

First Stop after Prison: Re-entry Support Resources (Iowa)

Compiled by **Living Beyond the Bars**
with assistance from St. Vincent de Paul (Des Moines) and Inside Out Reentry.

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Find this guide online at:

<https://www.livingbeyondthebars.org/>

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Introduction:

The state of Iowa is filled with amazing organizations who want to help those leaving prison and returning to the community. Whether it is finding a job, a place to live, a mentor, recovery support, health care, or an encouraging environment - this guide is a good place to begin the reentry journey.

Please note that there are “**RECOMMENDED PLACES TO START**” in each district. These are organizations that will help you connect with other resources in the community.

Many thanks to the Iowa Department of Corrections and DOC Services/parole staff for their assistance. **We welcome any additions and/or clarifications.**

THE GUIDE IS ORGANIZED BY JUDICIAL DISTRICT:

1st JUDICIAL DISTRICT (Dubuque/Waterloo and area)
2nd JUDICIAL DISTRICT (Ft.Dodge/Mason City/Ames and area)
3rd JUDICIAL DISTRICT (Sioux City, Spencer and area)
4th JUDICIAL DISTRICT (Council Bluffs and area)
5th JUDICIAL DISTRICT (Des Moines/Newton and area)
6th JUDICIAL DISTRICT (Cedar Rapids/Iowa City and area)
7th JUDICIAL DISTRICT (Quad Cities, Clinton, Muscatine and area)
8th JUDICIAL DISTRICT (Burlington, Ottumwa, Keokuk, Ft. Madison and area)
Reentry Planning Guide and Letter Writing format

State-Wide Resources:

AA: www.aa.iowa.org or 212-870-3400

NA: www.iowa-na.org or 1-800-897-6242

www.211iowa.org - list of resources

Gambling Anonymous: 1-800-BETS OFF

1st JUDICIAL DISTRICT (Dubuque/Waterloo and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
DUBUQUE and AREA Jail & Prison Ministry (Catholic Charities of the Archdiocese of Dubuque) *RECOMMENDED PLACE TO START	1229 Mount Loretta Ave. Dubuque, IA 52003 563.552.0203 (800) 772-2758 Karen Hoeger k.hoeger@dbqarch.org	Support and mentoring (in prison and after release) - Connecting with community resources - Help find work & housing, - Circles of Support - Establishing positive relationships - Healthy social activities	- Catholic affiliation, but you don't have to be Catholic to work with them. - You can contact them before your release. - <u>Must participate in mentoring or Circles of Support.</u> They cover 30 counties in NE Iowa.
DUBUQUE Fountain of Youth Program (United Way of Dubuque Area Tri-States)	220 W. 7th Street Dubuque, IA 52001 (563) 587-8316 Contact: Caprice Jones caprice.jones@foydbq.org (773) 440-2228	- Aim to provide gainful and sustainable employment. - Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools/skills. - Critical thinking skills.	- Very positive and encouraging. - Can work with you while you are still in prison. - Mentoring available. - Working in Mitchellville and Mt. Pleasant prisons.
WATERLOO and AREA Jail & Prison Ministry (Catholic Charities) *RECOMMENDED PLACE TO START	3835 W. 9th St. Waterloo, IA 50702 319-340-4303 Email: d.shafer@dbqarch.org	- Support and mentoring (in prison and after release) - Connect with resources - Find work and housing - Circles of Support - Establishing positive relationships - Healthy social activities - On-site mental health counselor available	- Catholic affiliation, but you don't have to be Catholic to work with them. - You can contact them before your release. - Must participate in mentoring or Circles of Support. They cover 30 counties in NE Iowa.
WATERLOO One City *RECOMMENDED PLACE TO START	907 Independence Ave. Waterloo, IA 50703 (319) 334-0263 or 334-0156 onecityunited@gmail.com app.onecitycv.org	- Empowerment classes. - Mentors - Connecting to area resources. - Connect with area employers.	- Momentum Urban Employment Initiative for reentry - You can contact them from prison on Corrlinks. - Great group of people. - Restore Program
WATERLOO Hospitality House	1003 Mulberry St. Waterloo, IA 50704 (319) 234-1311	Offer a light breakfast, shower, laundry, free clothing, sleeping bags, tents, blankets, food sacks, an address for mail, telephone messaging, local bus tickets and connect with area resources.	- Located in a house. - Warm and welcoming people.

<p>WATERLOO</p> <p>312 Transformational Ministry</p>	<p>% Mike Smith 5112 Lafayette Rd. Waterloo, IA 50707 (319) 231-4307</p>	<p>- help connect with area resources. - supportive community</p>	<p>- You can contact them before leaving prison. - Faith-based. (Faith Assembly of God)</p>
<p>STATEWIDE</p> <p>Hope4Healing</p>	<p>P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5</p>	<p>- Assist with finding resources in your community - Connect with a church to provide mentor and other support.</p>	<p>- Christian-based. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.</p>

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>DUBUQUE</p> <p>ZTM Sober Living</p>	<p>3335 Sunset Park Circle Dubuque, IA 52002 561-252-5558 563-216-0714 tjmauer@ztmsoberliving.com</p>	<p>- Sober living residence based on 12- steps for both men and women. - Support and structure. - Shared living in a substance-free environment.</p>	<p>- Two-step interview process - Need to be working and able to pay rent. - Not available for SO's. - Great people. - <u>Possible parole location</u></p>
<p>DUBUQUE</p> <p>ZTM Phoenix House</p>	<p>2276 Woodlawn St. Dubuque, IA 52002 lduve@ztmsoberliving.com</p>	<p>- Sober living residence based on 12- steps for women. - Support and structure. - Shared living in a substance-free environment.</p>	<p>- Two-step interview process - Need to be working and able to pay rent. - Not available for SO's - Great people. - <u>Possible parole location</u></p>
<p>DUBUQUE</p> <p>Operation Empower: Liberty Recovery</p>	<p>For Men: 2080 Elm St. #103 Dubuque, IA 52001 Main: (563) 599-2980 For Women: 2160 Elm St. Dubuque, IA 52001</p>	<p>Affordable Recovery Services: -Focus on recovery for substance use. employment help - education assistance - aid in setting goals for success - Manassah House for men. - Salvia House for women.</p>	<p>- Very positive and encouraging people. - <u>Possible parole location</u> - Case management - Transportation help - Not available for SO's. - You can apply before leaving prison.</p>
<p>DUBUQUE</p> <p>Davis Place Apartments</p>	<p>521 Garfield Ave. Dubuque, IA 52001 563-583-9111 Mailing address: 1909 Johnson Street Dubuque, IA 52001</p>	<p>Housing for men: - Own bedroom - Shared living space - Utilities included - \$375/month</p>	<p>- Possible parole location, but only on case-by-case situation. - They have living supplies including clothing and household needs. - Not available for SO's</p>

OELWEIN Faith Discipleship Center	305 6th St. NW Oelwein, IA 50662 (319) 240-6215	- Sober residential facility for men - Connect with area resources - Mentors available - Christian counseling	- Faith-based - Can contact from prison - 12-step based (Celebrate Recovery) - - <u>Possible parole location</u>
WATERLOO Junkman/Knoebel Sober-Living Unit	1014 West 4th Street Waterloo, IA 50702 319-235-8855 or 319-231-0134 (cell)	- Transitional housing for people dealing with addiction issues. - For men only	- Connected to Pathways Behavioral Services. - <u>Possible parole location</u> - Not available for SO's. - Clean, warm environment.
WATERLOO Salvation Army	89 Franklin Street Waterloo, IA 50703 319-235-9358	- Emergency assistance including meals, medical care and housing. - Help connect with community resources - Men's Shelter - Not available for SO's	- They are committed to helping you connect to area resources. - Welcoming and warm. - Available for discharge . - Pastoral care and religious services.
WATERLOO Catholic Worker House	321 E 8th St Waterloo, IA 50703 319-232-2116	- Provides temporary housing (10 days)	- You do not have to be Catholic to stay here. - Not available for SO's

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
WATERLOO Hawkeye Community College PEER	TechWorks Campus 360 Westfield Ave Waterloo, IA 50701 319-296-4296 ext: 3103 peer@hawkeyecollege.edu	- Hand-on job training. - Career counseling - Skills and resume building	- Will do whatever they can to help you find good employment. - Positive and encouraging people.
DECORAH IowaWORKS Center	Attn: Operation Manager 312 Winnebago Decorah, IA 52101 (563)382-0457 Email: Region1.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DUBUQUE IowaWORKS CenterI	Attn: Operation Manager 680 Main St. Dubuque, IA 52001 (563) 556-5800 Email: DubuqueIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

