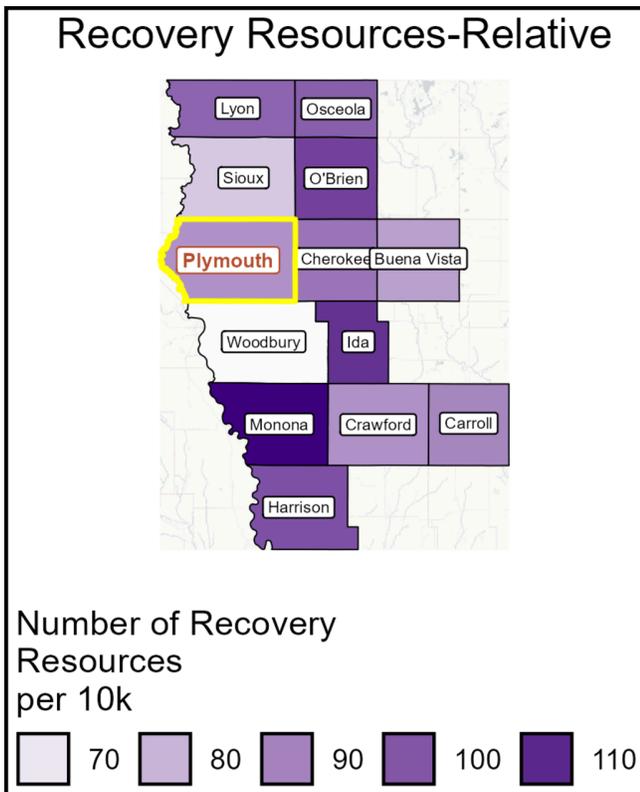


Figure 4: Recovery Resources per 10k in Plymouth County

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.

Plymouth County ranks 11th among the counties in district 1 for number of relative resource abundance. Among the cities in the county with at least 1,000 people, Kingsley has the highest number of recovery resources per 10,000 population, while Le Mars 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, Plymouth County has the 12th highest number of mutual aid meetings per 10,000 people. Within Plymouth County, Akron is the city of 1,000+ people with the largest recovery culture, while Remsen has the lowest.

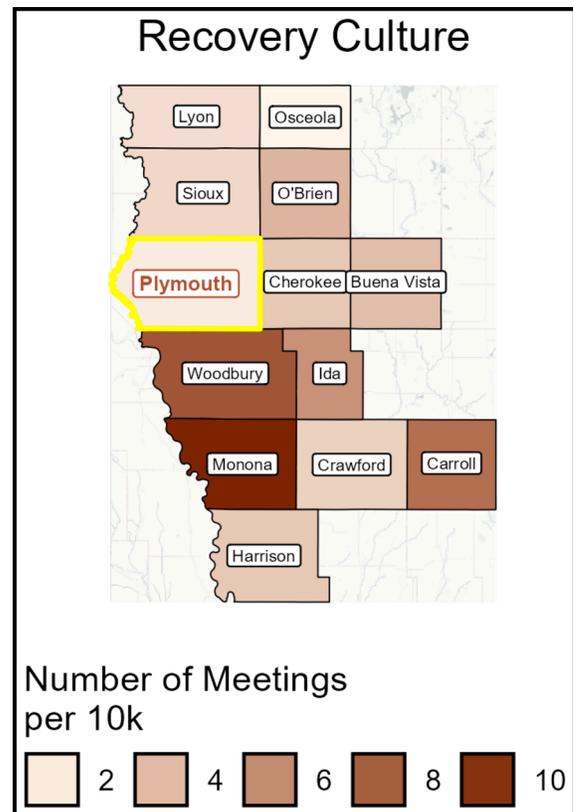


Figure 5: Mutual Aid Meetings per 10k in Plymouth County

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 Plymouth 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 Plymouth County Cities

City	Community	Health	Home	Purpose
Le Mars	70	10	16	25
Kingsley	16	2	3	8
Remsen	12	0	3	7
Akron	8	2	2	9

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 Plymouth County Cities

City	Economic Stability	Education Access & Quality	Healthcare Access & Quality	Neighborhood & Built Environment	Social & Community Context
Le Mars	16	8	9	63	25
Kingsley	3	2	2	16	6
Remsen	3	4	0	12	3
Akron	2	3	2	7	7

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 Plymouth 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
Le Mars	Plains Area Mental Health Center (PAMHC)	1	0	2	0
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
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/>

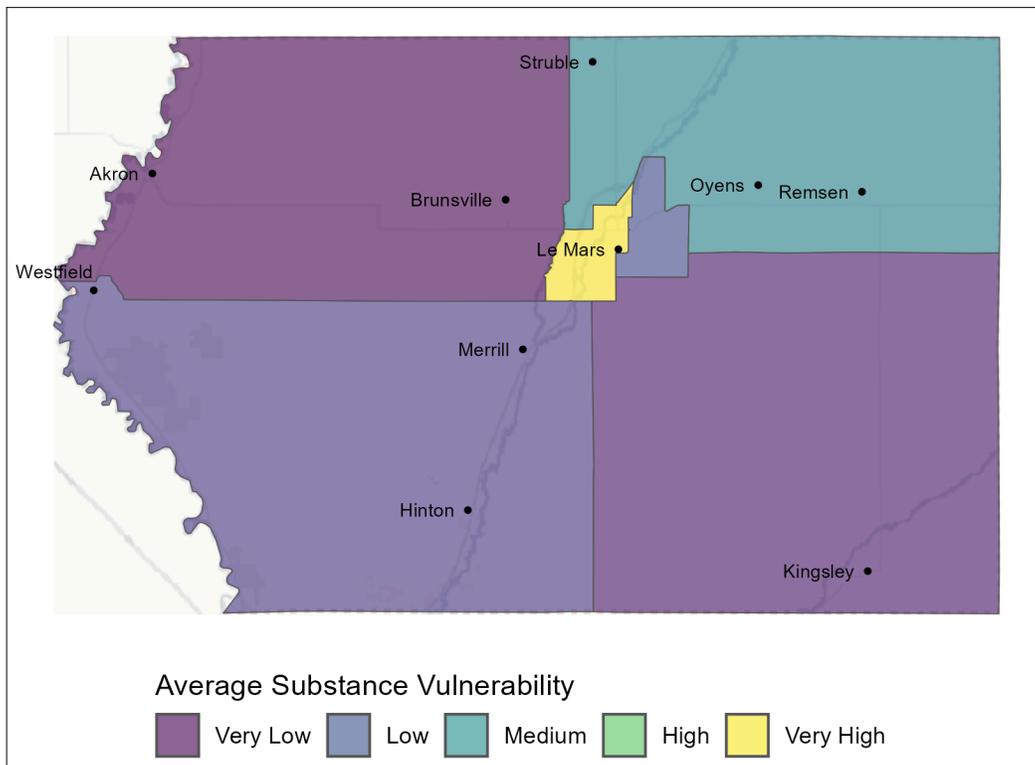
Which Neighborhoods in Your Community Need Additional Health Resources and Support?

