

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 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.

Contact information: **mike.livingbeyondthebars@gmail.com** or **319-321-3048**

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1st JUDICIAL DISTRICT (Dubuque and Waterloo area)**MENTORING AND OTHER RESOURCES**

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.
DUBUQUE and AREA Jail & Prison Ministry (Catholic Charities of the Archdiocese of Dubuque) *RECOMMENDED PLACE TO START	1229 Mount Loretta Ave. Dubuque, IA 52003 (563) 588-0558 (800) 772-2758 Deacon Bill Hickson (563) 495-5947 DBQCCCJPM@dbqarch.org	Support and mentoring (in prison and after release) - Connecting with community resources - Aid in finding work, housing, etc. - Circles of Support - Establishing positive relationships - Healthy social activities	Catholic affiliation, but you don't have to be Catholic to work with them. They are great people. You can contact them before your release. They cover 30 counties in NE Iowa.
DUBUQUE Fountain of Youth Program (United Way of Dubuque Area Tri-States)	1497 Central Ave. Dubuque, IA 52001 Main: (563) 650-8949 Contact: Caprice Jones capricejones14@gmail.com (773) 440-2228	- 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	
WATERLOO and AREA Jail & Prison Ministry (Catholic Charities) *RECOMMENDED PLACE TO START	2101 Kimball Ave. # 138 Waterloo, IA 50702 Contact: Jacob Shepard 800-772-2758 or 319-272-2080 Cell Phone: 319-431-1035 Email: dbqcccjpm1@dbqarch.org	- Support and mentoring (in prison and after release) - Connect with community resources - Find work and housing - Circles of Support - Establishing positive relationships - Healthy social activities - On-site mental health counselor available	- Catholic affiliation, but you don't have to be Catholic to work with them. - They are great people. - You can contact them before your release. - Mason City, Ames and Marshalltown also.
WATERLOO Hospitality House	1003 Mulberry St. Waterloo, IA 50704 (319) 234-1311	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.	- Located in a house. - Warm and welcoming people.