WATERLOO Goodwill of Northeast Iowa	2640 Falls Ave Waterloo, IA 50701 319-234-4626	Reentry Program: Develop, plan and arrange employment	- They have classes that include job training.
WATERLOO IowaWORKS Center	Attn: OWDS Coordinator 3420 University Ave. Waterloo, IA 50701 (319) 235-2123 Email: WaterlooIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
WATERLOO Hawkeye Community College	Hawkeye Community College 3420 University Ave. Suite E Waterloo, IA 5070 319-296-4296 Ext. 2	- Free job placement assistance for those on SSI or Disability. - No cost evaluation of benefits and how working may affect them.	- Available to <u>all</u> regardless of location. - Will return calls within 48 hours.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
DUBUQUE Crescent Community Health *RECOMMENDED PLACE TO START	1690 Elm St. #300 Dubuque, IA 52001 Contact - Ann Morris 563-690-2417	- Sliding scale general health services. - Dental Care - Mental Health Care.	- Very helpful and positive people. - Will help you find and connect with other resources/help. - You can contact them from prison. - You can set up appointments from prison.
WATERLOO ASAC	1940 Elm St, Dubuque, IA, 52001 (563) 582-3784 info@asac.us , https://asac.us	- Substance use evaluations - Outpatient substance use treatment - Outpatient problem gambling treatment	- Accepts Medicaid - Sliding scale fee - Provides Care Navigation (Offices in Dubuque & Delaware counties)
WATERLOO People's Clinic *RECOMMENDED PLACE TO START	905 Franklin St. Waterloo, IA 50703 319-874-3000	- They have social workers to help connect with community resources including housing. - Provide a variety of medical services including getting a primary care physician.	- Mental health, dental and other services available. Friendly and helpful staff. - Sliding-scale fee.
WATERLOO Pathways Behavioral Services	3362 University Avenue Waterloo, Iowa 50701	- Out-patient Substance Abuse Treatment - Out-patient Mental Health Treatment	- Sliding scale fee at first. - Need insurance soon after initial assessment.

	Phone: 319-235-6571	- In-patient/residential also available.	
WATERLOO Elevate	405 E 5th St. Waterloo, Iowa 50703 833-370-0719	- Mental health support - Recovery support	

2nd JUDICIAL DISTRICT (Fort Dodge, Mason City, Ames and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
FT. DODGE and AREA The Church of the Damascus Road *RECOMMENDED PLACE TO START	239 North 11th St. Fort Dodge, IA 50501 Office: (515) 955-3579 codroffice23@gmail.com	- Support for returning citizen for up to a year to assist with transition - Mentoring and accountability - Transitional housing for men.	- <u>Write or call them to get an application.</u> - They prefer to start while you are incarcerated. - Great organization and people. - Faith-based. Willing to work with anyone regardless of beliefs.
FT. DODGE and AREA D.R.I.V.E. Reentry *RECOMMENDED PLACE TO START	712 3rd St. NW Ft. Dodge, IA 50501 515-955-2969	- Mentoring and accountability - Assist with resumes and finding employment - Helps locate apartments and works with area landlords - Can assist with getting a driver's license.	- Offers positive social activities - Access to weights and a gym - Transportation assistance - Clothes & food pantry. - Great organization and people.
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.
MARSHALLTOWN New Hope Christian Church	3901 S. Center St. Marshalltown, IA 50158 641-752-1612	- Very supportive church that can help with food and connecting to area services.	- They are connected to other organizations in the community.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
AMES Matthew 25 House	330 S. Second St. Ames, IA 50010 515-231-4385	- Christian-based reentry housing - Year-long commitment - Connecting to area resources. - Housing for men.	- You can contact them before leaving prison - Caring, positive people who understand the challenges of leaving prison.

			<ul style="list-style-type: none"> - <u>Possible parole location</u> - Not available for SO's.
<p>AMES</p> <p>Butterfly Freedom House</p>	<p>PO Box 2382 Ames, IA 50010</p> <p>712-240-3931</p>	<ul style="list-style-type: none"> - Faith-based reentry housing for women - Four month commitment. - Connecting to area resources. - Need to be on parole or probation. 	<ul style="list-style-type: none"> - You need to contact them before leaving prison. - Caring, positive people who understand the challenges of leaving prison. - <u>Possible parole location</u>
<p>FT. DODGE</p> <p>Beacon of Hope Shelter</p>	<p>1021 1st Ave. N. Fort Dodge, IA 50501</p> <p>Phone: 515-955-3366</p>	<p>Provides a safe and secure emergency shelter, clothing and food.</p>	<ul style="list-style-type: none"> - Christ-centered faith-based ministry. - Men only. - Not a parole location, possible for discharge.
<p>FT. DODGE</p> <p>Lotus Community Project</p>	<p>PO Box 1654 Fort Dodge, IA 50501</p> <p>(515) 571-8802</p>	<ul style="list-style-type: none"> - Emergency shelter - Personal development and life coaching - Peer Support 	<ul style="list-style-type: none"> - For women only. (Children also) - <u>Possible parole location</u> - Not available for SO's.
<p>FT. DODGE</p> <p>Gateway to Discovery</p>	<p>PO Box 432 Fort Dodge, IA 50501</p> <p>(515) 302-8162</p> <p>https://hopesweethope.org</p> <p>Angela@hopesweethope.org</p>	<p>Two-year residential program for women struggling with addiction and trauma.</p> <ul style="list-style-type: none"> - Housing, Therapy, Healthcare, Job training, Opportunities for education 	<ul style="list-style-type: none"> - Faith-based. - <u>Possible parole location.</u> - Women only. <p>Also at: 1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016</p>
<p>MASON CITY</p> <p>SBRLFE</p>	<p>SBRLFE, Inc. PO Box 1092 Mason City, Iowa 50401</p> <p>641-590-3122</p> <p>brett@sbrlfe.com roxane@sbrlfe.com</p>	<ul style="list-style-type: none"> - Transitional housing for men. - Safe and sober living. - Mentorship and sponsorship available - Will help connect with area resources 	<ul style="list-style-type: none"> - Strong AA, NA and Celebrate Recovery community - Welcoming and positive. - <u>Possible parole location.</u> - Not available for SO's. - Can contact from prison.
<p>MASON CITY</p> <p>Living Free</p>	<p>124 W. State St. Mason City, IA 50401</p> <p>641-423-6793</p>	<ul style="list-style-type: none"> - Transitional housing for women. - Connect with area resources. - Mentors available. - Christian counseling 	<ul style="list-style-type: none"> - Faith-based. - <u>Not a parole location.</u> - Can contact from prison. - Celebrate Recovery/12-step based.
<p>MASON CITY</p> <p>Dads with A Purpose</p>	<p>1615 Arlington Des Moines, IA 50314</p> <p>515-718-4044 (Britt Moore)</p>	<ul style="list-style-type: none"> - Sober-living houses (2 in Des Moines, 1 in Mason City) - Focused on being good fathers. 	<ul style="list-style-type: none"> - Offer parenting classes. - Not available for SO's. - <u>Possible parole location.</u>
<p>MASON CITY</p>	<p>202 1st Street NW</p>	<ul style="list-style-type: none"> - Men's and women's shelters. 	<ul style="list-style-type: none"> - Sober transitional housing

Northern Lights Alliance for the Homeless	Mason City, IA 50401 641-423-5920 Men's: 641-380-0047	- Children allowed at women's shelter. - Will help you connect with area resources.	- Can contact before leaving prison. - Not a parole location, possible for discharge.
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EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
AMES IowaWORKS Center	Attn: Operation Manager 903 Lincoln Way Ames, IA 50010 (515) 725-5495	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
FT. DODGE IowaWORKS Center	Attn: OWDS 3 Triton Circle Ft. Dodge, IA 50501 (515) 576-3131 Email: FortDodgeIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
MARSHALLTOWN IowaWORKS Center	Attn: Operations Manager 204 1/2 W. State St. Marshalltown, IA 50158 (641) 754-1400 Email: MarshalltownIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
MASON CITY IowaWORKS Center	Attn: Operation Manager 600 S. Pierce Ave Mason City, IA 50401 (641) 422-1524 Email: MasonCityIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
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<p>AMES</p> <p>Primary Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>3510 Lincoln Way Ames, IA 50014</p> <p>515-232-0628</p>	<ul style="list-style-type: none"> - Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more. 	<ul style="list-style-type: none"> - You can write to them before leaving prison. - Sliding scale fee.
<p>CARROLL</p> <p>New Opportunities</p> <p>*RECOMMENDED PLACE TO START</p>	<p>23751 Hwy 30 E. Carroll, IA 51401</p> <p>712-792-9266</p>	<ul style="list-style-type: none"> - Counseling, assessment and referrals for substance use. - Sliding scale fees. - Help with basic needs and connecting to area resources. 	<p>They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.</p>
<p>FT. DODGE</p> <p>Community and Family Resources</p>	<p>211 Ave. M W Fort Dodge, IA 50501</p> <p>515-576-7261</p>	<p>Counseling & Therapy Substance use treatment:</p> <ul style="list-style-type: none"> - Inpatient - Outpatient - Transitional housing 	<ul style="list-style-type: none"> - Possible parole location. - 30-day treatment.
<p>FORT DODGE</p> <p>Community Health Center</p>	<p>126 N 10th St Fort Dodge, IA 50501</p> <p>(515) 576-6500</p>	<ul style="list-style-type: none"> - Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources. 	<ul style="list-style-type: none"> - You can contact them from prison. - Sliding scale fee. - Positive and supportive.
<p>FORT DODGE</p> <p>Berryhill Center - UnityPoint Health</p>	<p>720 Kenyon Rd. Fort Dodge, IA 50501</p> <p>(515) 955-7171</p>	<ul style="list-style-type: none"> - Health care services: mental health, substance use, - Will also help connect with other resources. 	<ul style="list-style-type: none"> - You can contact them from prison. - Positive and supportive.
<p>MARSHALLTOWN</p> <p>Primary Health Care</p>	<p>412 E. Church St. Marshalltown, IA 50158</p> <p>641-753-4021</p>	<ul style="list-style-type: none"> - Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more. 	<ul style="list-style-type: none"> - You can write to them before leaving prison. - Sliding scale fee.
<p>MASON CITY, ALGONA FOREST CITY,, CHARLES CITY, HAMPTON</p> <p>Prairie Ridge Integrated Behavioral Healthcare</p>	<p>320 N. Eisenhower Ave. P.O. Box 1338 Mason City, IA 50402</p> <p>Toll free: 641-424-2391</p> <p>www.prairieridge.net</p>	<ul style="list-style-type: none"> - Mental health and substance abuse treatment. - Both residential and outpatient services. - Walk-in hours available. 	<ul style="list-style-type: none"> - Sliding scale fee. - County social services can provide assistance.

