IPAC

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Overview

Recovery Spotlights

- **Recovery Housing**
- **Recovery Community Centers**

Recovery Strategy 1

Create and support a comprehensive, integrated, statewide system of recovery related to the needs of Iowa families and communities (page 45 of the BHSS Statewide Plan).

Faraji Hubbard & Mistie Parrish

What is Recovery?

- **A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.** (SAMHSA)

Recovery Housing

Faraji Hubbard

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Tactic 1.3: Improve access to recovery services and supports

A critical gap identified through the Behavioral Health Service System Assessment was Recovery Housing in Iowa.

SAMHSA notes that recovery housing can:

- Help people **obtain and sustain recovery**
- **Increase employment outcomes**
- **Improve housing stability**
- Reduce reliance on costly systems like hospitals, emergency services, and incarceration

Recovery Housing has a broader impact on health and systems.

Recovery Residences are safe, healthy, family-like, substance-free living environments that support individuals in recovery from addiction. Founded on the social model of recovery principles, Recovery Residences mindfully cultivate prosocial bonds, a sense of community, and a safe home for individuals in all stages of recovery.





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Recovery Housing Overview

- **Recovery Housing**: plays an important role in Iowa's continuum of behavioral healthcare. For many individuals living with a substance use disorder, treatment can be an important step, but it is only one part of the recovery journey. Having a safe, healthy, and recovery-supportive place to live can help individuals sustain their progress and establish a strong foundation for long-term recovery.
- To strengthen recovery housing across the state, Iowa HHS has invested in the standards and certification established by the National Alliance for Recovery Residences (NARR) and created Iowa certification in 2022.



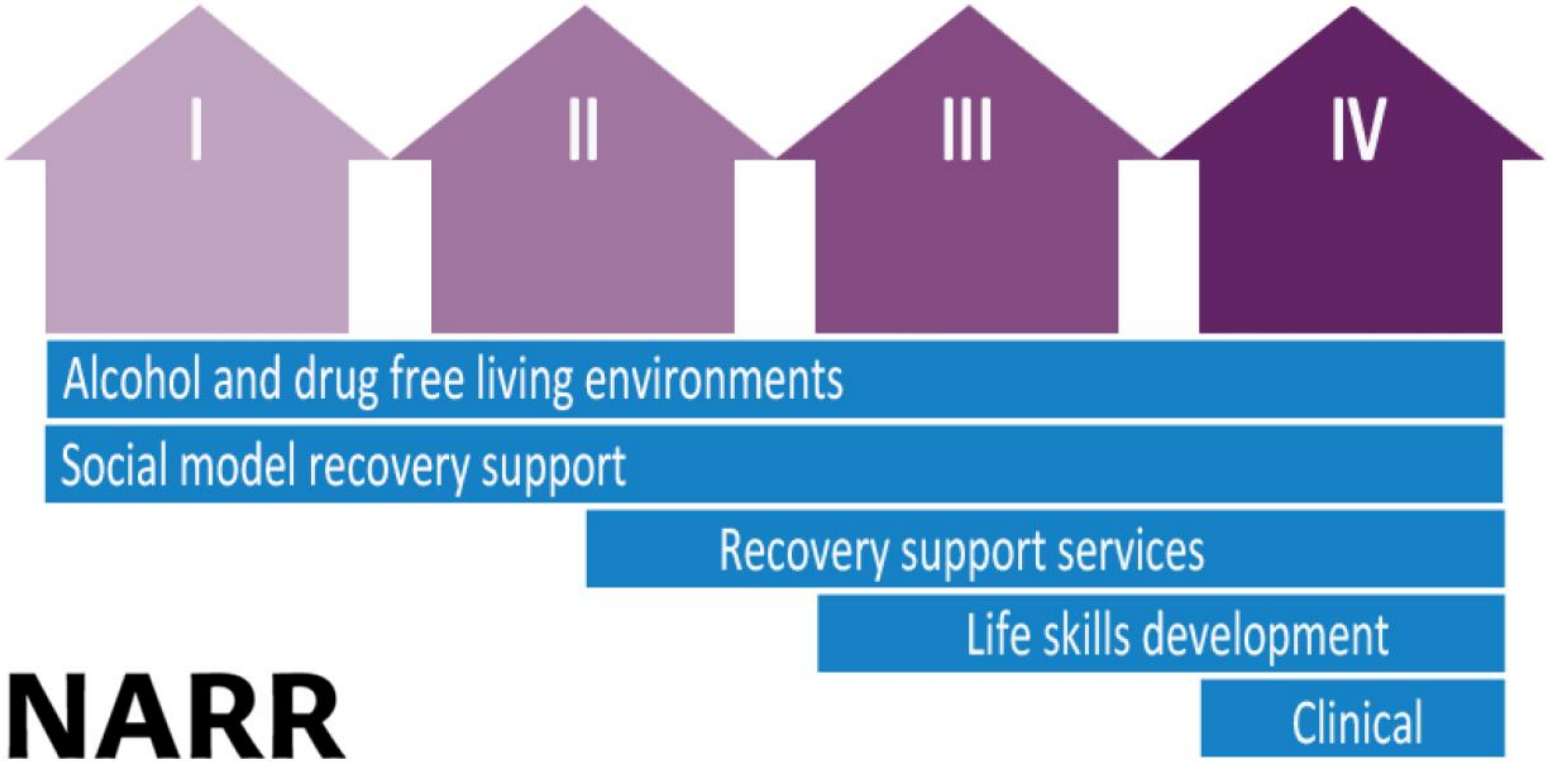
National Alliance for Recovery Residences



