

# **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 (Iowa City)**

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Find this guide online at:

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

*(To search within the document - COMMAND F)*

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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:**

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

**State-Wide Resources:**

**www.211iowa.org** - excellent list of resources

**Gambling Anonymous:** 1-800-BETS OFF

**Hope4Healing:** 855-584-4673 (poss. churches)

**AA:** www.aa-iowa.org or 212-870-340

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

# 1st JUDICIAL DISTRICT (Dubuque/Waterloo and area)

## COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">DUBUQUE and AREA</p> <p style="text-align: center;"><b>Jail &amp; Prison Reentry Services</b> (Catholic Charities of the Archdiocese of Dubuque)</p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>1229 Mount Loretta Ave. Dubuque, IA 52003</p> <p>563.552.0203 (800) 772-2758</p> <p>Karen Hoeger k.hoeger@dbqarch.org</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> <li>- Connecting with community resources</li> <li>- Help find work &amp; housing,</li> <li>- Circles of Support</li> <li>- Establishing positive relationships</li> <li>- Healthy social activities</li> </ul>	<ul style="list-style-type: none"> <li>- Catholic affiliation, but you don't have to be Catholic to work with them.</li> <li>- You can contact them before your release &amp; on Corrlinks.</li> <li>- <u>Must participate in mentoring or Circles of Support.</u></li> <li>They cover <b>30 counties</b> in NE Iowa.</li> </ul>
<p style="text-align: center;">DUBUQUE</p> <p style="text-align: center;"><b>Fountain of Youth Program</b> (United Way of Dubuque Area Tri-States)</p>	<p>220 W. 7th Street Dubuque, IA 52001</p> <p>(563) 587-8316</p> <p>Contact: Caprice Jones caprice.jones@foydbq.org (773) 440-2228</p>	<ul style="list-style-type: none"> <li>- Aim to provide gainful and sustainable employment.</li> <li>- Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools/skills.</li> <li>- Critical thinking skills.</li> </ul>	<ul style="list-style-type: none"> <li>- Very positive and encouraging.</li> <li>- Can work with you while you are still in prison.</li> <li>- Mentoring available.</li> <li>- Working in Mitchellville and Mt. Pleasant prisons.</li> </ul>
<p style="text-align: center;">WATERLOO and AREA</p> <p style="text-align: center;"><b>Jail &amp; Prison Reentry Services</b> (Catholic Charities)</p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>3835 W. 9th St. Waterloo, IA 50702</p> <p>319-340-4308</p>	<ul style="list-style-type: none"> <li>- Support and mentoring (in prison and after release)</li> <li>- Connect with resources</li> <li>- Find work and housing</li> <li>- Circles of Support</li> <li>- Establishing positive relationships</li> <li>- Healthy social activities</li> <li>- On-site mental health counselor available</li> </ul>	<ul style="list-style-type: none"> <li>- Catholic affiliation, but you don't have to be Catholic to work with them.</li> <li>- You can contact them before your release &amp; on Corrlinks.</li> <li>- Must participate in mentoring or Circles of Support.</li> <li>They cover <b>30 counties</b> in NE Iowa.</li> </ul>
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;"><b>One City</b></p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>907 Independence Ave. Waterloo, IA 50703</p> <p>(319) 334-0263 or 334-0156</p> <p>onecityunited@gmail.com</p> <p>app.onecitycv.org</p>	<ul style="list-style-type: none"> <li>- Empowerment classes.</li> <li>- Mentors</li> <li>- Connecting to area resources.</li> <li>- Connect with area employers.</li> </ul>	<ul style="list-style-type: none"> <li>- Momentum Urban Employment Initiative for reentry</li> <li>- Great group of people.</li> <li>- Restore Program</li> </ul>
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;"><b>Hospitality House</b></p>	<p>1003 Mulberry St. Waterloo, IA 50704</p> <p>(319) 234-1311</p>	<p>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.</p>	<ul style="list-style-type: none"> <li>- Located in a house.</li> <li>- Warm and welcoming people.</li> </ul>

WATERLOO <b>312 Transformational Ministry</b>	% Mike Smith 5112 Lafayette Rd. Waterloo, IA 50707  (319) 231-4307	- help connect with area resources. - supportive community	- Faith-based. (Faith Assembly of God)
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## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
DUBUQUE <b>ZTM Sober Living</b>	3335 Sunset Park Circle Dubuque, IA 52002  561-252-5558 563-216-0714  <a href="mailto:tjmauer@ztmsoberliving.com">tjmauer@ztmsoberliving.com</a>	- Sober living residence based on 12- steps for both men and women. - Support and structure. - Shared living in a substance-free environment.	- Two-step interview process - Need to be working and able to pay rent. - Not available for SO's. - Great people. - <b><u>Possible parole location</u></b>
DUBUQUE <b>ZTM Phoenix House</b>	2276 Woodlawn St. Dubuque, IA 52002  <a href="mailto:lduve@ztmsoberliving.com">lduve@ztmsoberliving.com</a>	- Sober living residence based on 12- steps for women. - Support and structure. - Shared living in a substance-free environment.	- Two-step interview process - Need to be working and able to pay rent. - Not available for SO's - Great people. - <b><u>Possible parole location</u></b>
DUBUQUE <b>Operation Empower: Liberty Recovery</b>	For Men: 2080 Elm St. #103 Dubuque, IA 52001  Main: (563) 599-2980  For Women: 2160 Elm St. Dubuque, IA 52001	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.	- Very positive and encouraging people. - <b><u>Possible parole location</u></b> - Case management - Transportation help - Not available for SO's. - You can apply before leaving prison.
DUBUQUE <b>Davis Place Apartments</b>	521 Garfield Ave. Dubuque, IA 52001  511 & 513 Garfield - Sarah & Kyle Thomsen, 563-213-2518 521 & 601 Garfield -Dawn Potter, 563-543-4077 (text is usually best)	Housing for men:  - Own bedroom - Shared living space - Utilities included - \$375/month	- Possible parole location, but only on case-by-case situation. - They have living supplies including clothing and household needs. - Not available for SO's
OELWEIN <b>Faith Discipleship Center</b>	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) - - <b><u>Possible parole location</u></b>

<p>WATERLOO</p> <p><b>Center of Attention</b></p>	<p>311 Irving Street Waterloo, IA 50703</p> <p>319-464-4444 or 319-232-6081 (cell)</p>	<ul style="list-style-type: none"> <li>- Recovery Residence for women returning from incarceration.</li> <li>- Resource Center offers Peer Recovery Coaching, All Recovery, Naloxone training and distribution, risk reduction supplies.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- Clean, warm environment.</li> </ul>
<p>WATERLOO</p> <p><b>Junkman/Knoebel Sober-Living Unit</b></p>	<p>1014 West 4th Street Waterloo, IA 50702</p> <p>319-235-8855 or 319-231-0134 (cell)</p>	<ul style="list-style-type: none"> <li>- Transitional housing for people dealing with addiction issues.</li> <li>- For men only</li> </ul>	<ul style="list-style-type: none"> <li>- Connected to Pathways Behavioral Services.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- Clean, warm environment.</li> </ul>
<p>WATERLOO</p> <p><b>Salvation Army</b></p>	<p>89 Franklin Street Waterloo, IA 50703</p> <p>319-235-9358</p>	<ul style="list-style-type: none"> <li>- Emergency assistance including meals, medical care and housing.</li> <li>- Help connect with community resources</li> <li>- Men's Shelter</li> <li>- Not available for SO's</li> </ul>	<ul style="list-style-type: none"> <li>- They are committed to helping you connect to area resources.</li> <li>- Welcoming and warm.</li> <li>- Available for <b>discharge</b>.</li> <li>- Pastoral care and religious services.</li> </ul>
<p>WATERLOO</p> <p><b>Catholic Worker House</b></p>	<p>321 E 8th St Waterloo, IA 50703 319-232-2116</p>	<ul style="list-style-type: none"> <li>- Provides temporary housing (10 days)</li> </ul>	<ul style="list-style-type: none"> <li>- You do not have to be Catholic to stay here.</li> <li>- Not available for SO's</li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>WATERLOO</p> <p><b>Hawkeye Community College PEER Program</b></p>	<p>TechWorks Campus 360 Westfield Ave Waterloo, IA 50701 319-296-4296 ext: 3103</p> <p>peer@hawkeyecollege.edu</p>	<ul style="list-style-type: none"> <li>- Hand-on job training.</li> <li>- Career counseling</li> <li>- Skills and resume building</li> </ul>	<ul style="list-style-type: none"> <li>- Will do whatever they can to help you find good employment.</li> <li>- Positive and encouraging people.</li> </ul>
<p>DECORAH</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 312 Winnebago Decorah, IA 52101</p> <p>(563)382-0457 Email: Region1.Web@iwd.iowa.gov</p>	<ul style="list-style-type: none"> <li>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</li> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>DUBUQUE</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 680 Main St. Dubuque, IA 52001 (563) 556-5800 DubuqueIowaWORKS@iwd.iowa.gov</p>	<ul style="list-style-type: none"> <li>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</li> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>

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

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p><b>Mental Health &amp; Disability Services</b></p> <p><b>*START HERE</b></p>	<p>Call to connect:</p> <p>515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p>DUBUQUE</p> <p><b>Crescent Community Health</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1690 Elm St. #300 Dubuque, IA 52001</p> <p>Contact - Ann Morris 563-690-2417</p>	<p>- Sliding scale general health services.</p> <p>- Dental Care</p> <p>- Mental Health Care.</p>	<p>- Very helpful and positive people.</p> <p>- Will help you find and connect with other resources/help.</p> <p>- You can contact them from prison.</p> <p>- You can set up appointments from prison.</p>

