

# Recovery Iowa- Decorah 360

Report provided to the Iowa Department of Public Health,  
Substance Abuse Bureau

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**PUBLIC SCIENCE  
COLLABORATIVE**

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## Overview

At the request of the Iowa Department of Public Health, Bureau of Substance Abuse, the Public Science Collaborative (PSC) developed community-specific reports to support recovery efforts in Iowa. Recognizing the need to strengthen substance use recovery efforts throughout the state, we identified a large number of existing recovery-oriented resources in Decorah, which we describe and map in the pages that follow. We developed additional maps to identify at-risk neighborhoods that will benefit from targeted health interventions and additional community resources.

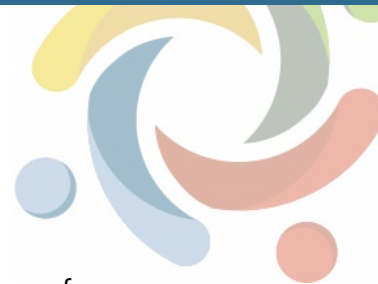
For additional questions or information about this report, the data tools described, or the Public Science Collaborative, please reach out to the principal investigators of this study, Dr. Shawn Dorius at [sdorius@iastate.edu](mailto:sdorius@iastate.edu), or Dr. Cassandra Dorius at [cdorius@iastate.edu](mailto:cdorius@iastate.edu).

A handwritten signature in black ink, appearing to read "Shawn Dorius".

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## What is Recovery?

Though substance use recovery is an evolving concept that has been defined in a number of ways over the years, an emerging consensus is that recovery is a voluntary path toward improved personal wellbeing coupled with a diminished risk of substance use relapse. As noted by Bill White (2007):

*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.*

In White's view, resources help individuals, families, and communities in two ways. First, they help address alcohol and other drug-related problems (for example, addiction, unemployment, housing instability, family separation), and second, they support health, productivity, and meaning in post-treatment life. The appeal of this view is that it is explicit and direct in its recognition that recovery involves not only internal resources such as mental, emotional, and genetic factors but also external ones. In thinking about where to focus federal and state resources to develop a network of community-based recovery centers in Iowa, the key question is, "What kinds of external resources matter most for sustained SUD recovery?"

*If we knew which resources were most helpful to long-run recovery, we could target towns and cities with large stocks of 'recovery resources' to grow Recovery Community Centers.*

## What is A Recovery Community Center?

**Recovery Community Centers (RCCs)** represent low-cost, member-driven, voluntarist, locally managed, and community-engaged pathways to sustainable recovery for people with substance use disorder, or SUD. RCCs accomplish these goals by linking people to existing resources and infrastructure and promoting a vibrant recovery culture based in a **physical community center where people in recovery can visit, engage with others in recovery, and access resources**. RCCs are an innovative, safe, and helpful source of community recovery support that provides linkages to existing local services and resources that support recovery for people with a substance use or mental health disorder. RCCs support recovery by helping people in the community who have a history of substance use to develop recovery capital, the personal resources that enable people to live healthy, productive, and community engaged lives. RCCs do this by connecting members of the recovery community, called peers, with different types of services such as recovery coaching, medication assisted treatment, connection to employment services and child care, recovery-oriented housing, or education and workforce development training services. Located in the heart of the community, Recovery Community Centers improve the ability of the local recovery community to care for one another, and they also help destigmatize the lives of people in recovery.



The RCC model of recovery is validated by academic studies and is promoted by both the SUD community and public health officials. However, finding the right communities for RCC development in Iowa has proven difficult, underscoring the fact that Iowa is one of just a few states in the U.S. that has yet to adopt the recovery community model.

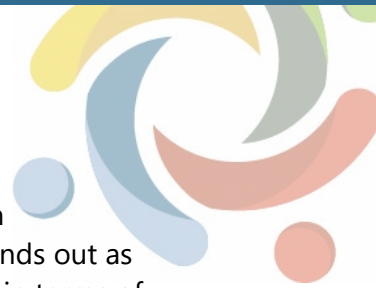
## Is Your Community Recovery Ready?

*What is the RRCI and how was it created?* We consulted scientific literature on substance use recovery and engaged key stakeholders who work directly with people in recovery around the country and in Iowa. This helped us to identify 17 unique community-based resources that we collected for almost all of Iowa's 944 cities and towns. In total, we found nearly 16,000 community features that support recovery. We mapped and analyzed these resources so we could 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 encompasses four dimensions: breadth, depth, size, and strength. Breadth of recovery resources was measured by counting the number of different types of recovery resources in each county and community. For example, counting if there is at least one hospital, one treatment center, and one drug drop off location in town. Depth of recovery resources was measured by first counting the total number of resources in each category and then ranking cities accordingly. This gives added importance to places that have, for example, more than one medication assisted treatment provider and many different recovery houses in town. Size of local recovery culture was measured by the total number of weekly mutual aid and peer support meetings per week in each city (e.g. total number of NA and AA meetings). Finally, the strength of the recovery community was measured as the difference between the total number of weekly peer support meetings and the number of meetings expected, based upon the total population of each town. These four dimensions were used to create the Recovery Ready Community Index. The RRCI is the simple average of each town's ranking across the four dimensions or recovery readiness. Places that ranked high on all four dimensions are labeled as especially recovery ready.

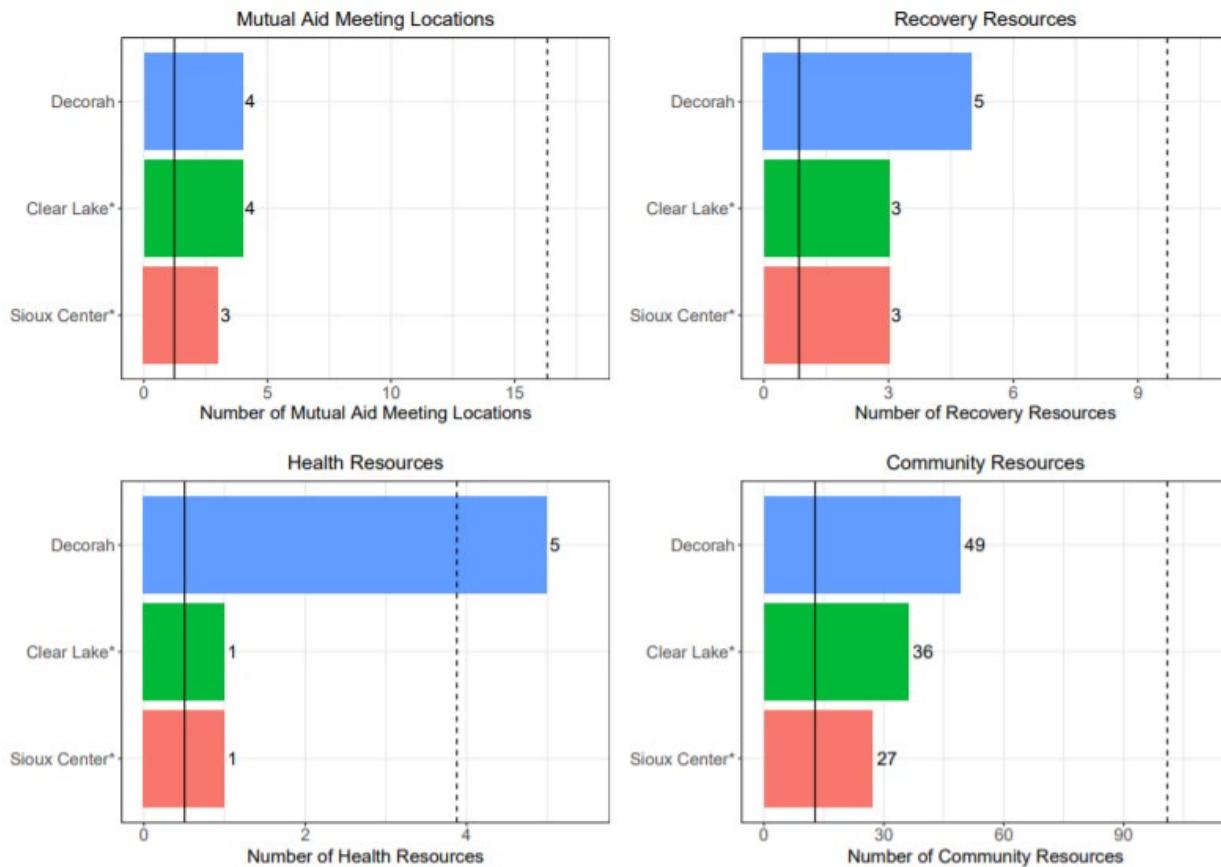
*How recovery ready is your community? Are you well-positioned to support a Recovery Community Center in your community?* Relative to all cities, Decorah ranks high in terms of its recovery readiness. **According to the Recovery Ready Community Index (RRCI), Decorah scored 32.9, placing it in the top 30 communities in Iowa** (Iowa's RRCI state average is 32.7). With four mutual aid and peer support meeting locations each week, the size of the recovery culture in Decorah is among the smallest in the state. Despite this, Decorah also has a strong recovery culture, meaning that the eight peer support meetings each week (held at the locations noted previously) are more than would be expected for a town of this size. Decorah also scored high on the breadth score (15), indicating that it has a wide variety of different recovery resources to support its residents on the individual recovery journey. In short, Decorah is well-positioned to support a thriving recovery culture, including the development of a recovery community center.