<p>WATERLOO</p> <p>One City</p>	<p>907 Independence Ave. Waterloo, IA 50703</p> <p>(319) 334-0156</p> <p>onecityunited@gmail.com</p> <p>app.onecitycv.org</p>	<ul style="list-style-type: none"> - Empowerment classes. - Mentors - Connecting to area resources. - Meet with area employers. 	<ul style="list-style-type: none"> - Urban Employment Initiative for reentry - Faith-based. - You can contact them from prison. - Great group of people.
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HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
<p>DUBUQUE</p> <p>Operation Empower: Manasseh House and Salvia House</p> <p>*RECOMMENDED PLACE TO START</p>	<p>2080 Elm St. #103 Dubuque, IA 52001</p> <p>Main: (563) 557-4450</p> <p>Contact person: Kimberly</p> <p>(563) 564-0941</p>	<p>Emergency and Transitional Housing</p> <ul style="list-style-type: none"> - employment help - education assistance - aid in setting goals for success - Will help with substance use/recovery 	<ul style="list-style-type: none"> - Manassah House is for men. - Salvia House is for women. - Very positive and encouraging people. - Possible parole location.
<p>DUBUQUE</p> <p>Davis Place Apartments</p>	<p>521 Garfield Dubuque, IA 52001</p> <p>563-543-4277</p> <p>Mailing address: 1909 Johnson Street Dubuque, IA 52001</p>	<p>Housing for men:</p> <ul style="list-style-type: none"> - Own bedroom - Shared living space - Utilities included - \$375/month - Not available for SO's 	<p>Contact Bill Hickson from Jail & Prison Ministry for assistance if you are currently incarcerated:</p> <p style="text-align: center;">563-495-5947</p> <ul style="list-style-type: none"> - Possible parole location.
<p>WATERLOO</p> <p>Junkman/Knobel Sober-Living Unit</p>	<p>1014 West 4th Street Waterloo, IA 50702</p> <p>Phone: 319-235-8855</p>	<ul style="list-style-type: none"> - Transitional housing for those dealing with addiction issues. 	<ul style="list-style-type: none"> - For men only - Connected to Pathways Behavioral Services. - Possible parole location.
<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>	<ul style="list-style-type: none"> - Emergency assistance including meals, medical care and housing. - Help connect with community resources - Men's Shelter - Women's Shelter - Case management - Pastoral care and religious services. 	<ul style="list-style-type: none"> - They are committed to helping you connect to area resources. - Welcoming and warm. - Available for discharge, but not parole.
<p>WATERLOO</p> <p>Catholic Worker House</p>	<p>321 E 8th St Waterloo, IA 50703</p> <p>Phone: 319-232-2116</p>	<ul style="list-style-type: none"> - Provide temporary housing (10 days) 	<ul style="list-style-type: none"> - You do not have to be Catholic to stay here. - Available for discharge, but not parole.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">DECORAH</p> <p style="text-align: center;">IowaWORKS Center</p>	<p>Attn: Operation Manager 312 Winnebago Decorah, IA 52101</p> <p>(563)382-0457 or (866)520-8986</p> <p>Email: Region1.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"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">DUBUQUE</p> <p style="text-align: center;">IowaWORKS Center</p>	<p>Attn: Operation Manager 680 Main St. Dubuque, IA 52001</p> <p>(563) 556-5800 or (866) 227-9874</p> <p>Email: Region1.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"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;">Goodwill of Northeast Iowa</p>	<p>2640 Falls Ave Waterloo, IA 50701</p> <p>319-234-4626</p>	<p>Reentry Program: Individual assessment, develops a care plan, arranges employment and monitors progress.</p>	
<p style="text-align: center;">WATERLOO</p> <p style="text-align: center;">IowaWORKS Center</p>	<p>Attn: Operation Manager 3420 University Ave. Waterloo, IA 50701</p> <p>319) 235-2123</p> <p>Email: Region7.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"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
WATERLOO People's Clinic *RECOMMENDED PLACE TO START	905 Franklin St. Waterloo, IA 50703 319-874-3000	- They have social workers to help connect with community resources including housing. - Provide a variety of medical services including getting a primary care physician.	- Friendly and helpful staff. - Sliding-scale fee.
WATERLOO Pathways Behavioral Services	W3362 University Avenue Waterloo, Iowa 50701 Phone: 319-235-6571	- Out-patient Substance Abuse Treatment - Out-patient Mental Health Treatment - In-patient/residential also available.	- Sliding scale fee at first. - Need insurance soon after initial assessment.

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

2nd JUDICIAL DISTRICT (Fort Dodge, Mason City, Ames area)**MENTORING AND OTHER RESOURCES**

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 Contact: Paul Stone PaulEStone@aol.com	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.
HUMBOLDT COUNTY North Central AfterCare *RECOMMENDED PLACE TO START	2356 240th St. Humboldt, IA 50548 515-890-1601 Jim Sayers (515) 890-1601	Support: - Housing/furnishings - Clothing/food - Transportation - Spiritual needs - Counseling - Social activities - Probation requirements - Drug/alcohol rehab - Financial/legal - Education/skill training	- Located north of Ft. Dodge. - It is better to connect before leaving prison. - Will help with integration into the community. - Great people. Religious Association: Humboldt County Ministerial Association

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.

