

# 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 guide:**

<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)
<b>Reentry Planning Guide and Letter Writing format</b>

State-Wide Resources:

**AA:** [www.aa.iowa.org](http://www.aa.iowa.org) or 212-870-3400

**NA:** [www.iowa-na.org](http://www.iowa-na.org) or 1-800-897-6242

**www.211iowa.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><b>*RECOMMENDED PLACE TO START</b></p>	<p>P.O. Box 48, Gladbrook, IA 50635</p> <p>855-584-4673 Mon-Friday 8-5</p>	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support.</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>- You can write to them from prison.</li> </ul>
<p>DUBUQUE and AREA</p> <p>Jail &amp; Prison Ministry (Catholic Charities of the Archdiocese of Dubuque)</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>1229 Mount Loretta Ave. Dubuque, IA 52003</p> <p>(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"> <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.</li> <li>- <u>Must participate in mentoring or Circles of Support.</u></li> <li>They cover 30 counties in NE Iowa.</li> </ul>
<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>(563) 587-8316</p> <p>Contact: Caprice Jones capricejones14@gmail.com (773) 440-2228</p>	<ul style="list-style-type: none"> <li>- Aim to provide gainful and sustainable employment to youth 16-24 in Dubuque</li> <li>- Curriculum called "Real Talk" aimed toward reducing the recidivism rate and also providing living tools</li> </ul>	<ul style="list-style-type: none"> <li>- Very positive and encouraging</li> </ul>
<p>WATERLOO and AREA</p> <p>Jail &amp; Prison Ministry (Catholic Charities)</p> <p><b>*RECOMMENDED PLACE TO START</b></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>	<ul style="list-style-type: none"> <li>- Support and mentoring (in prison and after release)</li> <li>- Connect with community 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.</li> <li>- Must participate in mentoring or Circles of Support.</li> <li>They cover 30 counties in NE Iowa.</li> </ul>
<p>WATERLOO</p> <p>Hospitality House</p>	<p>1003 Mulberry St. Waterloo, IA 50704</p> <p>(319) 234-1311</p>	<p>Offer a light breakfast, shower and laundry, free clothing, backpacks, cold weather attire, 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>

<p>WATERLOO</p> <p>One City</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>- You can contact them from prison.</li> <li>- Great group of people.</li> <li>- Restore Program</li> </ul>
<p>WATERLOO</p> <p>312 Transformational Ministry</p>	<p>% Mike Smith 5112 Lafayette Rd. Waterloo, IA 50707</p> <p>(319) 231-4307</p>	<ul style="list-style-type: none"> <li>- help connect with area resources.</li> <li>- supportive community</li> </ul>	<ul style="list-style-type: none"> <li>- You can contact them before leaving prison.</li> <li>- Faith-based. (Faith Assembly of God)</li> </ul>

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>DUBUQUE</p> <p>Operation Empower: Manasseh House and Salvia House</p>	<p>For Men: 2080 Elm St. #103 Dubuque, IA 52001</p> <p>Main: (563) 599-2980</p> <p>For Women: 2160 Elm St. Dubuque, IA 52001</p>	<p>Emergency and Transitional Housing</p> <ul style="list-style-type: none"> <li>- employment help</li> <li>- education assistance</li> <li>- aid in setting goals for success</li> <li>- Will help with substance use/recovery</li> </ul>	<ul style="list-style-type: none"> <li>- Manassah House for men.</li> <li>- Salvia House for women.</li> <li>- Very positive and encouraging people.</li> <li>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> <li>- You can apply before leaving prison.</li> </ul>
<p>DUBUQUE</p> <p>Davis Place Apartments</p>	<p>521 Garfield Ave. Dubuque, IA 52001</p> <p>563-583-9111</p> <p>Mailing address: 1909 Johnson Street Dubuque, IA 52001</p>	<p>Housing for men:</p> <ul style="list-style-type: none"> <li>- Own bedroom</li> <li>- Shared living space</li> <li>- Utilities included</li> <li>- \$375/month</li> </ul>	<ul style="list-style-type: none"> <li>- Possible parole location, but only on case-by-case situation.</li> <li>- They have living supplies including clothing and household needs.</li> <li>- Not available for SO's</li> </ul>
<p>WATERLOO</p> <p>Junkman/Knobel Sober-Living Unit</p>	<p>1014 West 4th Street Waterloo, IA 50702</p> <p>319-235-8855</p>	<ul style="list-style-type: none"> <li>- Transitional housing for people dealing with addiction issues.</li> </ul>	<ul style="list-style-type: none"> <li>- For men only</li> <li>- Connected to Pathways Behavioral Services.</li> <li>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> </ul>
<p>WATERLOO</p> <p>Salvation Army</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>89 Franklin Street Waterloo, IA 50703</p> <p>Write to: PO Box 867 Waterloo, IA 50704</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>- Women's Shelter</li> <li>- Case management</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 discharge, but not parole.</li> <li>- Pastoral care and religious services.</li> </ul>