<p>WATERLOO</p> <p><b>ASAC</b></p>	<p>1940 Elm St, Dubuque, IA, 52001 (563) 582-3784</p> <p><a href="mailto:info@asac.us">info@asac.us</a>, <a href="https://asac.us">https://asac.us</a></p>	<ul style="list-style-type: none"> <li>- Substance use evaluations</li> <li>- Outpatient substance use treatment</li> <li>- Outpatient problem gambling treatment</li> </ul>	<ul style="list-style-type: none"> <li>- Accepts Medicaid</li> <li>- Sliding scale fee</li> <li>- Provides Care Navigation</li> </ul> <p>(Offices in Dubuque &amp; Delaware counties)</p>
<p>WATERLOO</p> <p><b>People's Clinic</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>905 Franklin St. Waterloo, IA 50703</p> <p>319-874-3000</p>	<ul style="list-style-type: none"> <li>- They have social workers to help connect with community resources including housing.</li> <li>- Provide a variety of medical services including getting a primary care physician.</li> </ul>	<ul style="list-style-type: none"> <li>- Mental health, dental and other services available.</li> <li>- Friendly and helpful staff.</li> <li>- Sliding-scale fee.</li> </ul>
<p>WATERLOO</p> <p><b>Pathways Behavioral Services</b></p>	<p>3362 University Avenue Waterloo, Iowa 50701</p> <p>Phone: 319-235-6571</p>	<ul style="list-style-type: none"> <li>- Out-patient Substance Abuse Treatment</li> <li>- Out-patient Mental Health Treatment</li> <li>- In-patient/residential also available.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee at first.</li> <li>- Need insurance soon after initial assessment.</li> </ul>
<p>WATERLOO</p> <p><b>Elevate</b></p>	<p>405 E 5th St. Waterloo, Iowa 50703 833-370-0719</p>	<ul style="list-style-type: none"> <li>- Mental health support</li> <li>- Recovery support</li> </ul>	

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

### COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
FT. DODGE and AREA  <b>The Church of the Damascus Road</b>  <b>*RECOMMENDED PLACE TO START</b>	239 North 11th St. Fort Dodge, IA 50501  Office: (515) 955-3579  codroffice23@gmail.com	<ul style="list-style-type: none"> <li>- Support for returning citizen for up to a year to assist with transition</li> <li>- Mentoring and accountability</li> <li>- Transitional housing for men.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>Write or call them to get an application.</u></li> <li>- They prefer to start while you are incarcerated.</li> <li>- Great organization and people.</li> <li>- Faith-based. Willing to work with anyone regardless of beliefs.</li> </ul>
FT. DODGE and AREA  <b>D.R.I.V.E. Reentry</b>  <b>*RECOMMENDED PLACE TO START</b>	712 3rd St. NW Ft. Dodge, IA 50501  515-955-2969	<ul style="list-style-type: none"> <li>- Mentoring and accountability</li> <li>- Assist with resumes and finding employment</li> <li>- Helps locate apartments and works with area landlords</li> <li>- Can assist with getting a driver's license.</li> </ul>	<ul style="list-style-type: none"> <li>- Offers positive social activities</li> <li>- Access to weights and a gym</li> <li>- Transportation assistance</li> <li>- Clothes &amp; food pantry.</li> <li>- Great organization and people.</li> </ul>
MARSHALLTOWN  <b>New Hope Christian Church</b>	3901 S. Center St. Marshalltown, IA 50158  641-752-1612	<ul style="list-style-type: none"> <li>- Very supportive church that can help with food and connecting to area services.</li> </ul>	<ul style="list-style-type: none"> <li>- They are connected to other organizations in the community.</li> </ul>

### HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
AMES  <b>Matthew 25 House</b>	330 S. Second St. Ames, IA 50010  515-231-4385	<ul style="list-style-type: none"> <li>- Christian-based reentry housing</li> <li>- Year-long commitment</li> <li>- Connecting to area resources.</li> <li>- Housing for men.</li> </ul>	<ul style="list-style-type: none"> <li>- Caring, positive people who understand the challenges of leaving prison.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
AMES  <b>Butterfly Freedom House</b>	PO Box 2382 Ames, IA 50010  712-240-3931	<ul style="list-style-type: none"> <li>- Faith-based reentry housing for women</li> <li>- Four month commitment.</li> <li>- Connecting to area resources.</li> <li>- Need to be on parole or probation.</li> </ul>	<ul style="list-style-type: none"> <li>- You need to contact them before leaving prison.</li> <li>- Caring, positive people who understand the challenges of leaving prison.</li> <li>- <b><u>Possible parole location</u></b></li> </ul>
CLEAR LAKE  <b>Josiah's Place</b>	114 N 5th Street Clear Lake, IA 50428  641-430-5846  blahasus@gmail.com	<ul style="list-style-type: none"> <li>- Christ-based sober living home for men.</li> <li>- Safe and sober living.</li> <li>- Is part of Zion Lutheran Church</li> </ul>	<ul style="list-style-type: none"> <li>- No fee for 1st month</li> <li>- 5 month program</li> <li>- Welcoming and positive.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Not available for SO's.</li> </ul>

<p>FT. DODGE</p> <p><b>Lotus Community Project</b></p>	<p>PO Box 1654 Fort Dodge, IA 50501</p> <p>(515) 571-8802</p>	<ul style="list-style-type: none"> <li>- Emergency shelter</li> <li>- Personal development and life coaching</li> <li>- Peer Support</li> </ul>	<ul style="list-style-type: none"> <li>- For women only. (Children also)</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>FT. DODGE</p> <p><b>Gateway to Discovery</b></p>	<p>PO Box 432 Fort Dodge, IA 50501</p> <p>(515) 302-8162</p> <p><a href="https://hopesweethope.org">https://hopesweethope.org</a></p> <p><a href="mailto:Angela@hopesweethope.org">Angela@hopesweethope.org</a></p>	<p>Two-year residential program for women struggling with addiction and trauma.</p> <ul style="list-style-type: none"> <li>- Housing, Therapy, Healthcare, Job training, Opportunities for education</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Women only.</li> </ul> <p>Also at: 1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016</p>
<p>MASON CITY</p> <p><b>SBRLFE</b></p>	<p>SBRLFE, Inc. PO Box 1092 Mason City, Iowa 50401</p> <p>641-590-3122</p> <p><a href="mailto:brett@sbrlfe.com">brett@sbrlfe.com</a> <a href="mailto:roxane@sbrlfe.com">roxane@sbrlfe.com</a></p>	<ul style="list-style-type: none"> <li>- Transitional housing for men and women. .</li> <li>- Safe and sober living.</li> <li>- Mentorship and sponsorship available</li> <li>- Will help connect with area resources</li> </ul>	<ul style="list-style-type: none"> <li>-Strong AA, NA and Celebrate Recovery community</li> <li>- Welcoming and positive.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Not available for SO's.</li> <li>- Can contact from prison.</li> </ul>
<p>MASON CITY</p> <p><b>Todd's Place</b></p>	<p>527 N. Kentucky Ave. Mason City, IA 50401</p> <p>641-424-6094 <a href="mailto:RobertR@RiversideFriendsChurch.com">RobertR@RiversideFriendsChurch.com</a></p>	<ul style="list-style-type: none"> <li>- Transitional housing for men.</li> <li>- Safe and sober living.</li> <li>- Mentorship and sponsorship available</li> <li>- A part of Riverside Friends Church</li> </ul>	<ul style="list-style-type: none"> <li>-research-based, community-centered recovery model</li> <li>- Welcoming and positive.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>MASON CITY</p> <p><b>Living Free</b></p>	<p>124 W. State St. Mason City, IA 50401</p> <p>641-423-6793</p>	<ul style="list-style-type: none"> <li>- Transitional housing for women.</li> <li>- Connect with area resources.</li> <li>- Mentors available.</li> <li>- Christian counseling</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Not a parole location.</u></b></li> <li>- Can contact from prison.</li> <li>- Celebrate Recovery/12-step based.</li> </ul>
<p>MASON CITY</p> <p><b>Dads with A Purpose</b></p>	<p>203 NW Sharmin Drive Ankeny, IA 50023</p> <p>641-251-1047 (James Quimby)</p>	<ul style="list-style-type: none"> <li>- Sober-living house for men.</li> <li>- Focus on being good fathers and rebuilding your life.</li> </ul>	<ul style="list-style-type: none"> <li>- Offer parenting classes.</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>MASON CITY</p> <p><b>Northern Lights Alliance for the Homeless</b></p>	<p>202 1st Street NW Mason City, IA 50401</p> <p>641-423-5920</p> <p>Men's: 641-380-0047</p>	<ul style="list-style-type: none"> <li>- Men's and women's shelters.</li> <li>- Children allowed at women's shelter.</li> <li>- Will help you connect with area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- Sober transitional housing</li> <li>- Can contact before leaving prison.</li> <li>- Not a parole location, possible for discharge.</li> </ul>