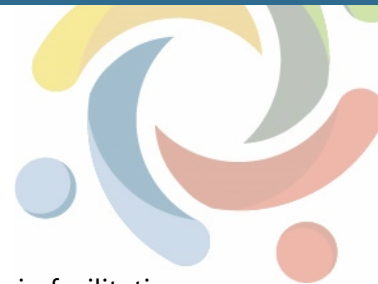
Another way to understand recovery resources in Decorah is to compare it to other towns of roughly similar size. Decorah exceeded the state average (illustrated with a solid line in Figure 1) but not the



average of the 50 largest communities (illustrated with a dashed line in Figure 1). When we compared it to the similarly-sized cities of Clear Lake and Sioux Center, Decorah stands out as especially strong on total number of health resources, but similar to both communities in terms of total weekly mutual aid meetings, recovery resources, and community resources. However, compared to Clear Lake and Sioux Center, Decorah scores higher in each of the four categories of interest. In terms of total resources, Decorah is poised to leverage extensive recovery resources to support its population of residents with a history of substance use.

**Figure 1.** *Recovery Ready Community Index: Comparison of Decorah to Other Iowa Communities on 'Recovery Readiness'*





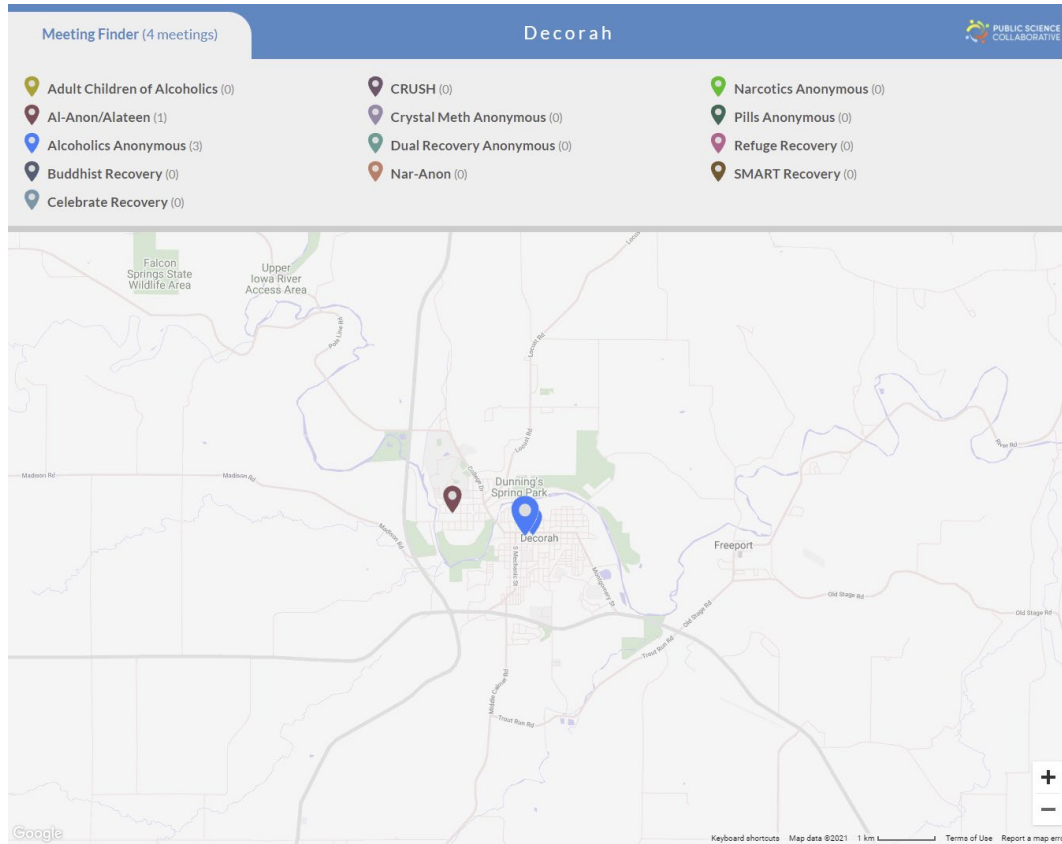
## What Peer Support Meetings are Available in Your Area?

Recovery meetings, such as Alcoholics and Narcotics Anonymous, play a significant role in facilitating the recovery process. Despite the importance of these meetings there is no coherent 'one stop shop' to find the meeting you need, when you need it. People usually need to go through several steps, such as searching for meetings on Google, or looking for a specific meeting time or place on a local listings' website. It can be hard enough to connect with peer support during the best of times, but doubly difficult when you are in crisis and questioning your recovery. Magnifying the challenge of finding the right meeting at the right time is being new to a community, unfamiliar with the members of a local meeting, and being in a moment of duress.

We developed the PSC Meeting Finder Tool to make it easier to find local meetings. We do this by presenting a map-based list of meetings all throughout Iowa and we update the map every single day. It's a simple interface that helps people to find the appropriate meetings nearby, right now. Users can filter meetings by time of day, day of week, or whether childcare is available, for example, to find the right meeting at the right time. Having a responsive design, PSC Meeting Finder Tool runs efficiently and quickly on many different kinds of computers and mobile devices such as smartphones. Figure 2 is a screen capture of the PSC Meeting Finder tool where you can see the location of all known peer support meetings in your community. A web version of this map is available at: <http://public-science.org/reportmaps/decorah/mf.php>. A full listing of these resources is provided as a table with meeting, type, group name, number of meetings per week, and location of meetings in Appendix 2.



**Figure 2.** Decorah Peer Support Meetings



Note: Larger markers indicate the locations that host more than one meeting per week. (Min=1, Max=9). For example, in Decorah there are eight total meetings hosted each week in the four locations identified above.

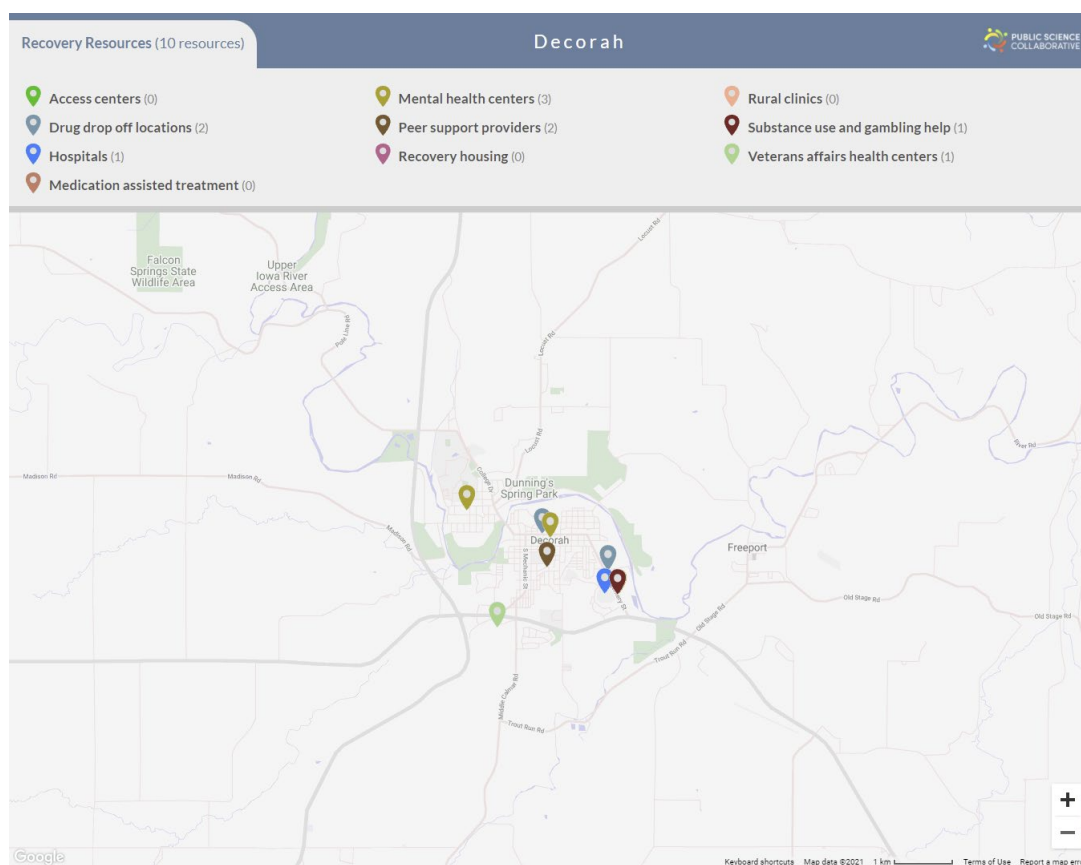
Decorah has about four peer support meeting locations in a given week. The majority of these meetings are sponsored by Alcoholics Anonymous. The map reveals some places where there are few or no weekly meetings, which may help local peer support groups to identify new places to sponsor a meeting and support local recovery.