MASON CITY Community Health Center	404 N Federal Ave Mason City, IA 50401 (641) 450-0601	- Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources.	- You can contact them from prison. - Sliding scale fee. - Positive and supportive.
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3rd JUDICIAL DISTRICT (Sioux City/Spencer and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY Community Action of Siouxland	MAIN OFFICE: 2700 Leech Ave Sioux City, IA 51106 712-274-1610 800-352-3725 SLOAN OFFICE: 2711 S. Helen Sioux City, IA 51106 712-274-9940	- Food pantry - Will help connect with area resources - Welcome Home Program to help with finding housing.	- Great place to find help when first starting back. .
SIOUX CITY Sunnybrook Community Church *RECOMMENDED PLACE TO START	5601 Sunnybrook Dr. Sioux City, IA 51106 712-276-5814	- Very supportive church with a Hope Center that can help with housing, employment, food and more. - Also have mentors.	- You can contact them from prison. - Celebrate Recovery is part of the church.
SPENCER Atlas of Spencer	816 S. Grand Avenue Spencer, IA 51301 712-580-3277 Write to: PO Box 907 Spencer, IA 51301	- Mentoring - Resource guidance - Housing (will help you find an apartment) - Faith-based	- They have prison reentry teams to help. - They are connected to many churches. - Willing to go the extra step. - Can contact from prison.
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY Hope Street of Siouxland *RECOMMENDED PLACE TO START	1308 Nebraska Street Sioux City, IA 51105 (712) 266-3644 Or call Family Access Center: (712) 255-0204	<ul style="list-style-type: none"> - Sober living home for men - Positive environment. - Will help with employment and connecting with services 	<ul style="list-style-type: none"> - Send letter to address for application and to ask about openings. - <u>Possible parole location</u> - Not available for SO's. - Nice, comfortable housing near downtown and bus lines.
SIOUX CITY Eunoia Sober Living for Women	406 12th St. Sioux City, IA 51105 712-635-4992 Contact: Whitney	<ul style="list-style-type: none"> - Sober housing option. - This is for women only. - They can help you connect to area resources. 	<ul style="list-style-type: none"> - <u>Possible parole location</u> - Recovery meetings required. - Supportive people who understand the struggle of reentry and recovery. - There is also a garden.
SIOUX CITY Oxford House (Nebraska Street)	2931 Nebraska St. Sioux City, IA 51104 712-224-4546	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option - They can help you connect to area resources. 	<ul style="list-style-type: none"> - <u>Possible parole location.</u> - A 12-step focused community. - This house is for women only.
SIOUX CITY Oxford House (Douglas House)	3217 Cheyenne Blvd. Sioux City, IA 51104 712-560-8351	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option. - They can help you connect to area resources. 	<ul style="list-style-type: none"> - <u>Possible parole location</u> - Not available for SO's. - This house is for men only. - A 12-step focused community.
SIOUX CITY Oxford House (16th Street)	209 16th Street Sioux City, IA 51103 712-560-4134	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option. - They can help you connect to area resources. 	<ul style="list-style-type: none"> - <u>Possible parole location</u> - Not available for SO's. - This house is for men only. - A 12-step focused community.
SIOUX CITY George Park House	Write to: attn: Dr Ingram 908 20th St. Sioux City IA 51104 712-899-0763	<ul style="list-style-type: none"> - Sober housing option. - This is for men only. - They can help you connect to area resources. - <u>Possible parole location</u> 	<ul style="list-style-type: none"> - Recovery meetings & work volunteering required. - Supportive people who understand the struggle of reentry and recovery. - Available for low-level SO's.
SIOUX CITY Soulward Development	Contact Glenn: 712-204-3026	<ul style="list-style-type: none"> - Recovery house for men. - Required to be active in NA/AA and work with a sponsor in recovery. 	<ul style="list-style-type: none"> - No full-time, on-site staff - Not available for SO's. - <u>Possible parole location.</u>

<p>SIOUX CITY</p> <p>Cynthia House</p>	<p>800 5th St. Sioux City, IA 51101</p> <p>712-258-4776</p> <p>paul@thegospelmission.org</p>	<ul style="list-style-type: none"> - Recovery house with in-house treatment for women.. - Will only accept those coming from prison when they have space and the waitlist isn't too long. 	<ul style="list-style-type: none"> - Staffed with substance abuse professionals - Not available for SO's. - Possible parole location.
<p>SIOUX CITY</p> <p>Gospel Mission</p>	<p>500 Bluff St. Sioux City, IA 51103</p> <p>712-255-1769</p>	<ul style="list-style-type: none"> - Shelter for men and women. - Financial planning help. - Employment assistance. - Recovery support. 	<ul style="list-style-type: none"> - Faith based. - Not available for SO's. - Not a parole location, possible for discharge.
<p>SPIRIT LAKE</p> <p>Discovery House</p>	<p>1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360</p> <p>(712) 336-5340</p>	<p>Transitional housing (up to 6 months) for: Men and women who struggle with substance abuse</p>	<ul style="list-style-type: none"> - Christian affiliation. - Not a parole location, possible for discharge.
<p>SIOUX CITY</p> <p>Vicky's Sober Living</p>	<p>324 W. 1st St. Sioux City, IA 51103</p> <p>712-333-6208</p>	<ul style="list-style-type: none"> - Sober housing option. - This is for women only. - They can help you connect to area resources. 	<ul style="list-style-type: none"> - Not available as a parole location - Recovery meetings required. - Not available for SO's.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>SIOUX CITY</p> <p>BOOST Re-Entry</p>	<p>Contact Gary Fuentes: 712-224-2168</p> <p>gffuentes@siouxlandship.org</p>	<p>Assists in overcoming barriers after incarceration through pre-release services and post-release services. Including: education, employability training, earning credentials, gaining employment and much more.</p>	<ul style="list-style-type: none"> - Participants must be referred to program -To be eligible, must be incarcerated in or returning to Woodbury County and are between 180-20 days pre-release of incarceration. - Great people.
<p>SIOUX CITY</p> <p>Goodwill of the Great Plains</p>	<p>3100 W. 4th St. Sioux City, IA 51103</p> <p>877-608-7775 or 712-258-4511</p>	<ul style="list-style-type: none"> - Entry-level jobs 	<ul style="list-style-type: none"> - Programs support those exiting the justice system.
<p>SIOUX CITY</p> <p>IowaWORKS Center</p>	<p>Attn: Lilia Rundquist 2508 4th St. Sioux City, IA 51101</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<ul style="list-style-type: none"> - <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have

	(712) 233-9030 Email: SiouxCityIowaWORKS@iwd.iowa.gov	- Have computers, job listings and staff to help.	one) and a little about your work experience.
SPENCER IowaWORKS Center	Attn: Operation Manager 217 W Fifth St. Spencer, IA 51301 (712) 262-1971 Email: SpencerIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA Jackson Recovery Centers	800 5th St. Sioux City, IA 51101 (712) 234-2300 Chad's House: 712-258-4776 https://www.jacksonrecovery.com	Walk-in appointments, assessments, consultation - Women's Center and Sanctuary Apartments - Inpatient/outpatient - Substance abuse and mental health services	- Sliding scale fees - Accept Medicaid - Available for both men and women - Possible parole location at Chad's House.
SIOUX CITY Siouxland Community Health	1021 Nebraska St. Sioux City, IA 51105 712- 252-2477	- Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources.	- You can contact them from prison - Sliding scale fee - Positive and supportive
SIOUX CITY Family Access Center *RECOMMENDED PLACE TO START	1221 Pierce St. Sioux City, IA 51105 712- 255-0204	- Mental health care services including substance use. - Will also help connect with other resources. - Integrated Home Health	- You can contact them from prison - Sliding scale fee - Don't have to have children. - Positive and supportive