WATERLOO Catholic Worker House	321 E 8th St Waterloo, IA 50703  319-232-2116	- Provide temporary housing (10 days)	- You do not have to be Catholic to stay here. - Available for discharge, but not parole.
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## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
DECORAH  IowaWORKS Center	Attn: Operation Manager 312 Winnebago Decorah, IA 52101  (563)382-0457 Email: Region1.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DUBUQUE  IowaWORKS Center	Attn: Operation Manager 680 Main St. Dubuque, IA 52001  (563) 556-5800 Email: Region1.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
WATERLOO  Goodwill of Northeast Iowa	2640 Falls Ave Waterloo, IA 50701  319-234-4626	Reentry Program: Develop, plan and arrange employment	- They have classes that include job training.
WATERLOO  IowaWORKS Center	Attn: OWDS Coordinator 3420 University Ave. Waterloo, IA 50701  319) 235-2123 Email: Region7.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
WATERLOO  Hawkeye Community College	Hawkeye Community College 3420 University Ave. Suite E Waterloo, IA 5070  319-296-4296 Ext. 2  brenna.schaefer@ hawkeyecollege.edu	- Free job placement assistance for those on SSI or Disability. - No cost evaluation of benefits and how working may affect them.	- Available to <u>all</u> regardless of location. - Will return calls within 48 hours.

<p>WATERLOO</p> <p>Hawkeye Community College</p>	<p>319-296-4296 Ext. 3</p> <p>webuildr@hawkeyecollege.edu</p>	<ul style="list-style-type: none"> <li>- Building and construction trades job training for 18-24 year olds.</li> <li>- 12 week program.</li> <li>- No cost evaluation of benefits and how working may affect them.</li> </ul>	<ul style="list-style-type: none"> <li>- Can earn OSHA 10 certification and industry credentials.</li> </ul>
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## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>DUBUQUE</p> <p>Crescent Community Health</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>	<ul style="list-style-type: none"> <li>- Sliding scale general health services.</li> <li>- Dental Care</li> <li>- Mental Health Care.</li> </ul>	<ul style="list-style-type: none"> <li>- Very helpful and positive people.</li> <li>- Will help you find and connect with other resources/help.</li> <li>- You can contact them from prison.</li> <li>- You can set up appointments from prison.</li> </ul>
<p>WATERLOO</p> <p>People's Clinic</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>- Friendly and helpful staff.</li> <li>- Sliding-scale fee.</li> </ul>
<p>WATERLOO</p> <p>Pathways Behavioral Services</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>

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

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

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
FT. DODGE and ROCKWELL CITY  The Church of the Damascus Road  <b>*RECOMMENDED            PLACE TO START</b>	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	- <u>Write or call them before            your release.</u> - 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  <b>*RECOMMENDED            PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	- Assist with finding resources in your community - Connect with a church to provide mentor and other support	- A Christian-based organization. - Will go the extra mile to help you find the resources you need. - You can write to them from prison.
MARSHALLTOWN  New Hope Christian Church	3901 S. Center St. Marshalltown, IA 50158  641-752-1612	- Very supportive church that can help with food and connecting to area services.	- They are connected to other organizations in the community.

### **HOUSING**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
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. - <u>Possible parole location</u> - Not available for SO's.
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.