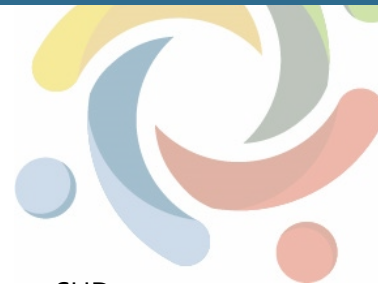
## What Recovery Resources Are Available in Your Area?

Despite their importance, community-based recovery resources can be hard to find. Whether a person is new to the community or a long-term resident, some resources remain unknown to many people in the community. The PSC Recovery Resource Locator aims to help solve this problem. Figure 3 is a screen capture of the PSC Recovery Resource Locator where you can see the location of some of the great resources your community offers to its recovery community. A web version of this map is available at: <http://public-science.org/reportmaps/decorah/rr.php>. A full listing of these resources is provided as a table with resource name, type, and location in Appendix 3.

**Figure 3.** Recovery Resources in Decorah



Decorah has about 10 recovery resources available for its residents to live their best lives and to support those in recovery from substance use disorders. Recovery resources include access centers, drug drop off locations, medication assisted therapy, mental health centers, peer support providers, recovery housing, SUD and gambling support, and Veterans Affairs health clinics. There are at least two drug drop off locations to allow individuals to dispose of their unneeded prescription drugs to limit abuse of these substances. Many mental health providers are available to support the mental



health challenges associated with SUD. Community members support one another in about two mutual aid and peer support programs available to those who want or need this type of support. Rounding out the available recovery resources are the two or so SUD treatment facilities and Veterans Affairs health clinics in the community. This list of recovery resources available in Decorah show that the community may be poised to address the needs of community members touched by SUD.

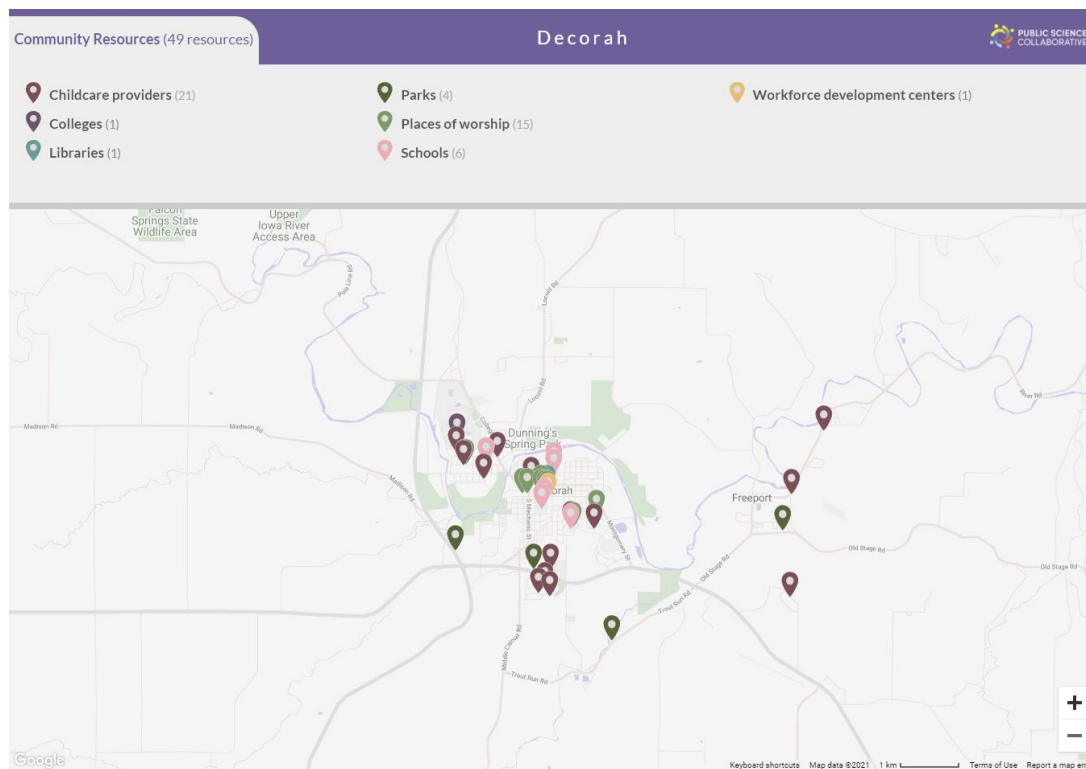
### What Community Resources are Available in Your Area?

In addition to peer support meetings and clinical care, people in recovery benefit from other community resources. For example, having easy access to parks and natural areas has been shown to support substance use recovery. Participation in community groups, including religious organizations, may be a source of strength and support for many people in recovery. We have identified many additional community assets that can help people in their own recovery journey. The state of Iowa has a wide range of public and private institutions and organizations dedicated to providing health and human services, support, and activities to improve quality of life and wellbeing of all Iowans. The PSC Community Resource Locator is a utility for discovering many of these resources. Figure 4 is a screen capture of the PSC Community Resource Locator where you can see the location of some of the great resources your community offers to its recovery community. A web version of this map is available at: <http://public-science.org/reportmaps/decorah/cr.php>. A full listing of these resources is provided as a table with resource name, type, and location in Appendix 4.





**Figure 4.** Community Resources in Decorah



Decorah has many community resources available to support its residents in recovery from substance use disorders. In fact, the community boasts about 50 community resources, including childcare providers, universities and technical colleges, libraries, parks, places of worship, K-12 schools, and workforce development centers. Childcare resources are plentiful with about 20 providers in the community, but this may have changed since the data were collected before the Covid-19 pandemic. There are many educational resources available with a college and about five K-12 schools. Additionally, we found there was a public library and several parks in the city. Where Decorah shined was in the availability of places of worship with approximately 15 available across the area. To cap all of these resources, the workforce development office provides many services to those seeking employment in the community. With all of these resources in the community, Decorah has a lot of potential to support those in the community who are recovering from substance use disorders.