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 Plymouth County



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

Figure 7: Opioid Vulnerability in Plymouth County

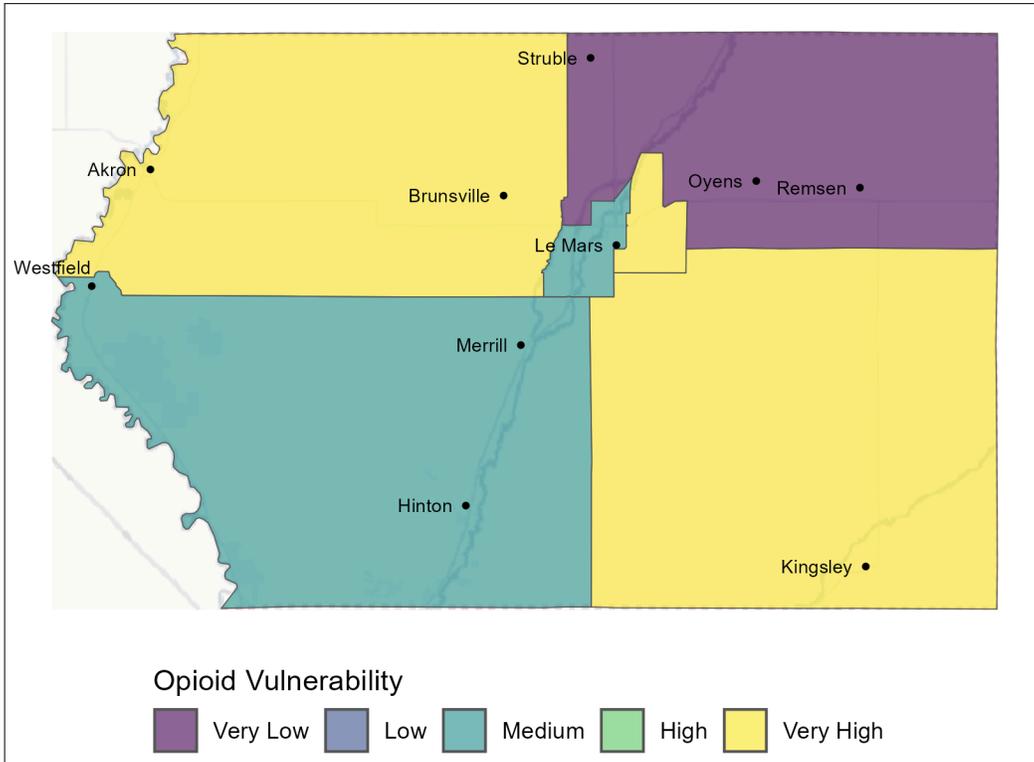