- **Recovery Residence**: a term describing a National Alliance for Recovery Residences (NARR) certified recovery house

• **National Alliance for Recovery Residences (NARR):** NARR has established a national standard for recovery residences. This standard defines the spectrum of recovery - oriented housing and services and identifies four different levels of support for providers to choose from for their residence.

Levels of Support



NARR
National Alliance for Recovery Residences
Community • Standards • Ethics • Education

Developed by NARR
Adopted by SAMHSA

THE ASAM CRITERIA FOURTH EDITION

The ASAM Criteria continuum of care now includes recovery residences

ASAM worked closely with the National Association of Recovery Residences (NARR) to update these standards, including updating the NARR recovery residence nomenclature to better align with the treatment continuum

NARR
NATIONAL ALLIANCE FOR RECOVERY RESIDENCES

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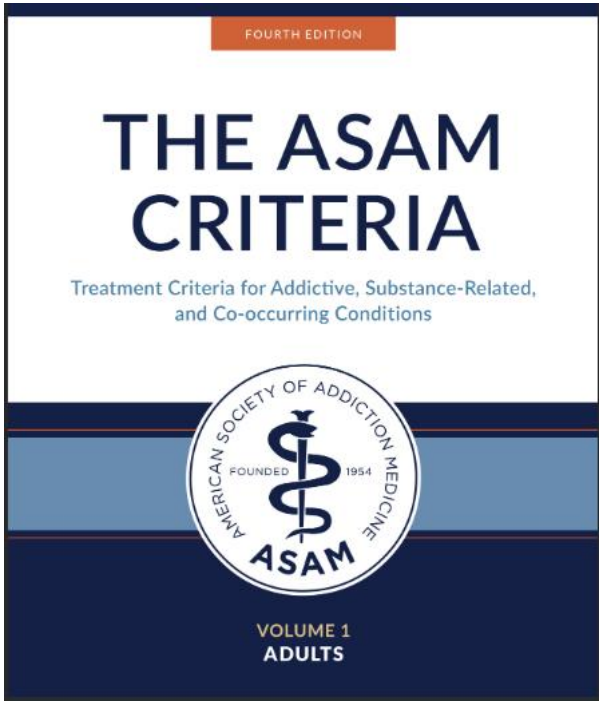

A Clinical (C) RR uses a combination of supervised peer and professional staff and typically implements social model recovery care, most aligned with The ASAM Criteria Level 3.1: Clinically-Managed Low-Intensity Residential Treatment.