<p>FT. DODGE</p> <p>Lotus Community Project</p>	<p>PO Box 1654 Fort Dodge, IA 50501</p> <p>(515) 571-8802</p>	<ul style="list-style-type: none"> <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>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> </ul>
<p>FT. DODGE</p> <p>Gateway to Discovery</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>Angela Fisher: Angela@hopesweethope.org</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>- <u>Possible parole location.</u></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>Living Free</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>P.O. Box 393 Mason City, IA 50402</p> <p>641-423-6793</p>	<ul style="list-style-type: none"> <li>- Residential facility</li> <li>- Connect with area resources</li> </ul>	<ul style="list-style-type: none"> <li>- Women only.</li> <li>- Faith-based.</li> <li>- <u>Possible parole location</u></li> <li>- Can contact from prison.</li> </ul>
<p>MASON CITY</p> <p>Northern Lights Alliance for the Homeless</p>	<p>202 1st Street NW Mason City, IA 50401</p> <p>641-423-5920</p>	<ul style="list-style-type: none"> <li>- Men's and women's shelter.</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>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p>AMES</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 903 Lincoln Way Ames, IA 50010</p> <p>(515) 725-5495</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>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> <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>

MARSHALLTOWN IowaWORKS Center	Attn: Operations Manager 204 1/2 W. State St. Marshalltown, IA 50158  (641) 754-1400  Email: Region6.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, education/training and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
MASON CITY IowaWORKS Center	Attn: Operation Manager 600 S. Pierce Ave Mason City, IA 50401  (641) 422-1524  Email: Region2.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
AMES Primary Health Care <b>*RECOMMENDED PLACE TO START</b>	3510 Lincoln Way Ames, IA 50014  515-232-0628	- 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.
CARROLL New Opportunities <b>*RECOMMENDED PLACE TO START</b>	23751 Hwy 30 E. Carroll, IA 51401  712-792-9266	- Counseling, assessment and referrals for substance use. - Sliding scale fees. - Help with basic needs and connecting to area resources.	They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.
FT. DODGE Community and Family Resources	211 Ave. MW Fort Dodge, IA 50501  515-576-7261	Counseling & Therapy Substance use treatment: - Inpatient - Outpatient - Transitional housing	- Possible parole location. - 30-day treatment.
FORT DODGE Community Health Center	126 N 10th St Fort Dodge, IA 50501  (515) 576-6500	- 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.

<p>MARSHALLTOWN</p> <p>Primary Health Care</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>412 E. Church St. 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> <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>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><a href="http://www.prairieridge.net">www.prairieridge.net</a></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>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"> <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)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
STATEWIDE  Hope4Healing  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support</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>- You can write to them from prison.</li> </ul>
SIOUX CITY  Community Action of Siouxland  <b>*RECOMMENDED PLACE TO START</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  Sunnybrook Community Church	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> </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>
SPENCER  Grand Avenue Community Outreach  <b>*RECOMMENDED PLACE TO START</b>	605 Grand Ave Spencer, IA 51301  CONTACT: Kevin Brown at (712) 580-4732 info@GACoutreach.com	<ul style="list-style-type: none"> <li>- Employment</li> <li>- Food and clothing distribution.</li> <li>- Mentors available</li> <li>- Free medical and dental clinic.</li> </ul>	<ul style="list-style-type: none"> <li>- This is a warm, welcoming place that also has a coffee shop and restaurant.</li> <li>- Can contact before leaving prison.</li> <li>- Will help connect with area resources.</li> </ul>
SPENCER  Atlas of Spencer  <b>*RECOMMENDED PLACE TO START</b>	816 S. Grand Avenue Spencer, IA 51301  712-580-3277	<ul style="list-style-type: none"> <li>- Mentoring</li> <li>- Resource guidance</li> <li>- Housing (will help you find an apartment)</li> </ul>	<ul style="list-style-type: none"> <li>- They have prison reentry teams to help.</li> <li>- They are connected to many churches.</li> <li>- Willing to go the extra step.</li> </ul>

## HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Hope Street of Siouxland</p> <p><b>*RECOMMENDED PLACE TO START</b></p>	<p>406 12th Street Sioux City, IA 51105</p> <p>(712) 266-3644</p> <p>Or call Transitional Services: (712) 255-0204</p>	<ul style="list-style-type: none"> <li>- Sober living home..</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>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> <li>- Nice, comfortable housing near downtown and bus lines.</li> </ul>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">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"> <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>- <u>Possible parole location.</u></li> <li>- A 12-step focused community.</li> <li>- This house is for women only.</li> </ul>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">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"> <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>- <u>Possible parole location</u></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 style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">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"> <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>- <u>Possible parole location</u></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 style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Clare Guest House</p>	<p>1918 Douglas Street Sioux City, IA 51104</p> <p>(712) 255-1916</p> <p><a href="http://clareguesthouse.org/">http://clareguesthouse.org/</a></p> <p>Sister Gwen Hennessey glhennessey@hotmail.com</p>	<p>Services for returning women:</p> <ul style="list-style-type: none"> <li>- 7 temporary housing beds</li> <li>- Support during transition</li> <li>- Mentoring</li> <li>- Assistance in finding housing and employment</li> </ul>	<ul style="list-style-type: none"> <li>- For women only.</li> <li>- <u>Possible parole location.</u></li> </ul> <p>Religious Affiliation: - Sisters of St. Francis Ministry</p>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Gospel Mission</p>	<p>500 Bluff St. Sioux City, IA 51103</p> <p>712-255-1769</p> <p><a href="mailto:paul@thegospelmission.org">paul@thegospelmission.org</a></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>- Not a parole location, possible for discharge.</li> </ul>
<p style="text-align: center;">SPIRIT LAKE</p> <p style="text-align: center;">Discovery House</p>	<p>1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360</p> <p>(712) 336-5340</p>	<p>Transitional housing (up to 6 months) for: Men and women who struggle with substance abuse</p>	<ul style="list-style-type: none"> <li>- Christian affiliation.</li> <li>- Not a parole location.</li> <li>- Possible for discharge.</li> </ul>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Goodwill of the Great Plains</p>	<p>3100 W. 4th St. Sioux City, IA 51103</p> <p>877-608-7775 or 712-258-4511</p>	<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;">IowaWORKS Center</p>	<p>Attn: Operation Manager 2508 4th St. Sioux City, IA 51101</p> <p>(712) 233-9030 Email: Region12.Web@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 style="text-align: center;">SPENCER</p> <p style="text-align: center;">IowaWORKS Center</p>	<p>Attn: Operation Manager 217 W Fifth St. Spencer, IA 51301</p> <p>(712) 262-1971 Email: Region3and4.Web@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>

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p>SIOUX CITY, CHEROKEE, DENISON, HARLAN, LE MARS, ONAWA</p> <p style="text-align: center;">Jackson Recovery Centers</p>	<p>800 5th St. Sioux City, IA 51101</p> <p>(712) 234-2300</p> <p><a href="https://www.jacksonrecovery.com">https://www.jacksonrecovery.com</a></p>	<p>Walk-in appointments, assessments, consultation</p> <p>- Women's Center and Sanctuary Apartments</p> <p>- Inpatient/outpatient</p> <p>- Substance abuse and mental health services</p>	<p>- Sliding scale fees</p> <p>- Accept Medicaid</p> <p>- Available for both men and women</p> <p>- Possible parole location</p>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Siouxland Community Health</p> <p style="text-align: center;"><b>*RECOMMENDED PLACE TO START</b></p>	<p>1021 Nebraska St. Sioux City, IA 51105</p> <p>712- 252-2477</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>
<p style="text-align: center;">SIOUX CITY</p> <p style="text-align: center;">Transitional Services</p>	<p>1221 Pierce St. Sioux City, IA 51105</p> <p>712- 255-0204</p>	<p>- Mental health care services including substance use.</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>

## **4th JUDICIAL DISTRICT** (Council Bluffs and area)

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

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
STATEWIDE  Hope4Healing  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Connect with a church to provide mentor and other support</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>- You can write to them from prison.</li> </ul>
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"> <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  Hope Net  <b>*RECOMMENDED PLACE TO START</b>	313 Story St. Council Bluffs, IA 51503  402 - 321-1313  www.hopenetministries.org  jstephenshopeaftercare@gmail.com	<ul style="list-style-type: none"> <li>- Reentry services</li> <li>- Bicycles available</li> <li>- Will assist with locating housing</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>- Women only</li> <li>- Faith based</li> <li>- You can contact them from prison</li> <li>- Very encouraging and supportive</li> </ul>