Figure 8: Methamphetamine Vulnerability in Plymouth County

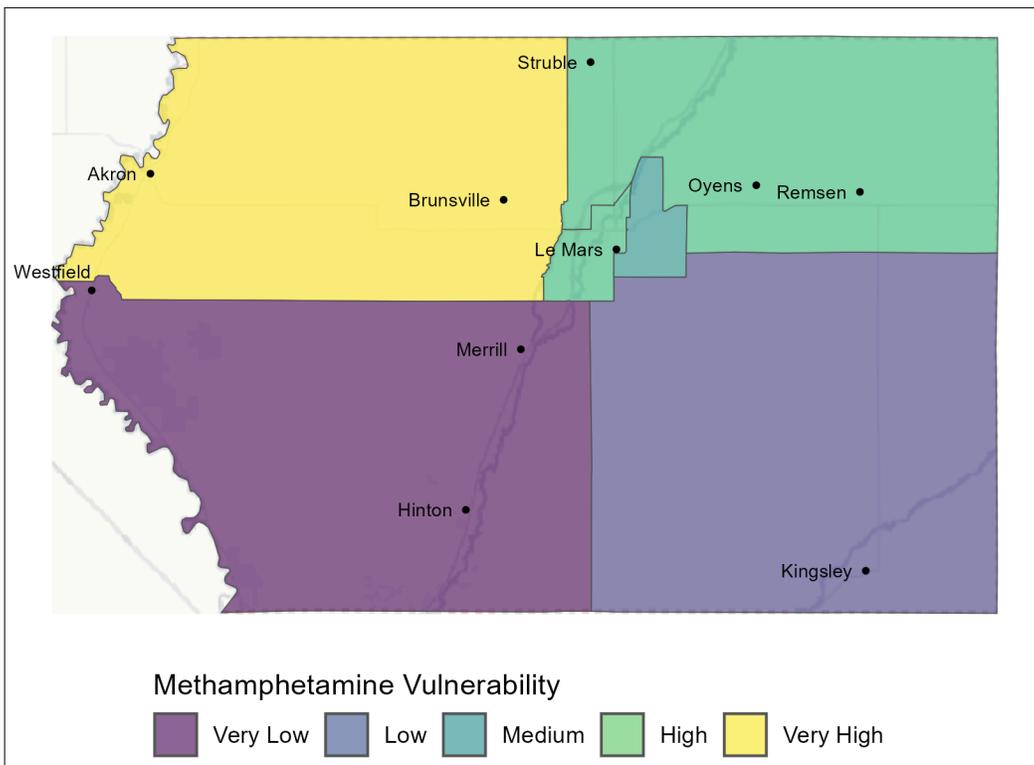


Figure 9: Heroin Vulnerability in Plymouth County

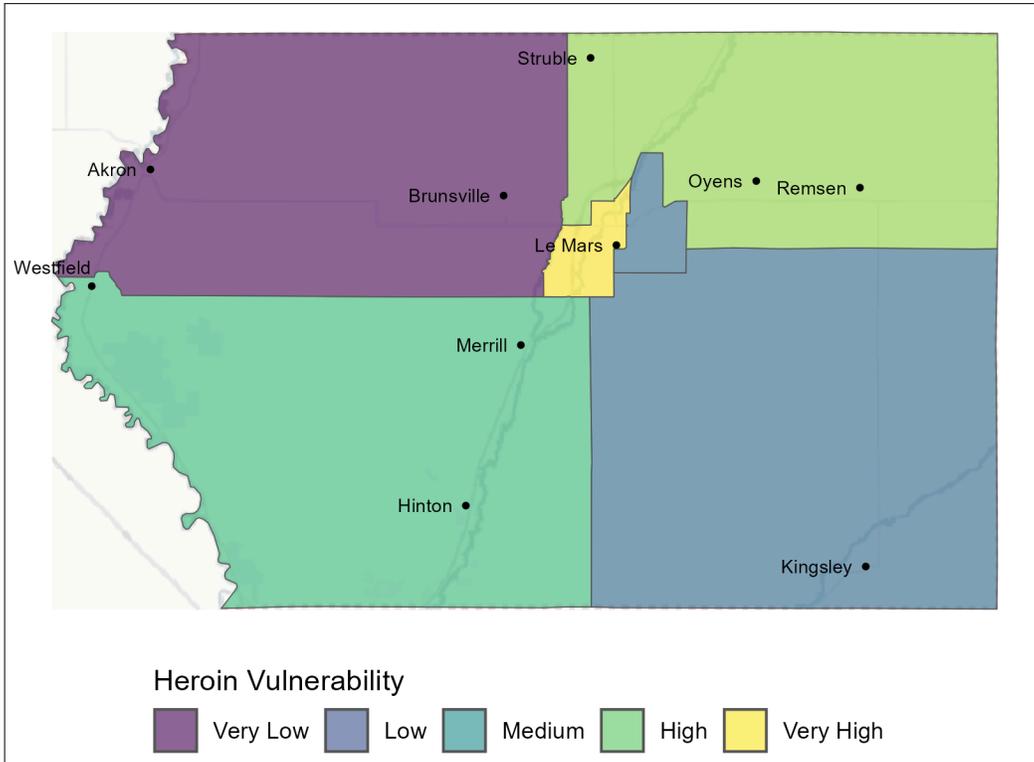


Figure 10: Alcohol Vulnerability in Plymouth County

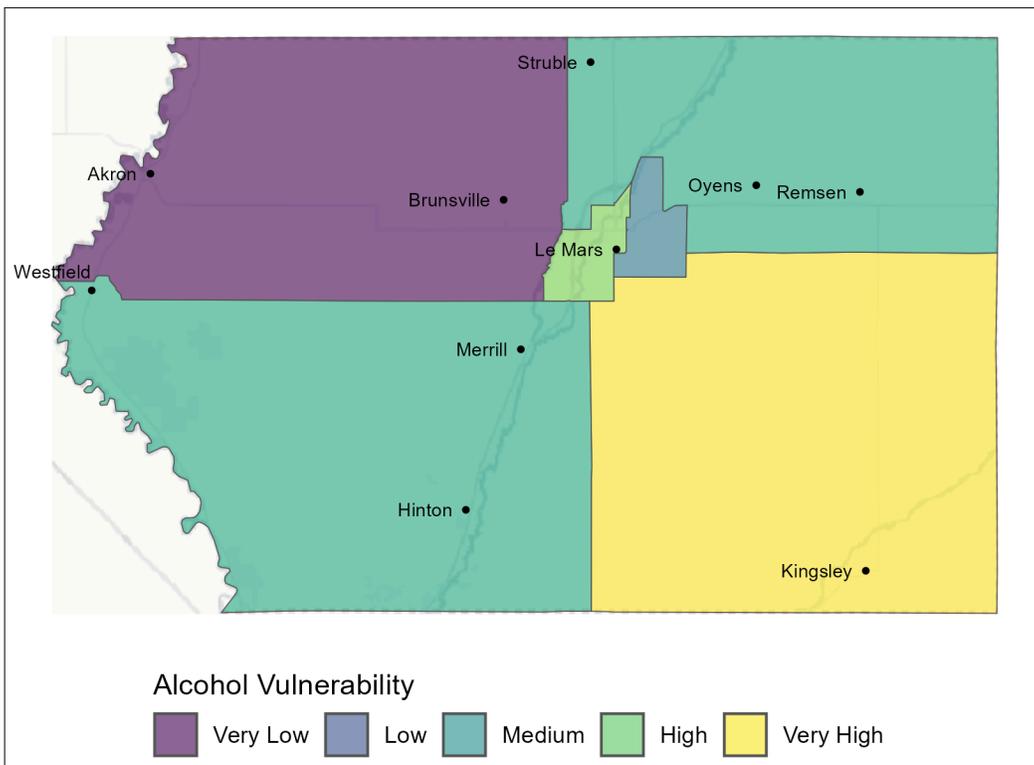


