



## Recovery Iowa

Recovery-iowa.org is an online resource to support Iowans in their recovery journeys. The website connects people with resources to enhance their overall well-being and relationships with the people they love. The website includes six key features:

### Evidence-Based Tips for Recovery

These tips encourage recovery and help people take healthy steps to improve their well-being. Each tip includes links to resources, activities, and opportunities to help viewers learn more about caring for themselves while recovering.

### Find a Meeting

The Meetings Finder provides up-to-date information on 15 different types of recovery meetings, including Alcoholics Anonymous and Narcotics Anonymous. This tool simplifies finding meetings by offering a map interface that filters meetings by location, day of the week, time, and meeting format.

### Locate Recovery Resources

The Recovery Resource Finder allows people to locate hospitals, mental health centers, peer support providers, recovery housing, veterans affairs health centers, drug drop-off locations, medication-assisted treatment, and more nearby and available to them.

### Discover Well-being Resources

The Well-being Resource Finder displays resources related to overall well-being. Visitors can locate childcare providers, libraries, parks, playgrounds, section eight housing, intimate partner violence programs, and more.

### Community Recovery Readiness Assessments

The website includes community reports for 275 Iowa towns and cities. These reports provide insight into the recovery culture of Iowa communities by assessing the landscape of recovery and community resources, identifying neighborhoods in need, and highlighting health disparities. The reports also assess how ready a community is to support a Recovery Community Center (RCC) with the help of the Recovery Ready Community Index (RRCI).

### Voices of Recovery

This page provides real stories from real people with lived experiences to remind visitors of the possibility for success in their recovery journey and normalizing all pathways to recovery.

Scan the QR code to visit the website!

