



A MATTER OF SUBSTANCE

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A PUBLICATION OF THE IDPH
DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: DEBBIE SYNHORST

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Debbie Synhorst is a Prevention Consultant in the Bureau of Substance Abuse Prevention and

Treatment. She is the lead staff person on the prevention portion of the Substance Abuse Prevention and Treatment Block Grant. These funds are the foundation of the Comprehensive Substance Abuse Prevention contracts. She also monitors contracts from four other funding sources. Debbie has been the State Epidemiological Outcome Workgroup

Coordinator for the past three years and serves as the Co-Chair of the Underage Drinking Task Force.

Previously, she served as the State Incentive Grant Coordinator and as the Chief of the Bureau of Health Promotion.

Recently Debbie completed two years as the President of the National Prevention Network (NPN). As the NPN President, she served on the National Association of State Alcohol and Drug Abuse Directors Board of Directors as the Vice President of Prevention. She will continue as the Immediate Past President for a two-year term on the NPN Executive Committee.

Debbie has served at IDPH for 21 years and began her career in prevention at Compass Pointe (NWIADTU).

The light of Debbie's life are three beautiful daughters: Jenn, Sarah, and Becca. In the last few years her family has expanded with three sons-in-law and two grandsons. Her friend Phoebe, a Cavalier King Charles Spaniel, is a constant companion. You can always find Debbie enjoying almost any kind of sporting event, especially basketball. Rock Chalk!

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Kathy Stone is the Director of the Division of Behavioral Health

Over the next several years, I envision a transition to a comprehensive recovery-oriented system of care for addictive disorders built on coordination and collaboration across problem gambling education and treatment, substance abuse prevention, and substance abuse treatment. Such a transition will necessarily consider a wide range of related subjects like desired outcomes, client and family

DIRECTOR'S CORNER

leadership, local collaboration, program and workforce standards, effective services and supports, and funding.

Some of my thinking comes from reading the May 2006 Connecticut Department of Mental Health and Addiction Services publication entitled [Practice Guidelines for Recovery-Oriented Behavioral Health Care](#). It's a terrific -- and pretty concise at about 100 pages --

summary of how one state transformed its behavioral health care system. (There's also a December 2008 second edition but I haven't read that yet!) If this is of interest to you, go to www.ct.gov/dmhas and click on Publications. Then let me know what you think. You can reach me at 515-281-8021 or at KStone@idph.state.ia.us. Thanks!

DIVISION OF BEHAVIORAL HEALTH UPDATES

This just in!

IDPH has been awarded a Strategic Prevention Framework State Incentive Grant that will bring \$2.1 million dollars to Iowa each of the next five years for substance abuse prevention activities! Look for more information in the next [A Matter Of Substance](#).

Working with families with substance abuse problems in the Child Welfare System

During its 2008 session, the Iowa Legislature passed House File 2310 which directed the Department of Human Services (DHS) and IDPH to reduce child abuse related to parent or caregiver substance abuse. In implementing HF 2310, the Departments are to 1) determine the prevalence of substance use by a child's parent or caregiver as a factor in a child abuse report and the finding of child abuse, 2) identify potential changes that could encourage a parent or caregiver to voluntarily seek substance abuse treatment, 3) identify the prevalence of the presence of children in the households of adults receiving a substance abuse evaluation and 4) implement a joint protocol by July 1, 2009 to address child abuse cases related to parent or caregiver substance abuse.

Nationally, substance abuse and child maltreatment are two of our most pressing social problems and are often intertwined. In Iowa, 70-80% of open child welfare cases are related to substance abuse, and 22% of clients receiving substance abuse services report a DHS or child welfare connection.

Through a wide variety of stakeholders statewide and an In-Depth Technical Assistance grant from the National Center for Substance Abuse and Child Welfare (NCSACW), DHS, IDPH, and the Judicial Branch established a partnership to enhance cross-system practices to improve outcomes for our shared families.

In developing shared practices, the

partnership focused on the following areas: 1) screening and assessment, 2) information sharing, 3) joint accountability and outcomes, and 4) services to children of substance users.

The shared practices are being piloted by family drug courts in Scott and Wapello counties. Project outcomes will be monitored and the practices will be revised as needed to meet the goals of the legislative mandate and prioritized future efforts.

For more information, contact Michele Tilotta at mtilotta@idph.state.ia.us.

Suicide: A public health problem and preventable cause of death for young Iowans

Every year since 2000, an average of 57 Iowa youth from 10 to 24 years of age have killed themselves; and thousands of youth have tried to end their lives and have been hospitalized for their life-threatening injuries.

Suicide is a tragic death that takes a psychological toll on those left behind. Suicide can devastate family members and friends, and often results in strong feelings of guilt, isolation, struggles with substance abuse, and mental health problems. It is a public health problem that can be prevented.