<p>FT. DODGE</p> <p>Beacon of Hope Shelter</p>	<p>1021 1st Ave. N. Fort Dodge, IA 50501</p> <p>Phone: 515-955-3366</p>	<p>Provides a safe and secure emergency shelter, clothing and food. Temporary assistance to create opportunities and programs in working towards self-sufficiency.</p>	<ul style="list-style-type: none"> - Christ-centered faith-based ministry. - Men only. - Not a parole location, possible for discharge.
<p>FT. DODGE</p> <p>Lotus Community Project</p>	<p>PO Box 1654 Fort Dodge, IA 50501</p> <p>(515) 571-8802</p>	<ul style="list-style-type: none"> - Emergency shelter - Personal development and life coaching - Peer Support 	<ul style="list-style-type: none"> - For women only. (Children also) - Possible parole location.
<p>FT. DODGE</p> <p>Gateway to Discovery</p>	<p>PO Box 432 Fort Dodge, IA 50501 (515) 302-8162</p> <p>https://hopesweethope.org</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"> - Housing, Therapy, Healthcare, Job training, Opportunities for education 	<ul style="list-style-type: none"> - Faith-based. - Possible parole location. - Women only. <p>Also at: 1900 5th Ave. South Fort Dodge, IA 50501 515-302-8016</p>
<p>MARSHALLTOWN</p> <p>New Beginnings Transitional Living</p>	<p>307 W Main Street Suite 5 Marshalltown, Iowa 50158</p> <p>Contact: Jolene Sager</p> <p>Email: Jolene@ianewbeginnings.com</p>	<ul style="list-style-type: none"> - Sober living housing. - Minimum 3 month stay - Men only 	<ul style="list-style-type: none"> - Possible parole location.
<p>MASON CITY</p> <p>On Common Ground Ministries/In Faith</p> <p>*RECOMMENDED PLACE TO START</p>	<p>Contact: Ken Quintus PO Box 32 Garner, IA 50438</p> <p>641-430-4536</p>	<ul style="list-style-type: none"> - Transitional housing for men. - Safe and sober living. - Support groups available. - Will work with you on your first month. 	<ul style="list-style-type: none"> - Faith-based. - Welcoming and supportive. - Possible parole location - Not available for SO's. - Can contact from prison.
<p>MASON CITY</p> <p>Living Free</p> <p>*RECOMMENDED PLACE TO START</p>	<p>P.O. Box 393 Mason City, IA 50402</p> <p>641-423-6793</p>	<ul style="list-style-type: none"> - Residential facility - Connect with area resources 	<ul style="list-style-type: none"> - Women only. - Faith-based. - Possible parole location. - Can contact from prison.
<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"> - Men's and women's shelter. - Children allowed at women's shelter. - Will help you connect with area resources. 	<ul style="list-style-type: none"> - Sober transitional housing - Can contact before leaving prison. - Not a parole location, possible for discharge.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">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"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">FT. DODGE</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 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"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">MARSHALLTOWN</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 3405 S. Center 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>	<ul style="list-style-type: none"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">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>	<ul style="list-style-type: none"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">AMES</p> <p>Primary Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>3510 Lincoln Way Ames, IA 50158</p> <p>515-232-0628</p>	<ul style="list-style-type: none"> - Health care services including mental health and substance use. - Can help find a primary care physician - Can help with housing, food, clothing and more. 	<ul style="list-style-type: none"> - You can write to them before leaving prison. - Sliding scale fee.

<p>CARROLL</p> <p>New Opportunities</p> <p>*RECOMMENDED PLACE TO START</p>	<p>23751 Hwy 30 E. PO Box 427 Carroll, IA 51401</p> <p>712-792-9266</p>	<ul style="list-style-type: none"> - Counseling, assessment and referrals for substance use. - Sliding scale fees. - Help with basic needs and connecting to area resources. 	<p>They serve Audubon, Calhoun, Dallas, Greene, Guthrie and Sac counties.</p>
<p>FT. DODGE</p> <p>Community and Family Resources</p>	<p>726 S. 17th St. Fort Dodge, IA 50501</p> <p>515-576-7261</p>	<p>Counseling & Therapy Substance Use Treatment:</p> <ul style="list-style-type: none"> - Inpatient - Outpatient - Transitional Housing 	<ul style="list-style-type: none"> - Possible parole location. - 30-day treatment.
<p>FORT DODGE</p> <p>Community Health Center</p>	<p>126 N 10th St Fort Dodge, IA 50501</p> <p>(515) 576-6500</p>	<ul style="list-style-type: none"> - Health care services: mental health, substance use, primary care physician, dental. - Will also help connect with other resources. 	<ul style="list-style-type: none"> - You can contact them from prison. - Sliding scale fee. - Positive and supportive.
<p>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.