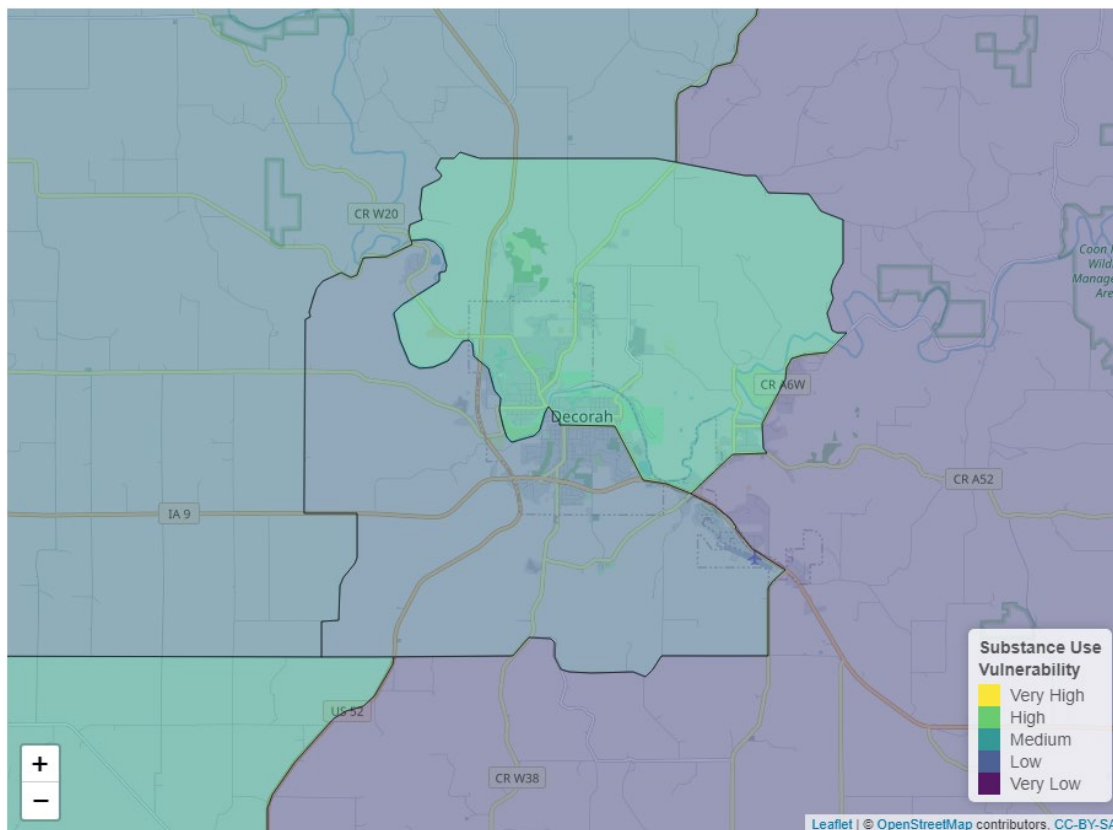
### Which Neighborhoods in Your Community Need Additional Health Resources and Support?

The Public Science Collaborative has developed data resources to help community organizations, local governments, and public health practitioners to more effectively target substance use prevention, treatment, and recovery interventions to the places in greatest need of resources. Geographic 'hot spots' identify places where local residents are at especially high risk for substance use disorder. We estimated statistical models using administrative data from the Treatment Episode Admissions Dataset (TEDS-A) and the National Survey of Drug Use and Health (NSDUH) to measure significant relationships between substances of misuse and socio-demographic characteristics known to affect health equity and substance use vulnerability. Neighborhood characteristics associated with each substance (e.g. methamphetamine, benzodiazepines) were overlaid with Census Bureau estimates of these same neighborhood characteristics, by census tract. Once mapped, these data help us to identify places with especially high concentrations of at-risk characteristics in need of targeted resources to reduce health inequities. You can learn more about the underlying models for this index in Appendix 1. The resulting maps are included in the pages below.

According to our models and maps, neighborhoods in Decorah have distinctive risk profiles, with some at especially high (or low) risk of harmful use of a specific substance, such as heroin, opioids, or methamphetamine. These maps can guide public health outreach efforts and enable more targeted, substance-specific interventions based upon known neighborhood risk factors. We also developed a city map to identify overall substance use vulnerability, which can be used to support generalized substance use prevention, treatment, and recovery interventions. According to our maps, neighborhoods in Decorah are moderately vulnerable to heroin or methamphetamine use, and significantly vulnerable to opioid use. Decorah as a whole ranks in the middle on overall substance use vulnerability.



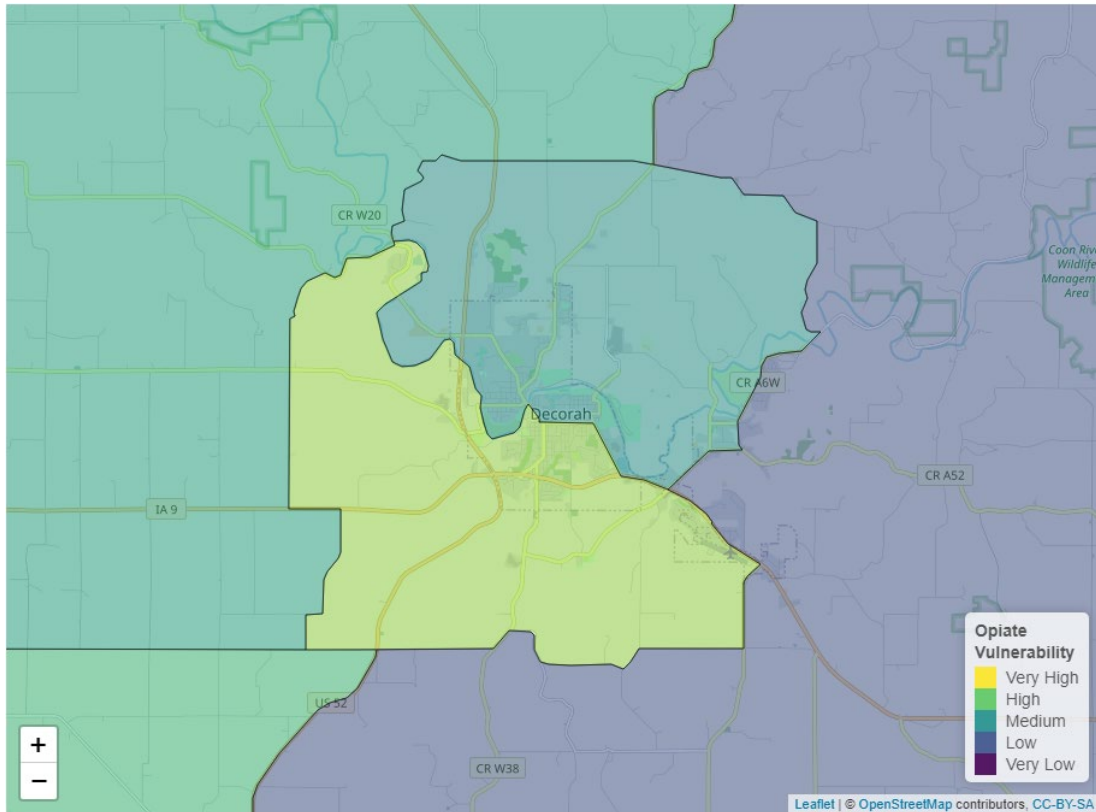
**Figure 5.** Neighborhood Vulnerability Index, All Substance Use



The overall level of substance use vulnerability in Decorah is low to middling (see Figure 5). The biggest area of concern is the north half of town, which contains both Luther College and the high school. This area has a medium level of risk according to the vulnerability index. The southern half of town and the surrounding area have moderately low levels of overall substance risk. Some of the reason for the substance use vulnerability being as high as it is for the north part of town is a high level of risk for other substances that we won't be focusing on in this report.



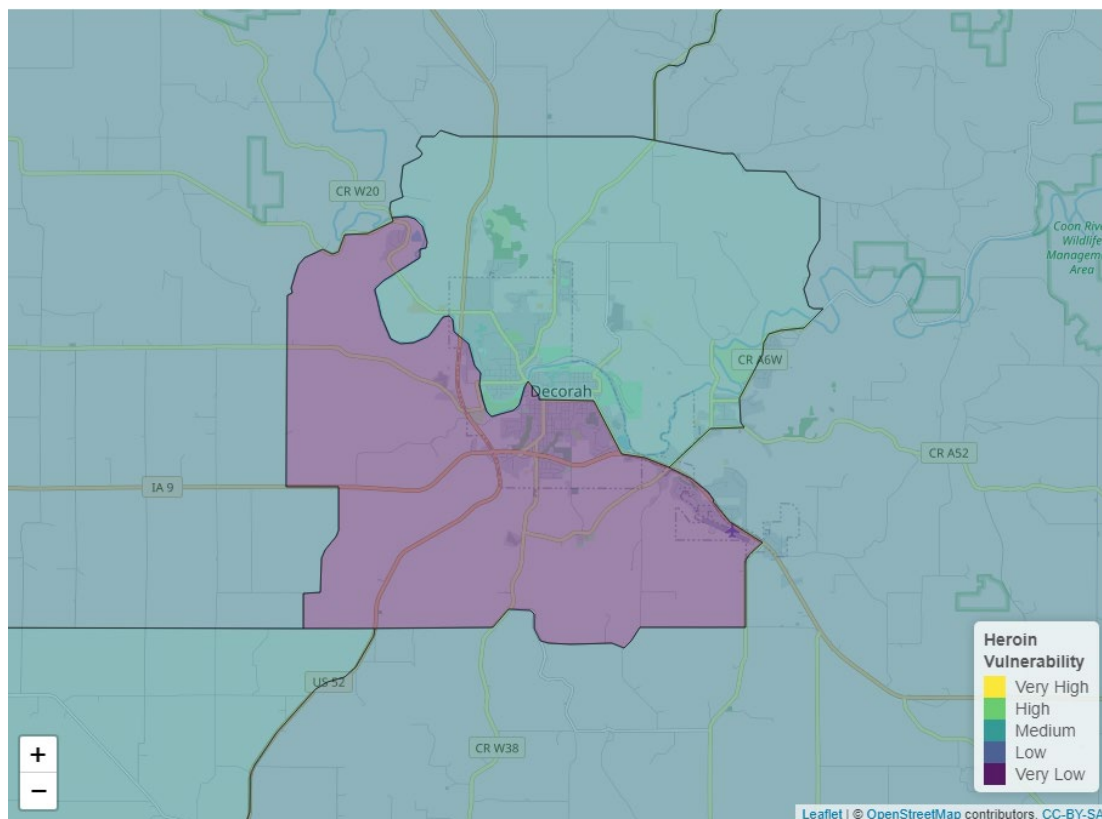
**Figure 6.** Neighborhood Vulnerability Index, Opioid Use



Decorah’s vulnerability to opioid use is high in comparison to other substances (see Figure 6). The southern neighborhood actually has a very high level of risk, scoring a 4.3 out of 5 on the index. The area to the north and west both have a medium to high level of vulnerability as well. This should be one of the areas of biggest concern for the Decorah community.