### **HOUSING**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
COUNCIL BLUFFS  Remnant Fellowship  <b>*RECOMMENDED PLACE TO START</b>	634 Willow Ave. Council Bluffs, IA 51501  (712) 435-8368  sherylbostwick71391@gmail.com	<ul style="list-style-type: none"> <li>- Sober and supportive housing.</li> <li>- 2 houses for men; 1 house for women. .</li> <li>- Cooperative living with on-site support.</li> </ul>	<ul style="list-style-type: none"> <li>- Faith-based.</li> <li>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> <li>- You can contact them from prison.</li> <li>- Very warm and welcoming environment.</li> </ul>
COUNCIL BLUFFS  Heartland Family Services - Bridges Program	600 9th Ave. Council Bluffs, IA 51501  712-325-5653	<ul style="list-style-type: none"> <li>- Short-term housing available.</li> <li>- Potential SO availability.</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>- <u>Possible parole location</u></li> <li>- Some SO's allowed.</li> </ul>

<p>COUNCIL BLUFFS</p> <p>Heartland Family Works</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>COUNCIL BLUFFS</p> <p>4th District Transitional House</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>- <u>Possible parole location</u></li> <li>- Available for SO's.</li> <li>- Shared living.</li> </ul>
<p>COUNCIL BLUFFS</p> <p>Oxford House: Loess Hills</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>- <u>Possible parole location</u></li> <li>- Women only</li> <li>- A 12-step focused community.</li> <li>- This house is for women.</li> </ul>
<p>COUNCIL BLUFFS</p> <p>Micah House</p>	<p>1415 Avenue J Council Bluffs, IA 51501</p> <p>(712) 323-4416</p> <p><a href="http://www.themicahhouse.org/">http://www.themicahhouse.org/</a></p>	<p>Emergency shelter for women and families.</p> <p>Also: credit issues, transitional housing, counseling, parenting skills, health services, computer access, financial classes, legal advice.</p>	<ul style="list-style-type: none"> <li>- If you meet with them, you can access services.</li> <li>- <u>Not</u> always an approved parole location.</li> <li>- Not available for SO's</li> </ul>
<p>COUNCIL BLUFFS</p> <p>Church of Freedom</p>	<p>701 S. 4th St. Council Bluffs, IA 51503</p> <p>Pastor Bart 402-714-3618</p> <p>Pastor Donnie: 402-960-2237, or 712-256-5558</p>	<ul style="list-style-type: none"> <li>- Housing option for re-entry.</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>- <u>Possible parole location</u></li> <li>- Not available for SO's.</li> <li>- You can contact them from prison.</li> </ul>
<p>COUNCIL BLUFFS</p> <p>Woodspring Suites</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>- <u>Possible parole location</u></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>(Timothy House, Joshua House and David's House)</p>	<p>1435 N. 15th St. Council Bluffs, IA 51501</p> <p>(712) 256-3940</p> <p>kbrown@mohmsplace.org</p> <p>www.mohmsplace.org</p>	<p>Men's shelter: 2-year transitional living program, long-term housing, support meetings, counseling staff</p> <p>- Help you connect with area resources.</p>	<p>- You can contact them from prison.</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><b>IowaWORKS Center</b></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>- 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>COUNCIL BLUFFS</p> <p>All Care Health Center</p> <p><b>*RECOMMENDED PLACE TO START</b></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)**