<p>AMES</p> <p><b>Primary Health Care</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>3510 Lincoln Way Ames, IA 50014</p> <p>515-232-0628</p>	<ul style="list-style-type: none"> <li>- Health care services including mental health and substance use.</li> <li>- Can help find a primary care physician</li> <li>- Can help with housing, food, clothing and more.</li> </ul>	<ul style="list-style-type: none"> <li>- You can write to them before leaving prison.</li> <li>- Sliding scale fee.</li> </ul>
<p>CARROLL</p> <p><b>New Opportunities</b></p>	<p>23751 Hwy 30 E. Carroll, IA 51401</p> <p>712-792-9266</p>	<ul style="list-style-type: none"> <li>- Counseling, assessment and referrals for substance use.</li> <li>- Sliding scale fees.</li> <li>- Help with basic needs and connecting to area resources.</li> </ul>	<p>They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.</p>
<p>FT. DODGE</p> <p><b>Community and Family Resources</b></p>	<p>211 Ave. M W Fort Dodge, IA 50501</p> <p>515-576-7261</p>	<p>Counseling &amp; Therapy Substance use treatment:</p> <ul style="list-style-type: none"> <li>- Inpatient</li> <li>- Outpatient</li> <li>- Transitional housing</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Possible parole location.</b></li> <li>- 30-day treatment.</li> </ul>
<p>FORT DODGE</p> <p><b>Community Health Center</b></p>	<p>126 N 10th St Fort Dodge, IA 50501</p> <p>(515) 576-6500</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Sliding scale fee.</li> <li>- Positive and supportive.</li> </ul>
<p>FORT DODGE</p> <p><b>Berryhill Center - UnityPoint Health</b></p>	<p>720 Kenyon Rd. Fort Dodge, IA 50501</p> <p>(515) 955-7171</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use,</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Positive and supportive.</li> </ul>
<p>MARSHALLTOWN</p> <p><b>Primary Health Care</b></p>	<p>101 Iowa Ave W #102 Marshalltown, IA 50158</p> <p>641-753-4021</p>	<ul style="list-style-type: none"> <li>- Health care services including mental health and substance use.</li> <li>- Can help find a primary care physician.</li> </ul>	<ul style="list-style-type: none"> <li>- You can write to them before leaving prison.</li> <li>- Sliding scale fee.</li> <li>- Can help with housing, food, clothing and more.</li> </ul>
<p>MASON CITY, ALGONA FOREST CITY,, CHARLES CITY, HAMPTON, MARSHALLTOWN</p> <p><b>Prairie Ridge Integrated Behavioral Healthcare</b></p>	<p>320 N. Eisenhower Ave. P.O. Box 1338 Mason City, IA 50402</p> <p>Toll free: 641-424-2391 www.prairieridge.net</p>	<ul style="list-style-type: none"> <li>- Mental health and substance abuse treatment.</li> <li>- Both residential and outpatient services.</li> <li>- Walk-in hours available.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee.</li> <li>- County social services can provide assistance.</li> </ul>
<p>MASON CITY</p> <p><b>Community Health Center</b></p>	<p>404 N Federal Ave Mason City, IA 50401</p> <p>(641) 450-0601</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Sliding scale fee.</li> <li>- Positive and supportive.</li> </ul>

### 3rd JUDICIAL DISTRICT (Sioux City/Spencer and area)

#### COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY  <b>Community Action of Siouxland</b>	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	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Will help connect with area resources</li> <li>- Welcome Home Program to help with finding housing.</li> </ul>	<ul style="list-style-type: none"> <li>- Great place to find help when first starting back. .</li> </ul>
SIOUX CITY  <b>Sunnybrook Community Church</b>  <b>*RECOMMENDED PLACE TO START</b>	5601 Sunnybrook Dr. Sioux City, IA 51106  712-276-5814	<ul style="list-style-type: none"> <li>- Very supportive church with a Hope Center that can help with housing, employment, food and more.</li> <li>- Also have mentors.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Celebrate Recovery is part of the church.</li> </ul>

#### HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY  <b>Hope Street of Siouxland</b>	1308 Nebraska Street Sioux City, IA 51105  712-522-2849  Or call Family Access Center: (712) 255-0204	<ul style="list-style-type: none"> <li>- Sober living home for men</li> <li>- Positive environment.</li> <li>- Will help with employment and connecting with services</li> </ul>	<ul style="list-style-type: none"> <li>- Send letter to address for application and to ask about openings.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- Nice, comfortable housing near downtown and bus lines.</li> </ul>
SIOUX CITY  <b>Eunoia Sober Living for Women</b>	406 12th St. Sioux City, IA 51105  712-635-4992  Contact: Whitney	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for women only.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Recovery meetings required.</li> <li>- Supportive people who understand the struggle of reentry and recovery.</li> <li>- There is also a garden.</li> </ul>
SIOUX CITY  <b>Oxford House (Nebraska Street)</b>	2931 Nebraska St. Sioux City, IA 51104  712-224-4546	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location.</u></b></li> <li>- A 12-step focused community.</li> <li>- This house is for women only.</li> </ul>

<p>SIOUX CITY</p> <p><b>Oxford House (Douglas House)</b></p>	<p>3217 Cheyenne Blvd. Sioux City, IA 51104</p> <p>712-560-8351</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- This house is for men only.</li> <li>- A 12-step focused community.</li> </ul>
<p>SIOUX CITY</p> <p><b>Oxford House (16th Street)</b></p>	<p>209 16th Street Sioux City, IA 51103</p> <p>712-560-4134</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- This house is for men only.</li> <li>- A 12-step focused community.</li> </ul>
<p>SIOUX CITY</p> <p><b>George Park House</b></p>	<p>Write to: attn: Dr Ingram 908 20th St. Sioux City IA 51104</p> <p>712-899-0763</p>	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for men only.</li> <li>- They can help you connect to area resources.</li> <li>- <b><u>Possible parole location</u></b></li> </ul>	<ul style="list-style-type: none"> <li>- Recovery meetings &amp; work volunteering required.</li> <li>- Supportive people who understand the struggle of reentry and recovery.</li> <li>- Available for low-level SO's.</li> </ul>
<p>SIOUX CITY</p> <p><b>Soulward Development</b></p>	<p>Contact Glenn: 712-204-3026</p>	<ul style="list-style-type: none"> <li>- Recovery house for men.</li> <li>- Required to be active in NA/AA and work with a sponsor in recovery.</li> </ul>	<ul style="list-style-type: none"> <li>- No full-time, on-site staff</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>SIOUX CITY</p> <p><b>Cynthia House</b></p>	<p>800 5th St. Sioux City, IA 51101</p> <p>712-258-4776</p> <p><a href="mailto:paul@thegospelmission.org">paul@thegospelmission.org</a></p>	<ul style="list-style-type: none"> <li>- Recovery house with in-house treatment for women..</li> <li>- Will only accept those coming from prison when they have space and the waitlist isn't too long.</li> </ul>	<ul style="list-style-type: none"> <li>- Staffed with substance abuse professionals</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location.</u></b></li> </ul>
<p>SIOUX CITY</p> <p><b>Gospel Mission</b></p>	<p>500 Bluff St. Sioux City, IA 51103</p> <p>712-255-1769</p>	<ul style="list-style-type: none"> <li>- Shelter for men and women.</li> <li>- Financial planning help.</li> <li>- Employment assistance.</li> <li>- Recovery support.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith based.</li> <li>- Not available for SO's.</li> <li>- <b><u>Not a parole location,</u></b> possible for discharge.</li> </ul>
<p>SPIRIT LAKE</p> <p><b>Discovery House</b></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"> <li>- Christian affiliation.</li> <li>- <b><u>Not a parole location,</u></b> possible for discharge.</li> </ul>
<p>SIOUX CITY</p> <p><b>Vicky's Sober Living</b></p>	<p>324 W. 1st St. Sioux City, IA 51103</p> <p>712-333-6208</p>	<ul style="list-style-type: none"> <li>- Sober housing option.</li> <li>- This is for women only.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Not available as a parole location</u></b></li> <li>- Recovery meetings required.</li> <li>- Not available for SO's.</li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;"><b>BOOST Re-Entry</b></p>	<p>Contact Gary Fuentes: 712-224-2168</p> <p><a href="mailto:gfontes@siouxlandship.org">gfontes@siouxlandship.org</a></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"> <li>- Participants must be referred to program</li> <li>-To be eligible, must be incarcerated in or returning to Woodbury County and are between 180-20 days pre-release of incarceration.</li> <li>- Great people.</li> </ul>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;"><b>Goodwill of the Great Plains</b></p>	<p>3100 W. 4th St. Sioux City, IA 51103</p> <p>877-608-7775 or 712-258-4511</p>	<p>- Entry-level jobs</p>	<p>- Programs support those exiting the justice system.</p>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;"><b>IowaWORKS Center</b></p>	<p>Attn: Lilia Rundquist 2508 4th St. Sioux City, IA 51101</p> <p>(712) 233-9030</p> <p><b>Email:</b> <a href="mailto:SiouxCityIowaWORKS@iwd.iowa.gov">SiouxCityIowaWORKS@iwd.iowa.gov</a></p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <p>- Have computers, job listings and staff to help.</p>	<p>- <u>You can write to them before leaving prison.</u></p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p style="text-align: center;">SPENCER</p> <p style="text-align: center;"><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 217 W Fifth St. Spencer, IA 51301</p> <p>(712) 262-1971</p> <p><b>Email:</b> <a href="mailto:SpencerIowaWORKS@iwd.iowa.gov">SpencerIowaWORKS@iwd.iowa.gov</a></p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <p>- Have computers, job listings and staff to help.</p>	<p>- <u>You can write to them before leaving prison.</u></p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;"><b>Mental Health &amp; Disability Services</b></p> <p style="text-align: center;"><b>*START HERE</b></p>	<p>Call to connect:</p> <p style="text-align: center;">515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p>SIOUX CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA</p> <p style="text-align: center;"><b>Jackson Recovery Centers</b></p>	<p>800 5th St. Sioux City, IA 51101</p> <p>(712) 234-2300</p> <p>Chad's House: 712-258-4776</p> <p><a href="https://www.jacksonrecovery.com">https://www.jacksonrecovery.com</a></p>	<p>Walk-in appointments, assessments, consultation</p> <ul style="list-style-type: none"> <li>- Women's Center and Sanctuary Apartments</li> <li>- Inpatient/outpatient</li> <li>- Substance abuse and mental health services</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fees</li> <li>- Accept Medicaid</li> <li>- Available for both men and women</li> <li>- <b>Possible parole location at Chad's House.</b></li> </ul>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;"><b>Siouxland Community Health</b></p>	<p>1021 Nebraska St. Sioux City, IA 51105</p> <p>712- 252-2477</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison</li> <li>- Sliding scale fee</li> <li>- Positive and supportive</li> </ul>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;"><b>Family Access Center</b></p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>1221 Pierce St. Sioux City, IA 51105</p> <p>712- 255-0204</p>	<ul style="list-style-type: none"> <li>- Mental health care services including substance use.</li> <li>- Will also help connect with other resources.</li> <li>- Integrated Home Health</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison</li> <li>- Sliding scale fee</li> <li>- Don't have to have children.</li> <li>- Positive and supportive</li> </ul>