The National Suicide Prevention Lifeline is a 24-hour national toll-free service available to anyone. Its mission is to provide immediate assistance to anyone in a suicidal crisis, seeking mental health services, or for concerned others who don't know how to help their friend or loved

Suicide is the 2nd leading cause of death for youth 10 to 24 years of age



An average of 330 Iowans (nearly one every day) have died of suicide each year since 2001

one. Individuals seeking help can call 1-800-273-TALK (8255) and be routed to the closest possible mental health provider and suicide prevention services. For information about the Suicide Prevention Lifeline, visit: www.suicidepreventionlifeline.org/.

For more information, contact Dale Chell at dchell@idph.state.ia.us.

Substance Abuse Disaster Relief Funding

Between July 2009 and September 2010, the Division of Behavioral Health will have available up to \$2.7 million to provide substance abuse disaster relief services to Iowans impacted by last year's weather disasters. The funding, from the U.S. Department of Health and Human Services Social Services Block Grant through the Iowa Department of Human Services, will be disseminated statewide to Comprehensive Prevention contractors and Iowa Plan IDPH-funded substance abuse treatment providers for specific activities.

Through disaster relief funding, prevention and treatment contractors will: 1) Implement local activities related to a statewide **prevention campaign** to decrease substance abuse related to weather disasters and on-going stress. The statewide campaign includes TV and radio messages, billboards, and newspaper articles that reference a statewide telephone response and referral line. Local prevention activities will vary based on local issues and needs; 2) Conduct **focused outreach** to clients who left treatment or who may have relapsed during or since the weather disasters; and, 3) Provide "disaster-informed" **enhanced treatment services** to clients and families responding to the prevention campaign and focused outreach.

For more information, contact Julie Hibben at jhibben@idph.state.ia.us.

RELATED NEWS

Mental Health First Aid

Mental Health First Aid is a 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

Mental Health First Aiders learn to help someone through a panic attack, engage with someone who may be suicidal, support a person experiencing psychosis, and help an individual who has overdosed. They also learn the risk factors and warning signs of specific illnesses such as anxiety, depression, psychosis and addiction; and learn about evidence-based treatments and supports.

For more information go to www.mentalhealthfirstaid.org.

To request training from an IDPH certified instructor, contact Dale Chell at dchell@idph.state.ia.us or Michele Tilotta at mtilotta@idph.state.ia.us.

Iowa Council on Homelessness

On November 17, 2003, then Governor Tom Vilsack issued Executive Order Number 33 creating the Iowa Council on Homelessness. In 2009, the General Assembly and Governor Culver officially codified the council, designating the Iowa Finance Authority as the administrative agency. Each state government agency director appoints a voting member to the council. Jeff Gronstal has been IDPH's representative since 2003.

The primary mission of the Iowa Council on Homelessness is to: 1) Identify causes and effects of homelessness in Iowa and develop recommendations to address homelessness; 2) Foster greater awareness among policy makers and the general public; and, 3) Ensure all Iowans have

access to safe, decent and affordable housing, health care and education.

Why is homelessness important?

Costs: Homeless people are involved in more “systems” and require assistance related to the many difficulties that come with being homeless.

Education: Estimates indicate that three to six months of education are lost every time a child moves. Homeless families often move several times before finding permanent housing.

Health: Without stable housing, medical conditions are aggravated, routine health care is ignored and the risks of catastrophic health problems increase.

Iowans have a tradition of stepping up to help those in need. Assisting those with the least improves their situation and improves the quality of life for all of us.

For additional information go to www.iowafinanceauthority.gov/en/for_communities_housing_org/iowa_council_on_homelessness/index.cfm, or contact Jeff Gronstal at 515-242-6162.

Last year, 17,908 Iowans were homeless

67% of adults in homeless families completed high school or received their GED

63% of homeless individuals have been homeless in the past

57% of homeless people in families are children

33% of adults in homeless families report a long term disability

21% of homeless adults are employed

13% of homeless individuals are under 18

12% of homeless adults served in the Armed Forces

*Data based on the Iowa Council on Homelessness 2007 report to the Governor

Federal Support for Treatment, Prevention and Research of Problem Gambling; Comprehensive Problem Gambling Act

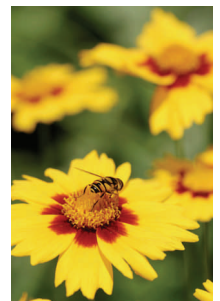
H.R. 2906, the Comprehensive Problem Gambling Act, was introduced in June in the U.S. House of Representatives. The bill authorizes the Substance Abuse and Mental Health Services Administration (SAMHSA) to address problem gambling and appropriates \$71 million over five years for grants to support problem gambling prevention, treatment and research programs. H.R. 2906 will help alleviate pressure on state agencies and local non-profits who deal with the devastating consequences of this disorder—from bankruptcy, divorce, job loss, incarceration, depression and despair, to a high rate of suicidal behavior.