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
STATEWIDE  Hope4Healing  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Help you connect with a church to provide mentoring and other support</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>- You can write to them from prison.</li> </ul>
DES MOINES  Society of St. Vincent de Paul  <b>*RECOMMENDED PLACE TO START</b>	520 Army Post Rd. Des Moines, IA 50315  (515) 282-8327  resourcedirector@svdpdsm.org	<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> </ul>	<ul style="list-style-type: none"> <li>- They understand the challenge of reentry.</li> <li>- Nobody turned away.</li> </ul>
DES MOINES  Beacon of Life	1717 Woodland Ave. Des Moines, IA 50309  (515) 244-4713  Keisha Meisser - Director	6-12 month program: <ul style="list-style-type: none"> <li>- health &amp; wellness</li> <li>- financial empowerment</li> <li>- employment</li> <li>- recovery</li> </ul>	<ul style="list-style-type: none"> <li>- Women only.</li> <li>- Positive and encouraging people.</li> </ul>
DES MOINES  Urban Dreams	601 Forest Ave. Des Moines, 50314  515-288-4742	<ul style="list-style-type: none"> <li>- Employment preparation</li> <li>- Internet/phone available.</li> <li>- Substance use and mental health support.</li> <li>- FAFSA prep/academic counseling and registration.</li> </ul>	<ul style="list-style-type: none"> <li>- Positive and encouraging people.</li> <li>- Can contact before leaving prison.</li> <li>- Help connect with area resources.</li> </ul>
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)	<ul style="list-style-type: none"> <li>- Provides employment support for people who have been to prison and others.</li> </ul>	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	<ul style="list-style-type: none"> <li>- Supportive people</li> <li>- Weekly meetings that provides a healing, healthy environment for adults affected by hurts, hang-ups, and habits.</li> </ul>	<ul style="list-style-type: none"> <li>- Christian-based recovery program.</li> <li>- You can contact them from prison.</li> </ul>
DES MOINES  Des Moines Catholic Worker	Bishop Dingman House (Drop-In Center) 1310 7th St. Des Moines, IA 50314  (515) 214-1030	<ul style="list-style-type: none"> <li>- Showers are available the first two hours the house is open</li> <li>-Clothing, food, toiletries</li> <li>- A phone is available.</li> <li>- Can receive mail here.</li> </ul>	You don't have to be Catholic.

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) - <u>Possible parole location</u> - Not available for SO's.
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 for SO's. - <u>Possible parole location</u> - Excellent organization and great people. - 12 Step based recovery.
DES MOINES  Freedom Houses	Deb Theeler  (515) 402--6909	- Transitional housing for men and women (two houses for men, two houses for women)	- <u>Possible parole location</u> - Contact before leaving prison if possible. - Great people. - Not available for SO's.
DES MOINES  The Benedict Home	4425 University Ave. Des Moines, IA 50311  Contact: Joseph 515-227-4170	- Housing for men and women.	- <u>Possible parole location</u> - Not available for SO's.

DES MOINES  Hope Ministries	Hope Ministries P.O. Box 862 Des Moines, IA 50304 (515) 265-7272  Email: info@hopeiowa.org  Services for women: 515-264-0144 Services for men: 515-244-5445	- 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	Bethel Mission: men's shelter (1310 6th Ave)  Door of Faith: For Men - <u>Possible parole location</u> - Certain SO's allowed.  - Hope Center for Women and Children: short-term shelter and long-term life recovery.
DES MOINES  Discovery House	Mailing address: Ken Silver 4745 Estero Blvd. #201 Ft. Myers Beach, FL 33931  515-499-6486	- Transitional housing for men. (3 houses) - Recovery support. - Faith based. - Need to have employment set up.	- <u>Possible parole location</u> - Very positive group who understands the challenge of reentry. - Write letter stating your situation and employment. - Not available for SO's.
DES MOINES  Central Iowa Shelter and Services  <b>*RECOMMENDED PLACE TO START</b>	1420 Mulberry Street Des Moines, IA 50309 (515) 284-5719 (515) 883-1692  Email: director@centraliowashelter.org	- Temporary housing (90 day) - Recovery and mental health staff. - Job training program (Kitchen, janitorial, garden) - Health care available	- Nobody turned away. - Good place to get started while finding housing. - <u>Possible parole location.</u>
DES MOINES  Harbor of Hope  Alcohol & Substance Abuse Recovery House	3650 Cottage Grove Ave. Des Moines, IA 50311  (515) 244-0370	Recovery assistance: - Education - Employment - Financial training - Reconnecting to family and friends - Physical and mental health	Residents are required to stay a minimum of six months and allowed to stay a maximum of two years. All residents are required to pay \$550/a month rent. - <u>Possible parole location.</u> - - Not available for SO's.
DES MOINES  House of Mercy	1409 Clark St. Des Moines, IA 50314  (515) 643-6500  Rebecca Peterson: rpeterson@mercydesmoines.org	Residential substance abuse and mental health treatment, housing, transportation, behavioral therapy, family therapy, relapse prevention, support groups, education, employment, skill training.	- Women and families only. - Very supportive community. - Childcare and support. - <u>Possible parole location.</u> - Outpatient treatment for men and women. - Not available for SO's.
DES MOINES  Harvest Academy	8769 G24 Hwy Indianola, IA 50125  515-423-0004	- 2+ year residential program for men. - Therapeutic community designed to help overcome barriers. - Peer support. - Shared housing (bunk beds)	- Not available for SO's. - <u>Possible parole location</u> - Job training and employment
DES MOINES	1612 Forest Avenue	- Housing for men	- Not available for SO's.

Patron Hands	Des Moines, IA 50314 Contact: Edwin Daye at 515-822-0076	- Community involvement and engagement - Fatherhood group	- Focused on being good fathers. - <u>Possible parole location.</u>
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 for SO's. - <u>Possible parole location.</u>
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 for SO's. - AA, NA, and Celebrate Recovery - Work therapy - Faith based - <u>Possible parole location</u>
DES MOINES YMCA Supportive Housing	2 SW 9th Street Des Moines, IA 50309 (515) 288-2424 Email: supportivehousing@dmymca.org	- Housing - Transportation - Laundry - Computer lab - Food/clothing	- Have to qualify under Low Income Housing Tax Credit. - They will do a background check. - Often have a waiting list. - <u>Possible parole location</u> - Not available for SO's.
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	- <u>Possible parole location.</u> - New organization. - Have connection with Celebrate Recovery. - Not available for SO's.
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 - <u>Possible parole location.</u>
DES MOINES Recovery in Action	PO Box 13342 Des Moines, IA 50310 3312 Fourth St. Des Moines, IA 50313 (515) 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. - Not available for SO's.
NEWTON Discover Hope 5:17 <b>*RECOMMENDED PLACE TO START</b>	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. - Not available for SO's. - Supportive and encouraging. Great people. - <u>Possible parole location.</u>

## EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
CRESTON IowaWORKS Center	Attn: Operation Manager 215 N Elm St Creston, IA 50801  (641) 782-2119 Email: Region14.Web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
DES MOINES Project IOWA (Iowa Opportunities for Workforce Advancement)	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. - 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.
JOHNSTON Goodwill of Central Iowa	5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323	- Forklift, custodial, retail and food service certifications.	- Understands the challenges of reentry.

## HEALTH CARE

DES MOINES Primary Health Care  <b>*RECOMMENDED PLACE TO START</b>	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.	- <u>You can contact them before leaving prison.</u> - 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. - <u>You can contact them before leaving prison.</u>
PRAIRIE CITY Clearview Recovery	501 North Sherman Prairie City, Iowa 50228  (515) 994-3562	Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement	- Women only (children allowed)

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

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

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
STATEWIDE  Hope4Healing  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 Mon-Friday 8-5	<ul style="list-style-type: none"> <li>- Assist with finding resources in your community</li> <li>- Help you connect with a church to provide mentoring and other support</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>- You can write to them from prison..</li> </ul>
CEDAR RAPIDS  RISE program  <b>*RECOMMENDED PLACE TO START</b>	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"> <li>- finding a job</li> <li>- finding housing</li> <li>- food and clothing</li> <li>- transportation</li> <li>- creating plans &amp; goals</li> </ul>	<ul style="list-style-type: none"> <li>- Warm and welcoming people.</li> <li>- <u>You can contact them from prison.</u></li> </ul>
CEDAR RAPIDS  Living Beyond the Bars  <b>*RECOMMENDED PLACE TO START</b>	Reentry Organizer: Mike Cervantes  319-321-3048  mike.livingbeyondthebars@gmail.com	<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>
IOWA CITY  Inside Out Reentry  <b>*RECOMMENDED PLACE TO START</b>	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"> <li>- tutoring</li> <li>- life skills classes</li> <li>- employment readiness</li> <li>- Help for housing</li> <li>- resource information</li> <li>- mentors</li> </ul>	<ul style="list-style-type: none"> <li>- <u>You can contact them from prison.</u></li> <li>- Supportive community.</li> </ul>

## HOUSING

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

## EMPLOYMENT

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

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

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

<b>NAME</b>	<b>CONTACT INFO</b>	<b>SERVICES</b>	<b>NOTES</b>
STATEWIDE Hope4Healing <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 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. - You can write to them from prison.
CLINTON Information Referral <b>*RECOMMENDED PLACE TO START</b>	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 <b>*RECOMMENDED PLACE TO START</b>	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 and showers	- Emergency shelter available. - No cost.