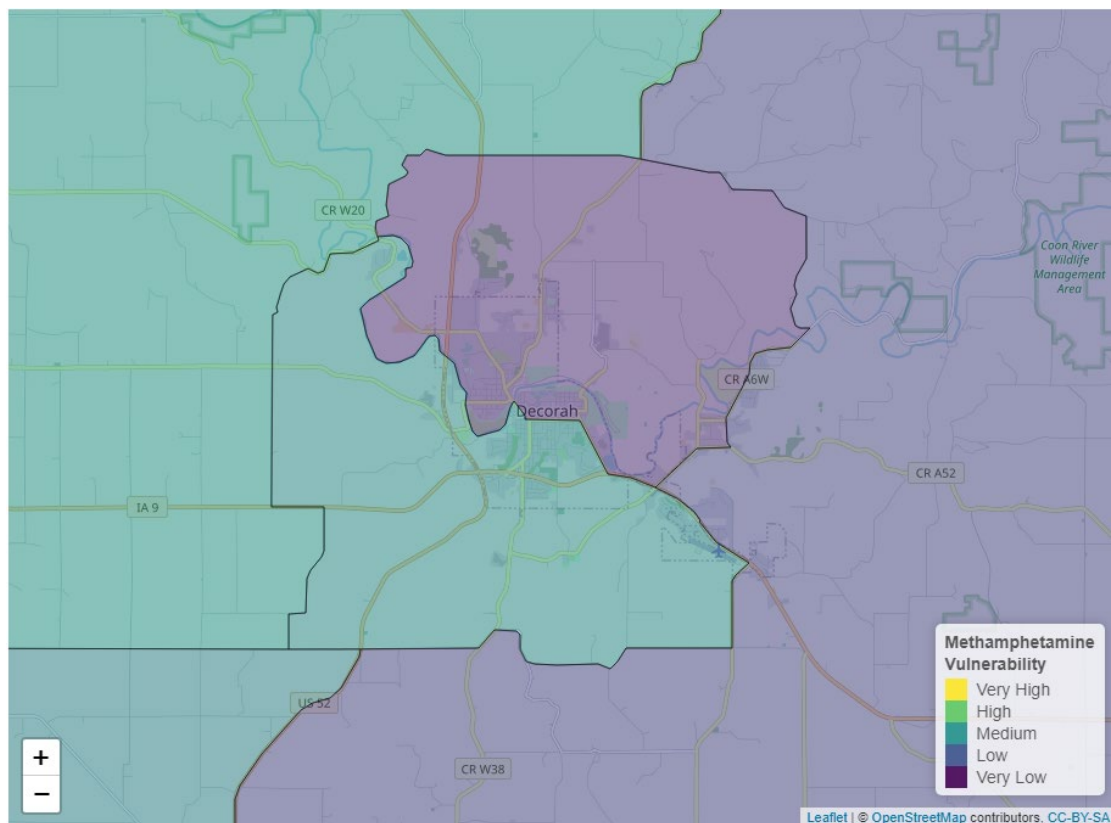
**Figure 7.** Neighborhood Vulnerability Index, Heroin Use



The threat of heroin use in Decorah is medium to low overall (see Figure 7). The southern neighborhood has a very low level of vulnerability to heroin use. The rest of the map shows a higher level of risk, but nothing out of the ordinary. Overall, Decorah is about average in comparison to other Iowa communities when it comes to heroin vulnerability.



**Figure 8.** Neighborhood Vulnerability Index, Methamphetamine Use



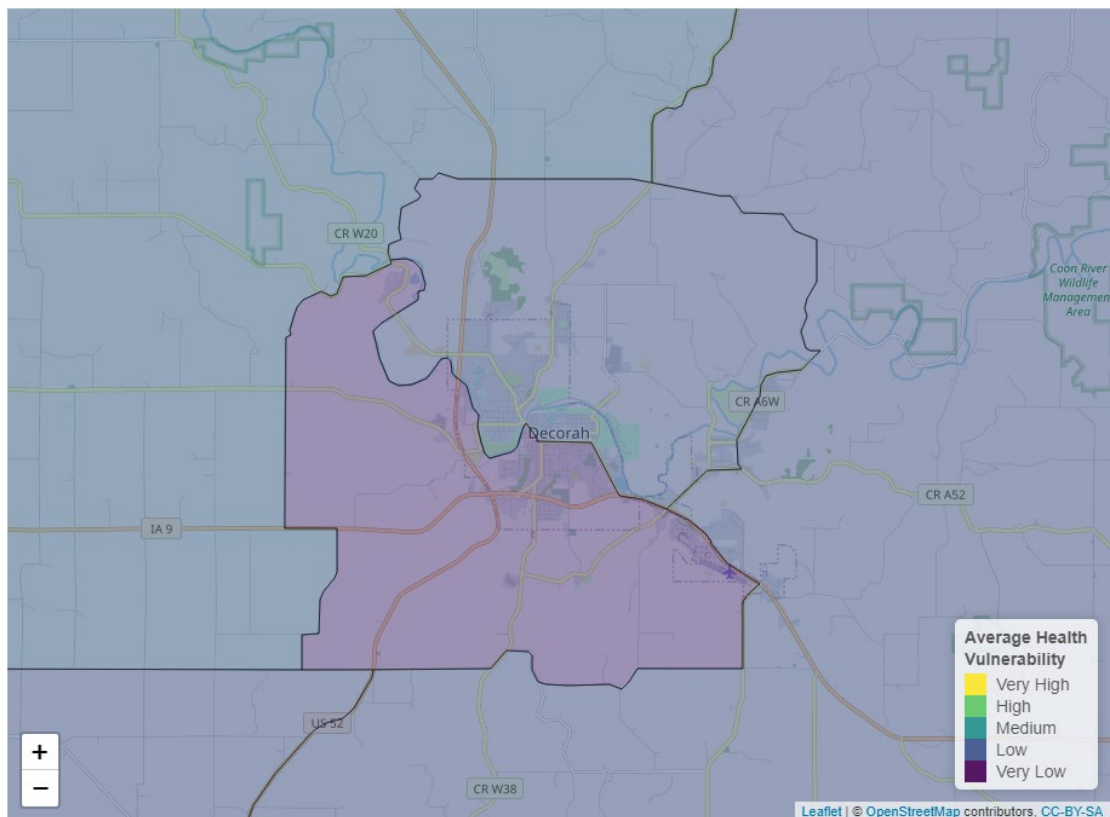
Much like heroin use, Decorah's vulnerability to methamphetamine use is low in some areas and moderate in others, but not very high (see Figure 8). The northern part of the town and the area to the east have a very low level of risk. To the south and west, there is a medium level of vulnerability. When it comes to substance use in Decorah, methamphetamine isn't one of the major potential dangers for the community.

### What's Driving Health Disparities in Your Community?

In addition to the neighborhood vulnerability maps above, the Public Science Collaborative created a neighborhood map to understand health disparities in Decorah that draws on well-established social determinants of health. By social determinants, we refer to health risks that are social in origin and tend to be unevenly distributed within a city or town. For example, in places with high average levels of education and low unemployment rates, residents tend to also have better overall health (e.g. longer life span and more healthy years of living). In places where average incomes are low and the rates of single parenting are high, people often have worse health, including higher death rates due to overdose and fewer healthy days. Knowing something about where the social determinants of health support wellbeing and where their scarcity decreases wellbeing can help local community organizations and governments to better target investments to reduce health disparities between neighborhoods.