A Supervised (S) RR has supervised, trained, and credentialed staff that delivers weekly structured and life skills development programming.

A Monitored (M) RR is often referred to as a sober home or sober living, is free of alcohol and illicit substances and utilizes house rules and peer accountability to maintain a safe and healthy living environment. They can provide recovery support services and life skills development.

A Peer-Run (P) RR is free of alcohol and illicit substances and democratically run; Oxford Houses are the most widely known example.



Types of Recovery Residence Support

Current NARR Levels	New ASAM/NARR Types	Defining Characteristics
Level 1	Type P	*Peer-run*, decisions made soley by residents.
Level 2	Type M	*Monitored* environment; house guidelines/rules, appointed resident leader.
Level 3	Type S	*Supervised* activities, staffing, life skills programming.
Level 4	Type C	*Clinical* services included.

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Our Progress

Sep. 2022

Iowa welcomed its first NARR-certified recovery residence in September 2022—a 34-bed residence for women in Des Moines.

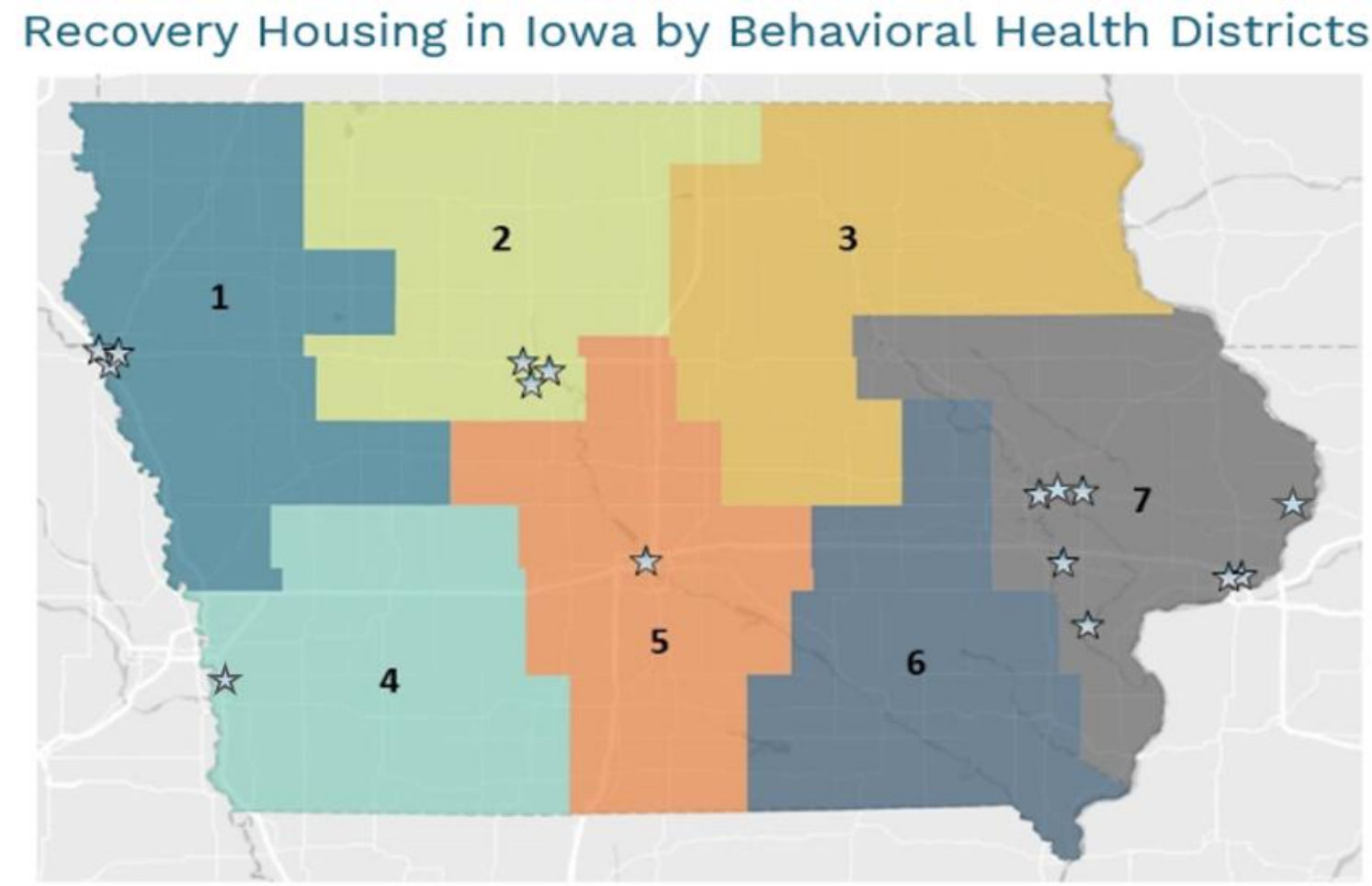
Since Jan. 2026

Iowa has added 185 certified beds since January 2026.

Today

Iowa has 29 certified recovery residences offering 486 beds, including 161 beds for men and 325 beds for women.

There are 486 certified beds across 29 Certified Recovery Housing locations in Iowa



Note: There are 12 Recovery Housing locations in the Des Moines area (District 5).

Source: Iowa HHS, Division of Behavioral Health. Map updated on October 13, 2026.

Expanding Recovery Housing for Iowa Families

Iowa is now building on this progress by expanding recovery housing options for parents and children. In July 2026, Iowa reached another important milestone with the certification of Iowa's first recovery residence serving men and their children. In September 2026, four additional programs serving women and their children achieved NARR Level IV certification.



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NARR Level IV for Women and their Children

In September 2026, four providers achieved NARR Level IV certification through Iowa's pilot:

Certified providers and locations

- Rosecrance — Sioux City
- Heartland Family Service — Council Bluffs
