



RECOVERY COMMUNITY CENTER

RECOVERY CAPITAL & RECOVERY COMMUNITY CENTERS:

SUBMITTED BY ROD COURTNEY

Recovery Capital refers to the internal and external resources that individuals can draw upon to initiate, build, and sustain recovery from substance use disorder. These resources include personal strengths, family and social supports, housing stability, meaningful roles, health care access, and connection to community and culture. Recovery Community Centers (RCCs) are non-clinical, peer-led organizations designed to strengthen and expand Recovery Capital at the individual, family, and community level.

KEY CONCEPTS:

- Recovery Capital encompasses social, physical, emotional, cultural, and community supports.
- Recovery is strengthened when people have access to resources, belonging, and purpose.
- Recovery Community Centers provide peer-based recovery support grounded in dignity, empowerment, and choice.
- SAMHSA identifies housing, health, purpose, and community as core pillars of recovery- which directly align with Recovery Capital.

EVIDENCE AND NATIONAL GUIDANCE SUPPORTING RECOVERY CAPITAL & RCCS

SAMHSA emphasizes that recovery is supported through health, home, purpose, and community- elements which together form the foundation of Recovery Capital. SAMHSA also recognizes Recovery Community Organizations and peer-led recovery supports as key components of strong recovery ecosystems. Research on Recovery Capital demonstrates that people with greater access to social connection, housing, employment, and supportive community structures are more likely to achieve and sustain long-term recovery. National advocacy and research groups – including Faces & Voices of Recovery and the Recovery Research Institute – identify Recovery Community Centers as critical infrastructure for strengthening Recovery Capital.

CORE FUNCTIONS OF RECOVERY COMMUNITY CENTERS:

- Peer-based recovery support services
- Multiple-pathways recovery support
- Safe and sober community space
- Connection to treatment and health resources
- Family and ally inclusion
- Volunteerism, leadership, and civic engagement
- Education and stigma-reduction
- Skill-building and recovery coaching

WHY RECOVERY CAPITAL MATTERS:

- Increases resilience and coping capacity
- Supports long-term recovery sustainability
- Improves social, employment, and housing stability
- Reduces isolation and stigma
- Strengthens families and communities
- Builds hope, identity, purpose, and belonging

TOGETHER WE HEAL, DONATE TODAY!



JOIN US!

EVERY TUESDAY AT 5:30 PM

Operation Brotherhood is a place where Veterans come together to reconnect, talk openly, and walk the path of recovery together. Whether you're navigating substance use recovery, mental health challenges, or simply looking for the camaraderie of fellow veterans, this gathering offers a safe and welcoming place to share experiences, build resilience, and support one another.

FROM SURVIVAL TO PURPOSE: THE POWER OF WALKING THE RECOVERY JOURNEY TOGETHER

SUBMITTED BY TIFFANY DINEEN

There's something incredibly powerful about living in long-term recovery and then getting the opportunity to walk alongside others as they find their own way out of addiction. What once felt like endless pain, chaos, and the struggle simply to survive gradually transforms into purpose, connection, and hope—not just for myself, but for the people I have the privilege of supporting. Being a peer recovery coach isn't just a job—it's a calling, one rooted deeply in lived experience, empathy, and genuine understanding. It requires showing up fully, listening without judgment, and sometimes sitting with the discomfort of someone else's truth, all while remembering where you once were.

Every conversation, every small breakthrough, and every honest moment reminds me why this work matters. It's more than guidance; it's living proof that change is possible. The ability to look someone in the eye and say, "I've been there," and truly mean it, carries a weight that words alone cannot capture. Watching someone begin to believe in themselves again—sometimes for the very first time—is a gift that never loses its power. It fuels my passion, strengthens my own recovery, and constantly reminds me that every struggle, every setback, and every triumph along the way has a purpose. In helping others reclaim their lives, I am reminded that recovery is not just about abstaining from substances—it's about discovering meaning, rebuilding trust, and finding joy in a life that once seemed impossible. Being part of that journey is an honor, a responsibility, and a continual source of inspiration that I carry with me every single day.

"Healing becomes even more powerful when it's shared. Walking alongside someone else on their journey reminds us that hope, purpose, and change are possible for all of us."

BREAKING FREE: LEXI'S JOURNEY FROM STRUGGLE TO STRENGTH

SUBMITTED BY DANA CHAPPUIE & LEXI

Lexi's journey hasn't been easy—but it is one filled with resilience, growth, and hope.

For six years, Lexi struggled with active addiction, using heroin, meth, fentanyl, and marijuana. During that time, she faced many challenges, including involvement in trafficking and multiple interactions with law enforcement. She was brought to CRUSH Recovery Community Center twice by CRPD. Even then, a part of her wanted help—but she wasn't ready yet.

In March 2025, Lexi's path shifted when she was incarcerated for Possession of a Controlled Substance (3rd offense). From there, she made a life-changing decision. She worked out an agreement to attend treatment at Rosecrance, returned to jail, and then transitioned to the Anchor Center for Women once a bed became available.

Since June 2025, Lexi has been thriving at the Anchor Center. During her time in recovery, she reconnected with her original peer coach, Dana, whom she first met in 2024. With the support of her care navigator at ASAC and her peer coach, Lexi has built a strong foundation for her future.



"Success is not just about what you accomplish, but the courage it took to begin and the strength to keep going."

Today, Lexi is employed full-time at Casey's and has recently secured stable housing. Through the LORE grant—a partnership between ASAC and CRUSH—she has received support with clothing, housing, medication, and a dedicated care team to walk alongside her.

Lexi continues to stay actively engaged in her recovery. She volunteers at CRUSH, participates in meetings, engages in peer coaching, and attends art therapy whenever she can. She shares that CRUSH has been a lifesaver—a place where she can simply “hang out,” be of service, build friendships, and feel like part of a family.

Now in her early 20s, Lexi is also preparing for an exciting new chapter—she is expecting her first child in July. She plans to continue her recovery journey with the support of CRUSH and ASAC and is even planning her baby shower at the center, creating a safe and welcoming space for her loved ones.

Watching Lexi grow and evolve in her recovery has been truly inspiring. She now has a goal to become a peer coach herself, using her lived experience to support and guide others—especially youth in recovery.

Lexi's story is a reminder that healing is possible, that readiness can come in time, and that with the right support, people can rebuild their lives.

Keep rocking it, Lexi—we've got you.



RECOVERY DAY ON THE HILL: A UNITED VOICE FOR RECOVERY IN IOWA

SUBMITTED BY ROD COURTNEY,
EXECUTIVE DIRECTOR

There are moments when you can feel the strength of a movement—not just in words, but in the people standing beside you. Recovery Day on the Hill, held on March 30th at the Iowa State Capitol, was one of those moments.

Recovery Community Centers from across the state of Iowa came together, united by a shared mission: to advocate for continued support of Recovery Community Organizations (RCOs) and the vital services they provide every day. The photo above captures more than a group—it represents a growing statewide network of individuals committed to saving lives, restoring hope, and strengthening communities through peer support.

What began as a conversation has grown into a movement.

A movement grounded in peer support.

A movement that honors multiple pathways to recovery.

A movement that recognizes recovery looks different for everyone—and that everyone deserves a place where they belong.

This day was about more than presence—it was about purpose.



Together, we met with senators and legislators, sharing real stories from the front lines of recovery. We spoke about what works: peer support that meets people where they are, recovery community centers that provide connection without judgment, and systems that support—not limit—multiple pathways.

We extend our sincere appreciation to the legislators who took the time to listen, engage, and stand with us. Your willingness to hear directly from those impacted by substance use and recovery efforts makes a difference. It sends a clear message that recovery matters—and that people in recovery matter.

At CRUSH Recovery Community Center, we believe recovery is not a one-size-fits-all journey. It is personal, it is powerful, and it is possible. Days like this remind us that when we come together—across organizations, across communities, and across systems—we are stronger.

This is what an ecosystem of recovery looks like.

And we're just getting started.



COMMUNITY • RECOVERY • HOPE

HOW FAMILIES CAN SUPPORT RECOVERY—WITHOUT BURNING OUT

SUBMITTED BY DEBBIE COURTNEY
ASSISTANT DIRECTOR

If you love someone in recovery, you already know—this isn't easy.

I've sat with a lot of families who are exhausted, worried, and wondering if they're doing the right things. You want to help. You want to fix it. And sometimes, you just don't know what that's supposed to look like anymore.

Here's the truth: you matter in this process too. And if you don't take care of yourself, it's really hard to keep showing up in a healthy way.

So how do you support someone you love without completely burning out?

First, remember this—you didn't cause it, and you can't control it. That can be hard to accept, especially when you care so deeply. But recovery is their journey. Your role is to walk alongside them, not carry it for them.

That leads into something else that's really important: boundaries. Boundaries aren't about shutting someone out—they're about keeping things healthy. Sometimes loving someone in recovery looks like stepping back, even when everything in you wants to step in. That's not giving up on them...that's being part of a healthier path forward.

You also have to take care of yourself. That's not selfish—it's necessary. Whether it's time with friends, prayer, quiet moments, or just getting some rest...those things matter. You can't pour from an empty cup, and this road can be long. And please don't try to do this alone. Find your people. Talk to others who understand. There is something powerful about being able to say, "This is hard," and having someone truly get it.

One thing I always encourage families to do is to look for the small wins. Recovery isn't perfect. There will be steps forward and steps back. But those small moments—showing up, being honest, trying again—they matter more than you think.

And lastly, give yourself some grace. You're learning as you go. Some days you'll feel strong, and other days you'll feel worn down. That doesn't mean you're failing, it means you're human.

We see you. Loving someone in recovery takes strength, patience, and a whole lot of heart. And what you're doing—showing up, caring, not giving up—that matters more than you probably realize.

JOIN US FOR PARENTS IN THE MIDDLE!

If you want to learn more about Debbie's journey or if you just need some additional support, come see us Monday's at 1 pm for Parents in the Middle!