Figure 11: Cannabis Vulnerability in Plymouth County

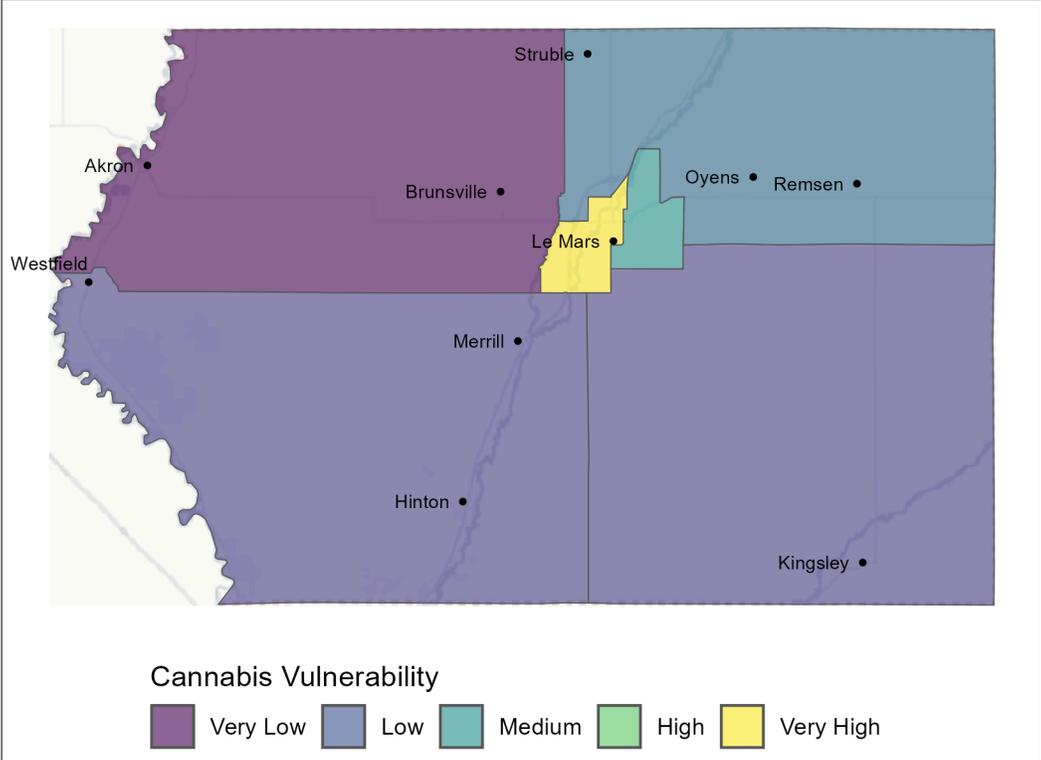


Figure 12: Cocaine Vulnerability in Plymouth County

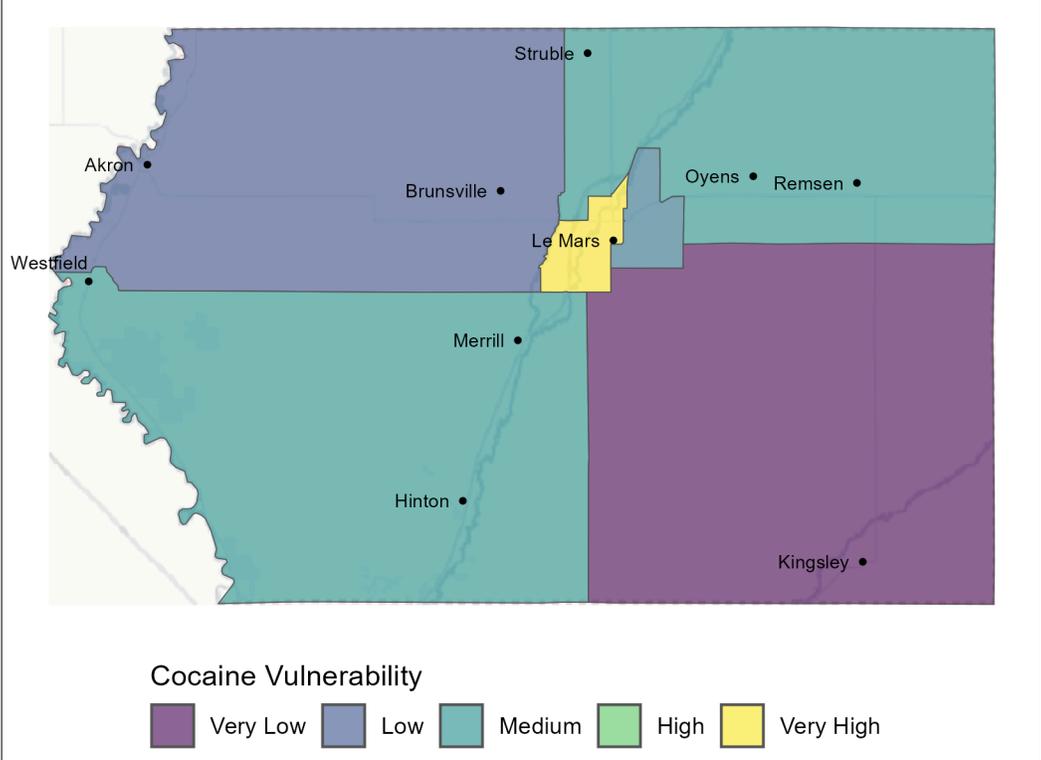
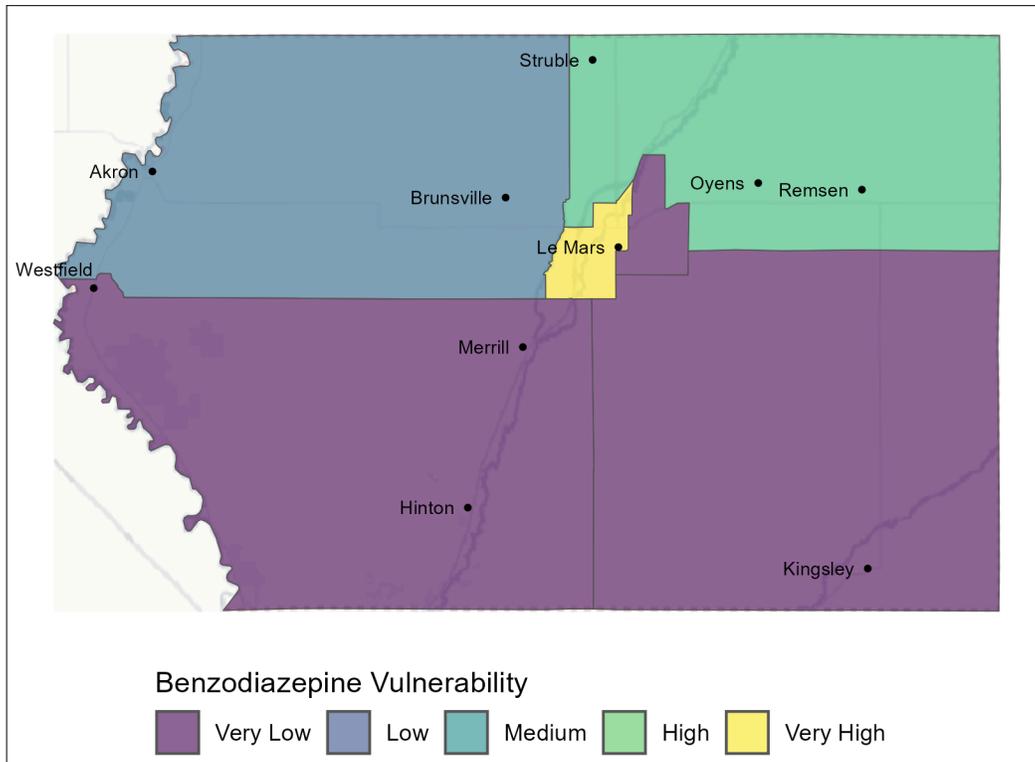


