**Iowa Resources – Jan 2019**

We recognize that there are many people suffering from substance use disorder and are without insurance. Every single life matters and everybody deserves to get the help they need. There are many free and low cost options in every state. The facilities and programs listed below are provided as informational resources only. We have done our best to verify the information but cannot guarantee the validity of all data. Additionally, you can contact the Substance Abuse and Mental Health Administration (SAMHSA) at 800-662-4357, or visit their website at https://www.samhsa.gov/

**Midwest MBTC** - Cresco, IA | (563) 547-3286 | <http://www.missionteens.com>

Non-denominational Christian Discipleship ministry. NO charge for our services. Adults (ages 18 and up) can apply to any of our centers for help. Admission is on a bed availability basis.

**Zion Recovery Services -** Adel, IA. | (515) 993-5243 | <http://www.zionrecovery.org>

Residential and Intensive outpatient. Screening. Sliding scale / Medicaid

**Community and Family Resources -** Fort Dodge IA. | (866) 801-0085 | <http://www.cfrhelps.org>

Recovery house / detox. Medicaid accepted.