

Recovery Efforts in Iowa

RECOGNIZED PILLARS OF RECOVERY

HOME

Recovery Housing
Iowa is working to support NARR-certified recovery homes in Iowa. <https://narronline.org/>. Recovery housing is proven to be effective in supporting long-term sustained recovery. For example, in Missouri Recovery Homes:

- ✓ 88% of people remain drug and alcohol free
- ✓ 98% of people have no arrests
- ✓ 90% of people are in stable housing
- ✓ 63% of people are employed within 6 months

PURPOSE

IDPH strives to assist in development of recovery-ready communities to offer support and resources to all those in or seeking recovery. Overarching priorities include:

- ✓ Health Equity
- ✓ Diversity and Inclusion
- ✓ Multiple pathways of recovery
- ✓ Person-centered service

HEALTH

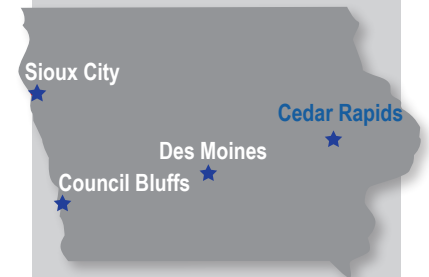
Recovery Support Services (RSS)
Recovery Support Services are intended to overcome common barriers that may prevent sustained, long-term recovery. Some examples include:

- ✓ Medication for addiction recovery
- ✓ Transportation
- ✓ Clothing
- ✓ Personal hygiene items
- ✓ Education supports
- ✓ Wellness activities

COMMUNITY

Recovery Community Center's (RCC) provide support services for local communities. The success of RCCs is largely due to offering:

- ✓ Recovery coaches
- ✓ Support groups
- ✓ Sober living
- ✓ Recovery activities
- ✓ Employment supports



The above noted efforts are implemented by IDPH and funded by various SAMHSA grants.

SAMHSA defines recovery as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. <https://www.samhsa.gov/>.

For more recovery resources please go to:

