

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

Compiled by **Living Beyond the Bars**
with assistance from **Inside Out Reentry Community**

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Introduction:

This guide was created for those leaving incarceration in Iowa. There are many challenges upon leaving prison. Finding support and community resources is vital. Whether it is finding work, a place to live, a mentor, health care, or an encouraging environment - we hope this guide is helpful.

When possible, “**RECOMMENDED PLACE’S TO START**” are noted. They are a great place to get started and you can contact most of them before leaving prison.

Many thanks to the Iowa Department of Corrections and DOC Services/parole staff for their assistance. Thanks also to the organizations who do so much to help Iowans as they return to their community after prison. **We welcome any additions and/or clarifications.**

Included in the is guide:

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

State-wide Resources:

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

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

www.211.org - list of resources online

Gambling Anonymous: 1-800-BETS OFF

1st JUDICIAL DISTRICT (Dubuque/Waterloo and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
<p>STATEWIDE</p> <p>Hope4Healing</p> <p>*RECOMMENDED PLACE TO START</p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>Info@hope4healingquakerdale.net</p> <p>855-584-HOPE (4673) Mon-Friday 8-5</p>	<ul style="list-style-type: none"> - Assist with finding resources in your community - Connect with a church to provide mentor and other support. 	<ul style="list-style-type: none"> - A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
<p>DUBUQUE and AREA</p> <p>Jail & Prison Ministry (Catholic Charities of the Archdiocese of Dubuque)</p> <p>*RECOMMENDED PLACE TO START</p>	<p>1229 Mount Loretta Ave. Dubuque, IA 52003 (563) 588-0558 (800) 772-2758</p> <p>Deacon Bill Hickson (563) 495-5947 DBQCCCJPM@dbqarch.org</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> - Connecting with community resources - Aid in finding work, housing, etc. - Circles of Support - Establishing positive relationships - Healthy social activities 	<ul style="list-style-type: none"> - Catholic affiliation, but you don't have to be Catholic to work with them. - You can contact them before your release. - Must participate in mentoring or Circles of Support. They cover 30 counties in NE Iowa.
<p>DUBUQUE</p> <p>Fountain of Youth Program (United Way of Dubuque Area Tri-States)</p>	<p>220 W. 7th Street Dubuque, IA 52001</p> <p>Main: (563) 587-8316, or 773-440-2228</p> <p>Contact: Caprice Jones capricejones14@gmail.com (773) 440-2228</p>	<ul style="list-style-type: none"> - Aim to provide gainful and sustainable employment to youth 16-24 in Dubuque - Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools 	<ul style="list-style-type: none"> - Very positive and encouraging
<p>WATERLOO and AREA</p> <p>Jail & Prison Ministry (Catholic Charities)</p> <p>*RECOMMENDED PLACE TO START</p>	<p>2101 Kimball Ave. # 138 Waterloo, IA 50702</p> <p>800-772-2758 or 319-272-2080</p> <p>Email: dbqcccjpm1@dbqarch.org</p>	<p>Support and mentoring (in prison and after release)</p> <ul style="list-style-type: none"> - Connect with community resources - Find work and housing - Circles of Support - Establishing positive relationships - Healthy social activities - On-site mental health counselor available 	<ul style="list-style-type: none"> - Catholic affiliation, but you don't have to be Catholic to work with them. - You can contact them before your release. - Must participate in mentoring or Circles of Support. They cover 30 counties in NE Iowa.
<p>WATERLOO</p> <p>Hospitality House</p>	<p>1003 Mulberry St. Waterloo, IA 50704 (319) 234-1311</p>	<p>Offer a light breakfast, shower and laundry, free clothing, backpacks, cold weather attire, sleeping</p>	<ul style="list-style-type: none"> - Located in a house. - Warm and welcoming people.

		bags, tents, blankets, food sacks, an address for mail, telephone messaging, local bus tickets and connect with area resources.	
WATERLOO One City	907 Independence Ave. Waterloo, IA 50703 (319) 334-0263 or 334-0156 onecityunited@gmail.com app.onecitycv.org	- Empowerment classes. - Mentors - Connecting to area resources. - Connect with area employers.	- Momentum Urban Employment Initiative for reentry - You can contact them from prison. - Great group of people. - Restore Program
WATERLOO 312 Transformational Ministry	% Mike Smith 5112 Lafayette Rd. Waterloo, IA 50707 (319) 231-4307	- help connect with area resources. - supportive community	- You can contact them before leaving prison. - Faith-based. (Faith Assembly of God)

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
DUBUQUE Operation Empower: Manasseh House and Salvia House	For Men: 2080 Elm St. #103 Dubuque, IA 52001 Main: (563) 599-2980 For Women: 2160 Elm St. Dubuque, IA 52001	Emergency and Transitional Housing - employment help - education assistance - aid in setting goals for success - Will help with substance use/recovery	- Manassah House for men. - Salvia House for women. - Very positive and encouraging people. - No violent convictions/SO's - You can apply before leaving prison. - Possible parole location.
DUBUQUE Davis Place Apartments	521 Garfield Ave. Dubuque, IA 52001 563-583-9111 Mailing address: 1909 Johnson Street Dubuque, IA 52001	Housing for men: - Own bedroom - Shared living space - Utilities included - \$375/month - Not available for SO's	- Possible parole location but only on case-by-case situation. - They have living supplies including clothing and household needs.
WATERLOO Junkman/Knobel Sober-Living Unit	1014 West 4th Street Waterloo, IA 50702 Phone: 319-235-8855	- Transitional housing for those dealing with addiction issues.	- For men only - Connected to Pathways Behavioral Services. - Possible parole location. - Currently have a waiting list.

<p>WATERLOO</p> <p>Salvation Army</p> <p>*RECOMMENDED PLACE TO START</p>	<p>89 Franklin Street Waterloo, IA 50703</p> <p>By Mail: PO Box 867, Waterloo, IA 50704</p> <p>By Phone: 319-235-9358</p>	<p>- Emergency assistance including meals, medical care and housing.</p> <p>- Help connect with community resources</p> <p>- Men's Shelter</p> <p>- Women's Shelter</p> <p>- Case management</p>	<p>- They are committed to helping you connect to area resources.</p> <p>- Welcoming and warm.</p> <p>- Available for discharge, but not parole.</p> <p>- Pastoral care and religious services.</p>
<p>WATERLOO</p> <p>Catholic Worker House</p>	<p>321 E 8th St Waterloo, IA 50703</p> <p>Phone: 319-232-2116</p>	<p>- Provide temporary housing (10 days)</p>	<p>- You do not have to be Catholic to stay here.</p> <p>- Available for discharge, but not parole.</p>

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>DECORAH</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 312 Winnebago Decorah, IA 52101</p> <p>(563)382-0457 Email: Region1.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p>DUBUQUE</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 680 Main St. Dubuque, IA 52001</p> <p>(563) 556-5800 Email: Region1.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p>WATERLOO</p> <p>Goodwill of Northeast Iowa</p>	<p>2640 Falls Ave Waterloo, IA 50701</p> <p>319-234-4626</p>	<p>Reentry Program: Develop plan and arranges employment</p>	<p>- They have classes that include job training.</p>
<p>WATERLOO</p> <p>IowaWORKS Center</p>	<p>Attn: OWDS Coordinator 3420 University Ave. Waterloo, IA 50701</p> <p>319) 235-2123 Email: Region7.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</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;">DUBUQUE</p> <p style="text-align: center;">Crescent Community Health</p> <p style="text-align: center;">*RECOMMENDED PLACE TO START</p>	<p>1690 Elm St. #300 Dubuque, IA 52001</p> <p style="text-align: center;">Contact - Ann Morris 563-690-2417</p>	<ul style="list-style-type: none"> - Sliding scale general health services. - Dental Care - Mental Health Care. 	<ul style="list-style-type: none"> - Very helpful and positive people. - Will help you find and connect with other resources/help. - You can contact them from prison. - You can set up appointments from prison.
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;">People's Clinic</p> <p style="text-align: center;">*RECOMMENDED PLACE TO START</p>	<p>905 Franklin St. Waterloo, IA 50703</p> <p>319-874-3000</p>	<ul style="list-style-type: none"> - They have social workers to help connect with community resources including housing. - Provide a variety of medical services including getting a primary care physician. 	<ul style="list-style-type: none"> - Friendly and helpful staff. - Sliding-scale fee.
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;">Pathways Behavioral Services</p>	<p>3362 University Avenue Waterloo, Iowa 50701</p> <p>Phone: 319-235-6571</p>	<ul style="list-style-type: none"> - Out-patient Substance Abuse Treatment - Out-patient Mental Health Treatment - In-patient/residential also available. 	<ul style="list-style-type: none"> - Sliding scale fee at first. - Need insurance soon after initial assessment.

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

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
FT. DODGE and ROCKWELL CITY The Church of the Damascus Road *RECOMMENDED PLACE TO START	239 North 11th St. Fort Dodge, IA 50501 Office: (515) 955-3579 Cell: (515) 689-3100 Fax: (515) 955-3583	Support: - Team of 3-7 commits to a returning citizen for up to a year to assist with transition	- Write or call them before your release. - They prefer to start while you are incarcerated. - Great organization and people. Religious Affiliation: - Western Iowa synod of the Evangelical Lutheran Church in America.
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerd ale.net 855-584-HOPE (4673) Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
MARSHALLTOWN New Hope Christian Church	3901 S. Center St. Marshalltown, IA 50158 641-752-1612	- Very supportive church that can help with food and connecting to area services.	- They are connected to other organizations in the community.

HOUSING

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

FT. DODGE Beacon of Hope Shelter	1021 1st Ave. N. Fort Dodge, IA 50501 Phone: 515-955-3366	Provides a safe and secure emergency shelter, clothing and food. Temporary assistance to create opportunities and programs in working towards self-sufficiency.	- Christ-centered faith-based ministry. - Men only. - Not a parole location, possible for discharge.
FT. DODGE Lotus Community Project	PO Box 1654 Fort Dodge, IA 50501 (515) 571-8802	- Emergency shelter - Personal development and life coaching - Peer Support	- For women only. (Children also) - Possible parole location.
FT. DODGE Gateway to Discovery	PO Box 432 Fort Dodge, IA 50501 (515) 302-8162 https://hopesweethope.org Angela Fisher: Angela@hopesweethope.org	Two-year residential program for women struggling with addiction and trauma. - Housing, Therapy, Healthcare, Job training, Opportunities for education	- Faith-based. - Possible parole location. - Women only. Also at: 1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016
MARSHALLTOWN New Beginnings Transitional Living	(contact information pending) Marshalltown, Iowa	- Sober living housing. - Minimum 3 month stay.	- Men only. - Fully furnished. - SO's allowed. - Not a parole location, possible for discharge.
MASON CITY Living Free *RECOMMENDED PLACE TO START	P.O. Box 393 Mason City, IA 50402 641-423-6793	- Residential facility - Connect with area resources	- Women only. - Faith-based. - Possible parole location. - Can contact from prison.
MASON CITY Northern Lights Alliance for the Homeless	202 1st Street NW Mason City, IA 50401 641-423-5920	- Men's and women's shelter. - Children allowed at women's shelter. - Will help you connect with area resources.	- Sober transitional housing - Can contact before leaving prison. - Not a parole location, possible for discharge.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
AMES IowaWORKS Center	Attn: Operation Manager 903 Lincoln Way Ames,, IA 50010 (515) 725-5495	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

<p>FT. DODGE</p> <p>IowaWORKS Center</p>	<p>Attn: OWDS 3 Triton Circle Ft. Dodge, IA 50501</p> <p>(515) 576-3131</p> <p>Email: Region5.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p>MARSHALLTOWN</p> <p>IowaWORKS Center</p>	<p>Attn: Operations Manager 204 1/2 W. State St. Marshalltown, IA 50158</p> <p>(641) 754-1400</p> <p>Email: Region6.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.</p>	<p>- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p>MASON CITY</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 600 S. Pierce Ave Mason City, IA 50401</p> <p>(641) 422-1524</p> <p>Email: Region2.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison. - 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>AMES</p> <p>Primary Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>3510 Lincoln Way Ames, IA 50014</p> <p>515-232-0628</p>	<p>- Health care services including mental health and substance use.</p> <p>- Can help find a primary care physician</p> <p>- Can help with housing, food, clothing and more.</p>	<p>- You can write to them before leaving prison.</p> <p>- Sliding scale fee.</p>
<p>CARROLL</p> <p>New Opportunities</p> <p>*RECOMMENDED PLACE TO START</p>	<p>23751 Hwy 30 E. Carroll, IA 51401</p> <p>712-792-9266</p>	<p>- Counseling, assessment and referrals for substance use.</p> <p>- Sliding scale fees.</p> <p>- Help with basic needs and connecting to area resources.</p>	<p>They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.</p>
<p>FT. DODGE</p> <p>Community and Family Resources</p>	<p>211 Ave. MW Fort Dodge, IA 50501</p> <p>515-576-7261</p>	<p>Counseling & Therapy Substance Use Treatment:</p> <ul style="list-style-type: none"> - Inpatient - Outpatient - Transitional Housing 	<p>- Possible parole location.</p> <p>- 30-day treatment.</p>

<p>FORT DODGE</p> <p>Community Health Center</p>	<p>126 N 10th St Fort Dodge, IA 50501</p> <p>(515) 576-6500</p>	<ul style="list-style-type: none"> - Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources. 	<ul style="list-style-type: none"> - You can contact them from prison. - Sliding scale fee. - Positive and supportive.
<p>MARSHALLTOWN</p> <p>Primary Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>412 E. Church St. Marshalltown, IA 50158</p> <p>641-753-4021</p>	<ul style="list-style-type: none"> - Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more. 	<ul style="list-style-type: none"> - You can write to them before leaving prison. - Sliding scale fee.
<p>MASON CITY, ALGONA FOREST CITY,, CHARLES CITY, HAMPTON</p> <p>Prairie Ridge Integrated Behavioral Healthcare</p>	<p>320 N. Eisenhower Ave. P.O. Box 1338 Mason City, IA 50402</p> <p>Toll free: 866-429-2391</p> <p>www.prairieridge.net</p>	<ul style="list-style-type: none"> - Mental health and substance abuse treatment. - Both residential and outpatient services. - Walk-in hours available. 	<ul style="list-style-type: none"> - Sliding scale fee or county social services can provide assistance.
<p>MASON CITY</p> <p>Community Health Center</p>	<p>404 N Federal Ave Mason City, IA 50401</p> <p>(641) 450-0601</p>	<ul style="list-style-type: none"> - Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources. 	<ul style="list-style-type: none"> - You can contact them from prison. - Sliding scale fee. - Positive and supportive.

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

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
SIOUX CITY Community Action of Siouxland *RECOMMENDED PLACE TO START	MAIN OFFICE: 2700 Leech Ave Sioux City, IA 51106 712-274-1610/800-352-3725 SLOAN OFFICE: 2711 S. Helen Sioux City, IA 51106 712-274-9940	- Food pantry - Will help connect with area resources - Welcome Home Program to help with finding housing.	- Great place to find help when first starting back. .
SIOUX CITY Sunnybrook Community Church	5601 Sunnybrook Dr. Sioux City, IA 51106 712-276-5814	- Very supportive church with a Hope Center that can help with housing, employment, food and more.	- You can contact them from prison. - Celebrate Recovery is part of church.
SPENCER Atlas of Spencer *RECOMMENDED PLACE TO START	816 S. Grand Avenue Spencer, IA 51301 712-580-3277	- Mentoring - Resource guidance - Housing (will help you find an apartment)	- They have prison reentry teams to help. - They are connected to many churches. - Willing to go the extra step.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY Hope Street of Siouxland *RECOMMENDED PLACE TO START	406 12th Street Sioux City, IA 51105 (712) 266-3644 Or call Transitional Services: (712) 255-0204	- Sober living home.. - Positive environment. - Will help with employment and connecting with services	- Send letter to address for application and to ask about openings. - Possible parole location. - Nice, comfortable housing near downtown and bus lines.

<p>SIoux CITY</p> <p>Oxford House (Nebraska Street)</p>	<p>2931 Nebraska St. Sioux City, IA 51104</p> <p>712-224-4546</p>	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option - This house is for women only. 	<ul style="list-style-type: none"> - Possible parole location. - They can help you connect to area resources. - A 12-step focused community.
<p>SIoux CITY</p> <p>Oxford House (Douglas House)</p>	<p>3217 Cheyenne Blvd. Sioux City, IA 51104</p> <p>712-560-8351</p>	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option. - This house is for men only. 	<ul style="list-style-type: none"> - Possible parole location. - They can help you connect to area resources. - A 12-step focused community.
<p>SIoux CITY</p> <p>Oxford House (16th Street)</p>	<p>209 16th Street Sioux City, IA 51103</p> <p>712-560-4134</p>	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option - This house is for men only. 	<ul style="list-style-type: none"> - Possible parole location. - They can help you connect to area resources. - A 12-step focused community.
<p>SIoux CITY</p> <p>Clare Guest House</p>	<p>1918 Douglas Street Sioux City, IA 51104 (712) 255-1916</p> <p>http://clareguesthouse.org/</p> <p>Sister Gwen Hennessey glhennessey@hotmail.com</p>	<p>Services for returning women:</p> <ul style="list-style-type: none"> - 7 temporary housing beds - Support during transition - Mentoring - Assistance in finding housing and employment 	<ul style="list-style-type: none"> - For women only. - Possible parole location. <p>Religious Affiliation:</p> <ul style="list-style-type: none"> - Sisters of St. Francis Ministry
<p>SIoux CITY</p> <p>Gospel Mission</p>	<p>500 Bluff St. Sioux City, IA 51103</p> <p>712-255-1769</p> <p>paul@thegospelmission.org</p>	<ul style="list-style-type: none"> - Shelter for men and women - Financial planning help - Employment assistance - Recovery support 	<ul style="list-style-type: none"> - Faith based. - Not available for SO's. - Not a parole location, possible for discharge.
<p>SPENCER</p> <p>Grand Avenue Community Outreach</p> <p>*RECOMMENDED PLACE TO START</p>	<p>605 Grand Ave Spencer, IA 51301</p> <p>info@GACoutreach.com</p> <p>CONTACT: Kevin Brown at (712) 580-4732</p>	<ul style="list-style-type: none"> - Food and clothing distribution. - Mentors available - Free medical and dental clinic. 	<ul style="list-style-type: none"> - This is a warm, welcoming place that also has a coffee shop and restaurant. - Can contact before leaving prison. - Will help connect with area resources.
<p>SPIRIT LAKE</p> <p>Discovery House</p>	<p>1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360</p> <p>(712) 336-5340</p>	<p>Transitional housing (up to 6 months) for:</p> <ul style="list-style-type: none"> - Men and women who struggle with substance abuse 	<ul style="list-style-type: none"> - Christian affiliation. - Not a parole location. Possible for discharge.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY Goodwill of the Great Plains	3100 W. 4th St. Sioux City, IA 51103 877-608-7775 or 712-258-4511	Programs support those exiting the justice system.	- Entry-level jobs
SIOUX CITY IowaWORKS Center	Attn: Operation Manager 2508 4th St. Sioux City, IA 51101 (712) 233-9030 Email: Region12.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
SPENCER IowaWORKS Center	Attn: Operation Manager 217 W Fifth St. Spencer, IA 51301 (712) 262-1971 Email: Region3and4.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA Jackson Recovery Centers	800 5th St. Sioux City, IA 51101 (712) 234-2300 https://www.jacksonrecovery.com	Walk-in appointments, assessments, consultation - Women's Center and Sanctuary Apartments - Inpatient/outpatient - Substance abuse and mental health services	- Sliding scale fees - Accept Medicaid - Available for both men and women - Possible parole location
SIOUX CITY Siouxland Community Health *RECOMMENDED PLACE TO START	1021 Nebraska St. Sioux City, IA 51105 712- 252-2477	- Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources.	- You can contact them from prison - Sliding scale fee - Positive and supportive
SIOUX CITY Transitional Services	1221 Pierce St. Sioux City, IA 51105 712- 255-0204	- Mental health care services including substance use. - Will also help connect with other resources.	- You can contact them from prison - Sliding scale fee - Positive and supportive

4th JUDICIAL DISTRICT (Council Bluffs and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	<ul style="list-style-type: none"> - Assist with finding resources in your community - Connect with a church to provide mentor and other support 	<ul style="list-style-type: none"> - A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
CASS, CRAWFORD, FREMONT, MILLS, HARRISON, MONONA, MONTGOMERY, PAGE, SHELBY & POTTAWA- TTOMIE counties West Central Community Action	PO Box 709 Harlan, Iowa 51537 Call: (712) 755-5135	<ul style="list-style-type: none"> - Food pantry - Assist with connecting to area resources - Clothing and other needs - Employment possibilities. 	<ul style="list-style-type: none"> - They have offices in most counties in South/Central Western Iowa - Contact central office to find location in your county
COUNCIL BLUFFS Hope Net *RECOMMENDED PLACE TO START	313 Story St. Council Bluffs, IA 51503 402 - 321-1313 www.hopenetministries.org jstephenshopeaftercare@gmail.com	<ul style="list-style-type: none"> - Reentry services - Bicycles available - Will assist with locating housing - Winners' Circle is a peer-driven support group of, and for, formerly incarcerated women. 	<ul style="list-style-type: none"> - Women only - Faith based - You can contact them from prison - Very encouraging and supportive

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COUNCIL BLUFFS Remnant Fellowship *RECOMMENDED PLACE TO START	634 Willow Ave. Council Bluffs, IA 51501 (712) 435-8368 sherylbostwick71391@gmail.com	<ul style="list-style-type: none"> - Sober and supportive housing. - 2 houses for men; 1 house for women. . - Cooperative living with on-site support. 	<ul style="list-style-type: none"> - Faith-based. - Possible parole location (not available for SO). - You can contact them from prison. - Very warm and welcoming environment.

COUNCIL BLUFFS Heartland Family Services - Bridges Program	600 9th Ave. Council Bluffs, IA 51501 712-325-5653	- Short-term housing available. - Potential SO availability. - Will help you connect with area resources including health care.	- You can contact them from prison. - Trusting and welcoming environment. - Possible parole location.
COUNCIL BLUFFS Heartland Family Works	1722 Avenue C Council Bluffs, IA 51501 712-435-5383	- Long-term residential substance abuse and mental health program. - Women and children only	- Need to have ASAM substance abuse evaluation. - Only for those incarcerated less than one year.
COUNCIL BLUFFS 4th District Transitional House	901- 8th Avenue Council Bluffs, IA 51501 Jen.Foltz@iowa.gov	- Housing option for men who have a disability.	- Available for SO's - Shared living.
COUNCIL BLUFFS Oxford House: Loess Hills	200 S. 1st St. Council Bluffs, IA 51503 (712) 355-3232	- Sober, cooperative, self-governing housing option - This house is for women.	- Possible parole location - Women only - They can help you connect to area resources. - A 12-step focused community.
COUNCIL BLUFFS Micah House	1415 Avenue J Council Bluffs, IA 51501 (712) 323-4416 http://www.themicahhouse.org/	Emergency shelter for women and families. Also: credit issues, transitional housing, counseling, parenting skills, health services, computer access, financial classes, legal advice.	- If you meet with them, you can access services. - <u>Not</u> always an approved parole location.
COUNCIL BLUFFS Church of Freedom	701 S. 4th St. Council Bluffs, IA 51503 Pastor Bart 402-714-3618 Pastor Donnie: 402-960-2237, or 712-256-5558	- Housing option for re-entry (men only). - 5 beds. - Will help with employment and other area resources.	- Faith-based. - Possible parole location. - You can contact them from prison.
COUNCIL BLUFFS Woodspring Suites	3541 14th Ave Council Bluffs, IA 51501 712-388-8000	- A hotel that is available for 1-2 months. - Rent must be paid in advance. (\$378/week)	- Possible parole location - Used to be Value Place. - Very expensive.
COUNCIL BLUFFS	1435 N. 15th St. Council Bluffs, IA 51501	Men's shelter: 2-year transitional living program,	- You can contact them from prison.

<p>New Visions</p> <p>(Timothy House, Joshua House and David's House)</p>	<p>(712) 256-3940</p> <p>kbrown@mohmsplace.org</p> <p>www.mohmsplace.org</p>	<p>long-term housing, support meetings, counseling staff</p> <p>- Help you connect with area resources.</p>	<p>- Very welcoming.</p> <p>- Joshua House is a wet shelter.</p> <p>- Won't turn anyone away, but <u>not</u> an approved parole location.</p>
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EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>COUNCIL BLUFFS</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 300 W Broadway Council Bluffs, IA 51503</p> <p>(712) 352-3480</p> <p>Email: Region13.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</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>COUNCIL BLUFFS</p> <p>All Care Health Center</p> <p>*RECOMMENDED PLACE TO START</p>	<p>902 S. 6th Steet Council Bluffs, IA 51501</p> <p>712-256-6582</p>	<p>- Health care services: mental health, substance use, primary care physician, dental.</p> <p>- Will also help connect with other resources.</p>	<p>- You can contact them from prison</p> <p>- Sliding scale fee</p> <p>- Positive and supportive</p>

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

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	- Assist with finding resources in your community - Help you connect with a church to provide mentoring and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
DES MOINES Society of St. Vincent de Paul *RECOMMENDED PLACE TO START	520 Army Post Rd. Des Moines, IA 50315 (515) 282-8327 http://svdpdsm.org	- Reentry resources - Food pantry, clothing, and furniture - Will help connect with area resources	- They understand the challenge of reentry. - Nobody turned away. Randi Seib Radosevich resourcedirector@svdpdsm.org
DES MOINES Beacon of Life Keisha Meisser - Director	1717 Woodland Ave. Des Moines, IA 50309 (515) 244-4713	6-12 month program: - health & wellness - financial empowerment - employment - recovery	- Women only. - Positive and encouraging people.
DES MOINES Urban Dreams	601 Forest 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 Creative Visions (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 food pantry, education programs and other assistance.
DES MOINES Celebrate Recovery	925 Jordan Creek Pkwy. West Des Moines, IA 50266 515-222-1520	- Supportive people - Weekly meetings that provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.	- Christian-based recovery program. - You can contact them from prison.

DES MOINES Des Moines Catholic Worker	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. Email: dmcatholicworker@gmail.com
DES MOINES Evelyn K. Davis Center for Working Families Marvin DeJear - Dir.	1171 7th St. Des Moines, IA 50314 (515) 697-7700	- Education and Employment services including job search, interview prep, certificate training, resume, job placement, Adult Education classes (referral), FASFA, credit repair, and EITC.	Offers fatherhood course geared (in part) toward formerly incarcerated fathers.
DES MOINES Plymouth Church of Christ	4126 Ingersoll Ave. Des Moines, IA 50312 515-255-3149	"Transition from Prison" Ministry Program has mentors to assist with your reentry.	- Very supportive group that can help you rebuild your life. - You can contact them from prison.
OSKALOOSA SIEDA Community Action	114 N. Market St. Oskaloosa, IA 52577 641-673-8758	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
COLFAX Teen Challenge	900 N. League Road Colfax, IA 50054 (800) 718-8804 www.tcmid.org	- Year-long faith-based residential program. - Includes mentoring and classes.	- Open to both men and women. (over 18-yrs) - Possible parole location
DES MOINES Kingdom Living	<u>Mailing address:</u> 763 S. 60th Ave E Newton, IA 50208 www.kingdomlivingia.com	- Safe, structured, peaceful, happy sober living - Very supportive and welcoming. - 5 houses in Des Moines.	- Faith-based. - Not available if on SO registry. - Possible parole location. - Excellent organization.
DES MOINES Freedom Houses	Deb Theeler (515) 402--6909	- Transitional housing for men and women (two houses for men, two houses for women)	- Possible parole location. - Contact before leaving prison if possible. - Great people.
DES MOINES The Benedict Home	4425 University Ave. Des Moines, IA 50311 Contact: Joseph 515-227-4170	- Housing for men and women.	- Possible parole location. - Not available if on SO registry.

<p>DES MOINES</p> <p>Hope Ministries</p>	<p>Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272</p> <p>Email: info@hopeiowa.org</p> <p>Services for women: 515-264-0144 Services for men: 515-244-5445</p>	<ul style="list-style-type: none"> - Shelter (both crisis and long-term) and meals - low-cost, good-quality clothing, household goods, shoes, furniture - substance use counseling - GED & life skills classes - nutrition/health counseling - work skills training and business practicum 	<p>Bethel Mission: men's shelter (1310 6th Ave)</p> <p>Door of Faith: For Men</p> <ul style="list-style-type: none"> - Possible parole location <p>- Hope Center for Women and Children: short-term shelter and long-term life recovery.</p>
<p>DES MOINES</p> <p>Discovery House</p>	<p>Mailing address: Ken Silver 4745 Estero Blvd. #201 Ft. Myers Beach, FL 33931</p> <p>515-499-6486</p>	<ul style="list-style-type: none"> - Transitional housing for men. (3 houses) - Recovery support. - Faith based. - Need to have employment set up. 	<ul style="list-style-type: none"> - Possible parole location. - Very positive group who understands the challenge of reentry. - Write letter stating your situation and employment.
<p>DES MOINES</p> <p>Central Iowa Shelter and Services</p> <p>*RECOMMENDED PLACE TO START</p>	<p>1420 Mulberry Street Des Moines, IA 50309 (515) 284-5719 (515) 883-1692</p> <p>Email: director@centraliowashelter.org</p>	<ul style="list-style-type: none"> - Temporary housing (90 day) - Recovery and mental health staff. - Job training program (Kitchen, janitorial, garden) - Health care available 	<ul style="list-style-type: none"> - Nobody turned away. - Good place to get started while finding housing. - Possible parole location.
<p>DES MOINES</p> <p>Harbor of Hope</p> <p>Alcohol & Substance Abuse Recovery House</p>	<p>3650 Cottage Grove Ave. Des Moines, IA 50311</p> <p>(515) 244-0370</p>	<p>Recovery assistance:</p> <ul style="list-style-type: none"> - Education - Employment - Financial training - Reconnecting to family and friends - Physical and mental health 	<p>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.</p> <ul style="list-style-type: none"> - Possible parole location. <p>Not available for SO's.</p>
<p>DES MOINES</p> <p>House of Mercy</p>	<p>1409 Clark St. Des Moines, IA 50314 (515) 643-6500</p> <p>Rebecca Peterson: rpeterson@mercylesmoines.org</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"> - Women and families only. - Very supportive community. - Childcare and support. - Possible parole location. - Outpatient treatment for men and women.
<p>DES MOINES</p> <p>Harvest Academy</p>	<p>8769 G24 Hwy Indianola, IA 50125</p> <p>Contact: Braedon Dowty 515-423-0004</p>	<ul style="list-style-type: none"> - Comprehensive 2-year residential program for men - Therapeutic community designed to help overcome addiction and other barriers. - Peer support - Cooperative living situation 	<ul style="list-style-type: none"> - Very positive and well-designed program. - Will provide job training and employment - If you are tired of incarceration, this is a program to help you change.

DES MOINES Patron Hands	1612 Forest Avenue Des Moines, IA 50314 Contact: Edwin Daye at 515-822-0076	- Housing for men - Community involvement and engagement - Fatherhood group	- Not available if on SO registry - Focused on being good fathers. - Possible parole location.
DES MOINES Dad's with Purpose	1615 Arlington Des Moines, IA 50314 515-339-1210 Keith Meeks	- Sober-living house - Focused on being good fathers.	- Have 24 beds. - Not available if on SO registry. - Possible parole location.
DES MOINES The Salvation Army in Des Moines (Adult Rehabilitation Center)	The Salvation Army 133 E. 2nd Street Des Moines, IA 50309 Prefer phone contact: (515) 243-4277	Long-term residential program for men: - 6-level recovery system - - six months minimum - Individual and Group Counseling - Relapse Prevention	- Not available if on SO registry. - AA, NA, and Celebrate Recovery - Work therapy - Spiritual based - Possible parole location
DES MOINES YMCA Supportive Housing	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424 Email: supportivehousing@dmymc a.org	Housing, transportation, laundry, library, computer lab, food/clothing,	- Have to qualify under Low Income Housing Tax Credit. - They will do a background check. - Often have a waiting list. - Possible parole location
DES MOINES Tim's Club	PO Box 65533 West Des Moines, IA 50265 (515) 478-0985	- Bible-based recovery housing. - 2 houses in Des Moines and 1 in Waukee	- Possible parole location. - New organization. - Have connection with Celebrate Recovery.
DES MOINES Bernie Lorenz Recovery	4018 Kingman Boulevard Des Moines, IA 50311 (515) 262-0349 Email: info@bernielorenzrecovery. org	Residential substance abuse treatment; 60-90 day program, vocational training, education, developing budget, counseling services, assistance in finding work.	- Women only - Possible parole location.
DES MOINES Recovery in Action	PO Box 13342 Des Moines, IA 50310 3312 Fourth St. Des Moines, IA 50313 (515) 249-7520 gregorykalian@gmail.com	Sober, safe, and permanent housing for those striving for sobriety, accountability and independence.	- Need to get a sponsor. - Must have legal employment. - Discharge only.
NEWTON Discover Hope 5:17 *RECOMMENDED PLACE TO START	733 1st Ave. E Newton, IA 50208 641-841-0598 Email: info@discoverhope517.com Contact: Bonnie Claussen	Re-entry and recovery - - Employment help - Housing available - Substance use recovery - Connecting with area resources	- Faith-based, but will work with anyone needing help. - Supportive and encouraging. Great people. - Possible parole location.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CRESTON IowaWORKS Center	Attn: Operation Manager 215 N Elm St Creston, IA 50801 (641) 782-2119 Email: Region14.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DES MOINES Project IOWA (Iowa Opportunities for Workforce Advancement)	1420 Mulberry St. Des Moines, Iowa 50309 (515) 280-1274 Email: office@projectiowa.org	- They have options for employment training. - Include personal and professional development. - Goal is for career track and high wage jobs.	- You can contact them before leaving prison. - Work with area employers. - Great people. - No cost for classes and program.
DES MOINES IowaWORKS Center	Attn: Operation Manager 200 Army Post Rd. Des Moines, IA 50315 Phone: 515-281-9619 Email: Region11.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
JOHNSTON Goodwill of Central Iowa	5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323	Provides job training opportunities for those with barriers to employment.	- Forklift, custodial, retail and food service certifications. - Understands the challenges of reentry.

HEALTH CARE

DES MOINES Primary Health Care *RECOMMENDED PLACE TO START	CONTACT: 1200 University Ave. Des Moines, IA 50314 (515) 248-1500 2353 SE 14th St. (515) 248-1400	- Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more.	- You can write to them before leaving prison. - Sliding scale fee
DES MOINES Prelude Services Central Iowa	3451 Easton Blvd. Des Moines, Iowa 50317 (515) 262-0349 Email: info@meccaia.com	- Prevention services for addiction. - Transitional housing.	- Have Spanish-speaking staff. - You can contact them before leaving prison.
PRAIRIE CITY Clearview Recovery	501 North Sherman Prairie City, Iowa 50228 (515) 994-3562	Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement	- Women only (children allowed)