More than 26,000 Iowans and six million adults in the U.S. will meet criteria for a gambling problem this year. Problem gambling is a serious public health issue that is preventable and treatable. This bill will help ensure that all Americans will have access to these services.

For more information, contact Mark Vander Linden at 515-281-8802.

Iowa Plan for Behavioral Health

Magellan Behavioral Care of Iowa has been awarded a contract to administer the Iowa Plan for Behavioral Health from January 1, 2010 through June 30, 2015. The Iowa Plan is the state's managed care program for mental health and substance abuse services funded by Medicaid through DHS and substance abuse services funded by federal block grants and state appropriations through IDPH. In the next month, Magellan will release an RFP to competitively procure IDPH-funded providers.



Iowa's Jail-Based Treatment Named 2009 Outstanding Criminal Justice Program in the Midwestern Region!

The National Criminal Justice Association (NCJA) has named Iowa's Jail-Based Substance Abuse Treatment Program as the 2009 Outstanding Criminal Justice Program in the Midwestern Region. NCJA's Executive Director, Cabell Cropper, wrote: "We were impressed with the solid record of effectiveness the program has attained in reducing recidivism and substance abuse. The program is an outstanding example of using federal funds to establish the program and local funding for sustaining it."

Division Director Kathy Stone stated: "The excellence of this project is a direct result of the hard work and commitment to effective recovery-oriented services and supports demonstrated every day by participating treatment providers, county sheriff's offices, the judicial system, and members of the community."

The Jail-Based Substance Abuse Treatment Program provides treatment and follow-up case management services to offenders in Polk, Scott, Story and Woodbury Counties. These counties' sheriffs—Bill McCarthy, Dennis Conard, Paul Fitzgerald, and Glenn Parrett—have each contributed jail space and staff resources to the project, as well as their personal endorsements. Treatment services are provided by United Community Services (Polk), the Center for Alcohol and Drug Services (Scott), Community and Family Resources (Story) and Jackson Recovery (Woodbury). Evaluation of the program is conducted by the Iowa Consortium for Substance Abuse Evaluation and Research.

Iowa's program will be recognized during the 2009 NCJA National Forum Awards Luncheon on August 11 in Bellevue, Washington.

For more information, contact Lonnie Cleland at lcleland@idph.state.ia.us.



Iowa Celebrates Recovery Month with Adventure!

An exciting event is being planned for the 20th Annual National Alcohol and Drug Addiction Recovery Month!

On September 20, 2009, Adventureland Amusement Park in Altoona will be the site for this year's statewide recovery event that celebrates the benefits of substance abuse treatment, salutes the work of treatment providers, and promotes the message of recovery from substance abuse and addiction.

Recovering persons, Access to Recovery participants, and their immediate family members can enjoy a fun day of rides, shows, and attractions—with a special 3:00p.m. presentation from notable guests. In addition, Recovery Month participants can receive free pop, popcorn and t-shirts while supplies last.

Tickets are limited! Treatment providers and ATR Care Coordinators must fax a Ticket Request Form to Training Resources at 515-309-3317 by **July 17th** to reserve tickets for recovering persons, ATR participants and family members. Tickets must be secured in advance.

For more information, contact Gena Hodges at 515-281-8465.

TRAININGS & CONFERENCES

Motivational Interviewing Assessment: Two-part Series

July 7-8 and Sept. 15-16 in Ames. To register, contact Candace Peters, Prairielands ATTC, University of Iowa, (319) 335-5362.

Responsible Gaming Training and Networking

July 28-29 in Riverside. For more information and to register, go to www.trainingresources.org.

Youth Program Quality Assessment (YPQA) Reliability Check

August 25 in Des Moines (specific location to be determined). For registration and additional information go to www.ICYD.org.

Transformational Change with Stephen Hacker

September 14 at Hilton Garden Hotel in Johnston. Watch for registration information at http://www.idph.state.ia.us/bh/substance_ause.asp.

National Alcohol and Drug Addiction Recovery Month

September 20 at Adventureland in Altoona. To reserve tickets, visit www.idph.state.ia.us/bh/substance_abuse.asp and download the Ticket Request Form. Fax the completed form to Training Resources at 515-309-3317 by July 17.

For more information about the Division of Behavioral Health, visit

www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors: Julie Hibben (jhibben@idph.state.ia.us) or Kory Schnoor (kschnoor@idph.state.ia.us)