4th JUDICIAL DISTRICT (Council Bluffs and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
CASS, CRAWFORD, FREMONT, MILLS, HARRISON, MONONA, MONTGOMERY, PAGE, SHELBY & POTTAWA- TTOMIE counties West Central Community Action	PO Box 709 Harlan, Iowa 51537 Call: (712) 755-5602 Outreach Office: 1017 7th St.	<ul style="list-style-type: none"> - Food pantry - Assist with connecting to area resources - Clothing and other needs - Employment possibilities. 	<ul style="list-style-type: none"> - They have offices in most counties in South/Central Western Iowa - Contact central office to find location in your county
COUNCIL BLUFFS Heartland Peer Center *RECOMMENDED PLACE TO START	3415 W. Broadway Suite B Council Bluffs, IA 51501 712-435-5383 Walk-ins: Mon, Tues, Wed. Thurs. 10:00 AM -3:00 PM	<ul style="list-style-type: none"> - Peer drop-in center with access to computers - Help connect with and navigate area resources 	<ul style="list-style-type: none"> - Positive and welcoming people. - Peer based support - Recovery coaching available. - Available for Corrlinks. - Can contact before leaving prison.
COUNCIL BLUFFS Hope Net	PO Box 281 Council Bluffs, IA 51502 402-321-1313 www.hopenetministries.org jstephenshopeaftercare@gmail.com	<ul style="list-style-type: none"> - Reentry services - Bicycles available - Will assist with locating housing - Winners' Circle is a peer-driven support group of, and for, formerly incarcerated women. 	<ul style="list-style-type: none"> - Help connect with area services. - Faith based - You can contact them from prison - Very encouraging and supportive. - Circle of Support mentoring
COUNCIL BLUFFS Full Circle Recovery Community Center	Omni Centre Business Park 300 West Broadway Suite 112 Council Bluffs, IA 51503	<ul style="list-style-type: none"> - Peer recovery coaching - Peer support groups - Social activities 	<ul style="list-style-type: none"> - Positive and encouraging people. - Can contact before leaving prison.

*RECOMMENDED PLACE TO START	(712) 560-6360 https://recoverfullcircle.org/	- Connect with resources in community	- Drop-in center - Available for Corrlinks.
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COUNCIL BLUFFS Remnant Fellowship *RECOMMENDED PLACE TO START	634 Willow Ave. Council Bluffs, IA 51501 (712) 435-8368 chadbostwick@gmail.com	- Sober and supportive housing. - 3 houses for men. - Cooperative living with on-site support.	- Faith-based. - <u>Possible parole location</u> - Not available for SO's. - You can contact them from prison. - Very warm and welcoming environment.
COUNCIL BLUFFS The Milestone	The Milestone 106 W Kanesville Blvd, Council Bluffs, IA 51503 Melissa (402) 813-2781 Themilestonecb@gmail.com	- Supportive living for women in recovery. - Fully furnished rooms. - Live in house manager - On-site laundry, shared living spaces, independent living.	- <u>Possible parole location</u> - This house is a nurturing community where residents heal and grow together.
COUNCIL BLUFFS Heartland Family Services - Bridges Program	600 9th Ave. Council Bluffs, IA 51501 712-325-5653	- Short-term housing available (men and women) - Will help you connect with area resources including health care.	- You can contact them from prison. - Trusting and welcoming environment. - <u>Possible parole location</u> - Not available for SO's
COUNCIL BLUFFS Heartland Family Works	1722 Avenue C Council Bluffs, IA 51501 712-435-5383	- Long-term residential substance abuse and mental health program. - Women and children only	- Need to have ASAM substance abuse evaluation. - Only for those incarcerated less than one year.
COUNCIL BLUFFS	901- 8th Avenue Council Bluffs, IA 51501 Jen.Foltz@iowa.gov	- Housing option for men who have a disability.	- <u>Possible parole location</u> - Available for SO's. - Shared living.

4th District Transitional House			
COUNCIL BLUFFS Oxford House: Loess Hills	200 S. 1st St. Council Bluffs, IA 51503 (712) 355-3232	- Sober, cooperative, self-governing housing option. - They can help you connect to area resources.	- <u>Possible parole location</u> - A 12-step focused community. - This house is for women.
COUNCIL BLUFFS Micah House	1415 Avenue J Council Bluffs, IA 51501 (712) 323-4416 /	Emergency shelter for women and families. Also: credit issues, counseling, parenting skills, health services, computer access, financial classes...	- If you meet with them, you can access services. - <u>Not</u> always an approved parole location. - Not available for SO's
COUNCIL BLUFFS Church of Freedom	701 S. 4th St. Council Bluffs, IA 51503 712-355-0662 or 402-960-2237	- Housing option for men. - 5 beds. - Will help with employment and other area resources.	- Faith-based. - Men only. - <u>Possible parole location</u> - Available for SO's. - You can contact them from prison.
COUNCIL BLUFFS Woodspring Suites	3541 14th Ave Council Bluffs, IA 51501 712-388-8000	- A hotel that is available for 1-2 months. - Rent must be paid in advance. (\$378/week)	- <u>Possible parole location</u> - Available for SO's. - Used to be Value Place. - Very expensive.
COUNCIL BLUFFS New Visions (Timothy House, Joshua House and David's House)	1435 N. 15th St. Council Bluffs, IA 51501 (712) 256-3940 www.mohmsplace.org	Men's shelter: 2-year transitional living program, long-term housing, support meetings, counseling staff - Help you connect with area resources.	- You can contact them from prison. - Very welcoming. - Joshua House is a wet shelter. - Won't turn anyone away, but <u>NOT an approved parole location.</u>

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
COUNCIL BLUFFS IowaWORKS Center	Attn: Will Solomon 300 W Broadway Council Bluffs, IA 51503 (712) 352-3480	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

	Email: CouncilBluffsIowaWORKS@iwd.iowa.gov		
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HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
COUNCIL BLUFFS All Care Health Center *RECOMMENDED PLACE TO START	902 S. 6th Steet Council Bluffs, IA 51501 712-256-6582	- Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources.	- You can contact them from prison - Sliding scale fee - Positive and supportive

5th JUDICIAL DISTRICT (Des Moines, Ames, Newton and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
DES MOINES Society of St. Vincent de Paul *RECOMMENDED PLACE TO START	% Randi Radosevich 1426 6th Ave. Des Moines, IA 50314 (515) 282-8327 resourcedirector@svdpdsm.org	- Reentry resources including employment. - Food pantry, clothing, and furniture - Will help connect with area resources. - Assist with driver's license	- They understand the challenge of reentry. - Nobody turned away. - You can write to them from prison. - Mentoring available for those in the program.
DES MOINES and STATEWIDE Women at the Well	P.O. Box 33 Mitchellville, IA, 50169 Contact: Rev. Paul Witmer 515-240-1653 WATWPastor@iaumc.org	- Reentry teams help with mentorship, accountability, goal setting and faith formation. - Assist with finding resources in your community. - Are inside prison weekly and can help make connections before a person leaves	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Based in Des Moines, but may be able to help wherever you are in Iowa.
DES MOINES Plymouth Church Transition from Prison	4126 Ingersoll Ave. Des Moines, IA 50312 515-255-3149	They have mentors to assist with your reentry. (both men and women)	- Very supportive group that can help you rebuild your life. - You can contact them from prison.
DES MOINES Full Circle Recovery Community Center	4725 Merle Hay Rd, #105-107 Des Moines, IA 50310 (515) 783-6382 https://recoverfullcircle.org/	- Peer recovery coaching - Peer support groups - Social activities - Connect with resources in community	- Positive and encouraging people. - Can contact before leaving prison. - Drop-in center