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

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	<ul style="list-style-type: none"> - Assist with finding resources in your community - Help you connect with a church to provide mentoring and other support 	<ul style="list-style-type: none"> - A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
CEDAR RAPIDS RISE program *RECOMMENDED PLACE TO START	310 5th St. SE Cedar Rapids, IA 52403 Main: (319) 364-0420 Contact: Carl crushjr@riseprgm.org	Guidance on: <ul style="list-style-type: none"> - finding a job - finding housing - food and clothing - transportation - creating plans & goals 	<ul style="list-style-type: none"> - Warm and welcoming people. - You can contact them from prison.
CEDAR RAPIDS Living Beyond the Bars *RECOMMENDED PLACE TO START	Reentry Organizer: Mike Cervantes 319-321-3048 mike.livingbeyondthebars@gmail.com	<ul style="list-style-type: none"> - Provide information on resources across the state. - Will assist and provide information via phone or Corrlinks. 	<ul style="list-style-type: none"> - In Cedar Rapids and Coralville, they hold support meetings for family/friends. - You can contact them from prison.
IOWA CITY Inside Out Reentry *RECOMMENDED PLACE TO START	500 N. Clinton Street Iowa City, IA 52245 Main: (319) 338-7996 Cell: (319) 621-6263 Email: insideoutreentry@gmail.com	Drop-in & Resource Center: <ul style="list-style-type: none"> - tutoring - life skills classes - employment readiness - Help for housing - resource information - mentors 	<ul style="list-style-type: none"> - You can contact them from prison. - Supportive community.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p>The Safe Place Foundation</p>	<p>527 6th Avenue SE Cedar Rapids, IA 52401 Main: (319) 366-3430</p> <p>http://www.safeplacefoundation.org/</p>	<p>A drug- and alcohol-free living environment with ongoing staff support, community volunteer involvement and peer-to-peer mentorship.</p>	<p>- 40 bed program: 6 Phase One beds and 34 Phase Two beds.</p> <p>- Possible parole location.</p>
<p>CEDAR RAPIDS</p> <p>Hope CDA</p>	<p>842 14th St. SE Cedar Rapids, IA 52403</p> <p>319-560-1196</p> <p>St. Marks</p>	<p>- Jobs training program that includes housing.</p> <p>- Life Skills classes</p> <p>- Mentoring</p>	<p>- Faith-based.</p> <p>- Men only.</p> <p>- 12-month program</p> <p>- Must be part of program to be included in housing.</p>
<p>CEDAR RAPIDS</p> <p>Willis Dady Shelter</p>	<p>1247 4th Ave. SE Cedar Rapids, IA 52403</p> <p>CONTACT:</p> <p>Waypoint Shelter and Housing Services:: 319-366-7999</p>	<p>- Shelter available for men and women with children.</p> <p>- Help connect with community resources</p> <p>- Case management</p>	<p>- This is a good place to start as you look for permanent housing.</p> <p>- Welcoming and warm.</p> <p>- <u>Not</u> a parole location, possible for discharge.</p>
<p>IOWA CITY</p> <p>Prelude Services</p>	<p>430 Southgate Ave. Iowa City, IA 52240</p> <p>319-351-4357</p>	<p>- Prevention services for addiction.</p> <p>- Transitional housing.</p>	<p>- You can contact them before leaving prison.</p> <p>- Possible parole location</p>

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>CEDAR RAPIDS</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 4444 1st Ave. NE Cedar Rapids, IA 52402</p> <p>(319) 365-9474 Email: Region10.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
<p>IOWA CITY</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 1700 S 1st Ave. Iowa City, IA 52240</p> <p>(319) 351-1035 Email: Region10.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison.</p> <p>- Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>

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

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	- Assist with finding resources in your community - Help you connect with a church to provide mentoring and other support.	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
CLINTON Information Referral *RECOMMENDED PLACE TO START	415 S. 3rd Street Clinton, IA 52732 563-243-5818	- Housing assistance including list of landlords and rent assistance. - Connect with area resources for food, clothing, health care and more.	- They are connected to area agencies and churches. - Committed to helping and they know the community very well.
CLINTON Community Action	242 N Bluff Blvd. #203 Clinton IA 52732 (866) 243-5220	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
DAVENPORT Community Action	500 East 59th Street, Davenport, IA 52807 (866) 324-3236	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
ROCK ISLAND Project Now *RECOMMENDED PLACE TO START	418 19th St. Rock Island, IL: 61201 (309) 793-6391 www.projectnow.org	- Housing assistance including list of apartments - Basic needs assistance.	- Can help <u>even if you are not an Illinois resident.</u> - Call to make appointment. - Supportive and encouraging staff
MUSCATINE Community Action	1903 Park Ave. #18 Muscatine IA 52761 (563) 263-9290	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources

MUSCATINE Jesus Mission Church/ Pearl City Outreach	509 Mulberry Ave. Muscatine, IA 52761 (563)264-5430 Or Sharon Phillips 563-264-3805	Helps with jobs, rides to work, sack lunches, laundry, showers all free. Emergency shelter available.	
TIPTON Community Action	101 Lynn Street Tipton IA 52772 563-886-3191	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources

HOUSING (A list of possible landlords in Davenport is available)

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON King House	2219 Garfield St. Clinton, IA 52732 563-242-6805	- Sober housing available. - Need ASAM assessment to qualify. - Recovery program and other support.	- You can contact them from prison. - Possible parole location.
CLINTON Hightower Place	2727 S. 19th Street Clinton, IA 52732 (563) 242-2042	- Residential substance abuse services for women.	- Work with counselor on applying. - Possible parole location.
DAVENPORT Unity House *RECOMMENDED PLACE TO START	2341 E. Pleasant St. Davenport, IA 52803 (563) 676-5488 or (563) 210-1513 EMAIL: eric.hoffmann@unityhouseofdavenport.org	- Transitional housing. - Semi-structured sober and recovery living.	- They have six houses. - - Online application can be printed off and mailed in. - Possible parole location.
DAVENPORT Pine Meadows Residential Treatment	4656 W. Kimberly Road Davenport, IA 52806 (563) 345-5673	- Residential care facility for those with mental health illness.	- Work with counselor on applying. - Possible parole location.
DAVENPORT One Eighty *RECOMMENDED PLACE TO START	601 N. Marquette St. Davenport, IA 52802 phone: 563-424-4589 www.oneeighty.org Contact: Chad Williams	Houses men and women coming out of incarceration, domestic abuse, sex trafficking, homelessness or addiction. Assigns mentor and helps with furthering education.	- 14-month program. - Home-like setting. - Possible parole location. - Not available for SO's. - Christian principles. - You can contact them from prison.
DAVENPORT Freedom Homes	720 E. Locust St. Davenport, IA 52803 (563) 326-4056	Transitional housing.	- No time limit. - Semi-structured. - No Parole, Discharge only

DAVENPORT Salvation Army	310 W. 6th St. #1 Davenport, IA 52803 563-324-4808 Contact: PO Box 1656 Davenport, IA 52806	- Shelter - Will help connect with area resources	- Have rent assistance program. - Faith based, 6 mo. to 1 yr residential program. - No Parole, Discharge only
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EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CLINTON IowaWORKS Center	Attn: Operation Manager 105 Main Ave. Clinton, IA 52732 319-423-0333	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DAVENPORT IowaWORKS Center	Attn: Operation Manager 1801 E. Kimberly Rd. Davenport, IA 52806 563- 445-3200 Email: Region9.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DAVENPORT Safer Foundation	1702 N. Main St. Davenport, IA 52803 (563) 322-7002 Contact: Sue Davison	Employment: - Orientation, intake, and retention for employment - ACE program for those looking for a career.	
MUSCATINE IowaWORKS Center	Attn: Operation Manager 1903 Park Ave. #18 Muscatine, IA 52761 319-423-0333	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
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DAVENPORT Community Health Care *RECOMMENDED PLACE TO START	500 W. River Drive Davenport, IA 52801 (563) 336-3000 Contact person: Bob Davis	- They have social workers to help connect with community resources including housing. - Provide a variety of medical services including getting a primary care physician.	- Friendly and helpful staff. - Sliding-scale fee
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8th JUDICIAL DISTRICT (Burlington, Ottumwa, Keokuk, Ft. Madison and area)