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

3rd JUDICIAL DISTRICT (Sioux City area)**MENTORING AND OTHER RESOURCES**

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	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	- Will help with connecting to area resources
SPENCER Atlas of Spencer *RECOMMENDED PLACE TO START	816 S. Grand #2 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.
SIOUX CITY Oxford House	2931 Nebraska St. Sioux City, IA 51104	- Sober, cooperative, self-governing housing option	- Possible parole location. - They can help you connect to area resources.

(Nebraska Street)	712-224-4546	- This house is for women only.	- A 12-step focused community.
SIOUX CITY Oxford House (Douglas House)	3217 Cheyenne Blvd. Sioux City, IA 51104 712-560-8351	- Sober, cooperative, self-governing housing option. - This house is for men only.	- Possible parole location. - They can help you connect to area resources. - A 12-step focused community.
SIOUX CITY Oxford House (16th Street)	209 16th Street Sioux City, IA 51103 712-560-4134	- Sober, cooperative, self-governing housing option - This house is for men only.	- Possible parole location. - They can help you connect to area resources. - A 12-step focused community.
SIOUX CITY Clare Guest House	1918 Douglas Street Sioux City, IA 51104 (712) 255-1916 http://clareguesthouse.org/ Sister Gwen Hennessey glhennessey@hotmail.com	Services for returning women: - 7 temporary housing beds - Support during transition - Mentoring - Assistance in finding housing and employment	- For women only. - Possible parole location. Religious Affiliation: - Sisters of St. Francis Ministry
SIOUX CITY Gospel Mission	500 Bluff St. Sioux City, IA 51103 712-255-1769 paul@thegospelmission.org	- Shelter for men and women - Financial planning help - Employment assistance - Recovery support	- Faith based. - Not available for SO's. - Not a parole location, possible for discharge.
SPENCER Life Changes Sober House *RECOMMENDED PLACE TO START	605 Grand Ave Spencer, IA 51301 info@GACoutreach.com CONTACT: Gary Wilson: 712-260-5687	- Sober transitional house. - Food and clothing distribution. - Mentors available - Free medical and dental clinic.	- This is a warm, welcoming place that also has a coffee shop and restaurant. - Possible parole location. - Can contact before leaving prison. - Will help connect with area resources.
SPIRIT LAKE Discovery House	1411 Hill Ave. P.O. Box 163 Spirit Lake, IA 51360 (712) 336-5340	Transitional housing (up to 6 months) for: - Men and women who struggle with substance abuse	- Christian affiliation. - Possible parole location.

EMPLOYMENT

NAME	CONTACT INFO	SERVICES	NOTES
SIOUX CITY Goodwill of the Great Plains	3100 W. 4th St. Sioux City, IA 51103 877-608-7775 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 contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some 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 contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some 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	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

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

4th JUDICIAL DISTRICT (Council Bluffs area)**MENTORING AND OTHER RESOURCES**

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.
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	- Food pantry - Assist with connecting to area resources - Clothing and other needs - Employment possibilities.	- 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	- Reentry services - Bicycles available - Will assist with locating housing - Winners' Circle is a peer-driven support group of, and for, formerly incarcerated women.	- Women only - Faith based - You can contact them from prison - Very encouraging and supportive
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> an approved parole location.

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 *RECOMMENDED PLACE TO START	600 9th Ave. Council Bluffs, IA 51501 712-325-5653 Contact: Joe Bauer	<ul style="list-style-type: none"> - Short-term housing available. - Potential SO availability. - Will help you connect with area resources including health care. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Long-term residential substance abuse and mental health program. - Women and children only 	<ul style="list-style-type: none"> - Need to have ASAM substance abuse evaluation. - Only for those incarcerated less than one year.
COUNCIL BLUFFS Oxford House: Loess Hills	200 S. 1st St. Council Bluffs, IA 51503 (712) 355-3232	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option - This house is for women. 	<ul style="list-style-type: none"> - Possible parole location - Women only - They can help you connect to area resources. - A 12-step focused community.
COUNCIL BLUFFS Oxford House: Bluffs	725 5th Avenue Council Bluffs, IA 51501 402-680-6067	<ul style="list-style-type: none"> - Sober, cooperative, self-governing housing option - This house is for men. 	<ul style="list-style-type: none"> - Possible parole location. - Men only. - They can help you connect to area resources. - A 12-step focused community.
COUNCIL BLUFFS Church of Freedom	701 S. 4th St. Council Bluffs, IA 51503 402-714-3618 Pastor Bart	<ul style="list-style-type: none"> - Housing option for re-entry (men only). - 5 beds. - Will help with employment and other area resources. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - A hotel that is available for 1-2 months. - Rent must be paid in advance. (\$378/week) 	<ul style="list-style-type: none"> - Possible parole location - Used to be Value Place. - Very expensive.