*RECOMMENDED PLACE TO START			
DES MOINES RISE Recovery Center	3120 SW 9th St. Des Moines, IA 50315 (515) 499-2105 info@riseiowa.org	<ul style="list-style-type: none"> - Peer recovery coaching - Group recovery - Social/wellness activities 	<ul style="list-style-type: none"> - Positive and encouraging people. - Connect with resources in the community.
DES MOINES Lutheran Church of Hope	Celebrate Recovery % Melissa Dale 925 Jordan Creek Pkwy. West Des Moines, IA 50266 515-222-1520	<ul style="list-style-type: none"> - Positive people offering mentoring and support. - Weekly meetings that provide a healing, healthy environment. 	<ul style="list-style-type: none"> - Christian-based recovery program. (Celebrate Recovery) - You can contact them from prison. - Support for family.
DES MOINES Des Moines Catholic Worker	Bishop Dingman House (Drop-In Center) 1310 7th St. Des Moines, IA 50314 (515) 214-1030	<ul style="list-style-type: none"> - Showers are available the first two hours the house is open -Clothing, food, toiletries - A phone is available. - Can receive mail here. 	You don't have to be Catholic.
DES MOINES Evelyn K. Davis Center for Working Families	1171 7th St. Des Moines, IA 50314 (515) 697-7700	<ul style="list-style-type: none"> - Job search, interview prep, certificate training, resume, job placement, Adult Education, FASFA, credit repair and EITC. 	Offers a fatherhood course geared (in part) toward formerly incarcerated fathers.
DES MOINES Grace for Addictions	936 McKinley Ave. #20 Des Moines, Ia 50315 515-336-0006 Thomas@graceforaddictions.org	<ul style="list-style-type: none"> - 1-on-1 Life Coaching designed to promote recovery, mental health, personal development, and overall well-being. - Mental health support, mindfulness, and emotional wellness tools. 	<ul style="list-style-type: none"> - Weekly check-ins from accountability allies. - Can be contacted prior to release. - Faith-based.
DES MOINES Urban Dreams	1615 2nd Ave Des Moines, 50314 515-288-4742	<ul style="list-style-type: none"> - Employment preparation - Internet/phone available. - Substance use and mental health support. - FAFSA prep/academic counseling and registration. 	<ul style="list-style-type: none"> - Positive and encouraging people. - Can contact before leaving prison. - Help connect with area resources.
DES MOINES Creative Visions (Ex-Offender & Family Reunification Program)	1343 13th St Des Moines, IA 50314 (515) 244-4003 Ako Abdul-Samad (director)	<ul style="list-style-type: none"> - Provides employment support for people who have been to prison and others. 	Also have a food pantry, education programs and other assistance.

OSKALOOSA SIEDA Community Action	114 N. Market St. Oskaloosa, IA 52577 641-673-8758	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COLFAX Sheepgate	900 N. League Road Colfax, IA 50054 515-674-3713 mforeman@mysheepgate.org	- Year-long Christian discipleship program. - Structured environment - Includes mentoring, job skills and finance skills.	- Open to both men and women. (over 18-yrs) - <u>Possible parole location</u> - Not available for SO's. - Beautiful setting
DES MOINES Kingdom Living	3120 SW 9th St. Des Moines, IA 50315 www.kingdomlivingia.com	- Safe, structured, peaceful, happy sober living - Very supportive and welcoming. - 5 houses in Des Moines for men and women.	- Faith-based. - Not available for SO's. - <u>Possible parole location</u> - Excellent organization and great people. - 12 Step based recovery.
DES MOINES The Beacon	1717 Woodland Ave. Des Moines, IA 50309 (515) 244-4713 www.beaconoflifedm.org admin@thebeacondm.org	- Base and additional housing (6-24 month) program: - health & wellness - financial empowerment - employment - recovery	- For women and those who identify as women. - Positive and encouraging people. - Trauma-informed and equity-centered - <u>Possible parole location</u>
DES MOINES House of Mercy	1409 Clark St. Des Moines, IA 50314 (515) 643-6500 rpeterson@mercydesmoines.org	Residential substance abuse and mental health treatment, housing, transportation, behavioral therapy, family therapy, relapse prevention, support groups, education, employment, skill training.	- Women and families only. - Very supportive community. - Childcare and support. - <u>Possible parole location</u> . - Outpatient treatment for men and women. - Not available for SO's

DES MOINES Ruth Harbor	Ruth Harbor 534 42nd St. Des Moines, IA. 50312 515-279-4661	- Transitional housing for women who are pregnant or have a child. - Will consider other women as well.	- <u>Possible parole location</u> - Write letter stating your situation.
DES MOINES Discovery House	Mailing address: 1327 Pleasant View Drive, Des Moines,, IA 50315 515-499-6486	- Transitional housing for men. (3 houses) - Recovery support. - Faith based.	- <u>Possible parole location</u> - Very positive group who understands the challenge of reentry. - Write letter stating your situation and employment. - Not available for SO's.
DES MOINES Honest Journey	Honest Journey 3632 Oakcrest Drive Des Moines, IA. 50310 515-219-4911	- Transitional housing for men. - Need to be active in recovery. - Have single or double rooms available	- <u>Possible parole location</u> - Write letter stating your situation and employment. - Not available for SO's.
DES MOINES Central Iowa Shelter and Services	1420 Mulberry Street Des Moines, IA 50309 (515) 284-5719 (515) 883-1692	- Temporary housing (90 day) - Recovery and mental health staff. - Job training program (Kitchen, janitorial, garden) - Health care available	- Nobody turned away. - Good place to get started while finding housing. - <u>Possible parole location.</u>
DES MOINES Tim's Clube	PO Box 65533 West Des Moines,IA 50265 (515) 478-0985 (Joel)	- Bible-based recovery housing. - 5 houses for men and 1 for women.	- <u>Possible parole location.</u> - Great people. - Have connection with Celebrate Recovery. - Not available for SO's.
DES MOINES Harbor of Hope Alcohol & Substance Abuse Recovery House	3650 Cottage Grove Ave. Des Moines, IA 50311 (515) 244-0370	Recovery assistance: - Education - Employment - Financial training - Reconnecting to family and friends - Physical and mental health	Residents are required to stay a minimum of six months and allowed to stay a maximum of two years. All residents are required to pay \$550/a month rent. - <u>Possible parole location.</u> - - Not available for SO's.
DES MOINES Harvest Academy	8769 G24 Hwy Indianola, IA 50125 515-423-0004	- 2+ year residential program for men. - Therapeutic community designed to help overcome barriers. - Peer support.	- Not available for SO's. - <u>Possible parole location</u> - Job training and employment

DES MOINES Restart Recovery	1330 7th Street Des Moines, IA 515-577-2824	<ul style="list-style-type: none"> - Transitional housing for men and women. - Need \$150 to move in. Rent is \$575. 	<ul style="list-style-type: none"> - Not available for SO's. - <u>Possible parole location</u> - One-year commitment.
DES MOINES Dads with A Purpose	1615 Arlington Des Moines, IA 50314 515-953-9949 (Heather Sanders)	<ul style="list-style-type: none"> - Sober-living houses (2 in Des Moines, 1 in Mason City) - Focused on being good fathers. 	<ul style="list-style-type: none"> - Offer parenting classes. - Not available for SO's. - <u>Possible parole location</u>. - Houses for both men and women.
DES MOINES The Salvation Army in Des Moines (Adult Rehabilitation Center)	The Salvation Army 133 E. 2nd Street Des Moines, IA 50309 Prefer phone contact: (515) 243-4277	<p>Long-term residential program for men:</p> <ul style="list-style-type: none"> - 6-level recovery system - - six months minimum - Individual and Group Counseling - Relapse Prevention 	<ul style="list-style-type: none"> - Not available for SO's. - AA, NA, and Celebrate Recovery - Work therapy - Faith based - <u>Possible parole location</u>
DES MOINES YMCA Supportive Housing	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424	<ul style="list-style-type: none"> - Housing - Transportation - Laundry - Computer lab - Food/clothing 	<ul style="list-style-type: none"> - Have to qualify under Low Income Housing Tax Credit. - They will do a background check. - <u>Possible parole location</u> - Not available for SO's.
DES MOINES Hope Ministries	Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272 Women: 515-264-0144 Men: 515-244-5445	<ul style="list-style-type: none"> - transitional housing - substance use counseling - GED & life skills classes - nutrition/health counseling - work skills training and business practicum 	<p>Door of Faith: For Men</p> <ul style="list-style-type: none"> - <u>Possible parole location</u> - Certain SO's allowed. - long term program. - Hope Center for Women and Children: short-term shelter and long-term life recovery.
DES MOINES Bernie Lorenz Recovery	4018 Kingman Boulevard Des Moines, IA 50311 (515) 262-0349 Email: info@bernielorenzrecovery.org	Residential substance abuse treatment; 60-90 day program, vocational training, education, developing budget, counseling services, assistance in finding work.	<ul style="list-style-type: none"> - Women only - <u>Possible parole location</u>.
DES MOINES Recovery in Action	PO Box 13342 Des Moines, IA 50310 3312 Fourth St. Des Moines, IA 50313 (515) 269-2290	Sober, safe, and permanent housing for those striving for sobriety, accountability and independence.	<ul style="list-style-type: none"> - Need to get a sponsor. - Must have legal employment. - Not available for SO's. - <u>Not a parole location</u>.
DES MOINES Patron Hands	1612 Forest Avenue Des Moines, IA 50314	<ul style="list-style-type: none"> - Housing for men - Community involvement and engagement - Fatherhood group 	<ul style="list-style-type: none"> - Not available for SO's. - Focused on being good fathers. - <u>Possible parole location</u>.