## 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  <b>West Central            Community Action</b>	PO Box 709 Harlan, Iowa 51537  Call: (712) 755-5602  Outreach Office: 1017 7th St.	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Assist with connecting to area resources</li> <li>- Clothing and other needs</li> <li>- Employment possibilities.</li> </ul>	<ul style="list-style-type: none"> <li>- They have offices in most counties in South/Central Western Iowa</li> <li>- Contact central office to find location in your county</li> </ul>
COUNCIL BLUFFS  <b>Heartland Peer Center</b>  <b>*RECOMMENDED            PLACE TO START</b>	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"> <li>- Peer drop-in center with access to computers</li> <li>- Help connect with and navigate area resources</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and welcoming people.</li> <li>- Peer based support</li> <li>- Recovery coaching available.</li> <li>- Available for Corrlinks.</li> <li>- Can contact before leaving prison.</li> </ul>
COUNCIL BLUFFS  <b>Hope Net</b>	PO Box 281 Council Bluffs, IA 51502  402-321-1313  www.hopenetministries.org jstephenshopeaftercare@gmail.com	<ul style="list-style-type: none"> <li>- Reentry services</li> <li>- Bicycles available</li> <li>- <b>Will assist with locating housing</b></li> <li>- Winners' Circle is a peer-driven support group of, and for, formerly incarcerated women.</li> </ul>	<ul style="list-style-type: none"> <li>- Help connect with area services.</li> <li>- Faith based</li> <li>- You can contact them from prison</li> <li>- Very encouraging and supportive.</li> <li>- Circle of Support mentoring</li> </ul>
COUNCIL BLUFFS  <b>Full Circle Recovery            Community Center</b>  <b>*RECOMMENDED            PLACE TO START</b>	Omni Centre Business Park 300 West Broadway Suite 112 Council Bluffs, IA 51503  (712) 560-6360 <a href="https://recoverfullcircle.org/">https://recoverfullcircle.org/</a>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> <li>- Available for Corrlinks.</li> </ul>

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>Remnant Fellowship</b></p>	<p>634 Willow Ave. Council Bluffs, IA 51501</p> <p>(712) 435-8368</p> <p>chadbostwick@gmail.com</p>	<ul style="list-style-type: none"> <li>- Sober and supportive housing.</li> <li>- 3 houses for men.</li> <li>- Cooperative living with on-site support.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> <li>- You can contact them from prison.</li> <li>- Very warm and welcoming environment.</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>The Milestone</b></p>	<p>The Milestone 106 W Kanesville Blvd, Council Bluffs, IA 51503</p> <p>Melissa (402) 813-2781</p> <p>Themilestonecb@gmail.com</p>	<ul style="list-style-type: none"> <li>- Supportive living for women in recovery.</li> <li>- Fully furnished rooms.</li> <li>- Live in house manager</li> <li>- On-site laundry, shared living spaces, independent living.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- This house is a nurturing community where residents heal and grow together.</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>Heartland Family Services - Bridges Program</b></p>	<p>600 9th Ave. Council Bluffs, IA 51501</p> <p>712-325-5653</p>	<ul style="list-style-type: none"> <li>- Short-term housing available (men and women)</li> <li>- Will help you connect with area resources including health care.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Trusting and welcoming environment.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>Heartland Family Works</b></p>	<p>1722 Avenue C Council Bluffs, IA 51501</p> <p>712-435-5383</p>	<ul style="list-style-type: none"> <li>- Long-term residential substance abuse and mental health program.</li> <li>- Women and children only</li> </ul>	<ul style="list-style-type: none"> <li>- Need to have ASAM substance abuse evaluation.</li> <li>- Only for those incarcerated less than one year.</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>4th District Transitional House</b></p>	<p>901- 8th Avenue Council Bluffs, IA 51501</p> <p>Jen.Foltz@iowa.gov</p>	<ul style="list-style-type: none"> <li>- Housing option for men who have a disability.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Available for SO's.</li> <li>- Shared living.</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>Oxford House: Loess Hills</b></p>	<p>200 S. 1st St. Council Bluffs, IA 51503</p> <p>(712) 355-3232</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- A 12-step focused community.</li> <li>- This house is for women.</li> </ul>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>Micah House</b></p>	<p>1415 Avenue J Council Bluffs, IA 51501</p> <p>(712) 323-4416 /</p>	<p>Emergency shelter for women and families.</p> <p><b>Also:</b> credit issues, counseling, parenting skills, health services, computer access, financial classes...</p>	<ul style="list-style-type: none"> <li>- If you meet with them, you can access services.</li> <li>- <b><u>Not</u></b> always an approved parole location.</li> <li>- Not available for SO's</li> </ul>

<p>COUNCIL BLUFFS</p> <p><b>Church of Freedom</b></p>	<p>701 S. 4th St. Council Bluffs, IA 51503</p> <p>712-355-0662 or 402-960-2237</p>	<ul style="list-style-type: none"> <li>- Housing option for men.</li> <li>- 5 beds.</li> <li>- Will help with employment and other area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Men only.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Available for SO's.</li> <li>- You can contact them from prison.</li> </ul>
<p>COUNCIL BLUFFS</p> <p><b>Woodspring Suites</b></p>	<p>3541 14th Ave Council Bluffs, IA 51501</p> <p>712-388-8000</p>	<ul style="list-style-type: none"> <li>- A hotel that is available for 1-2 months.</li> <li>- Rent must be paid in advance. (\$378/week)</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Available for SO's.</li> <li>- Used to be Value Place.</li> <li>- Very expensive.</li> </ul>
<p>COUNCIL BLUFFS</p> <p><b>New Visions</b></p> <p><b>(Timothy House, Joshua House and David's House)</b></p>	<p>1435 N. 15th St. Council Bluffs, IA 51501</p> <p>(712) 256-3940</p> <p>www.mohmsplace.org</p>	<p>Men's shelter: 2-year transitional living program, long-term housing, support meetings, counseling staff</p> <ul style="list-style-type: none"> <li>- Help you connect with area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison.</li> <li>- Very welcoming.</li> <li>- Joshua House is a wet shelter.</li> <li>- Won't turn anyone away, but <b><u>NOT an approved parole location.</u></b></li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>COUNCIL BLUFFS</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Will Solomon 300 W Broadway Council Bluffs, IA 51503</p> <p>(712) 352-3480</p> <p>Email: CouncilBluffsIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;"><b>Mental Health &amp; Disability Services</b></p> <p style="text-align: center;"><b>*START HERE</b></p>	<p>Call to connect:</p> <p style="text-align: center;">515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p style="text-align: center;">COUNCIL BLUFFS</p> <p style="text-align: center;"><b>All Care Health Center</b></p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>902 S. 6th Steet Council Bluffs, IA 51501</p> <p>712-256-6582</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them from prison</li> <li>- Sliding scale fee</li> <li>- Positive and supportive</li> </ul>

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

### **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p>DES MOINES</p> <p><b>Society of St. Vincent de Paul</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>Mailing address: 1426 6th Ave. Des Moines, IA 50314</p> <p>515.282.8328 Ext. 590 resourcedirector@svdpdsm.org g Location:520 Army Post Road</p>	<ul style="list-style-type: none"> <li>- Reentry resources including employment.</li> <li>- Food pantry, clothing, and furniture</li> <li>- Will help connect with area resources.</li> <li>- Assist with driver's license</li> </ul>	<ul style="list-style-type: none"> <li>- They understand the challenge of reentry.</li> <li>- Nobody turned away.</li> <li>- You can write to them from prison.</li> <li>- Mentoring available for those in the program.</li> </ul>
<p>DES MOINES and STATEWIDE</p> <p><b>Women at the Well</b></p>	<p>P.O. Box 33 Mitchellville, IA, 50169</p> <p>Contact: Rev. Paul Witmer</p> <p>515-240-1653 WATWPastor@iaumc.org</p>	<ul style="list-style-type: none"> <li>- Reentry teams help with mentorship, accountability, goal setting and faith formation.</li> <li>- Assist with finding resources in your community.</li> <li>- Are inside prison weekly and can help make connections before a person leaves</li> </ul>	<ul style="list-style-type: none"> <li>- A Christian-based organization.</li> <li>- Will go the extra mile to help you find the resources you need.</li> <li>- Based in Des Moines, but may be able to help wherever you are in Iowa.</li> </ul>
<p>DES MOINES</p> <p><b>Plymouth Church Transition from Prison</b></p>	<p>4126 Ingersoll Ave. Des Moines, IA 50312</p> <p>515-255-3149</p>	<p>They have mentors to assist with your reentry. (both men and women)</p>	<ul style="list-style-type: none"> <li>- Very supportive group that can help you rebuild your life.</li> <li>- You can contact them from prison.</li> </ul>
<p>DES MOINES</p> <p><b>Full Circle Recovery Community Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>4725 Merle Hay Rd, #105-107 Des Moines, IA 50310</p> <p>(515) 783-6382 <a href="https://recoverfullcircle.org/">https://recoverfullcircle.org/</a></p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>
<p>DES MOINES</p> <p><b>RISE Recovery Center</b></p>	<p>3120 SW 9th St. Des Moines, IA 50315</p> <p>(515) 499-2105</p> <p><a href="mailto:info@riseiowa.org">info@riseiowa.org</a></p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Group recovery</li> <li>- Social/wellness activities</li> <li>- Employment lab available</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Connect with resources in the community.</li> </ul>
<p>DES MOINES</p> <p><b>Lutheran Church of Hope</b></p>	<p>Celebrate Recovery % Melissa Dale 925 Jordan Creek Pkwy. West Des Moines, IA 50266 515-222-1520</p>	<ul style="list-style-type: none"> <li>- Positive people offering mentoring and support.</li> <li>- Weekly meetings that provide a healing, healthy environment.</li> </ul>	<ul style="list-style-type: none"> <li>- Christian-based recovery program. (Celebrate Recovery)</li> <li>- You can contact them from prison.</li> <li>- Support for family.</li> </ul>