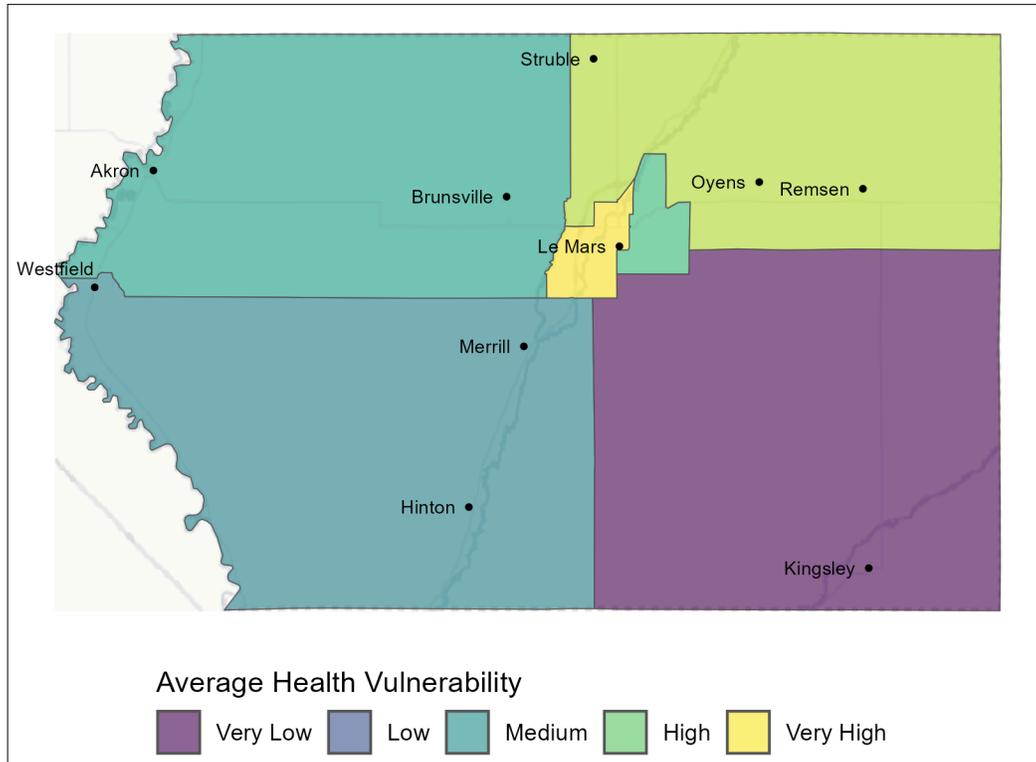
Figure 13: Benzodiazepine Vulnerability in Plymouth County



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 Plymouth 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 Plymouth 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 Plymouth County are bolded.

Table 7: RRCI in Behavioral Health Plymouth 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 Plymouth County

Table 8: Mutual Aid Meeting Directory in Plymouth County

Meeting Type	Group	Address	Weekly Meeting #
Alcoholics Anonymous	<u>Akron Tuesday Night A.A. Group</u>	220 Hardy St, Akron, IA 51001, USA	1
Alcoholics Anonymous	<u>Joe and Charlie Group</u>	801 3rd St SE, Le Mars, IA 51031, USA	1
Alcoholics Anonymous	<u>Wednesday Nite Step Group</u>	Central Ave S, Le Mars, IA 51031, USA	1
Celebrate Recovery	The Living Center	112 Central Ave NE, Le Mars, IA 51031	1
Narcotics Anonymous	Stairway to Heaven	112 Central Ave NW, Le Mars, IA 51031, USA	3