	Contact: Edwin Daye at 515-822-0076		
DES MOINES Bridges of Iowa	Bridges of Iowa 130 E. 3rd St. #1 Des Moines, IA. 50309 515-494-8515 (Deb)	- Recovery program for women and men. - Housing, substance use program, positive. - 8 month minimum	- Not a parole location. - Write letter stating your situation.
NEWTON Discover Hope 5:17	733 1st Ave. E Newton, IA 50208 641-841-0598 Email: info@discoverhope517.com	Re-entry and recovery - - Employment help - Housing available - Substance use recovery - Connecting with area resources	- Faith-based, but will work with anyone needing help. - Not available for SO's. - Supportive and encouraging.
SEYMOUR Circle of Freedom	Circle of Freedom 400 E 4 th St. Seymour, IA 52590 Kim (641) 414-2999 circleoffreedomiowa.org	- Christian Faith-based Residential Recovery Program for Women - 12-to-15-month Commitment leading women struggling with life-controlling problems to freedom in Jesus and helping them reestablish their lives.	- Help with life skills, restoration of medical, dental, and vision health, career training opportunities - Possible parole location - This house is a very loving and nurturing community where students heal and grow together.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CRESTON IowaWORKS Center	Attn: Operation Manager 215 N Elm St Creston, IA 50801 (641) 782-2119 Email: Region14.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DES MOINES Project IOWA (Iowa Opportunities for Workforce Advancement)	4801 Franklin Ave #106 Des Moines, Iowa 50310 (515) 280-1274 Email: office@projectiowa.org	- They have options for employment training. - Include personal and professional development. - Goal is for career track and high wage jobs.	- You can contact them before leaving prison. - Work with area employers. - Great people. - No cost for classes and program.
DES MOINES Change Course	1912 6th Ave. Des Moines, IA 50314 (515) 779-6108	- Employment training. - Personal development - Leadership development - Skill development. - One-on-one coaching sessions.	- You can contact them before leaving prison (Corrlinks). - Network with area employers. - Great people.

	info@changecourse.org	- Goal is for career track and high wage jobs.	- No cost for classes and program.
DES MOINES IowaWORKS Center	Attn: Operation Manager 200 Army Post Rd. Des Moines, IA 50315 Phone: 515-281-9619 Email: DesMoinesIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
INDIANOLA WeLIFT	106 East Second Ave. Indianola, Iowa 50125 Phone: 515-962-5017 Email: WelifDirector2006@gmail.com Hours: Tuesday and Thursday 11:00-3:00pm	- Employment assistance (resumes, locating work, and more) - Can connect you with area resources	- Great people who will go the extra mile to help. - Understands the challenges of reentry.
JOHNSTON Goodwill of Central Iowa	5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323	- Forklift, custodial, retail and food service certifications.	- Understands the challenges of reentry.

HEALTH CARE

DES MOINES Primary Health Care	CONTACT: 1200 University Ave. Des Moines, IA 50314 (515) 248-1500	- Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more.	- Sliding scale fee. - Intakes Mon-Fri.
DES MOINES MYOB Therapy	4725 Merle Hay Rd. #203 Des Moines, IA 50322 515-412-0240 info@myobtherapy.com	- Support for those impacted by the sex offense registry. - Can meet via telehealth across Iowa.	- Sliding scale fee - Great people who understand the challenges SO's face.
DES MOINES Eyerly Ball Community Mental Health Center	945 19th St, Des Moines, IA 50314 (515) 241-0982	- Counseling and therapy - Community support services	- Very wide-ranging services to help with mental health.

DES MOINES Prelude Services Central Iowa	3451 Easton Blvd. Des Moines, Iowa 50317 (515) 262-0349 Email: info@meccaia.com	- Prevention services for addiction. - Transitional housing.	- Have Spanish-speaking staff. - <u>You can contact them before leaving prison.</u>
PRAIRIE CITY Clearview Recovery	501 North Sherman Prairie City, Iowa 50228 (515) 994-3562	Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement	- Women only (children allowed)

6th JUDICIAL DISTRICT (Cedar Rapids/Iowa City and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
CEDAR RAPIDS RISE program *RECOMMENDED PLACE TO START	901 29th St. Cedar Rapids, IA 52404 Main: (319) 382-2350 RISE@freshstartcr.org	Guidance on: - finding a job - finding housing - food and clothing - transportation - creating plans & goals - Clothing/hygiene available.	- Warm and welcoming people. - <u>You can contact them from prison.</u> - Have a mentor program called AMP.
CEDAR RAPIDS CRUSH Recovery Community Center *RECOMMENDED PLACE TO START	317 7th Ave. SE Suite 304 Cedar Rapids, IA 52401 (319) 200-5970 www.recoveryiowa.org www.crushofiowa.com	- Peer recovery coaching - Peer support groups - Social activities - Connect with resources in community	- Positive and encouraging people. - Can contact before leaving prison. - Drop-in center
IOWA CITY Living Beyond the Bars *RECOMMENDED PLACE TO START	Reentry Organizer: Mike Cervantes 319-331-9450 mike.livingbeyondthebars@gmail.com	- Provide information on resources across the state. - Will assist and provide information via phone or Corrlinks.	- In Cedar Rapids and Coralville, they hold support meetings for family/friends. - <u>You can contact them from prison.</u>

<p>IOWA CITY</p> <p>Inside Out Reentry</p> <p>*RECOMMENDED PLACE TO START</p>	<p>804 S. Capitol Street Iowa City, IA 52240</p> <p>Main: (319) 338-7996 Cell: (319) 621-6263</p> <p>Email: Hello@insideoutreentry.com</p>	<p>Drop-in & Resource Center:</p> <ul style="list-style-type: none"> - Case Management and Reentry Planning - Employment and Housing Assistance - Resource Connection - Weekly peer support groups - Mentors available. 	<ul style="list-style-type: none"> - You can contact them from prison. - Supportive community. - Have one sober transitional house. Focus on healing and personal growth. Not eligible for those with lifetime SO registry requirements. - Possible parole location
<p>STATEWIDE</p> <p>Hope4Healing</p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> - Assist with finding resources in your community - Connect with a church to provide mentor and other support. 	<ul style="list-style-type: none"> - Christian-based. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p>The Safe Place Foundation</p>	<p>527 6th Avenue SE Cedar Rapids, IA 52401</p> <p>Main: (319) 366-3430 http://www.safeplacefoundation.org/</p>	<p>A drug- and alcohol-free living environment with ongoing staff support, community volunteer involvement and peer-to-peer mentorship.</p>	<ul style="list-style-type: none"> - 40 bed program: 6 Phase One beds and 34 Phase Two beds. - Possible parole location - Not available for SO's. - Men only.
<p>CEDAR RAPIDS</p> <p>Hope CDA</p> <p>*RECOMMENDED PLACE TO START</p>	<p>842 14th St. SE Cedar Rapids, IA 52403</p> <p>319-560-1196</p>	<ul style="list-style-type: none"> - Jobs training program that includes housing. - Life Skills classes - Mentoring - Connect with area resources (even if not in their housing program) 	<ul style="list-style-type: none"> - Faith-based. - Men only. - 12-month program - Must be part of program to be included in housing. - Possible parole location - Not available for SO's.
<p>CEDAR RAPIDS</p> <p>Willis Dady Shelter</p>	<p>1247 4th Ave. SE Cedar Rapids, IA 52403</p> <p>CONTACT: Waypoint Shelter and Housing Services:: 319-366-7999</p>	<ul style="list-style-type: none"> - Shelter available for men and women with children. - Help connect with community resources - Case management 	<ul style="list-style-type: none"> - This is a good place to start as you look for permanent housing. - Welcoming and warm. - Not a parole location, possible for discharge.
<p>CEDAR RAPIDS</p> <p>House of Hope</p>	<p>1744 2nd Ave SE, Cedar Rapids, IA 52403 319-366-4673 www.houseofhopecr.org</p>	<ul style="list-style-type: none"> - Christian Mental Health Therapy - Educational Classes - Women's Residency Program - Mentorship & Discipleship 	<ul style="list-style-type: none"> - Gospel-centered - Individualized plan with a community focus. - Connected to local churches

		- Safe and Sober Housing	- Grace-filled, loving and a lot of HOPE!
VINTON Place of Refuge	408 B Ave. Suite. A Vinton, IA 52349 319-640-5051 abundantlifevinton@gmail.com	- Sober living for women. - Live in an apartment with one other participant. - Work, financial and emotional support offered.	- Faith-based. - Need to be employed within 30 days. - <u>Possible parole location</u> - Not available for SO's.
CEDAR RAPIDS 2nd Chance Housing	Various Locations Cedar Rapids, IA 319-573-9815	- Apartments that are individual with shared kitchen, bath and living room. - First and last month's rent due when moving in.	- <u>Possible parole location</u> - Possibly available for SO's. - Clean, fully furnished. - Very understandable landlord.
CEDAR RAPIDS Waypoint Services	318 5th St. SE Cedar Rapids, IA 52401 Phone: 319-365-1458	- Assistance with housing support.	- Need to apply for services after your release.
CEDAR RAPIDS ASAC	3601 16 th Ave SW, Cedar Rapids, Iowa, 52404, (319)390-4611 info@asac.us , https://asac.us	- Substance use evaluations (walk-in evaluations available in Linn) - Substance use treatment - Residential substance use treatment for men, women, and women with children - Outpatient problem gambling treatment	- Accepts Medicaid - Sliding scale fee - Provides Care Navigation.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CEDAR RAPIDS IowaWORKS Center	Attn: Operation Manager 4444 1st Ave. NE Cedar Rapids, IA 52402 (319) 365-9474 Email: CedarRapidsIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
CEDAR RAPIDS Goodwill of the Heartland	1441 Blairsferry Rd. NE Cedar Rapids, IA 52402 1025 Wade St. Iowa City, IA 52240 866-466-7881	- Resume assistance. - WOW Workshops - Certification programs: Custodial, Food Service, Hospitality, IT and more.	- Understands the challenges of reentry.

