

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 4th highest binge drinking rate¹



Methamphetamine deaths are at an all time high²



Only 26% of Iowans who needed substance use treatment receive it³

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's⁴ 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

(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-tabs-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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