Appendix 4: Resources In Plymouth County

Table 9: Recovery Resource Directory in Plymouth County

Resource Type	Name	Address
Baseball/Softball Diamond	Diediker Field	Hinton, Plymouth County, Iowa, 51024, United States
Baseball/Softball Diamond	3 Baseball/Softball Diamonds	Akron, Plymouth County, Iowa, 51001, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Craig, Plymouth County, Iowa, 51031, United States
Baseball/Softball Diamond	4 Baseball/Softball Diamonds	Hinton, Plymouth County, Iowa, 51024, United States
Baseball/Softball Diamond	4 Baseball/Softball Diamonds	Kingsley, Plymouth County, Iowa, 51028, United States
Baseball/Softball Diamond	15 Baseball/Softball Diamonds	Le Mars, Plymouth County, Iowa, 51031, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Merrill, Plymouth County, Iowa, 51038, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Oyens, Plymouth County, Iowa, 51031, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Plymouth County, Iowa, 51062, United States
Baseball/Softball Diamond	5 Baseball/Softball Diamonds	Remsen, Plymouth County, Iowa, 51050, United States
Baseball/Softball Diamond	1 Baseball/Softball Diamond	Westfield, Plymouth County, Iowa, 51062, United States
Outdoor Basketball Court	2 Outdoor Basketball Courts	Hinton, Plymouth County, Iowa, 51024, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Le Mars, Plymouth County, Iowa, 51031, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Oyens, Plymouth County, Iowa, 51031, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Remsen, Plymouth County, Iowa, 51050, United States
Outdoor Basketball Court	1 Outdoor Basketball Court	Westfield, Plymouth County, Iowa, 51062, United States
Beach	Hillview Recreation Area	25285 Wren Rd, Hinton, IA 51024
Childcare Provider	<u>A to Z Learning Tree Preschool and School Age Care</u>	209 Barre St, Kingsley, IA, 51028
Childcare Provider	<u>Akron Children's Center</u>	270 N 4th St, Akron, IA, 51001
Childcare Provider	<u>Alyssa Kertels</u>	100 13th AVE SE, Le Mars, IA, 51031
Childcare Provider	<u>Amanda Heitritter</u>	1135 Central AVE SW, Le Mars, IA, 51031
Childcare Provider	<u>Audrey Weiler</u>	318 Fulton ST, Remsen, IA, 51050
Childcare Provider	<u>Christopher Robin Preschool</u>	220 Brandon ST, Kingsley, IA, 51028

Resource Type	Name	Address
Childcare Provider	<u>Crittenton Child Development Center</u>	601 12th ST SW, Le Mars, IA, 51031
Childcare Provider	<u>Gehlen Catholic Preschool/Daycare</u>	709 Plymouth St NE, Le Mars, IA, 51031
Childcare Provider	<u>Gehlen Y Club</u>	709 Plymouth ST SE, Le Mars, IA, 51031
Childcare Provider	<u>Guardian Angel Preschool and Daycare</u>	1391 1st Street SE, Le Mars, IA, 51031
Childcare Provider	<u>Hinton Little Hawks Preschool and Day-care</u>	315 W Grand ST, Hinton, IA, 51024
Childcare Provider	<u>Jaclyn Navrkal</u>	235 W Progress ST, Hinton, IA, 51024
Childcare Provider	<u>Le Mars Head Start & Early Head Start</u>	180 10th St, Le Mars, IA, 51031
Childcare Provider	<u>Le Mars YMCA</u>	241 12th ST SE, Le Mars, IA, 51031
Childcare Provider	<u>Little Rascals Preschool & Daycare</u>	400 1st AVE SE, Le Mars, IA, 51031
Childcare Provider	<u>Little Royals Preschool</u>	511 Roosevelt St., Remsen, IA, 51050
Childcare Provider	<u>MJ's Den - HES Location</u>	315 W Grand St, Hinton, IA, 51024
Childcare Provider	<u>Maria Blackmore</u>	200 Fowler ST, Merrill, IA, 51038
Childcare Provider	<u>Noah's Ark Pre-K</u>	858 7th Ave SE, Le Mars, IA, 51031
Childcare Provider	<u>Rebecca Remmick</u>	1130 Adler DR, Le Mars, IA, 51031
Childcare Provider	<u>Sarah Harson</u>	1530 Orbit DR, Hinton, IA, 51024
Childcare Provider	<u>St Mary's Little Hawks Preschool</u>	321 Fulton ST, Remsen, IA, 51050
Childcare Provider	<u>Susan Schilmoeller</u>	73 Broadview DR, Le Mars, IA, 51031
Drug Drop-off Site	Flyod Valley Hospital	714 Lincoln St. NE, LeMars, IA, 51031
Drug Drop-off Site	Hy-Vee Pharmacy	1201 12th Ave SW, Le Mars, IA, 51031
Drug Drop-off Site	LeMars Police Department	22 2nd St NE, Le Mars, IA, 51031
Drug Drop-off Site	Lewis Kingsley	7 West Second Street, Kingsley, IA, 51028
Family Support Specialist	<u>Children Integrated Health Home</u>	PO Box 70, Le Mars, IA 51031
Football Field	1 Football Field	Akron, Plymouth County, Iowa, 51001, United States
Football Field	1 Football Field	Hinton, Plymouth County, Iowa, 51024, United States
Football Field	1 Football Field	Kingsley, Plymouth County, Iowa, 51028, United States
Football Field	3 Football Fields	Le Mars, Plymouth County, Iowa, 51031, United States
Football Field	1 Football Field	Remsen, Plymouth County, Iowa, 51050, United States
Hospital	Floyd Valley Hospital	714 NE Lincoln St, Le Mars, IA 51031
Lake	Hillview R.A. Pond	28590 Hill Ln, Hinton, IA 51024
Lake	LeMars Pit	37076 200th St, Le Mars, IA 51031
Lake	Meadow W.A. Pond	45604 140th St, Remsen, IA 51050
Lake	Rivers Bend Wildlife Area Lake	11960 180th St, Akron, IA 51001