COMMUNITY SUPPORT (Connecting and Mentoring)

NAME	CONTACT INFO	SERVICES	NOTES
STATEWIDE Hope4Healing *RECOMMENDED PLACE TO START	P.O. Box 48, Gladbrook, IA 50635 Info@hope4healingquakerdale.net 855-584-HOPE (4673) Mon-Friday 8-5	- Assist with finding resources in your community - Help you connect with a church to provide mentoring and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - Write to them and explain your situation and needs.
BLOOMFIELD SIEDA Community Action	300 E. South Stree Bloomfield, IA 52537 641-664-1911	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources.
BURLINGTON Community Action *RECOMMENDED PLACE TO START	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 Celebrate Recovery	550 Division St. Burlington, IA 52601 319-237-8400 Ext. 201 1602 Ave. F Ft. Madison, IA 52627	Celebrate Recovery meets every week and provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.	Christian-based recovery program.

	319-237-8400 Ext. 301		
CENTERVILLE SIEDA Community Action	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 SIEDA Community Action	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 Eichacker Community Action Center	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 Tallarico Community Action Center	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 SIEDA Community Action	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 Tolson Community Action Center	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 Fellowship Cup	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 SIEDA Community Action	725 W. Second Ottumwa, IA 52501 641-682-8741	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
SIGOURNEY SIEDA Community Action	114 West Washington Sigourney, IA 52591 641-622-3443	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON Transitions	515 S. Main St. Burlington, IA 52602 Contact: Sara or Craig 319-209-2217, or 309-221-8492 transitionsdmc@gmail.com	- Can help apply for medicaid and referrals to local resources for substance abuse and employment. - Housing options available.	- Available for discharge, but not parole. - Assist with household goods. - Their housing program is being developed, but may be considered as a parole location.
BURLINGTON Burlington Shelter	123 N. Marshall St. Burlington, IA 52601 319-754-6791	- Shelter for extended or short-term stay. - Sober house.	- Need Iowa ID. - Not available for SO's. - Available for discharge, but not parole.
KALONA Retrograde Ministries	507 3rd St Kalona, IA 52247 Main: (319) 779-1024 contact:: Mike Evans - m.evansretro@gmail.com	Men's recovery housing. Six-month in house program.	- Faith-based. - They are a great group of people. - Possible parole location
KEOKUK Talbot Sober Living Residence	810 Timea St. Keokuk, IA 52632 319-795-5535	- Sober house - 12-step based - 3-month stay	- Faith-based - Positive and encouraging people. - Possible parole location.
OTTUMWA Oxford House *RECOMMENDED PLACE TO START	Contact: Oxford House 606 E. Fillmore St. Fairfield, IA 52556 641-919-2510	- Sober, cooperative, self-governing housing option - One house for men and one for women - Need to pay rent, but will work with you.	- Possible parole location - They can help you connect to area resources. - A 12-step focused community. - Very positive group.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON IowaWORKS Center	Attn: Carolyn Farley 1000 N. Roosevelt Burlington, IA 52601 (319) 753-1674 Email: Region16.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

<p>OTTUMWA IowaWORKS Center</p>	<p>Attn: Operation Manager 15260 Truman St. Ottumwa, IA 52501 (641) 684-5401</p> <p>Email: Region15.web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<p>- You can write to them before leaving prison. - Include: your skills/job interests, resume (if you have one) and a little about your work experience.</p>
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HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>BURLINGTON</p> <p>Alcohol and Drug Dependency Services (ADDS)</p> <p>*RECOMMENDED PLACE TO START</p>	<p>1340 Mt. Pleasant St. Burlington, IA 52601</p> <p>(319) 753-6567</p> <p>Email: nuneztamara@addsiowa.org</p> <p>Contact: Tamara</p>	<p>- Will help you connect to area resources</p> <p>- Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment</p>	<p>- Even if you do not have any substance use issues, they will help you connect to area services.</p> <p>- Positive and encouraging people.</p>
<p>KEOKUK</p> <p>Alcohol and Drug Dependency Services (ADDS)</p>	<p>928 Main St. Keokuk, IA 52632</p> <p>(319) 524-4397</p>	<p>Outpatient and residential treatment for substance abuse, prevention work, distance support services.</p>	
<p>MT. PLEASANT</p> <p>Alcohol and Drug Dependency Services (ADDS)</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>	<p>- Residential treatment is located in Burlington.</p>
<p>OTTUMWA</p> <p>Alcohol and Drug Dependency Services (ADDS)</p>	<p>SEIDA 310 W. Main Street Ottumwa, IA 52501</p> <p>641-683-6747 Ext. 201</p>	<p>Outpatient treatment for substance abuse, prevention work, distance support services.</p>	<p>- They will help you connect to other area resources. - They can refer you for residential treatment.</p>
<p>OTTUMWA</p> <p>First Resources</p>	<p>102 North Hancock St. Ottumwa, IA 52501</p> <p>(641) 682-2800</p>	<p>- Mental health services; Individual/family therapy; drop in centers - They have a list of area resources including housing.</p>	<p>Substance abuse support groups are offered to enhance continued success of sobriety and prevent relapse.</p>

WAPELLO Alcohol and Drug Dependency Services (ADDS)	304 Highway 61 North Wapello, IA 52653 Main: (319) 523-8436 http://www.addsiowa.org/index.php/about-us/	Chemical dependency services	- Residential treatment is located in Burlington.
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Suggestions for Writing Your Reentry Plan

A **written reentry plan** is a guide for your return to the community. Every person's situation is different. There is not one plan that will work for all.

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). But, having goals and plans is helpful for staying on track.

For more information: Contact **Living Beyond the Bars** -
mike.livingbeyondthebars@gmail.com or 319-331-9450

Letters DO Make a Difference

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

Contact Information *(Your contact information)*

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.

Then, in the following paragraphs, provide more information and specific details about 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 *and* Typed (or printed) Signature