

# Advancing Substance Use Recovery in Iowa

“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.**” -SAMHSA



Iowa has the 4<sup>th</sup> highest  
binge drinking rate<sup>1</sup>



Methamphetamine  
deaths are at an  
all time high<sup>2</sup>



Only 26% of Iowans who  
needed substance use  
treatment receive it<sup>3</sup>

**Recovery Community Centers (RCCs)** are free community resource hubs offering a variety of services and support to people in substance use recovery. Typical RCC services include substance free socials, peer support meetings, and recovery coaching.

*Between January 2024 and July 2025,  
Iowa's RCC's<sup>4</sup> had...*

# 122,621

**touchpoints** with people in  
recovery and recovery allies

# 3,819

**peer-support groups**  
onsite and in the  
community

# 5,721

unique **visitors**  
across 21,966 visits



Visit [Recovery-Iowa.org](https://www.recovery-iowa.org)  
to learn more

(1) Centers for Disease Control and Prevention. (2024, August 6). Data on excessive alcohol use. U.S. Department of Health and Human Services. [https://www.cdc.gov/alcohol/excessive-drinking-data/index.html#cdc\\_data\\_surveillance\\_section\\_2-binge-drinking-by-the-numbers](https://www.cdc.gov/alcohol/excessive-drinking-data/index.html#cdc_data_surveillance_section_2-binge-drinking-by-the-numbers)

(2) Iowa Department of Public Safety, Office of Drug Control Policy. (2025). Iowa drug control strategy & drug use profile. Office of Drug Control Policy's Iowa Drug Control Strategy & Drug Use Profiles, 2025

(3) Substance Abuse and Mental Health Services Administration. (2025, February 27). 2022–2023 NSDUH state-specific tables: Iowa [PDF]. U.S. Department of Health and Human Services. [https://www.samhsa.gov/data/sites/default/files/reports/rpt56188/2023-nsduh-sae-state-tables\\_0/2023-nsduh-sae-state-tables-iowa.pdf](https://www.samhsa.gov/data/sites/default/files/reports/rpt56188/2023-nsduh-sae-state-tables_0/2023-nsduh-sae-state-tables-iowa.pdf)

(4) For Iowa HHS Funded RCCs including Crush, Full Circle Des Moines, Full Circle Council Bluffs, Rise, and Rediscover. The data points reflect services provided across multiple funding streams.

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