Resource Type	Name	Address
Lake	Silver Maple County Park Pond	17398 Birch Ave, Akron, IA 51001
Lake	Southeast Wildwood Park Pond	41283 310th St, Kingsley, IA 51028
Library	Akron Public Library	350 Reed St, Plymouth, Akron, IA, 51001
Library	Kingsley Public Library	220 Main, Plymouth, Kingsley, IA, 51028
Library	Le Mars Public Library	46 1st St Sw, Plymouth, Le Mars, IA, 51031
Library	Merrill Public Library	608 Main St, Plymouth, Merrill, IA, 51038
Library	Remsen Public Library	211 Fulton St, Plymouth, Remsen, IA, 51050
MAT Site	Dr. Cynthia Krueger Wolff M.D.	714 Lincoln Street Ne, Lemars, IA, 51031
MAT Site	Dr. David G. Wolff	C16, Akron, IA, 51001
MAT Site	Paul Raymond Niles Pa	321 Mill Street PO BOX 200, Akron, IA, 51001
Mental & Behavioral Health Center	Plains Area Mental Health	180 10th St SE, Ste 201, Le Mars, IA 51031
Other Sports Facilities	Driving Range	Hinton, Plymouth County, Iowa, 51024, United States
Other Sports Facilities	Horse Arena	Le Mars, Plymouth County, Iowa, 51031, United States
Other Sports Facilities	Le Mars Sportsmans Club	Le Mars, Plymouth County, Iowa, 51031, United States
Other Sports Facilities	Oyens Shooting Range	Plymouth County, Iowa, 51031, United States
Other Sports Facilities	Practice Green	Hinton, Plymouth County, Iowa, 51024, United States
Other Sports Facilities	Skate Park	Le Mars, Plymouth County, Iowa, 51031, United States
Other Sports Facilities	7 Other Sports Facilities	Hinton, Plymouth County, Iowa, 51024, United States
Other Sports Facilities	2 Other Sports Facilities	Hinton, Plymouth County, Iowa, 51024, United States
Public Park	1 Public Park	111 Brandon St, Kingsley, IA 51028
Peer Support Provider	<u>Adult Integrated Health Home</u>	PO Box 70, Le Mars, IA 51031
Peer Support Provider	<u>Community Based</u>	44 1st Ave NE, Le Mars, IA 51031
Peer Support Provider	<u>The Meeting Place - Drop In Center</u>	44 1st Ave NE, Le Mars, IA 51031
Pickleball Court	4 Pickleball Courts	Le Mars, Plymouth County, Iowa, 51031, United States
Place of Worship	<u>Adaville United Methodist Church</u>	21150 C38, Merrill, IA 51038, USA
Place of Worship	<u>Assembly of God Church</u>	115 4th Ave SW, Le Mars, IA 51031, USA
Place of Worship	<u>Calvary United Methodist Church</u>	901 3rd Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Calvin Christian Reformed Church</u>	326 7th St SE, Le Mars, IA 51031, USA
Place of Worship	<u>Christ Church</u>	27071 C16, Le Mars, IA 51031, USA

Resource Type	Name	Address
Place of Worship	<u>Christ Lutheran Church</u>	423 S Washington St, Remsen, IA 51050, USA
Place of Worship	<u>Church of Christ</u>	327 2nd Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Church of the Brethren</u>	313 Barre St, Kingsley, IA 51028, USA
Place of Worship	<u>Church of the Nazarene</u>	801 3rd Ave SW, Le Mars, IA 51031, USA
Place of Worship	<u>First Baptist Church</u>	201 Reed St, Akron, IA 51001, USA
Place of Worship	<u>First Baptist Church</u>	616 Remer Dr, Le Mars, IA 51031, USA
Place of Worship	<u>First Church of Christ</u>	451 Iowa St, Akron, IA 51001, USA
Place of Worship	<u>First Lutheran Church</u>	406 Co Rd C66, Kingsley, IA 51028, USA
Place of Worship	<u>First Plymouth Church</u>	16119 Hickory Ave, Le Mars, IA 51031, USA
Place of Worship	<u>First United Methodist Church</u>	33 3rd St SE, Le Mars, IA 51031, USA
Place of Worship	<u>Grace Evangelical Church</u>	243 W Main St, Hinton, IA 51024, USA
Place of Worship	<u>Grace Lutheran Church</u>	1430 7th Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Immanuel Lutheran Church</u>	251 Main St, Akron, IA 51001, USA
Place of Worship	<u>Kingsley Baptist Church</u>	402 E 3rd St, Kingsley, IA 51028, USA
Place of Worship	<u>Le Mars Bible Church</u>	285 3rd Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Le Mars Church of Christ</u>	1173 Adler Dr, Le Mars, IA 51031, USA
Place of Worship	<u>Melbourne Church</u>	27987 Jade Ave, Merrill, IA 51038, USA
Place of Worship	<u>Presbyterian United Church</u>	858 7th Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Saint Catherine Church</u>	205 Catholic St, Le Mars, IA 51031, USA
Place of Worship	<u>Saint Georges Episcopal Church</u>	414 1st Ave SE, Le Mars, IA 51031, USA
Place of Worship	<u>Saint James church</u>	109 6th Ave SW, Le Mars, IA 51031, USA
Place of Worship	<u>Saint Johns Church</u>	22543 C16, Akron, IA 51001, USA
Place of Worship	<u>Saint Johns Lutheran Church</u>	201 1st Ave NW, Le Mars, IA 51031, USA
Place of Worship	<u>Saint Johns Lutheran Church</u>	735 Co Rd K42, Merrill, IA 51038, USA
Place of Worship	<u>Saint Joseph Catholic Church</u>	527 Center St, Merrill, IA 51038, USA
Place of Worship	<u>Saint Joseph Church</u>	20 6th Ave NE, Le Mars, IA 51031, USA
Place of Worship	<u>Saint Joseph Church</u>	23533 Co Rd K22, Merrill, IA 51038, USA
Place of Worship	<u>Saint Joseph Church</u>	430 Main St, Struble, IA 51031, USA
Place of Worship	<u>Saint Josephs Church</u>	JVWM+HQ Neptune, IA, USA
Place of Worship	<u>Saint Marys Roman Catholic Church</u>	305 Fulton St, Remsen, IA 51050, USA
Place of Worship	<u>Saint Michaels Church</u>	208 Brandon St, Kingsley, IA 51028, USA
Place of Worship	<u>Saint Patricks Catholic Church</u>	611 Dakota St, Akron, IA 51001, USA
Place of Worship	<u>Saint Paul Church</u>	24962 C38, Merrill, IA 51038, USA
Place of Worship	<u>Saint Pauls Lutheran Church</u>	503 S Washington St, Remsen, IA 51050, USA