**Figure 9.** Neighborhood-Level Health Disparities, Social Determinants



According to the social determinants we considered, Decorah is a community with very low levels of health vulnerability (see Figure 9). Of the five factors considered, Decorah ranked very low on the scale on all of them. There is some level of poverty, with 13% of the population in the northern half of the city falling below 125% of the federal poverty line. Even that is a low number when compared to other major Iowa communities, however. From this we can conclude that risk of health disparity in Decorah is relatively low.



## APPENDIX 1: Data Used in this Report

### Recovery Ready Community Index (RRCI)

Data Tool: Recovery Ready Community Index

Data: *PSC Meeting Finder Tool data; PSC Recovery Resources Locator Tool data; PSC Community Resources Tool data, U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019*

The Recovery Ready Community Index was designed to give a holistic view of a community's "recovery readiness" and their ability to support people in recovery. The RRCI is constructed with four sub-measures: Breadth of Recovery Resources, Depth of Recovery Resources, Size of Recovery Culture, and Strength (Vibrancy) of Recovery Culture. You can read more about how the RRCI was developed on page two of this report. The specific recovery and community data collected to build the RRCI are detailed below and listed by name and source in Appendices 2, 3, and 4.

### PSC Meeting Finder Tool

Interactive tool: <http://public-science.org/meetingfinder/>

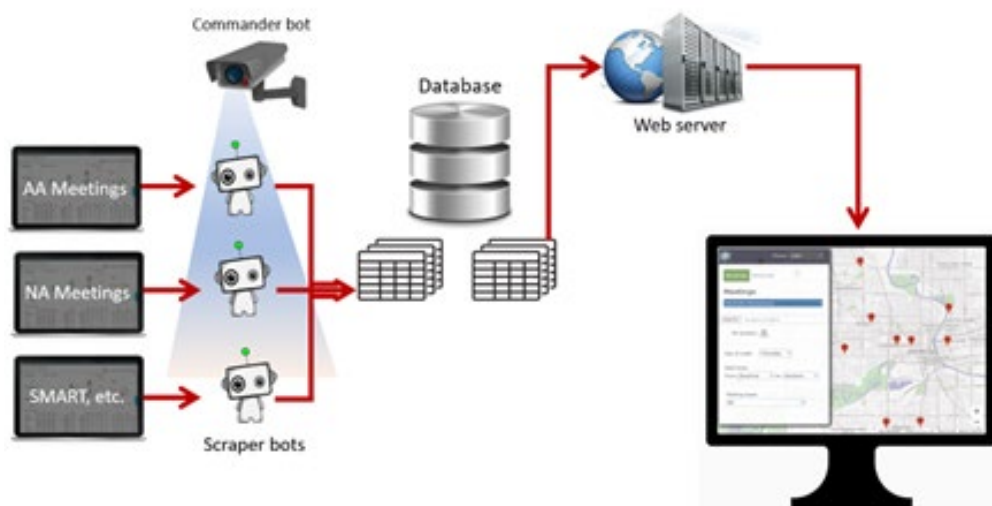
Data updated daily: *Adult Children of Alcoholics, Al-Anon/Alateen, Alcoholics Anonymous (AA), Buddhist recovery, Celebrate Recovery, CRUSH, Crystal Meth Anonymous, Dual Recovery Anonymous, Nar-Anon, Narcotics Anonymous (NA), Pill Anonymous, Refuge Recovery, and SMART Recovery*

Under the hood, the PSC Meeting Finder Tool is a data pipelining system that fetches the information of the 13 different types of recovery meetings from their original sources, and integrates them into a state map (Following Figure). This system is composed of four major logical components: (1) automated robots that oversee and 'scrape' the peer-support websites for daily updates, (2) database infrastructure, (3) the web server infrastructure, and (4) PSC Meeting Finder web-based application.

There are two types of automated program robots, called 'bots', utilized in this system: commander bots and scraper bots. The commander bot is in charge of running and logging the scraper bots, and reports to the system administrator when a scraper bot is unsuccessful. A scraper bot is in charge of scrapping the original listing websites, and populating the database with the cleaned data. The original listings might be unstructured and contain dirty data. It is the scraper bot's duty to make sure that the data that is inserted into the database is clean and structured. These data are then pulled into the users' browser by the PSC Meeting Finder Tool.

**Figure 10.** *PSC Meeting Finder Tool- Under the hood*





Recovery meetings data are gathered and cleaned from 13 web-based resources via our data pipeline system. Most of these resources utilize web scraping techniques (in Python by standard requests or packages such as Selenium and BeautifulSoup packages) as well as parsing PDF (Python: PyPDF2 package) files and XLS sheets (Python: csvkit). Table 1 identifies the name of the meeting, web resource, number of locations, and number of meetings per week.

**Table 1.** Peer Support Meeting Information for Decorah

No.	Name of meeting	Web Resource	# of locations	# meetings per week
1	Adult Children of Alcoholics	<a href="https://adultchildren.org/">https://adultchildren.org/</a>	0	0
2	Al-Anon/Alateen	<a href="https://al-anon.org/">https://al-anon.org/</a>	1	1
3	Alcoholics Anonymous	<a href="https://www.aa-iowa.org/">https://www.aa-iowa.org/</a>	3	7
4	Buddhist recovery	<a href="https://www.buddhistrecovery.org/">https://www.buddhistrecovery.org/</a>	0	0
5	Celebrate Recovery	<a href="https://locator.crgroups.info/">https://locator.crgroups.info/</a>	0	0
6	CRUSH	<a href="https://www.crushofiowa.com/">https://www.crushofiowa.com/</a>	0	0
7	Crystal Meth Anonymous	<a href="https://www.crystalmeth.org/">https://www.crystalmeth.org/</a>	0	0
8	Dual Recovery Anonymous	<a href="https://draonline.qwknetllc.com/">https://draonline.qwknetllc.com/</a>	0	0



9	Nar-Anon	<a href="https://www.nar-anon.org/">https://www.nar-anon.org/</a>	0	0
10	Narcotics Anonymous	<a href="https://www.na-iowa.org/">https://www.na-iowa.org/</a>	0	0
11	Pill Anonymous	<a href="https://www.pillsanonymous.org/">https://www.pillsanonymous.org/</a>	0	0
12	Refuge Recovery	<a href="https://refugerecovery.org/">https://refugerecovery.org/</a>	0	0
13	SMART Recovery	<a href="https://www.smartrecoverytest.org/">https://www.smartrecoverytest.org/</a>	0	0
	Total		4	8

### PSC Recovery Resource Locator Tool

Interactive tool: <http://public-science.org/recoveryresources/>

Data updated yearly: Iowa Office of Drug Control Policy; Wikipedia of Iowa hospitals; Iowa Department of Public Health; Recovery and Resilience Coordinator with AmeriCorpAllTreatment.com; TransitionalHousing.org; WomenSoberHousing.com; Addicted.org; Recovery.org; Drug-rehabs.org; Iowa Association of Rural Health Clinics; U.S. Department of Veterans Affairs

Recovery resources include access centers, drug drop off locations, hospitals, medication assisted treatment locations, mental health centers, peer support providers, recovery housing, rural clinics, SUD and problem gambling treatment locations, and Veterans Affairs health centers. To collect this data, we used a variety of public resources, including government agencies and recovery websites. Our collection of recovery resources is not necessarily exhaustive, but represents the data accessed through our initial effort and following the advice of substance use experts and researchers. This data was acquired through a variety of means, including simple downloads, manual data entry, computer reading of PDF files, and scraping websites. See Table 2 below for the recovery resources data sources.