IOWA CITY IowaWORKS Center	Attn: Operation Manager 1700 S 1st Ave. Iowa City, IA 52240 (319) 351-1035	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

7th JUDICIAL DISTRICT (Quad Cities/Clinton/Muscatine and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON Rediscover Recovery Community Center *RECOMMENDED PLACE TO START	232 5th Ave. S. Clinton IA 52732 (563) 206-1479	- Peer recovery coaching - Peer support groups - Social activities - Connect with resources in community	- Positive and encouraging people. - Can contact before leaving prison. - Drop-in center
CLINTON Information Referral	219 1st Avenue Clinton, IA 52732 563-243-5818	- Housing assistance including list of landlords and rent assistance.	- They are connected to area agencies and churches. - Committed to helping and they know the community very well.

		- Connect with area resources for food, clothing, health care and more.	
CLINTON Community Action	242 N Bluff Blvd. #203 Clinton IA 52732 (866) 243-5220	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
DAVENPORT Community Action	500 East 59th Street, Davenport, IA 52807 (866) 324-3236	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
ROCK ISLAND Project Now	418 19th St. Rock Island, IL: 61201 (309) 793-6391 www.projectnow.org	- Housing assistance including list of apartments - Basic needs assistance.	- Can help <u>even if you are not an Illinois resident</u> . - Call to make appointment. - Supportive and encouraging staff
MUSCATINE Community Action	1903 Park Ave. #18 Muscatine IA 52761 (563) 263-9290	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
MUSCATINE Jesus Mission Church/ Pearl City Outreach	509 Mulberry Ave. Muscatine, IA 52761 (563) 261-6173	- Helps with jobs - Rides to work - Sack lunches - Laundry and showers	- No cost.
TIPTON Community Action	101 Lynn Street Tipton IA 52772 563-886-3191	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON ASAC/King House	2219 Garfield St. Clinton, IA 52732 (563)243-2124	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for men.	- You can contact them from prison. - <u>Possible parole location</u> - Not available for SO's - Sliding scale/accepts Medicaid

	info@asac.us , https://asac.us	Outpatient problem gambling program	- Outpatient in Jackson and Clinton counties.
CLINTON ASAC/Hightower Place	2727 S. 19th Street Clinton, IA 52732 (563)243-2124 info@asac.us , https://asac.us	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for women. - Outpatient problem gambling program	- Work with prison counselor on applying. - <u>Possible parole location</u> - Not available for SO's - Sliding scale/accepts Medicaid - Outpatient in Jackson and Clinton counties.
DAVENPORT Unity House	2341 E. Pleasant St. Davenport, IA 52803 (563) 676-5488 or (563) 210-1513 EMAIL: eric.hoffmann@unityhouseofdavenport.org	- Transitional housing. - Semi-structured sober and recovery living. - \$570 is needed to move in. Some scholarships might be available.	- They have six houses. - - Online application can be printed off and mailed in. - <u>Possible parole location</u> - Not available for SO's.
DAVENPORT One Eighty *RECOMMENDED PLACE TO START	601 N. Marquette St. Davenport, IA 52802 phone: 563-424-4589 www.oneeighty.org Contact: Chad Williams	Houses men and women coming out of incarceration, domestic abuse, sex trafficking, homelessness or addiction. Assigns mentor and helps with furthering education.	- 14-month program. - Home-like setting and great people. - <u>Possible parole location</u> - Not available for SO's. - Faith based. - You can contact them from prison.
DAVENPORT Destination Recovery Homes	destinationrecoveryhomes@gmail.com Justin Willis (309) 716-1536 or Jeff King (815) 990-4988	- Transitional housing for women and men. - Faith-based program - Recovery coaching - Peer support groups	- Personalized support - Will help connect with area resources. - Beautiful, well-maintained houses and great people. - <u>Possible parole location</u> - Not available for SO's
DAVENPORT Pine Meadows Residential Treatment	4656 W. Kimberly Road Davenport, IA 52806 (563) 345-5673	- Residential care facility for those with mental health illness.	- Work with counselor on applying. - <u>Possible parole location</u> - Not available for SO's
DAVENPORT Salvation Army Adult Rehab Center	4001 N. Brady St Davenport, IA 52806 563-323-2748	- Recovery support - Build work and social skills - Will help connect with area resources.	- Faith based, 6 mo. to 1 yr residential program. - <u>Possible parole location</u>
DAVENPORT GRACE House	PO Box 3302 Davenport, IA 52802 729 W. 15th St Dav., IA 52803 (Confidential)	-Transitional housing for women - Sober-living - 1st month paid, \$600 after	- Mandatory 5 12-step meetings weekly - Random UA's - Responsible for Food, toiletry and clothes

	563-223-8313		
<p>LETTS</p> <p>Cedar River Haven</p>	<p>2978 Casey Avenue Letts, IA 52745 319-726-2360 fsojka@cedarriverhaven.org</p>	<p>Rural Recovery Residence</p> <ul style="list-style-type: none"> - 12 Step Immersion - Social, spiritual, community driven. - Life skills, therapy and group support 	<ul style="list-style-type: none"> - Supportive recovery community using Peer Social model - 24 beds - Women only.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>CLINTON</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 105 Main Ave. Clinton, IA 52732</p> <p>319-423-0333</p> <p>Clinton Public Libray 306 8th Ave. S. Clinton, IA. 52732</p>	<ul style="list-style-type: none"> - 1st and 3rd Th of each month from 0900 - 1500 - IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help. 	<ul style="list-style-type: none"> - <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
<p>DAVENPORT</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 1801 E. Kimberly Rd. Davenport, IA 52806 563- 445-3200 Email: DavenportIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.</p> <ul style="list-style-type: none"> - Have computers, job listings and staff to help. 	<ul style="list-style-type: none"> - <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
<p>DAVENPORT</p> <p>Safer Foundation</p>	<p>1702 N. Main St. Davenport, IA 52803</p> <p>(563) 322-7002</p>	<p>Employment:</p> <ul style="list-style-type: none"> - Orientation, intake, and retention for employment - ACE program for those looking for a career. 	<ul style="list-style-type: none"> - Great people. - You can write to them before leaving prison.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>DAVENPORT</p> <p>Community Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>500 W. River Drive Davenport, IA 52801</p> <p>563-336-3158</p> <p>Contact person: John Muhoza jmuhoza@chcqca.org</p>	<ul style="list-style-type: none"> - They have social workers to help connect with community resources including housing. - Provide a variety of medical services including getting a primary care physician. 	<ul style="list-style-type: none"> - Friendly and helpful staff. - Sliding-scale fee.
<p>DAVENPORT</p> <p>Family Resources</p>	<p>1414 W Lombard St, Davenport, IA 52806</p> <p>(563) 326-6431</p>	<ul style="list-style-type: none"> - Mental health care services including substance use. - Therapy offered. 	<ul style="list-style-type: none"> - Nobody turned away - Positive and supportive

		- Will also help connect with other resources.	
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8th JUDICIAL DISTRICT (Burlington, Ottumwa, Keokuk, Ft. Madison and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
BLOOMFIELD SIEDA Community Action	300 E. South Stree Bloomfield, IA 52537 641-664-1911	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.