Resource Type	Name	Address
Place of Worship	<u>Saint Peter Lutheran Church</u>	250 Oak St, Brunsville, IA 51008, USA
Place of Worship	<u>Seney United Methodist Church</u>	35201 2nd St, Le Mars, IA 51031, USA
Place of Worship	<u>Stanton Church</u>	31881 250th St, Merrill, IA 51038, USA
Place of Worship	<u>Trinity Church</u>	29014 Lake Ave, Hinton, IA 51024, USA
Place of Worship	<u>Trinity Lutheran Church</u>	220 Hardy St, Akron, IA 51001, USA
Place of Worship	<u>Union Church</u>	39041 Co Rd C44, Le Mars, IA 51031, USA
Place of Worship	<u>United Methodist Church</u>	201 W Grand St, Hinton, IA 51024, USA
Place of Worship	<u>United Methodist Church</u>	305 Barre St, Kingsley, IA 51028, USA
Place of Worship	<u>United Methodist Church</u>	335 Co Rd C44, Merrill, IA 51038, USA
Place of Worship	<u>Wesley United Methodist Church</u>	350 Main St, Akron, IA 51001, USA
Place of Worship	<u>Westfield Congregational Church</u>	110 Brule St, Westfield, IA 51062, USA
Playground	1 Playground	111 Brandon St, Kingsley, IA 51028
Playground	1 Playground	1169 SE 7th Ave, Le Mars, IA 51031
Rural Health Clinic	Akron Clinic	321 Mill Street, Akron, IA, 51001
Rural Health Clinic	Kingsley Mercy Medical Clinic	111 Main Street, Kingsley, IA, 51028
School	Akron Westfield Elementary School	850 Kerr Dr, Akron, IA
School	Akron Westfield Middle School	850 Kerr Dr, Akron, IA
School	Akron Westfield Senior High School	850 Kerr Drive, Akron, IA
School	Clark Elementary School	201 2nd Ave NW, Le Mars, IA
School	Franklin Elementary School	400 3rd Ave SE, Le Mars, IA
School	Gehlen Catholic Elementary School	709 Plymouth Street NE, Le Mars, IA
School	Gehlen Catholic High School	709 Plymouth St NE, Le Mars, IA
School	Hinton Elementary School	315 West Grand, Hinton, IA
School	Hinton High School	315 W. Grand, Hinton, IA
School	Hinton Intermediate School	315 W. Grand, Hinton, IA
School	Individualized Learning Center	940 Lincoln Street SW, Le Mars, IA
School	Kingsley Elementary School	322 Quest Avenue, Kingsley, IA
School	Kingsley-Pierson High School	322 Quest Avenue, Kingsley, IA
School	Kluckhohn Elementary School	1338 Central Ave SE, Le Mars, IA
School	Le Mars High School	921 3rd Ave SW, Le Mars, IA
School	Le Mars Middle School	977 3rd Ave SW, Le Mars, IA
School	Remsen-Union Elementary School	511 Roosevelt St, Remsen, IA
School	Remsen-Union Middle School	511 Roosevelt , Remsen, IA
School	St Mary's Grade School - RSM	321 Fulton St, Remsen, IA
School	St Marys High School - RSM	523 Madison St, Remsen, IA
Section 8 Housing	Floyd Valley Apartments	110 6th Ave NE, Le Mars, IA, 51031

Resource Type	Name	Address
Section 8 Housing	Kingston Apartments	315 E 4th St, Kingsley, IA, 51028
Section 8 Housing	Lemars Estates	650 4th Ave NE, Le Mars, IA, 51031
Section 8 Housing	Lemars Independent Living	1205 6th Ave SE, Le Mars, IA, 51031
Section 8 Housing	Ridgewood	260 S 4th St, Akron, IA, 51001
Section 8 Housing	Willow Creek Place (RAD for PRAC)	620 14th Ave NE, Le Mars, IA, 51031
SUD or Gambling Treatment Center	<u>Plains Area Mental Health Center, Inc.</u>	Suite 201 PO Box 70 180 10th St. SE, LeMars, IA, 51031
SUD or Gambling Treatment Center	<u>Rosecrance Jackson Centers</u>	119 1st St. SW, Le Mars, IA, 51031
Tennis Court	2 Tennis Courts	Kingsley, Plymouth County, Iowa, 51028, United States
Tennis Court	13 Tennis Courts	Le Mars, Plymouth County, Iowa, 51031, United States
Tennis Court	2 Tennis Courts	Remsen, Plymouth County, Iowa, 51050, United States
Outdoor Volleyball Court	Sand Volleyball	Hinton, Plymouth County, Iowa, 51024, United States
Outdoor Volleyball Court	2 Outdoor Volleyball Courts	Merrill, Plymouth County, Iowa, 51038, United States
Outdoor Volleyball Court	1 Outdoor Volleyball Court	Plymouth County, Iowa, 51024, United States
Outdoor Volleyball Court	1 Outdoor Volleyball Court	Remsen, Plymouth County, Iowa, 51050, United States
YMCA	Le Mars Area Family YMCA	201 SE 12th St, Le Mars, IA 51031