<p>COUNCIL BLUFFS</p> <p>New Visions</p> <p>(Timothy House, Joshua House and David's House)</p>	<p>1435 N. 15th St. Council Bluffs, IA 51501</p> <p>(712) 322-7570</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>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 contact them before leaving prison.</p> <p>- Write about 60-90 days before release/discharge.</p> <p>- Include your skills and some 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>

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

5th JUDICIAL DISTRICT (Des Moines, Ames, Newton area)**MENTORING AND OTHER RESOURCES**

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 Email: beaconsocialmedia@gmail.com	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	- Help connect with area resources. - 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.
DES MOINES Creative Visions (Ex-Offender & Family Reunification Program) Ako Abdul-Samad - dir.	1343 13th St Des Moines, IA 50314 (515) 244-4003	- 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. *RECOMMENDED PLACE TO START	801 University Avenue, Unit 3 Des Moines, IA 50314 (515) 697-1476 Email: mdejear@evelyndaviscenter.org	- Education and Employment services including job search, interview prep, certificate training, resume, job placement, Adult Based Education classes (referral), FASFA, credit repair, debt reduction plans and EITC.	Offers fatherhood course geared (in part) toward formerly incarcerated fathers.
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.	- Faith-based. - Not available if on SO registry. - 5 houses in Des Moines. - 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 515-779-6635 Contact: Virginia Dameron	- Housing for men and women.	- Possible parole location. - Not available if on SO registry.

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 - Possible parole location - 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.	- Possible parole location. - Very positive group who understands the challenge of reentry. - Write letter stating your situation and employment.
DES MOINES Central Iowa Shelter and Services	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. - Possible parole location.
DES MOINES Harbor of Hope Alcohol & Substance Abuse Recovery House	803 Lyon Street Des Moines, IA 50309 (515) 314-8466 Email: brandonakes@gmail.com	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 \$500/a month rent. - Possible parole location. Not available for SO's
DES MOINES House of Mercy	1409 Clark St. Des Moines, IA 50314 (515) 643-6500 Rebecca Peterson: rpeterson@mercylesmoines.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. - Possible parole location.
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 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	4014 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) 421-8742	Sober, safe, and permanent housing for those striving for sobriety, accountability and independence.	- 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
<p style="text-align: center;">CRESTON</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 215 N Elm St Creston, IA 50801</p> <p>(641) 782-2119</p> <p>Email: Region14.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.</p>	<ul style="list-style-type: none"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">DES MOINES</p> <p>Project IOWA (Iowa Opportunities for Workforce Advancement)</p> <p>Julie Fugenschuh - Dir</p>	<p>1111 9th St., Suite 290 Des Moines, Iowa 50314 (515) 280-1274</p> <p>Email: office@projectiowa.org</p> <p>http://www.projectiowa.org/</p>	<p>The purpose is to train unemployed and underemployed central Iowans with skills necessary to advance to career track, high wage jobs with full benefits.</p>	<ul style="list-style-type: none"> - Three-month program of classes and preparation.
<p style="text-align: center;">DES MOINES</p> <p>IowaWORKS Center</p>	<p>Attn: Operation Manager 200 Army Post Rd. Des Moines, IA 50315</p> <p>Phone: 515-281-9619</p> <p>Email: Region11.Web@iwd.iowa.gov</p>	<p>IWD (IowaWORKS) provides help with resumes, job applications, education/training and more.</p>	<ul style="list-style-type: none"> - You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
<p style="text-align: center;">JOHNSTON</p> <p>Goodwill of Central Iowa</p>	<p>5355 NW 86th St. Johnston, Iowa 50131 Phone: (515) 265-5323</p>	<p>Provides job training opportunities for those with barriers to employment.</p>	<ul style="list-style-type: none"> - Forklift, custodial, retail and food service certifications. - Understand the challenges of reentry.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
<p style="text-align: center;">DES MOINES</p> <p>Primary Health Care</p> <p>*RECOMMENDED PLACE TO START</p>	<p>CONTACT: 1200 University Ave. Des Moines, IA 50314 (515) 248-1500</p> <p>2353 SE 14th St. (515) 248-1400</p> <p>250 Laurel St. (515) 643-4610</p> <p>3509 E 29th St. (515) 248-1600</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 style="text-align: center;">DES MOINES</p> <p>Prelude Services Central Iowa</p>	<p>5525 Meredith Street Suite C Des Moines, Iowa 50311 (515) 262-0349</p> <p>Email: info@meccaia.com</p>	<ul style="list-style-type: none"> - Prevention services for addiction. - Transitional housing. 	<ul style="list-style-type: none"> - Have Spanish-speaking staff. - You can contact them before leaving prison.
<p style="text-align: center;">PRAIRIE CITY</p> <p>Clearview Recovery</p>	<p>501 North Sherman Prairie City, Iowa 50228 (515) 994-3562</p>	<p>Substance abuse treatment, parenting classes, counseling, job training, self-esteem improvement</p>	<ul style="list-style-type: none"> - Women only (children allowed)