## Public Science Collaborative Report

**Table 2.** Recovery Resource Locator Tool Data Sources (Downloaded Sept 2020-May 2021)

Resource	Data Source	Website Link
Access Centers	Manual Addition	
Drug Drop Off Locations	Iowa Office of Drug Control Policy	<a href="https://geodata.iowa.gov/datasets/rx-drop-off-locations-1?geometry=-101.674%2C40.504%2C-84.986%2C43.364">https://geodata.iowa.gov/datasets/rx-drop-off-locations-1?geometry=-101.674%2C40.504%2C-84.986%2C43.364</a>
Hospitals	Wikipedia list of Iowa hospitals	<a href="https://en.wikipedia.org/wiki/List_of_hospitals_in_Iowa">https://en.wikipedia.org/wiki/List_of_hospitals_in_Iowa</a>
Medication Assisted Treatment Locations	Iowa Department of Public Health	<a href="https://idph.iowa.gov/mat">https://idph.iowa.gov/mat</a>
Mental Health Centers	Iowa Department of Public Health	<a href="https://dhs.iowa.gov/sites/default/files/MHDDAccreditedProviders_32.pdf?082320201508">https://dhs.iowa.gov/sites/default/files/MHDDAccreditedProviders_32.pdf?082320201508</a>
Peer Support Providers	Todd Lange, Recovery and Resilience Coordinator with AmeriCorp	email
Recovery Housing	AllTreatment.com; TransitionalHousing.org; WomenSoberHousing.com; Addicted.org; Recovery.org; Drug-rehabs.org	AllTreatment.com; TransitionalHousing.org; WomenSoberHousing.com; Addicted.org; Recovery.org; Drug-rehabs.org
Rural Clinics	Iowa Association of Rural Health Clinics	<a href="https://iarhc.org/find-a-rural-health-clinic?view=map">https://iarhc.org/find-a-rural-health-clinic?view=map</a>
SUD and Problem Gambling Treatment Locations	Iowa Department of Public Health	<a href="https://idph.iowa.gov/Portals/1/userfiles/166/Licensure/All%20Licensed%20Substance%20Use%20Disorder%20-%20Problem%20Gambling%20Program%27s%20List.pdf">https://idph.iowa.gov/Portals/1/userfiles/166/Licensure/All%20Licensed%20Substance%20Use%20Disorder%20-%20Problem%20Gambling%20Program%27s%20List.pdf</a>
Veterans Affairs Health Centers	U.S. Department of Veterans Affairs	<a href="https://www.va.gov/directory/guide/state.asp?STATE=IA&amp;dnum=ALL">https://www.va.gov/directory/guide/state.asp?STATE=IA&amp;dnum=ALL</a>



## PSC Community Resource Locator Tool

Interactive tool: <http://public-science.org/communityresources/>

Data updated yearly: Iowa Department of Human Services; Wikipedia of Iowa colleges; Institute of Museum and Library Services, Public Libraries Survey; MyCountyParks.com; USGS Geographic Names Information System; Iowa Dept of Education; Iowa Workforce Development

Community resources include childcare providers, colleges, libraries, parks, places of worship, K-12 schools, and workforce development centers. To collect this data, we used a variety of public resources, including government agencies and recovery websites. Our collection of community resources is not necessarily exhaustive, but represents the data accessed following the advice of substance use experts and researchers. This data was acquired through a variety of means, including simple downloads, manual data entry, computer reading of PDF files, and scraping websites. See Table 3 below for the community resources data sources.

**Table 3.** *Community Resource Locator Tool Data Sources (Downloaded Sept 2020-April 2021)*

Resource	Data Source	Website Link
Childcare Providers	Iowa Department of Human Services	<a href="http://ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx">http://ccmis.dhs.state.ia.us/ClientPortal/ProviderLocator.aspx</a>
Colleges	Wikipedia list of Iowa colleges	<a href="https://en.wikipedia.org/wiki/List_of_colleges_and_universities_in_Iowa">https://en.wikipedia.org/wiki/List_of_colleges_and_universities_in_Iowa</a>
Public Libraries	Institute of Museum and Library Services	<a href="https://www.ims.gov/research-evaluation/data-collection/public-libraries-survey">https://www.ims.gov/research-evaluation/data-collection/public-libraries-survey</a>
Parks	MyCountyParks.com	<a href="https://www.mycountyparks.com/County/Default.aspx">https://www.mycountyparks.com/County/Default.aspx</a>
Places of Worship	USGS Geographic Names Information System	<a href="https://data.iowa.gov/Physical-Geography/Iowa-Church-Buildings/juvk-dad9">https://data.iowa.gov/Physical-Geography/Iowa-Church-Buildings/juvk-dad9</a>
K-12 Schools	Iowa Department of Education	Public Schools: <a href="https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-public-school-building-directory">https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-public-school-building-directory</a> Private Schools: <a href="https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-non-public-school-building-directory">https://educateiowa.gov/documents/directories/2020/09/2020-21-iowa-non-public-school-building-directory</a>
Workforce Development Centers	Iowa Workforce Development	<a href="https://www.iowaworkforcedevelopment.gov/contact">https://www.iowaworkforcedevelopment.gov/contact</a>



## Substance Use Vulnerability Index

Data Tool: Substance Use Vulnerability Index

Data: *Treatment Episode Data Set- Admission and Discharge (TEDS), 2000-2018*  
*National Survey on Drug Use and Health data (NSDUH), 2015-2019*  
*U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019*

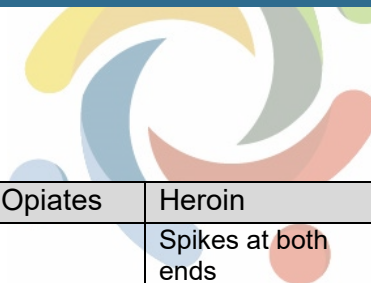
Geographic 'hot spots' of people at risk for substance use disorder were first predicted based on models of administrative data from Treatment Episode Data on admissions (TEDS) and the National Survey of Drug Use and Health (NSDUH) data that assessed significant relationships between key substances and socio-demographic characteristics known to affect health equity and substance use vulnerability (Tables 5-6 results below). Then, the significant predictions of risk for each substance were overlaid with Census Bureau's American Community Survey 5-year estimates of these population characteristics to provide a visual representation of places with especially high concentrations of people with at-risk characteristics. The Census characteristics described in Table 4 below are reported in Figures 5-8.

**Table 4.** *Substance Use Risk Index using U.S. Census Bureau American Community 5-year Estimates (2015-19)*

	Census Table	Description
Age	B06001	Data table includes population by age categories.
Sex	B01001	Data table includes population by sex.
Race	B03002	Data table includes primary race, by ethnicity.
Education	B15002	Data table includes educational attainment level for population 25+, by sex.
Poverty Status	S1701_C01	Data table includes poverty status by age bracket and for different income levels.
Employment	B23006	Data table includes employment status, by educational attainment level.
Marital Status	B12001	Data table includes marital status by sex.
Parental Status	B09002	Data table includes parental and childcare status.
Pop Density	B06001	Data table includes population (see above, also Sex).

Note: Data was collected using the Census API a and R tidycensus package.

# Public Science Collaborative Report



**Table 5.** Substance Use Risk Index using TEDS Admission Data

	Alcohol	Cannabis	Meth	Cocaine	Other Opiates	Heroin	Benzos
Age	Older, >35	Young, <35, <25	Middle age	>45	<25	Spikes at both ends	<25
Sex	Male	Male	Female			Male	Female
Race	Black, Hispanic	Black	White	Non-white	Asian, white	Non-white	White
Education		No college	No college	Some college	Some college	Some college	Some college
Poverty	Public Assistance	Public Assistance		Retired/Disabled	Wages/Salary, Retired/Disabled	Wages/Salary, Retired/Disabled	
Employment	Employed	Part time	Unemployed	Employed	Unemployed		Part time
Marital Status			Separated, Divorced, Widowed	Single	Married	Single	
Pop Density	Rural, Micro	Rural, Micro	Micro	Metro	Metro	Metro	Metro, Micro

Note: Empty cell indicates that no categories showed significantly increased risk.

**Table 6.** Substance Use Risk Index using NSDUH Data

	Alcohol	Cannabis	Meth	Cocaine	Other Opiates	Heroin	Benzos
Age	26-34	Young, <35, <25	Middle age	18-34	<50	26-49	18-34
Sex	Male	Male	Male	Male	Male	Male	Male
Race	White	White, Native American	White, Native American	White, Native American	White, Native American	White	White
Education	College	Some college, maybe	No college		No college	No college	
Income	>75,000	<20,000	<40,000	<20,000	<40,000	<20,000	
Employment	Employed	Unemployed	Unemployed	Unemployed	Unemployed	Unemployed	Unemployed
Marital Status	Single, separated	Single	Separated, Divorced	Single	Single	Single	Single
Pop Density	Metro	Metro	Non-metro	Metro	Metro	Metro	Metro

Note: Empty cell indicates that no categories showed significantly increased risk.



## Social Determinants of Health Index

Data tool: Social Determinants of Health Index

Data: U.S. Census Bureau American Community 5-year Estimates (ACS), 2015-2019

The Social Determinants of Health Index was developed to promote health equity through providing a better understanding of the environments that create and ameliorate the multifactorial risk factors of substance misuse on priority populations. All data for the Substance Use Vulnerability Index comes from the U.S. Census Bureau American Community Survey 5-year estimates (2015-2019). The 5-year pooled dataset represents 60 months of data that enable more precise multi-year estimates. Because many of Iowa's counties have relatively small populations, the 5-year set of pooled data is the only type of ACS estimates that are available to use across all 99 counties. Following the standards set by *Washington State's Social Determinants of Health Website* ([www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth](http://www.doh.wa.gov/DataandStatisticalReports/HealthDataVisualization/SocialDeterminantsofHealthDashboards/CensusTractSocialDeterminantsofHealth)), PSC collected information on the educational attainment level, health insurance coverage, English proficiency, unemployment, and poverty status in each county and then used this information to calculate the average health index for each of Iowa's 99 counties (see Table 7).

