



Substance Use Recovery in Iowa

Iowa's Recovery Community Centers and affiliated peer-governed Recovery Community Organizations provide free, nonclinical recovery support services statewide to sustain substance use recovery after treatment. Services include:

- Peer coaching
- Recovery groups
- Housing navigation
- Employment readiness
- Justice transition support
- Virtual recovery access



Iowa has the 4th highest binge drinking rate¹



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



Methamphetamine deaths are at an all time high²



Peer recovery support can save thousands per person in healthcare costs⁴



Visit 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) Castedo de Martell, S., Moore, M. B., Wang, H., Holleran Steiker, L., Wilkerson, J. M., Ranjit, N., McCurdy, S. A., & Brown, H. S., 3rd (2025). The cost-effectiveness of long-term post-treatment peer recovery support services in the United States. *The American journal of drug and alcohol abuse*, 51(2), 180–190. <https://doi.org/10.1080/00952990.2024.2406251>

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