DES MOINES <b>Des Moines Catholic Worker</b>	Bishop Dingman House (Drop-In Center) 1310 7th St. Des Moines, IA 50314  (515) 214-1030	- 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 <b>Evelyn K. Davis Center for Working Families</b>	1171 7th St. Des Moines, IA 50314  (515) 697-7700	- 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 <b>Grace for Addictions</b>	936 McKinley Ave. #20 Des Moines, Ia 50315  515-336-0006  Thomas@graceforaddictions.org	- 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.	- Weekly check-ins from accountability allies. - Can be contacted prior to release. - Faith-based.
DES MOINES <b>Urban Dreams</b>	1615 2nd Ave Des Moines, 50314  515-288-4742	- Employment preparation - Internet/phone available. - Substance use and mental health support. - FAFSA prep/academic counseling and registration.	- Positive and encouraging people. - Can contact before leaving prison. - Help connect with area resources.
DES MOINES <b>Creative Visions</b> (Ex-Offender & Family Reunification Program)	1343 13th St Des Moines, IA 50314  (515) 244-4003 Ako Abdul-Samad (director)	- Provides employment support for people who have been to prison and others.	Also have a food pantry, education programs and other assistance.
OSKALOOSA <b>SIEDA Community Action</b>	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.

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COLFAX <b>Sheepgate</b>	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) - <b>Possible parole location</b> - Not available for SO's. - Beautiful setting

<p>DES MOINES</p> <p><b>Kingdom Living</b></p>	<p>3120 SW 9th St. Des Moines, IA 50315</p> <p>www.kingdomlivingia.com</p>	<ul style="list-style-type: none"> <li>- Safe, structured, peaceful, happy sober living</li> <li>- Very supportive and welcoming.</li> <li>- 5 houses in Des Moines for men and women.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Not available for SO's.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Excellent organization and great people.</li> <li>- 12 Step based recovery.</li> </ul>
<p>DES MOINES</p> <p><b>The Beacon</b></p>	<p>1717 Woodland Ave. Des Moines, IA 50309</p> <p>(515) 244-4713 www.beacondm.org</p> <p><a href="mailto:admin@thebeacondm.org">admin@thebeacondm.org</a></p>	<ul style="list-style-type: none"> <li>- Base and additional housing (6-24 month) program:</li> <li>- health &amp; wellness</li> <li>- financial empowerment</li> <li>- employment</li> <li>- recovery</li> </ul>	<ul style="list-style-type: none"> <li>- For women and those who identify as women.</li> <li>- Positive and encouraging people.</li> <li>- Trauma-informed and equity-centered</li> <li>- <b><u>Possible parole location</u></b></li> </ul>
<p>DES MOINES</p> <p><b>House of Mercy</b></p>	<p>1409 Clark St. Des Moines, IA 50314</p> <p>(515) 643-6500</p> <p><a href="mailto:rpeter@mercydesmoines.org">rpeter@mercydesmoines.org</a></p>	<p>Residential substance abuse and mental health treatment, housing, transportation, behavioral therapy, family therapy, relapse prevention, support groups, education, employment, skill training.</p>	<ul style="list-style-type: none"> <li>- Women and families only.</li> <li>- Very supportive community.</li> <li>- Childcare and support.</li> <li>- <b><u>Possible parole location.</u></b></li> <li>- Outpatient treatment for men and women.</li> <li>- Not available for SO's</li> </ul>
<p>DES MOINES</p> <p><b>Supportive Independent Shared Housing</b></p>	<p>1600 NW 114TH St. Clive, IA 50325</p> <p>515.218.8851</p> <p>Email: <a href="mailto:contact@supportivesol...">contact@supportivesol...</a></p>	<ul style="list-style-type: none"> <li>- Independent shared housing.</li> <li>- 2000 ft. compliant for those on sex offender registry.</li> <li>- There is a \$400 move-in fee. You need verified income (a job or social benefits) and the rent is dependent on income..</li> <li>- The living space is a nice hotel room that you share with another person.</li> </ul>	<ul style="list-style-type: none"> <li>- The program will provide some transportation, help with appointments/shopping and more.</li> <li>- Breakfast included daily.</li> <li>- Shared common spaces.</li> </ul>
<p>DES MOINES</p> <p><b>Discovery House</b></p>	<p>Mailing address: 1327 Pleasant View Drive, Des Moines,, IA 50315</p> <p>515-499-6486</p>	<ul style="list-style-type: none"> <li>- Transitional housing for men. (3 houses)</li> <li>- Recovery support.</li> <li>- Faith based.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Very positive group who understands the challenge of reentry.</li> <li>- Write letter stating your situation and employment.</li> <li>- Not available for SO's.</li> </ul>
<p>DES MOINES</p> <p><b>Honest Journey</b></p>	<p>Honest Journey 3632 Oakcrest Drive Des Moines, IA. 50310</p> <p>515-219-4911</p>	<ul style="list-style-type: none"> <li>- Transitional housing for men.</li> <li>- Need to be active in recovery.</li> <li>- Have single or double rooms available</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Write letter stating your situation and employment.</li> <li>- Not available for SO's.</li> </ul>

DES MOINES <b>Central Iowa Shelter and Services</b>	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. - <b><u>Possible parole location.</u></b>
DES MOINES <b>Tim's Clube</b>	PO Box 65533 West Des Moines, IA 50265  (515) 478-0985 (Joel)	- Bible-based recovery housing. - 5 houses for men and 1 for women.	- <b><u>Possible parole location.</u></b> - Great people. - Have connection with Celebrate Recovery. - Not available for SO's.
DES MOINES <b>Harbor of Hope</b>  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. - <b><u>Possible parole location.</u></b> - - Not available for SO's.
DES MOINES <b>Harvest Academy</b>	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. - <b><u>Possible parole location</u></b> - Job training and employment
DES MOINES <b>Restart Recovery</b>	1330 7th Street Des Moines, IA 50314  515-577-2824	- Transitional housing for men and women. - Need \$150 to move in. Rent is \$575.	- Not available for SO's. - <b><u>Not a parole location</u></b> - One-year commitment.
DES MOINES <b>Dads with A Purpose</b>	203 NW Sharmin Drive Ankeny, IA 50023  515-953-9949 (Jake Lacy)	- Sober-living houses for men and women (3 in Des Moines, 1 in Mason City) - Focused on being good parents & rebuilding your life.	- Offer parenting classes. - Not available for SO's. - <b><u>Possible parole location.</u></b> - Comfortable houses for both men and women.
DES MOINES <b>Ruth Harbor</b>	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.	- <b><u>Possible parole location</u></b> - Write letter stating your situation.
DES MOINES <b>The Salvation Army in Des Moines</b> (Adult Rehabilitation Center)	The Salvation Army 133 E. 2nd Street Des Moines, IA 50309  Prefer phone contact:  (515) 243-4277	Long-term residential program for men: - 6-level recovery system - - six months minimum - Individual/Group Counseling - Relapse Prevention	- Not available for SO's. - AA, NA, and Celebrate Recovery - Work therapy - Faith based - <b><u>Possible parole location</u></b>

DES MOINES <b>YMCA Supportive Housing</b>	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424	- Housing - Transportation - Laundry - Computer lab - Food/clothing	- Have to qualify under Low Income Housing Tax Credit. - They will do a background check. - <b><u>Possible parole location</u></b> - Not available for SO's.
DES MOINES <b>Hope Ministries</b>	Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272  Women: 515-264-0144 Men: 515-244-5445	- transitional housing - substance use counseling - GED & life skills classes - nutrition/health counseling - work skills training and business practicum	Door of Faith: For Men - <b><u>Possible parole location</u></b> - Certain SO's allowed. - long term program. - Hope Center for Women and Children: short-term shelter and long-term life recovery.
DES MOINES <b>Bernie Lorenz Recovery</b>	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.	- Women only  - <b><u>Possible parole location.</u></b>
DES MOINES <b>Recovery in Action</b>	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.	- Need to get a sponsor. - Must have legal employment. - Not available for SO's. - <b><u>Not a parole location.</u></b>
DES MOINES <b>Bridges of Iowa</b>	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 <b>Discover Hope 5:17</b>	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 <b>Circle of Freedom</b>	Circle of Freedom 400 E 4 <sup>th</sup> St. Seymour, IA 52590  Kim (641) 414-2999  <a href="http://circleoffreedomiowa.org">circleoffreedomiowa.org</a>	- Christian Faith-based <b>Residential</b> 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 - <b><u>Possible parole location</u></b> - This house is a very loving and nurturing community where students heal and grow together.