- House of Mercy — Des Moines
- ASAC — Cedar Rapids and Clinton

ASAC locations: Heart of Iowa (Cedar Rapids) and Hightower (Clinton)

Who the program serves

SNMIS-funded programs serve women stepping down from residential care who are pregnant or have custody of their children.

NARR Level IV services

Level IV combines social and clinical models, typically with supervised peer and clinical staff. Services include peer recovery support, recovery support services, life skills development, and clinical addiction treatment with multiple pathways to recovery.

Recovery Residences serve as a safe home for individuals in all stages of recovery.

- These accomplishments reflect Iowa's continued commitment to expanding access to safe, healthy, and supportive environments where individuals and families can strengthen their recovery and build healthier futures.

- For more information or to learn more about the NARR certification process, please contact the Recovery Housing Helpdesk at recoveryhousing@hhs.iowa.gov.





Recovery Housing Certification Process



Step 1 | Contact Recovery Housing Helpdesk
Email recoveryhousing@hhs.iowa.gov to express interest in recovery housing certification.



Step 2 | Program Overview & Eligibility
Meet briefly with HHS to receive an overview of the Recovery Housing Program and review the Recovery Housing Protocol & Checklist, which outlines the requirements for certification eligibility.



Step 3 | HHS Review & Certification Referral
Complete and submit the Recovery Housing Protocol & Checklist to HHS for review. Once eligibility requirements are confirmed, the provider may begin the certification process with the Missouri Coalition for Recovery Support Providers (MCRSP).

Recovery Housing

Future priorities

- To increase the number of recovery houses available across the state of Iowa
- To increase the number of recovery houses available for parents and children
- To expand the levels of Recovery Housing available in Iowa

Recovery Community Centers

Mistie Parrish

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Tactic 1.4:
Support and deploy environmental strategies related to supporting recovery in Iowa communities

Recovery Community Centers create community for people with behavioral health challenges, primarily focusing on the challenges related to substance use.