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

6th JUDICIAL DISTRICT (Cedar Rapids/Iowa City area)**MENTORING AND OTHER RESOURCES**

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.
CEDAR RAPIDS RISE program *RECOMMENDED PLACE TO START	310 5th St. SE Cedar Rapids, IA 52403 Main: (319) 364-0420 Contact: Mary Crandall Mgc@imonmail.com	Guidance on: - finding a job - finding housing - food and clothing - transportation - creating plans & goals	- 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	- Provide information on resources across the state. - Will assist and provide information via phone or Corrlinks.	- In Cedar Rapids and Coralville, they hold support meetings for family/friends. - 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: - tutoring - life skills classes - employment readiness - Help for housing - resource information - mentors	- You can contact them from prison. - Supportive community.

HOUSING

NAME	CONTACT INFO	SERVICES	NOTES
CEDAR RAPIDS The Safe Place Foundation	527 6th Avenue SE Cedar Rapids, IA 52401 Main: (319) 366-3430 http://www.safeplacefoundation.org/	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. - Possible parole location
CEDAR RAPIDS Willis Dady Shelter	1247 4th Ave. SE Cedar Rapids, IA 52403 (319) 362-7555	- 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. - Not 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. - Possible parole location

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.	- You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some 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.	- You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.

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

7th JUDICIAL DISTRICT (Quad Cities/Clinton/Muscatine area)**MENTORING AND OTHER RESOURCES**

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	240 N Bluff Blvd, Clinton IA (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 (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 (866) 263-9290	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources
MUSCATINE	509 Mulberry Ave. Muscatine, IA 52761 (563)264-5430 Or Sharon Phillips	Pearl City Outreach: helps with jobs, rides to work, sack lunches, laundry, showers all free.	

Jesus Mission Church and Pearl City Outreach	563-264-3805	Emergency shelter available.	
TIPTON Community Action	101 Lynn Street Tipton IA (800) 920-3191	- Food pantry - Resource guide - Housing assistance including list of apartments	- Will help with connecting to area resources

HOUSING

(A list of possible landlords 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.
DAVENPORT Unity House *RECOMMENDED PLACE TO START	2341 E. Pleasant St. Davenport, IA 52083 (563) 676-5488 or (563) 210-1513 EMAIL: dennis.haut@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.
DAVENPORT One Eighty *RECOMMENDED PLACE TO START	601 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. - Not a parole location at present. This may change. - 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. - 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. - Discharge only at this time

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 contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
DAVENPORT IowaWORKS Center	Attn: Operation Manager 902 W. Kimberly Rd. #51 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 contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some 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 contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.

HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
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

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

8th JUDICIAL DISTRICT (Burlington, Ottumwa, Keokuk area)**MENTORING AND OTHER RESOURCES**

NAME	CONTACT INFO	SERVICES	NOTES
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 - 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 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	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.

Eichacker Community Action Center			
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 52641-2018 Office (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 319-209-2217	- Can help apply for medicaid and referrals to local resources for substance abuse and employment.	- Working on being parole or discharge location. - Assist with household goods.

			- Their housing program is being developed.
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: Operation Manager 1000 N. Roosevelt Burlington, IA 52601 (319) 753-1674 Email: Burlington.WFC@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
FT. MADISON IowaWORKS Center	Attn: Operation Manager 933 Ave. H Ft. Madison, IA 52627 (319) 372-4412 Email: Burlington.WFC@iwd.iowa.gov	IWD (IowaWORKS) provides help with resumes, job applications, training/education and more.	- You can contact them before leaving prison. - Write about 60-90 days before release/discharge. - Include your skills and some work experience.
OTTUMWA IowaWORKS Center	Attn: Operation Manager 15260 Truman St. Ottumwa, IA 52501 (641) 684-5401	IWD (IowaWORKS) provides help with resumes, job applications,	- You can contact them before leaving prison. - Write about 60-90 days before release/discharge.

	Email: Region15.Web@iwd.iowa.gov	training/education and more.	- Include your skills and some work experience.
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HEALTH CARE

NAME	CONTACT INFO	SERVICES	NOTES
BURLINGTON Alcohol and Drug Dependency Services (ADDS) *RECOMMENDED PLACE TO START	1340 Mt. Pleasant St. Burlington, IA 52601 (319) 753-6567 Email: nuneztamara@addsiowa.org Contact: Tamara	- Will help you connect to area resources - Outpatient and residential treatment for substance abuse, prevention work, distance support services, gambling treatment	- Even if you do not have any substance use issues, they will help you connect to area services. - Positive and encouraging people.
KEOKUK Alcohol and Drug Dependency Services (ADDS)	928 Main St. Keokuk, IA 52632 (319) 524-4397	Outpatient and residential treatment for substance abuse, prevention work, distance support services.	
MT. PLEASANT Alcohol and Drug Dependency Services (ADDS)	122 N. Main St. Mt. Pleasant, IA 52641 (319) 385-2216	Outpatient and residential treatment for substance abuse, prevention work, distance support services.	- Residential treatment is located in Burlington.
OTTUMWA Alcohol and Drug Dependency Services (ADDS)	SEIDA 310 W. Main Street Ottumwa, IA 52501 641-683-6747 Ext. 201	Outpatient treatment for substance abuse, prevention work, distance support services.	- They will help you connect to other area resources. - They can refer you for residential treatment.
OTTUMWA First Resources	102 North Hancock St. Ottumwa, IA 52501 (641) 682-2800	- Mental health services; Individual/family therapy; drop in centers - They have a list of area resources including housing.	Substance abuse support groups are offered to enhance continued success of sobriety and prevent relapse.
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.

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

Three Reentry Tips

1. **Write out a plan.** Include as many details as possible (including back-up plans!)
 - a. **Support** (family, friends, organizations, church, meetings, etc...)
 - b. **Employment**
 - c. **Housing**
 - d. **Health Care** (Substance Use and Mental Health if desired)
2. **Share your plan** with your counselor (and with others that you trust)
3. **Have some goals** (both short and long term)

Goals are important so that you stay focused on moving forward. It's easy to slip back into old habits. Challenge yourself to succeed. Look for something positive in each day, even if you have to look a little harder some days.

Short Term Goals

Long Term Goals

Letters 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 needs.

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

Typed (or printed) Signature