TIPTON  Community Action	101 Lynn Street Tipton IA 52772  563-886-3191	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
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## HOUSING

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 - Some SO's allowed.
CLINTON  Hightower Place	2727 S. 19th Street Clinton, IA 52732 (563) 242-2042	- Residential substance abuse services for women.	- Work with counselor on applying. - <u>Possible parole location</u>
DAVENPORT  Unity House  <b>*RECOMMENDED PLACE TO START</b>	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. - <u>Possible parole location</u> - Not available for SO's.
DAVENPORT  Pine Meadows Residential Treatment	4656 W. Kimberly Road Davenport, IA 52806  (563) 345-5673	- Residential care facility for those with mental health illness.	- Work with counselor on applying. - <u>Possible parole location</u>
DAVENPORT  One Eighty  <b>*RECOMMENDED PLACE TO START</b>	601 N. Marquette St. Davenport, IA 52802  phone: 563-424-4589  www.oneeighty.org  Contact: Chad Williams	Houses men and women coming out of incarceration, domestic abuse, sex trafficking, homelessness or addiction. Assigns mentor and helps with furthering education.	- 14-month program. - Home-like setting and great people. - <u>Possible parole location</u> - Not available for SO's. - Faith based. . - You can contact them from prison.
DAVENPORT  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 - Rent assistance program	.- Faith based, 6 mo. to 1 yr residential program. - No Parole, Discharge only

## 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. - 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  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. - 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  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. - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
DAVENPORT  Community Health Care  <b>*RECOMMENDED PLACE TO START</b>	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

# **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>
STATEWIDE  Hope4Healing  <b>*RECOMMENDED PLACE TO START</b>	P.O. Box 48, Gladbrook, IA 50635  855-584-4673 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. - You can write to them from prison.
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  <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  Celebrate Recovery	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.	Christian-based recovery program.
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. - Assist with household goods.	- Available for discharge, but not parole. - 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.	- Need Iowa ID. - Not available for SO's. - Available for discharge, but <u>not</u> parole. - Sober house.
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. - <u>Possible parole location</u> - Not available for SO's.
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. - <u>Possible parole location</u> - Not available for SO's.
OTTUMWA Oxford House  <b>*RECOMMENDED PLACE TO START</b>	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.	- <u>Possible parole location</u> - Not available for SO's. - 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.  - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.
OTTUMWA IowaWORKS Center	Attn: Operation Manager 15260 Truman St. Ottumwa, IA 52501  (641) 684-5401  Email: Region15.web@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.  - Have computers, job listings and staff to help.	- <u>You can write to them before leaving prison.</u> - Include: your skills/job interests, resume (if you have one) and a little about your work experience.

## HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">BURLINGTON</p> <p style="text-align: center;">Alcohol and Drug Dependency Services (ADDS)</p> <p><b>*RECOMMENDED PLACE TO START</b></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 style="text-align: center;">KEOKUK</p> <p style="text-align: center;">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 style="text-align: center;">MT. PLEASANT</p> <p style="text-align: center;">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 style="text-align: center;">OTTUMWA</p> <p style="text-align: center;">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.</p> <p>- They can refer you for residential treatment.</p>
<p style="text-align: center;">OTTUMWA</p> <p style="text-align: center;">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</p> <p>- 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>
<p style="text-align: center;">WAPELLO</p> <p style="text-align: center;">Alcohol and Drug Dependency Services (ADDS)</p>	<p>304 Highway 61 North Wapello, IA 52653</p> <p>Main: (319) 523-8436</p> <p><a href="http://www.addsiowa.org/index.php/about-us/">http://www.addsiowa.org/index.php/about-us/</a></p>	<p>Chemical dependency services</p>	<p>- Residential treatment is located in Burlington.</p>

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

Some the wisest advice given when a person first gets to prison is, "Don't waste this time." While incarcerated, you have the opportunity to make a solid plan for your inevitable reentry into society. Likewise, this planning guide is designed to aid you in your eventual success upon reentry. However, it is up to each of us to make our own plan.

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

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

B. Steps towards Achieving Your Dreams

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

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

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

HELPFUL STRATEGIES:

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

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

# Letters DO Make a Difference

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

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

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

Date (Today's Date)

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

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

Greeting

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

Body of Letter

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

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

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

Closing

Best regards (or Sincerely,)

Signature

Handwritten Signature

Typed (or printed) Name