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">CRESTON</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 215 N Elm St Creston, IA 50801</p> <p>(641) 782-2119 Email: Region14.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p style="text-align: center;">DES MOINES</p> <p><b>Project IOWA</b> (Iowa Opportunities for Workforce Advancement)</p>	<p>4801 Franklin Ave #106 Des Moines, Iowa 50310</p> <p>(515) 280-1274</p> <p>Email: office@projectiowa.org</p>	<ul style="list-style-type: none"> <li>- They have options for employment training.</li> <li>- Include personal and professional development.</li> <li>- Goal is for career track and high wage jobs.</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them before leaving prison.</li> <li>- Work with area employers.</li> <li>- Great people.</li> <li>- No cost for classes and program.</li> </ul>
<p style="text-align: center;">DES MOINES</p> <p><b>Change Course</b></p>	<p>1912 6th Ave. Des Moines, IA 50314</p> <p>(515) 779-6108</p> <p>info@changecourse.org</p>	<ul style="list-style-type: none"> <li>- Employment training.</li> <li>- Personal development</li> <li>- Leadership development</li> <li>- Skill development.</li> <li>- One-on-one coaching sessions.</li> <li>- Goal is for career track and high wage jobs.</li> </ul>	<ul style="list-style-type: none"> <li>- You <b>can</b> contact them before leaving prison (Corrlinks).</li> <li>- Network with area employers.</li> <li>- Great people.</li> <li>- No cost for classes and program.</li> </ul>
<p style="text-align: center;">DES MOINES</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Kenny Lents 200 Army Post Rd. Des Moines, IA 50315 Phone: 515-281-9619 Email: DesMoinesIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p style="text-align: center;">INDIANOLA</p> <p><b>WeLIFT</b></p>	<p>106 East Second Ave. Indianola, Iowa 50125 Phone: 515-962-5017 Email: <a href="mailto:WeliftDirector2006@gmail.com">WeliftDirector2006@gmail.com</a> Hours: Tuesday and Thursday 11:00-3:00pm</p>	<ul style="list-style-type: none"> <li>- Employment assistance (resumes, locating work, and more)</li> <li>- Can connect you with area resouces</li> </ul>	<ul style="list-style-type: none"> <li>- Great people who will go the extra mile to help.</li> <li>- Understands the challenges of reentry.</li> </ul>
<p style="text-align: center;">JOHNSTON</p> <p><b>Goodwill of Central Iowa</b></p>	<p>5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323</p>	<ul style="list-style-type: none"> <li>- Forklift, custodial, retail and food service certifications.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands the challenges of reentry.</li> </ul>

## HEALTH CARE

<p><b>Mental Health &amp; Disability Services</b></p> <p><b>*START HERE</b></p>	<p>Call to connect:</p> <p style="text-align: center;">515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p>DES MOINES</p> <p><b>Primary Health Care</b></p>	<p>CONTACT: 1200 University Ave. Des Moines, IA 50314</p> <p>(515) 248-1500</p>	<ul style="list-style-type: none"> <li>- Health care services including mental health and substance use.</li> <li>- Can help find a primary care physician</li> <li>- Can help with housing, food, clothing and more.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee.</li> <li>- Intakes Mon-Fri.</li> </ul>
<p>DES MOINES</p> <p><b>MYOB Therapy</b></p>	<p>4725 Merle Hay Rd. #203 Des Moines, IA 50322 515-412-0240</p> <p>info@myobtherapy.com</p>	<ul style="list-style-type: none"> <li>- Support for those impacted by the sex offense registry.</li> <li>- Can meet via telehealth across Iowa.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee</li> <li>- Great people who understand the challenges SO's face.</li> </ul>
<p>DES MOINES</p> <p><b>Eyerly Ball Community Mental Health Center</b></p>	<p>945 19th St, Des Moines, IA 50314</p> <p>(515) 241-0982</p>	<ul style="list-style-type: none"> <li>- Counseling and therapy</li> <li>- Community support services</li> </ul>	<ul style="list-style-type: none"> <li>- Very wide-ranging services to help with mental health.</li> </ul>
<p>DES MOINES</p> <p><b>Prelude Services Central Iowa</b></p>	<p>3451 Easton Blvd. Des Moines, Iowa 50317 (515) 262-0349</p> <p>Email: info@meccaia.com</p>	<ul style="list-style-type: none"> <li>- Prevention services for addiction.</li> <li>- Transitional housing.</li> </ul>	<ul style="list-style-type: none"> <li>- Have Spanish-speaking staff.</li> <li>- <u>You can contact them before leaving prison.</u></li> </ul>
<p>PRAIRIE CITY</p> <p><b>Clearview Recovery</b></p>	<p>501 North Sherman Prairie City, Iowa 50228</p> <p>(515) 994-3562</p>	<p>Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement</p>	<ul style="list-style-type: none"> <li>- Women only (children allowed)</li> </ul>

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

### **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
<p>CEDAR RAPIDS</p> <p><b>RISE Program</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>901 29th St. Cedar Rapids, IA 52404</p> <p>Main: (319) 382-2350</p> <p><a href="mailto:RISE@freshstartcr.org">RISE@freshstartcr.org</a></p>	<p>Guidance on:</p> <ul style="list-style-type: none"> <li>- finding a job</li> <li>- finding housing</li> <li>- food and clothing</li> <li>- transportation</li> <li>- creating plans &amp; goals</li> <li>- Clothing/hygiene available.</li> </ul>	<ul style="list-style-type: none"> <li>- Warm and welcoming people.</li> <li>- <u>You can contact them from prison.</u></li> <li>- Have a mentor program called AMP.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>CRUSH Recovery Community Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>317 7th Ave. SE Suite 304 Cedar Rapids, IA 52401</p> <p>(319) 200-5970</p> <p><a href="http://www.recoveryiowa.org">www.recoveryiowa.org</a></p> <p><a href="http://www.crushofiowa.com">www.crushofiowa.com</a></p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>
<p>IOWA CITY</p> <p><b>Living Beyond the Bars</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>Reentry Organizer: Mike Cervantes</p> <p>319-331-9450</p> <p><a href="mailto:mike.livingbeyondthebars@gmail.com">mike.livingbeyondthebars@gmail.com</a></p>	<ul style="list-style-type: none"> <li>- Provide information on resources across the state.</li> <li>- Will assist and provide information via phone or Corrlinks.</li> </ul>	<ul style="list-style-type: none"> <li>- In Cedar Rapids and Coralville, they hold support meetings for family/friends.</li> <li>- <u>You can contact them from prison.</u></li> </ul>
<p>IOWA CITY</p> <p><b>Inside Out Reentry Community</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>804 S. Capitol Street Iowa City, IA 52240</p> <p>Main: (319) 338-7996 Cell: (319) 621-6263</p> <p>Email: <a href="mailto:Hello@insideoutreentry.com">Hello@insideoutreentry.com</a></p>	<p>Drop-in &amp; Resource Center:</p> <ul style="list-style-type: none"> <li>- Case Management and Reentry Planning</li> <li>- Employment and Housing Assistance</li> <li>- Resource Connection</li> <li>- Weekly peer support groups</li> <li>- Mentors available.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>You can contact them from prison.</b></li> <li>- Supportive community.</li> <li>- Operate a sober transitional house. Focus on healing and personal growth. Not eligible for those with lifetime SO registry requirements.</li> <li>- <b>Possible parole location</b></li> </ul>

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p><b>The Safe Place Foundation</b></p>	<p>527 6th Avenue SE Cedar Rapids, IA 52401</p> <p>Main: (319) 366-3430 <a href="http://www.safeplacefoundation.org/">http://www.safeplacefoundation.org/</a></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"> <li>- 40 bed program: 6 Phase One beds and 34 Phase Two beds.</li> <li>- Not available for SO's.</li> <li>- Men only.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Hope CDA</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>842 14th St. SE Cedar Rapids, IA 52403</p> <p>319-560-1196</p>	<ul style="list-style-type: none"> <li>- Jobs training program that includes housing.</li> <li>- Life Skills classes</li> <li>- Mentoring</li> <li>- Connect with area resources (even if not in their housing program)</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Men only.</li> <li>- 12-month program</li> <li>- Must be part of program to be included in housing.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Willis Dady Shelter</b></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"> <li>- Shelter available for men and women with children.</li> <li>- Help connect with community resources</li> <li>- Case management</li> </ul>	<ul style="list-style-type: none"> <li>- This is a good place to start as you look for permanent housing.</li> <li>- Welcoming and warm.</li> <li>- <b><u>Not a parole location,</u></b> possible for discharge.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>House of Hope</b></p>	<p>1744 2nd Ave SE, Cedar Rapids, IA 52403 319-366-4673 <a href="http://www.houseofhopecr.org">www.houseofhopecr.org</a></p>	<ul style="list-style-type: none"> <li>- Christian Mental Health Therapy</li> <li>- Educational Classes</li> <li>- Women's Residency Program</li> <li>- Mentorship &amp; Discipleship</li> <li>- Safe and Sober Housing</li> </ul>	<ul style="list-style-type: none"> <li>- Gospel-centered</li> <li>- Individualized plan with a community focus.</li> <li>- Connected to local churches</li> <li>- Grace-filled, loving and a lot of HOPE!</li> </ul>
<p>VINTON</p> <p><b>Place of Refuge</b></p>	<p>408 B Ave. Suite. A Vinton, IA 52349</p> <p>319-640-5051</p> <p>abundantlifevinton@gmail.com</p>	<ul style="list-style-type: none"> <li>- Sober living for women.</li> <li>- Live in an apartment with one other participant.</li> <li>- Work, financial and emotional support offered.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- Need to be employed within 30 days.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>2nd Chance Housing</b></p>	<p>Various Locations Cedar Rapids, IA</p> <p>319-573-9815</p>	<ul style="list-style-type: none"> <li>- Apartments that are individual with shared kitchen, bath and living room.</li> <li>- First and last month's rent due when moving in.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- Possibly available for SO's.</li> <li>- Clean, fully furnished.</li> <li>- Very understandable landlord.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Waypoint Services</b></p>	<p>318 5th St. SE Cedar Rapids, IA 52401</p> <p>Phone: 319-365-1458</p>	<ul style="list-style-type: none"> <li>- Assistance with housing support.</li> </ul>	<ul style="list-style-type: none"> <li>- Need to apply for services after your release.</li> </ul>