- They bridge the gap between treatment and daily life and link individuals to multiple pathways of recovery
- Support individuals in building "recovery capital"
- Provide peer support and community
- Accessibility – open to anyone, no criteria to receiving support

Recovery Community Center (RCC)

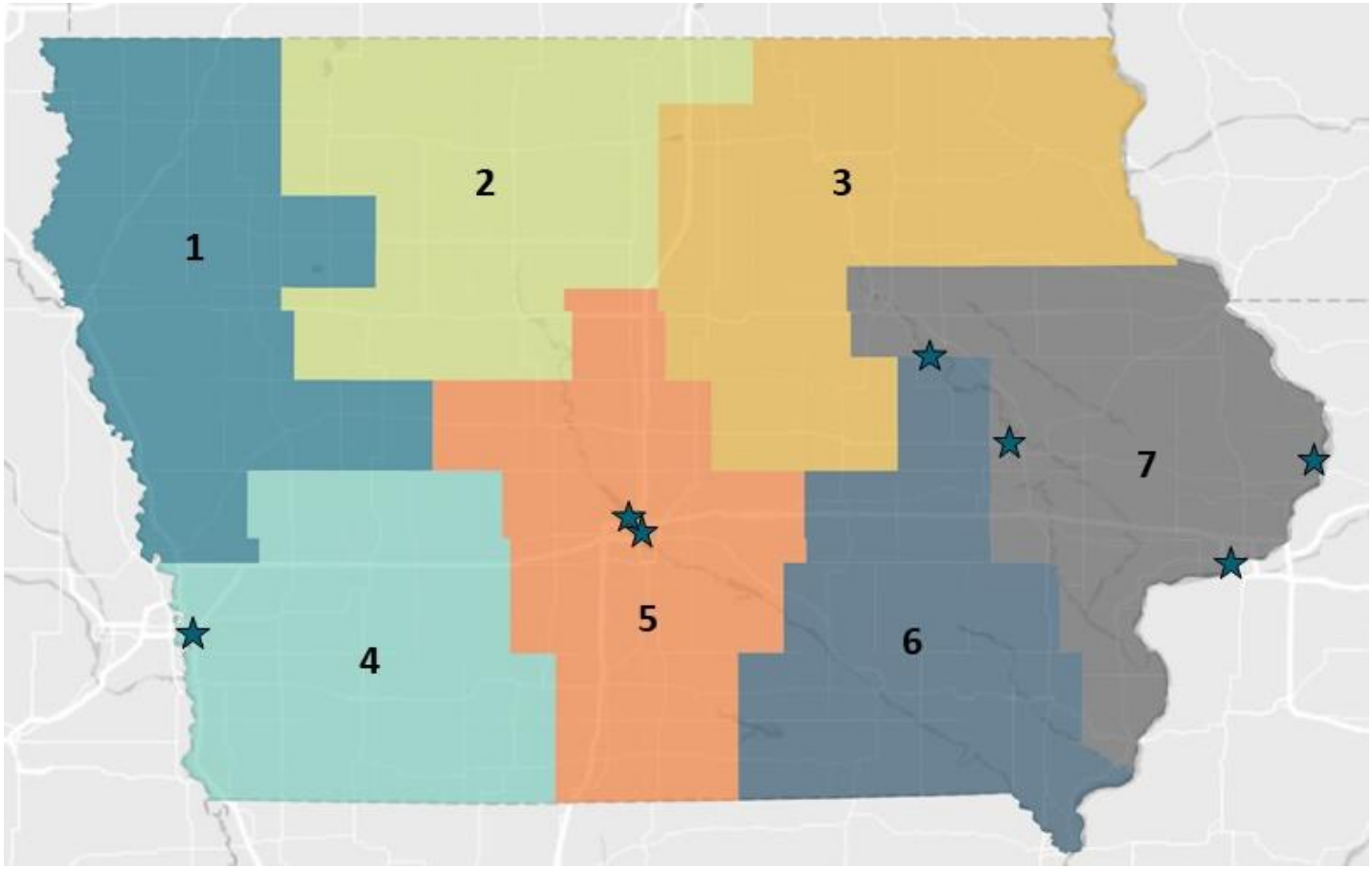
Community-based organizations providing peer support and other recovery services in a non-clinical, welcoming environment

A focus for the evolving behavioral health system as an important part of the continuum of care for service delivery

RCCs Are:

- Peer Run
- Non-Clinical
- 51% People with Lived Experience
- Volunteer Driven
- Recovery Coaching
- Leadership
- Multiple Pathways
- Education
- Community
- Advocacy

There are 7 Recovery Community Centers (RCCs) across Iowa.