**Table 7.** Substance Use Risk Index using U.S. Census Bureau American Community 5-year Estimates (2015-2019)

	Census Table	Description
Educational Attainment	S1501	Data table includes educational attainment level for population 25+, by sex.
Health Insurance Coverage	S2701_C05_001	Variable is percent of civilian noninstitutionalized population that is uninsured.
English Proficiency	S1601_C06_001	Variable is percent of population 5+ that speaks English less than very well.
Unemployment, 16+	S2301_C04_001	Variable is percent of population 16+ that is in the labor force, but is unemployed.
Poverty Status	S1701_C01	Data table includes poverty status by age bracket and for different income levels.

Note: Data was collected using the Census API and R tidycensus package.



## APPENDIX 2: Peer Support Contacts in Your Area

**Table 8.** *Decorah Peer Support Meeting Type, Name of Peer Support Group, Number of Meetings per Week, and Location of Meetings*

Meeting Type	Name	Meetings per week	Meeting Location
AA	Decorah Tuesday Night Group	1	119 Winnebago St, Decorah, IA 52101
AA	Noon Group	5	307 W Main St, Decorah, IA 52101
AA	Saturday Afternoon Delight Group	1	119 Winnebago St, Decorah, IA 52101
AlAnon	Decorah Monday Night AFG	1	701 Iowa Ave, Decorah, IA 52101

Note: Meeting type abbreviations are as follows: AA = Alcoholics Anonymous; AlAnon = Al-Anon/Alateen.





### APPENDIX 3: Recovery Resources in Your Area

**Table 9.** *Decorah Recovery Resource Type, Name of Business, and Address of Business*

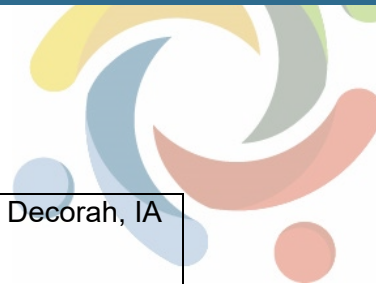
Resource	Name	Address
Drug Drop Off Location	Donlon Pharmacy	201 W. Water Street, Decorah, IA 52101
Drug Drop Off Location	Thrifty White Pharmacy	702 Montgomery Street, Decorah, IA 52101
Hospital	Winneshiek Medical Center	901 Montgomery St, Decorah, IA 52101
Mental Health Center	Northeast Iowa MHC	905 Montgomery Street, Decorah, IA
Mental Health Center	Opportunity Homes, Inc.	606 Iowa Avenue, Decorah, IA
Mental Health Center	The Spectrum Network	PO Box 22, Decorah, IA
Peer Support Provider	Northeast Iowa Behavioral Health	905 Montgomery Street, Decorah, IA
Peer Support Provider	Plugged-In Iowa	607 Washington Street, Decorah, IA
SUD and Problem Gambling Treatment Location	NE Iowa Behavioral Health (NEIBH)	905 Montgomery Street Po Box 349 Decorah, 52101
VA Health Center	Decorah VA Clinic	915 Short St., Decorah, IA 52101



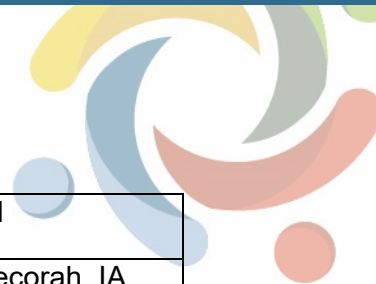
## APPENDIX 4: Community Resources in Your Area

**Table 10.** *Decorah Community Resource Type, Name of Business, and Address of Business*

Resource	Name	Address
Childcare Provider	Faye Kozelka	300 Sunrise Blvd, Decorah, IA 52101
Childcare Provider	NEICAC-Decorah Child Development	301 Center St, Decorah, IA 52101
Childcare Provider	Nisse Preschool and Kids Place	311 College Dr, Decorah, IA 52101
Childcare Provider	North Winneshiek Elementary Preschool	3495 North Winn Rd, Decorah, IA 52101
Childcare Provider	Northeast Iowa Montessori School Inc	418 W Water St, Decorah, IA 52101
Childcare Provider	Aimee Klein	706 Rural Ave, Decorah, IA 52101
Childcare Provider	Ann Brown	405 Twin View Dr, Decorah, IA 52101
Childcare Provider	Renee Karen Ramstad	2765 River Rd, Decorah, IA 52101
Childcare Provider	Brenda Langreck	405 Hillcrest Dr, Decorah, IA 52101
Childcare Provider	JoAnn Fairchild	2367 358th St, Decorah, IA 52101
Childcare Provider	Josalyn Haywood	624 North Street, Decorah, IA 52101
Childcare Provider	Julie Marlow	2528 170th Ave, Decorah, IA 52101
Childcare Provider	Sherry Darling	2585 Scenic View Rd, Decorah, IA 52101
Childcare Provider	St. Benedict School-Preschool	402 Rural Ave., Decorah, IA 52101



Childcare Provider	Stacy Engelhardt	2415 Emerald Rd, Decorah, IA 52101
Childcare Provider	Sunflower Child Development Center	300 Hwy 9 W, Decorah, IA 52101
Childcare Provider	Kinderhaus	701 Iowa Ave, Decorah, IA 52101
Childcare Provider	Tina Michels	3793 188th Ave, Decorah, IA 52101
Childcare Provider	Decorah CSD - West Side Early Childhood Center	301 Center Street, Decorah, IA 52101
Childcare Provider	Matthew Tapscott	402 Mound St, Decorah, IA 52101
Childcare Provider	Little Farmers, LLC	2902 Us Hwy 52, Decorah, IA 52101
College	Luther College	Luther College, Decorah, IA
Library	Decorah Public Library	202 Winnebago St, Decorah, IA 52101
Park	Chattahoochie Park	US-52, Decorah, IA
Park	Moe Park	Old Stage Rd, Decorah, IA
Park	Trout Run Park	IA-9, Decorah, IA
Park	Trout Run Trail	Trout Run Rd, Decorah, IA 52101
Place of Worship	Good Shepherd Lutheran Church	701 Iowa Ave, Decorah, IA 52101
Place of Worship	Good Shepherd Lutheran Church	701 Iowa Ave, Decorah, IA 52101
Place of Worship	Glenwood Church	1197 Old Stage Rd, Decorah, IA 52101
Place of Worship	Decorah Lutheran Church	309 Winnebago St, Decorah, IA 52101
Place of Worship	United Methodist Church	302 W Broadway St, Decorah, IA 52101



Place of Worship	Hauge Church	Decorah, IA 52101
Place of Worship	Saint Benedicts Catholic Church	307 W Main St, Decorah, IA 52101
Place of Worship	Washington Prairie Church	1725 Washington Prairie Rd, Decorah, IA 52101
Place of Worship	Congregational United Church of Christ	209 W Broadway St, Decorah, IA 52101
Place of Worship	Canoe Ridge Church	1316 Canoe Ridge Rd, Decorah, IA 52101
Place of Worship	Springwater Church	Decorah, IA 52101
Place of Worship	Lutheran Cemetery	326 Pershing Ave, Decorah, IA 52101
Place of Worship	First Lutheran Church	604 W Broadway St, Decorah, IA 52101
Place of Worship	Grace Episcopal Church	506 W Broadway St, Decorah, IA 52101
Place of Worship	Decorah Covenant Church	115 Washington St, Decorah, IA 52101
School (K-12)	Decorah High School	100 Claiborne Drive, Decorah, IA 52101
School (K-12)	Decorah Middle School	405 Winnebago St., Decorah, IA 52101
School (K-12)	Carrie Lee Elementary	210 Vernon Street, Decorah, IA 52101
School (K-12)	John Cline Elementary School	101 Claiborne Drive, Decorah, IA 52101
School (K-12)	West Side Elementary School	301 Center Street, Decorah, IA 52101
School (K-12)	St Benedict School	402 Rural Ave, Decorah, IA 52101-2269
Workforce Development Center	Decorah IowaWORKS Office	312 Winnebago Street, Decorah, IA, 52101