<p>CEDAR RAPIDS</p> <p><b>ASAC</b></p>	<p>3601 16<sup>th</sup> Ave SW, Cedar Rapids, Iowa, 52404, (319)390-4611 <a href="mailto:info@asac.us">info@asac.us</a>, <a href="https://asac.us">https://asac.us</a></p>	<ul style="list-style-type: none"> <li>- Substance use evaluations (walk-in evaluations available in Linn)</li> <li>- Substance use treatment</li> <li>- Residential substance use treatment for men, women, and women with children</li> <li>- Outpatient problem gambling treatment</li> </ul>	<ul style="list-style-type: none"> <li>- Accepts Medicaid</li> <li>- Sliding scale fee</li> <li>- Provides Care Navigation.</li> </ul>
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## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 4444 1st Ave. NE Cedar Rapids, IA 52402 (319) 365-9474 Email: CedarRapidsIowaWORKS@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>CEDAR RAPIDS</p> <p><b>Goodwill of the Heartland</b></p>	<p>1441 Blairsferry Rd. NE Cedar Rapids, IA 52402</p> <p>1025 Wade St. Iowa City, IA 52240</p> <p>866-466-7881</p>	<ul style="list-style-type: none"> <li>- Resume assistance.</li> <li>- WOW Workshops</li> <li>- Certification programs: Custodial, Food Service, Hospitality, IT and more.</li> </ul>	<ul style="list-style-type: none"> <li>- Understands the challenges of reentry.</li> </ul>
<p>IOWA CITY</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Operation Manager 1700 S 1st Ave. Iowa City, IA 52240</p> <p>(319) 351-1035</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>

## HEALTH CARE

<p><b>Mental Health &amp; Disability Services</b></p> <p><b>*START HERE</b></p>	<p>Call to connect:</p> <p>515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
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## 7th JUDICIAL DISTRICT (Quad Cities/Clinton/Muscatine and area)

### COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
<p>CLINTON</p> <p><b>Rediscover Recovery Community Center</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>232 5th Ave. S. Clinton IA 52732</p> <p>(563) 206-1479</p>	<ul style="list-style-type: none"> <li>- Peer recovery coaching</li> <li>- Peer support groups</li> <li>- Social activities</li> <li>- Connect with resources in community</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Drop-in center</li> </ul>
<p>CLINTON</p> <p><b>Information Referral</b></p>	<p>219 1st Avenue Clinton, IA 52732</p> <p>563-243-5818</p>	<ul style="list-style-type: none"> <li>- Housing assistance including list of landlords and rent assistance.</li> <li>- Connect with area resources for food, clothing, health care and more.</li> </ul>	<ul style="list-style-type: none"> <li>- They are connected to area agencies and churches.</li> <li>- Committed to helping and they know the community very well.</li> </ul>
<p>CLINTON</p> <p><b>Community Action</b></p>	<p>242 N Bluff Blvd. #203 Clinton IA 52732</p> <p>(866) 243-5220</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>DAVENPORT</p> <p><b>Community Action</b></p>	<p>500 East 59th Street, Davenport, IA 52807</p> <p>(866) 324-3236</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>ROCK ISLAND</p> <p><b>Project Now</b></p>	<p>418 19th St. Rock Island, IL: 61201</p> <p>(309) 793-6391 www.projectnow.org</p>	<ul style="list-style-type: none"> <li>- Housing assistance including list of apartments</li> <li>- Basic needs assistance.</li> </ul>	<ul style="list-style-type: none"> <li>- Call to make appointment.</li> <li>- Supportive and encouraging staff</li> </ul>
<p>MUSCATINE</p> <p><b>Community Action</b></p>	<p>1903 Park Ave. #18 Muscatine IA 52761</p> <p>(563) 263-9290</p>	<ul style="list-style-type: none"> <li>- Food pantry</li> <li>- Resource guide</li> <li>- Housing assistance including list of apartments</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with connecting to area resources</li> </ul>
<p>MUSCATINE</p> <p><b>Jesus Mission Church/ Pearl City Outreach</b></p>	<p>509 Mulberry Ave. Muscatine, IA 52761</p> <p>(563) 264-5430 info@mcsaiowa.org</p>	<ul style="list-style-type: none"> <li>- Shelter</li> <li>- Rides to work</li> <li>- Sack lunches</li> <li>- Laundry and showers</li> </ul>	<ul style="list-style-type: none"> <li>- No cost.</li> </ul>

MUSCATINE <b>Muscatine Center for Social Justice</b>	312 Iowa Ave. Muscatine, IA 52761  (563) 264-3278	- Shelter - Help with finding housing - Peer Drop-in Center for support and finding resources	- Good people - Mental health support
TIPTON <b>Community Action</b>	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

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON <b>ASAC/King House</b>	2219 Garfield St. Clinton, IA 52732  (563)243-2124 <a href="mailto:info@asac.us">info@asac.us</a> , <a href="https://asac.us">https://asac.us</a>	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for men. Outpatient problem gambling program	- You can contact them from prison. - <b><u>Possible parole location</u></b> - Not available for SO's - Sliding scale/accepts Medicaid - Outpatient in Jackson and Clinton counties.
CLINTON <b>ASAC/Hightower Place</b>	2727 S. 19th Street Clinton, IA 52732  (563)243-2124 <a href="mailto:info@asac.us">info@asac.us</a> , <a href="https://asac.us">https://asac.us</a>	- Sober housing available. - Need ASAM assessment to qualify. - Residential substance abuse services for women. - Outpatient problem gambling program	- Work with prison counselor on applying. - <b><u>Possible parole location</u></b> - Not available for SO's - Sliding scale/accepts Medicaid - Outpatient in Jackson and Clinton counties.
DAVENPORT <b>Unity House</b>	2341 E. Pleasant St. Davenport, IA 52803  (563) 676-5488 or (563) 210-1513 EMAIL: <a href="mailto:eric.hoffmann@unityhouseofdavenport.org">eric.hoffmann@unityhouseofdavenport.org</a>	- Transitional housing. - Semi-structured sober and recovery living. - \$570 is needed to move in. Some scholarships might be available.	- They have six houses. - - Online applications can be printed off and mailed in. - <b><u>Possible parole location</u></b> - Not available for SO's.
DAVENPORT <b>One Eighty</b> <b>*RECOMMENDED PLACE TO START</b>	601 N. Marquette St. Davenport, IA 52802  phone: 563-424-4589  <a href="http://www.oneeighty.org">www.oneeighty.org</a>  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. - <b><u>Possible parole location</u></b> - Not available for SO's. - Faith based. - You can contact them from prison.

DAVENPORT <b>Destination Recovery Homes</b>	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. - <b><u>Possible parole location</u></b> - Not available for SO's
DAVENPORT <b>Pine Meadows Residential Treatment</b>	4656 W. Kimberly Road Davenport, IA 52806  (563) 345-5673	- Residential care facility for those with mental health illness.	- Work with counselor on applying. - <b><u>Possible parole location</u></b> - Not available for SO's
DAVENPORT <b>Salvation Army Adult Rehab Center</b>	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. - <b><u>Possible parole location</u></b>
DAVENPORT <b>GRACE House</b>	PO Box 3302 Davenport, IA 52802  729 W. 15th St Dav., IA 52803 (Confidential)  563-223-8313	-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
LETTS <b>Cedar River Haven</b>	2978 Casey Avenue Letts, IA 52745 319-726-2360 fsojka@cedarriverhaven.org	Rural Recovery Residence - 12 Step Immersion - Social, spiritual, community driven. - Life skills, therapy and group support	- Supportive recovery community using Peer Social model - 24 beds - Women only. - Available for discharge only.

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON <b>IowaWORKS Center</b>	Attn: Operation Manager 105 Main Ave. Clinton, IA 52732 319-423-0333 Clinton Public Libray 306 8th Ave. S. Clinton, IA. 52732	- 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.	- <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.
DAVENPORT <b>IowaWORKS Center</b>	Attn: Lulu Torres 1801 E. Kimberly Rd. Davenport, IA 52806 563- 445-3200 Email: DavenportIowaWORKS@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.

<p>DAVENPORT</p> <p><b>Safer Foundation</b></p>	<p>1702 N. Main St. Davenport, IA 52803</p> <p>(563) 322-7002</p>	<p>Employment:</p> <ul style="list-style-type: none"> <li>- Orientation, intake, and retention for employment</li> <li>- ACE program for those looking for a career.</li> </ul>	<ul style="list-style-type: none"> <li>- Great people.</li> <li>- You can write to them before leaving prison.</li> </ul>
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## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p><b>Mental Health &amp; Disability Services</b></p> <p><b>*START HERE</b></p>	<p>Call to connect:</p> <p>515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p>DAVENPORT</p> <p><b>Community Health Care</b></p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>500 W. River Drive Davenport, IA 52801</p> <p>563-336-3000</p> <p>Contact person: Chasiti Scott cscott@chcqca.org</p>	<ul style="list-style-type: none"> <li>- Community Health Workers can help connect with community resources.</li> <li>- Provide a variety of medical services including getting a primary care physician and mental health services.</li> </ul>	<ul style="list-style-type: none"> <li>- Friendly and helpful staff.</li> <li>- Sliding-scale fee.</li> <li>- Available for Iowa and Illinois residents.</li> <li>- Also have office in Clinton.</li> </ul>
<p>DAVENPORT</p> <p><b>Family Resources</b></p>	<p>1414 W Lombard St, Davenport, IA 52806</p> <p>(563) 326-6431</p>	<ul style="list-style-type: none"> <li>- Mental health care services including substance use.</li> <li>- Therapy offered.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- Nobody turned away</li> <li>- Positive and supportive</li> </ul>
<p>MUSCATINE</p> <p><b>Trinity Muscatine Public Health</b></p>	<p>1609 Cedar St. Muscatine, IA 52761</p> <p>563-263-0122</p>	<ul style="list-style-type: none"> <li>- Health care services</li> <li>- Will help you fill out Medicaid forms</li> </ul>	<ul style="list-style-type: none"> <li>- Will help with prescriptions if transportation is an issue.</li> </ul>

## **8th JUDICIAL DISTRICT** (Burlington, Ottumwa, Keokuk, Ft. Madison and area)

### **COMMUNITY SUPPORT (Connecting and Mentoring)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
BLOOMFIELD <b>SIEDA Community Action</b>	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.
BURLINGTON <b>Community Action</b> <b>*RECOMMENDED PLACE TO START</b>	700 Jefferson St. Burlington, IA 52601  319-753-2893	- Food pantry  - Resource guide  - Housing assistance including list of apartments	- Will help with connecting to area resources.
BURLINGTON and FT. MADISON <b>Celebrate Recovery</b>	550 Division St. Burlington, IA 52601 319-237-8400 Ext. 201  1602 Ave. F Ft. Madison, IA 52627 319-237-8400 Ext. 301	Celebrate Recovery meets every week and provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.	<b>Christian-based recovery program.</b>
CENTERVILLE <b>SIEDA Community Action</b>	111 N. Main Centerville, IA 52544  641-856-8437	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
FAIRFIELD <b>SIEDA Community Action</b>	201 S. 23rd Fairfield,, IA 52556  641-472-6140	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
FT. MADISON <b>Eichacker Community Action Center</b>	3433 Avenue O Ft. Madison, IA 52627  319-372-4471	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
KEOKUK <b>Tallarico Community Action Center</b>	220 S. 22nd St. Keokuk, IA 52632  319-524-6383	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
KEOSAUQUA <b>SIEDA Community Action</b>	906 Dodge Street Keosauqua, IA 52565  319-293-3722	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.

MT. PLEASANT <b>Tolson Community Action Center</b>	1303 W. Washington Mt. Pleasant, IA 52641  319-385-2310	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
MT. PLEASANT <b>Fellowship Cup</b>	203 North Jefferson Street Mt Pleasant, IA 52641  (319) 385-3242 director@thefellowshipcup.org	- Will assist with connecting to area services/resources.  - Have food, clothing, vouchers and other supports	Their mission is to provide food, shelter and clothing to those in Henry County.
OTTUMWA <b>O-Town Recovery</b>	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 <b>SIEDA Community Action</b>	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 <b>SIEDA Community Action</b>	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

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON <b>Transitions</b>	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.	- <b>Available for discharge, but not parole.</b> - Housing options available. - Assist with household goods.
BURLINGTON <b>Burlington Shelter</b>	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. - <b>Available for discharge, but not parole.</b>
KALONA <b>Retrograde Ministries</b>	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. - <b><u>Not a parole location</u></b> - Not available for SO's.
KEOKUK <b>Talbot Sober Living Residence</b>	518 Concert St. Keokuk, IA 52632  217-242-0378	- Sober-living house - 12-step based	- Faith-based - <b><u>Not an parole location</u></b> - Not available for SO's.

<p>KEOKUK</p> <p><b>Lydia's House</b></p>	<p>810 Timea St. Keokuk, IA 52632</p> <p>319-795-5535</p>	<ul style="list-style-type: none"> <li>- Sober house for women.</li> <li>- 12-step based</li> <li>- 3-month stay</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based</li> <li>- Positive and encouraging people.</li> <li>- <b><u>Possible parole location</u></b></li> <li>- Not available for SO's.</li> </ul>
<p>MT. PLEASANT</p> <p><b>Brave Heart Sober Living</b></p>	<p>905 S. Iris Mt Pleasant, IA 52641</p> <p>(641) 919-2510</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, peer supported housing option for men.</li> <li>- \$600 that includes rent and all utilities</li> <li>- They will help you apply for the first month's rent.</li> </ul>	<ul style="list-style-type: none"> <li>- They are positive and encouraging people.</li> <li>- Not available for SO's</li> <li>- <b><u>Possible parole location</u></b></li> </ul>
<p>OTTUMWA</p> <p><b>Brave Heart Sober Living</b></p>	<p>Write to:</p> <p>Oxford House 1013 E Oakbrook Ln, Mt Pleasant, IA 52641</p> <p>641-919-2510</p>	<ul style="list-style-type: none"> <li>- Sober, cooperative, self-governing housing option for men.</li> <li>- They can help you connect to area resources.</li> </ul>	<ul style="list-style-type: none"> <li>- <b><u>Possible parole location</u></b></li> <li>- A 12-step focused community.</li> <li>- Very positive group.</li> <li>- Not available for SO's</li> <li>- \$520/month. \$100 move-in fee. It is possible to get assistance. (contact house)</li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>BURLINGTON</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Kelly Brousseau 550 S Gear Ave Ste. 35 Burlington, IA 52655</p> <p>(319) 753-1671</p> <p>Email: BurlingtonIowaWORKS@iwd.io wa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>
<p>OTTUMWA</p> <p><b>IowaWORKS Center</b></p>	<p>Attn: Angie Hill 15260 Truman St. Ottumwa, IA 52501</p> <p>(641) 684-5401</p> <p>Email: OttumwaIowaWORKS@iwd.iow a.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p> <ul style="list-style-type: none"> <li>- Have computers, job listings and staff to help.</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can write to them before leaving prison.</u></li> <li>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</li> </ul>

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;"><b>Mental Health &amp; Disability Services</b></p> <p style="text-align: center;">*START HERE</p>	<p>Call to connect:</p> <p style="text-align: center;">515-513-6870</p>	<p>Apply for Disability Access Point Services (DAP) to request options - counseling, service navigation, case management, or determination of eligibility and funding for mental health and disability support.</p>	<p>When calling, you will be directed to the appropriate office. For updated contact information see: <a href="http://www.cicshds.org">www.cicshds.org</a></p>
<p style="text-align: center;">BURLINGTON</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>1340 Mt. Pleasant St. Burlington, IA 52601</p> <p>(319) 753-6567</p>	<ul style="list-style-type: none"> <li>- Will help you connect to area resources</li> <li>- Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment</li> </ul>	<ul style="list-style-type: none"> <li>- Even if you do not have any substance use issues, they will help you connect to area services.</li> <li>- Positive and encouraging people.</li> </ul>
<p style="text-align: center;">KEOKUK</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>928 Main St. Keokuk, IA 52632</p> <p>(319) 524-4397</p>	<ul style="list-style-type: none"> <li>- Outpatient and residential treatment for substance abuse, prevention work, distance support services.</li> <li>- Will help you connect to area resources</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> </ul>
<p style="text-align: center;">MT. PLEASANT</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services</b></p>	<p>122 N. Main St. Mt. Pleasant, IA 52641</p> <p>(319) 385-2216</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	<ul style="list-style-type: none"> <li>- Residential treatment is located in Burlington.</li> </ul>
<p style="text-align: center;">OTTUMWA</p> <p style="text-align: center;"><b>River Hills Community Health Center</b></p>	<p>201 S. Market St. Ottumwa, IA 52501</p> <p>(641) 683-5773</p>	<ul style="list-style-type: none"> <li>- Health care services: mental health, substance use, primary care physician, dental.</li> <li>- Will also help connect with other resources.</li> </ul>	<ul style="list-style-type: none"> <li>- Sliding scale fee.</li> <li>- Positive and supportive.</li> </ul>
<p style="text-align: center;">OTTUMWA</p> <p style="text-align: center;"><b>Southern Iowa Mental Health Center</b></p>	<p>1527 Albia Road Ottumwa, IA 52501</p> <p>(641) 682-8772</p>	<ul style="list-style-type: none"> <li>- Mental health services; Individual/family therapy; drop in centers</li> <li>- Substance abuse support.</li> </ul>	<ul style="list-style-type: none"> <li>- They have a list of area resources.</li> <li>- Have locations in other cities as well.</li> </ul>
<p style="text-align: center;">WAPELLO</p> <p style="text-align: center;"><b>Alcohol and Drug Dependency Services (ADDS)</b></p>	<p>304 Highway 61 North Wapello, IA 52653</p> <p>Main: (319) 523-8436</p>	<p>Chemical dependency services</p>	<ul style="list-style-type: none"> <li>- Residential treatment is located in Burlington.</li> </ul>

# Suggestions for Writing Your Reentry Plan

A **written reentry plan** is a guide for your return to the community. Every person is in a different situation. There is not one plan that will work for all. It can be typed or hand-written.

1. OPENING STATEMENT: Be **truthful and open** about your situation. Acknowledge your past decisions. State clearly where you are now. Describe what you have learned about yourself and what you have accomplished since being incarcerated.
2. THE PLAN: Write out a **detailed plan** for when you leave prison. Include names and contact information if possible.

Plan can include the following items:

- a. Your **support** (family, friends, organizations, church, AA/NA meetings, etc...)
- b. Your potential **job prospects**
- c. Your **living situation** (include back-up housing plans if possible)
- d. Your **health care** (Substance Use and Mental Health if desired)
- e. Other?

3. CLOSING STATEMENT: Write about your long-term goals and plans for the future. These can be personal (“Stay clean and sober” or “Connect with children”, for example).

# 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