During state fiscal year 2026 (SFY26), there were a total of 63,297 total visits and 5,688 unique visits to Recovery Community Centers across Iowa.

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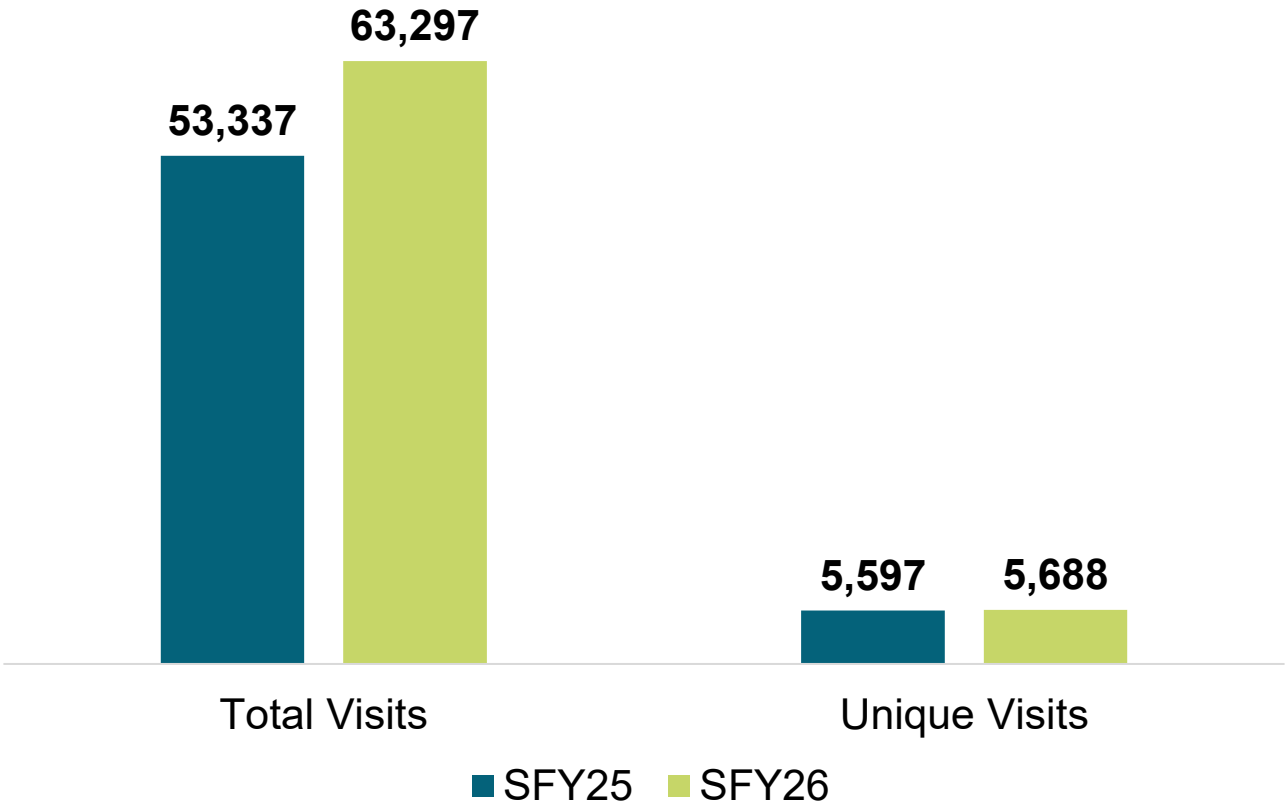
Total and unique visits for SFY25 and SFY26.



During state fiscal year 2026 (SFY26), 65,662 individuals* were served by Recovery Community Centers.

* Individuals may be counted more than once in the total number served.

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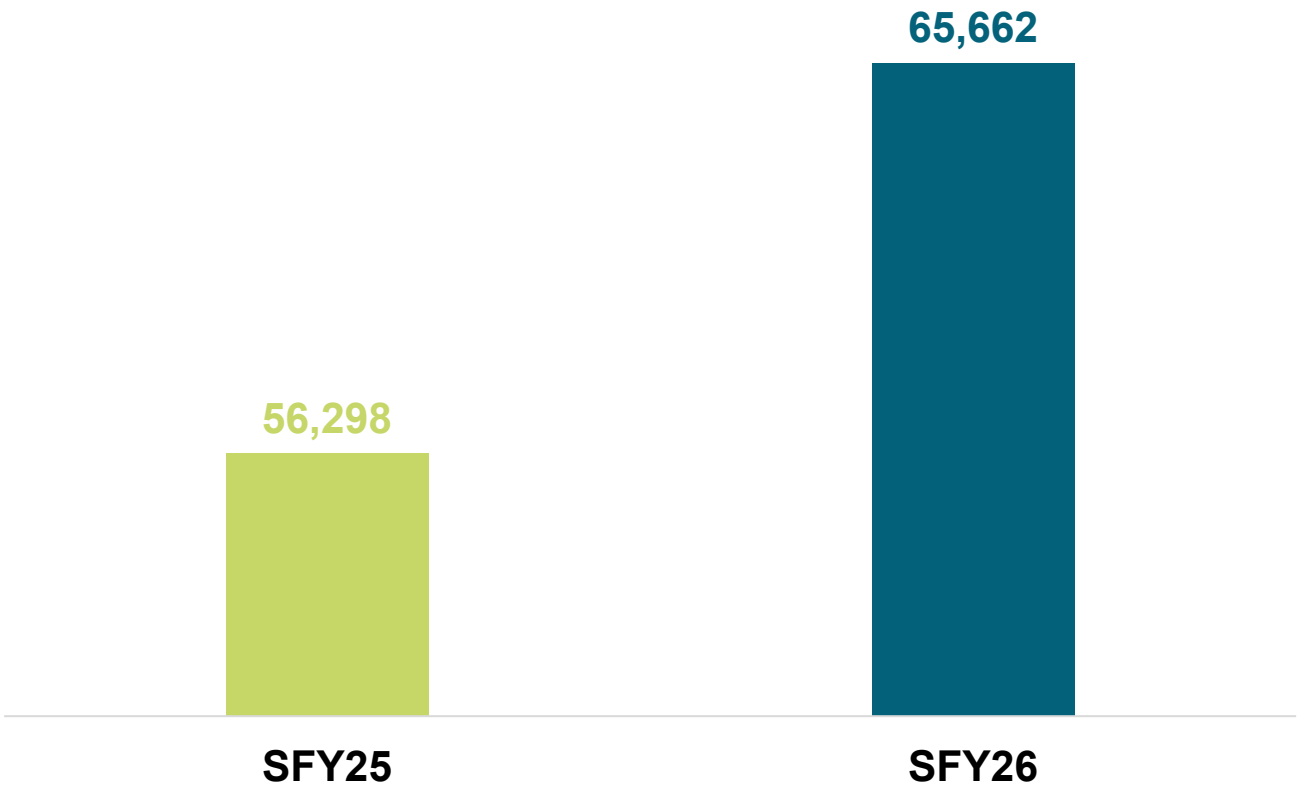
Total individuals served for SFY25 and SFY26.



During SFY26, there was a total of 23,356 volunteer hours carried out by Recovery Community Centers.