<p>BURLINGTON</p> <p>Community Action</p> <p>*RECOMMENDED PLACE TO START</p>	<p>700 Jefferson St. Burlington, IA 52601</p> <p>319-753-2893</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>BURLINGTON and FT. MADISON</p> <p>Celebrate Recovery</p>	<p>550 Division St. Burlington, IA 52601 319-237-8400 Ext. 201</p> <p>1602 Ave. F Ft. Madison, IA 52627 319-237-8400 Ext. 301</p>	<p>Celebrate Recovery meets every week and provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.</p>	<p>Christian-based recovery program.</p>
<p>CENTERVILLE</p> <p>SIEDA Community Action</p>	<p>111 N. Main Centerville, IA 52544</p> <p>641-856-8437</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>FAIRFIELD</p> <p>SIEDA Community Action</p>	<p>201 S. 23rd Fairfield,, IA 52556</p> <p>641-472-6140</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>FT. MADISON</p> <p>Eichacker Community Action Center</p>	<p>3433 Avenue O Ft. Madison, IA 52627</p> <p>319-372-4471</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>KEOKUK</p> <p>Tallarico Community Action Center</p>	<p>220 S. 22nd St. Keokuk, IA 52632</p> <p>319-524-6383</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>KEOSAUQUA</p> <p>SIEDA Community Action</p>	<p>906 Dodge Street Keosauqua, IA 52565</p> <p>319-293-3722</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources.
<p>MT. PLEASANT</p> <p>Tolson Community Action Center</p>	<p>1303 W. Washington Mt. Pleasant, IA 52641</p> <p>319-385-2310</p>	<ul style="list-style-type: none"> - Food pantry - Resource guide - Housing assistance including list of apartments 	<ul style="list-style-type: none"> - Will help with connecting to area resources
<p>MT. PLEASANT</p> <p>Fellowship Cup</p>	<p>203 North Jefferson Street Mt Pleasant, IA 52641</p> <p>(319) 385-3242</p>	<ul style="list-style-type: none"> - Will assist with connecting to area services/resources. - Have food, clothing, vouchers and other supports 	<p>Their mission is to provide food, shelter and clothing to those in Henry County.</p>

	director@thefellowshipcup.org		
OTTUMWA O-Town Recovery	202 W. Davis St. Ottumwa, IA 52501 641-980-7455	- Supportive recovery community. - Meetings every day at noon.	- Can help connect with area resources including housing.
OTTUMWA SIEDA Community Action	725 W. Second Ottumwa, IA 52501 641-682-8741	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
SIGOURNEY SIEDA Community Action	114 West Washington Sigourney, IA 52591 641-622-3443	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
STATEWIDE Hope4Healing	P.O. Box 48, Gladbrook, IA 50635 855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support.	- Christian-based. - You can write to them from prison.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON Transitions	515 S. Main St. Burlington, IA 52602 Contact: Joseph 319-209-2217, or 309-221-8492 transitionsdmc@gmail.com	- Can help apply for medicaid and referrals to local resources for substance abuse and employment. - Housing options available. - Assist with household goods.	- Available for discharge, but not parole.
BURLINGTON Burlington Shelter	123 N. Marshall St. Burlington, IA 52601 319-754-6791	- Shelter for extended or short-term stay. - Sober house.	- Need Iowa ID. - Not available for SO's. - Available for discharge, but not parole.
KALONA Retrograde Ministries	507 3rd St Kalona, IA 52247 Main: (319) 779-1024 Mike Evans - m.evansretro@gmail.com	- Men's recovery housing. - Six-month in-house program. - Sober living housing available upon completion of program.	- Faith-based. - They are a great group of people. - <u>Not a parole location</u> - Not available for SO's.
KEOKUK	518 Concert St. Keokuk, IA 52632	- Sober-living house - 12-step based	- Faith-based - <u>Not an parole location</u> - Not available for SO's.

Talbot Sober Living Residence	217-242-0378		
KEOKUK Lydia's House	810 Timea St. Keokuk, IA 52632 319-795-5535	- Sober house for women. - 12-step based - 3-month stay	- Faith-based - Positive and encouraging people. - <u>Possible parole location</u> - Not available for SO's.
MT. PLEASANT Brave Heart Sober Living	1013 E Oakbrook Ln, Mt Pleasant, IA 52641 (641) 919-2510	- Sober, cooperative, peer supported housing option for men. - \$600 that includes rent and all utilities - They will help you apply for the first month's rent.	- They are positive and encouraging people. - Not available for SO's
OTTUMWA Oxford House *RECOMMENDED PLACE TO START	Write to: Oxford House 1013 E Oakbrook Ln, Mt Pleasant, IA 52641 641-919-2510	- Sober, cooperative, self-governing housing option for men. - They can help you connect to area resources.	- <u>Possible parole location</u> - A 12-step focused community. - Very positive group. - Not available for SO's - \$520/month. \$100 move-in fee. It is possible to get assistance. (contact house)

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON IowaWORKS Center	Attn: Kelly Brousseau 550 S Gear Ave Ste. 35 Burlington, IA 52655 (319) 753-1671 Email: BurlingtonIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
OTTUMWA IowaWORKS Center	Attn: Operation Manager 15260 Truman St. Ottumwa, IA 52501 (641) 684-5401 Email: OttumwaIowaWORKS@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON Alcohol and Drug Dependency Services (ADDS)	1340 Mt. Pleasant St. Burlington, IA 52601 (319) 753-6567	- Will help you connect to area resources - Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment	-Even if you do not have any substance use issues, they will help you connect to area services. - Positive and encouraging people.
KEOKUK Alcohol and Drug Dependency Services (ADDS)	928 Main St. Keokuk, IA 52632 (319) 524-4397	- Outpatient and residential treatment for substance abuse, prevention work, distance support services. - Will help you connect to area resources	- Positive and encouraging people.
MT. PLEASANT Alcohol and Drug Dependency Services	122 N. Main St. Mt. Pleasant, IA 52641 (319) 385-2216	Outpatient and residential treatment for substance abuse, prevention work, distance support services.	- Residential treatment is located in Burlington.
OTTUMWA First Resources	102 North Hancock St. Ottumwa, IA 52501 (641) 682-2800	- Mental health services; Individual/family therapy; drop in centers - Substance abuse support.	- They have a list of area resources. - Have locations in other cities as well.
WAPELLO Alcohol and Drug Dependency Services (ADDS)	304 Highway 61 North Wapello, IA 52653 Main: (319) 523-8436	Chemical dependency services	- Residential treatment is located in Burlington.

Owning Your Journey: A planning guide for starting over after prison in Iowa

Some of the wisest advice given when a person first gets to prison is, “Don’t waste this time.” While incarcerated, you have the opportunity to make a solid, detailed plan for your return into society. This planning guide is designed to aid you in your eventual success upon reentry. However, because no situation is the same, it is up to each of us to make our own plan.

A. **Start with Your Dreams** (What would happiness and contentment look like for you?)

- What is the job/career that you really want?
- Where would you like to live if you could choose?

B. **Steps towards Achieving Your Dreams**

KEY POINT: *It is hard getting accurate community information while in prison. The state-wide resource guide “**First Stop After Prison**” is available in every institution. **Ask to see it!***

DIRECTIONS: On a separate sheet (s) of paper, write a detailed description for each item (#1,2,3).

- 1.** Identify and list **support people/organizations** in your community
 - These could be family, friends, sponsors, health care professionals.
 - Also, think of people or places you should **avoid**.
 - Include substance use and mental health support if needed.
- 2.** List **work/employment** possibilities
 - Think broadly and include employment services like IowaWORKS.
- 3.** Describe your **living situation** choices. (It is helpful to have **more than one** option.)

HELPFUL STRATEGIES:

- **Make a ‘short-term’ list of goals. (e.g. Find a job by Friday. Get an ID. Exercise twice this week...)**
- **Make a ‘long-term’ list of goals. (These are things that will take time to achieve.)**
- **The first 3 days out of prison can be the hardest. Write a detailed plan of what you will do during those first three days.**

Created by: Living Beyond the Bars. We are a non-profit organization registered in Iowa.
For more information contact - mike.livingbeyondthebars@gmail.com or 319-331-9450

Letters DO Make a Difference

Here is the basic format for writing letters. A letter (hand-written or typed) tends to be taken more seriously than a phone call. Most organizations prefer to be contacted with a letter. Be upfront about your situation and why you are writing.

Contact Information *(where you will be able to receive letters)*

Your Name, Your Address, Your City, State, Zip Code

Date (Today's Date)

Contact Information *(the person or organization you are writing to)*

Name, Title, Company, Address, City, State, Zip Code

Greeting

Dear Mr./Ms. Last Name (or name of organization),

Body of Letter

The first paragraph of your letter should provide an introduction as to why you are writing so that your purpose is obvious from the very beginning. ("I am writing because...")

Then, in the following paragraphs, provide more information and specific details about you (e.g., date of release, location) and your request or the information you are providing. You can describe your situation, but try not to dwell on the past. It is helpful to talk about how you have changed and your plans for the future.

The last paragraph of your letter should state again the reason you are writing and thank the reader for reviewing your request. If appropriate, it should also politely ask for a written response or for the opportunity to arrange a phone call to further discuss your request.

Closing

Best regards (or Sincerely,)

Signature

Handwritten Signature

Typed (or printed) Name