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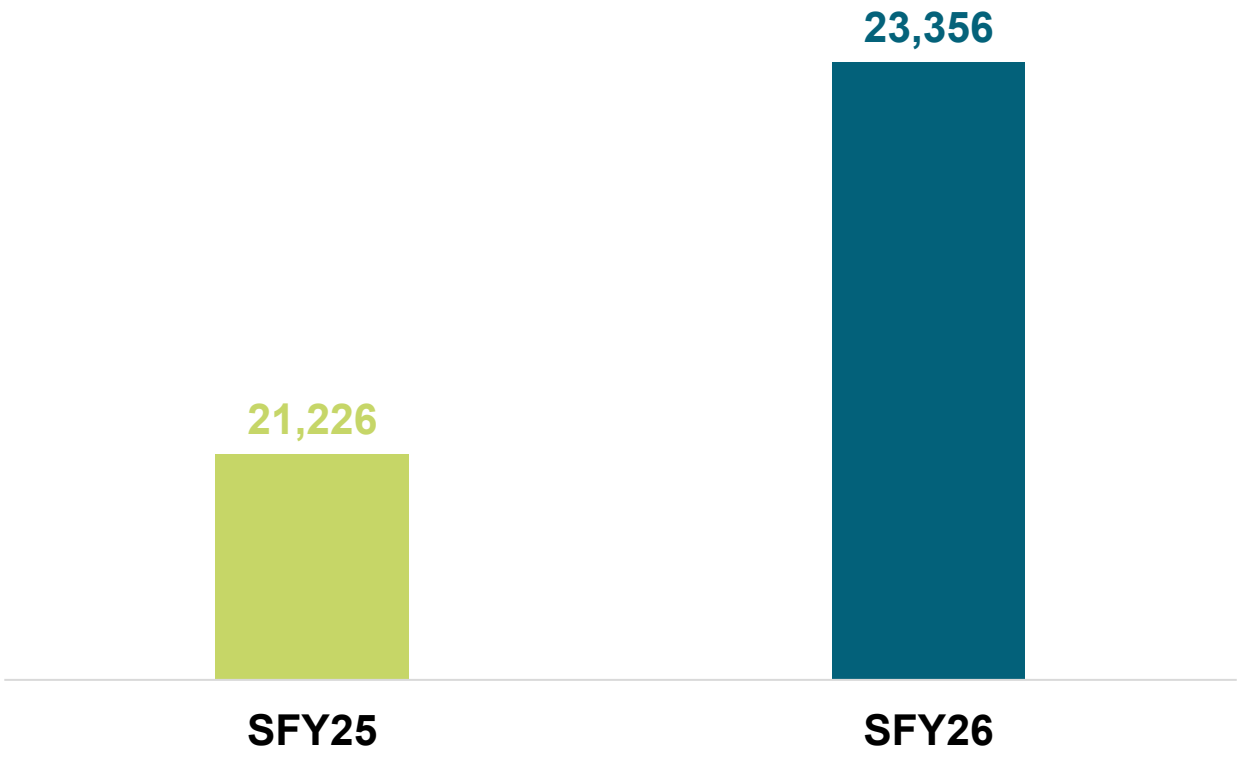
Total volunteer hours for SFY25 and SFY26.



What is Peer Support?

- Lived/Living Experience: Personal knowledge about the world gained through direct, first-hand involvement in everyday events rather than through representations constructed by other people



What's the Scope of Practice?

- Sharing experiential knowledge
- Providing emotional support
- Coaching
- Empowering and advocating
- Navigating systems
- Practicing ethics and professionalism

People Receiving Peer Recovery Support Experience:

- Improved relationship with treatment providers
  (Sanders et al.,1998; Andreas et al., 2010)
- Increased treatment retention
  (Mangrum, 2008; Deering et al., 2011; Tracy et al., 2011)
- Increased satisfaction with the overall treatment experience
  (Armitage et al., 2010)
- Improved access to social supports
  (O'Connell, ND; Boisvert et al., 2008; Andreas et al., 2010)
- Greater housing stability
  (Ja et al., 2009)

Tactic 3.2

Identify and address training and technical assistance needs to support retention of a skilled behavioral health recovery workforce.

- Recovery Conference
- Iowa Peer Workforce Collaborative
- Recoveryiowa.org
- Office of Recovery Services
- Center of Excellence for Behavioral Health
- National Alliance on Mental Illness - Iowa
- Mindspring
- YourLifeIowa.org
- Iowa Warm Line
- Behavioral Health System Navigation

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Questions:

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Visit the Recovery Iowa Website!
https://recovery-iowa.org/about-us/