



# A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

## INSIDE THIS ISSUE:

**STAFF SPOTLIGHT** 1

**DIRECTOR'S CORNER** 1

**DIVISION UPDATES** 2

**RELATED NEWS** 3

**TRAININGS AND CONFERENCES** 4

**IOWA DEPARTMENT OF PUBLIC HEALTH**

**DIVISION OF BEHAVIORAL HEALTH**

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Kathy Stone is the Director of the Division of Behavioral Health



Dean Austin is the Bureau Chief of the Division's Bureau of Administration, Regulation and Licensure. Dean oversees the Division's contracting process; licensing and regulation of substance abuse and problem gambling treatment programs; the Anatomical Gift Program; and administration of

the Private Sector Employee Drug Testing law.

Other activities in the Bureau include reviewing substance abuse assessment and treatment requirements related to reinstatement of drivers licenses following OWI violations; assisting local organizations developing plans to improve access for individuals with disabilities; and managing and analyzing Division data.

Dean serves as Iowa's representative to the National Treatment Network and as the State Opioid Treatment Authority. He has been involved in IDPH's oversight of the Iowa Plan for Behavioral Health since its inception in 1995.

On a personal note, Dean has been married to his wife Char for almost five years. He has one son, two step-children, and five grandchildren.

Dean started with Iowa state government in February 1979 as a District Coordinator with the Iowa Department of Substance Abuse (IDSA). In 1986, IDSA merged with the Iowa Health Department to form the Iowa Department of Public Health.

When Dean spoke recently with a staff person at a local substance abuse treatment program, the staff person said, "I remember you, you've been around as long as I have!"

## DIRECTOR'S CORNER

Hello. In reading this month's newsletter, I was struck by how much good work there is to recognize and celebrate across the state.

Recovery Month, of course! You can read about this year's celebration on page 2. Every September we take time to celebrate substance abuse recovery, and that's a good thing to do.

You'll also see articles about work the Division is doing and updates on grants and projects.

But equally important, are the things each of us — each of you — do every day that help Iowans live lives of their choosing.

You'll see a new section in the newsletter this month under the heading "Congratulations!". While *A Matter of Substance* is intended to keep you informed of Division of Behavioral Health activities and priorities, we also want to "spotlight" (another new feature in this edition) your successes and milestones.

Let us know what's going on. I can't promise we'll print everything we receive but we'll do our best to recognize and celebrate your good work and good news!

That's a great segue for me to thank those of you who've responded to my invitation to hear from people in the field who consider themselves to be in recovery. I haven't talked with everyone yet but I will ... and I'm getting great answers to my original question — what helps and what matters?

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### Iowa Celebrates Recovery Month at Adventureland!

Nearly 2,000 Iowans joined together on September 20 to celebrate recovery at Adventureland in Altoona.

“Celebrate with Adventure” recognized the benefits of treatment and the contributions of treatment providers and promoted the message of recovery from substance abuse.

In an afternoon ceremony, IDPH Director Tom Newton said it was a proud day for Iowa and that IDPH was glad to sponsor this 20th anniversary of National Alcohol and Drug Addiction Recovery Month. He thanked Bridges of Iowa, the National Guard Midwest Counterdrug Training Center, MECCA, and Training Resources for making the event so great. Director Newton said the celebration was important to all the participants and to the 50,000 Iowans who receive treatment or recovery support services each year and the thousands more who benefit from prevention activities, noting that, while bad times happen with addiction, good times come with recovery.



Senator Chuck Grassley speaking at Recovery Day

Iowa's Senator Chuck Grassley offered his support for treatment and recovery programs, saying they are as effective as treatment for other chronic conditions. He voiced his support for Recovery Month and making all those affected by addiction aware of treatment so they can reclaim their lives and contribute to their communities. Senator Grassley highlighted the good work of community coalitions and took time to talk personally with attendees.

Featured speaker Andrew Allen of Huxley, Iowa's representative at last

year's national recovery event in New York City, shared his personal story and highlighted his mantra “and then some”, urging people to do the best they can to help others and then do even more — *and then some*. Andrew told of the power of believing in someone, even when they don't believe in themselves. That kind of support made a difference in his life and is one way he gives back.

*IDPH sponsorship of Recovery Month was made possible by Access to Recovery funding from the Center for Substance Abuse Treatment in the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration.*

### Prevention Through Mentoring and Youth Development Grants

Since 2005, IDPH has received legislative appropriations for youth mentoring and development programs. Funding is distributed locally to 18 agencies through Prevention Through Mentoring and Youth Development to Reduce Substance Abuse grants.

In 2009, funded agencies established 817 mentoring matches, a 10% increase from 2008. That same year, 1,671 youth were involved in out-of-school-time youth development activities and 915 youth participated in evidence-based prevention programming. At least 87% of these youth expressed positive attitudes against alcohol, cigarette, and marijuana use.

**Spotlight:** The Great Relationships in Pairs (GRIP) Mentoring Program at Youth & Shelter Services (YSS) is a Prevention Through Mentoring grantee. Karen Cruise, YSS GRIP Mentoring Coordinator states, “Our GRIP Mentoring program started in 1999. Thanks to the continued support of IDPH, GRIP Mentoring has expanded to offer quality programs in both Boone and Story counties, serving over 300 K-8<sup>th</sup> grade students annually in five school districts in Story County alone. It has been a valuable partnership throughout the years!”

### STAR-SI Improves Access to Addiction Treatment

Iowa's Strengthening Treatment Access and Retention - State Implementation (STAR-SI) grant is coming to an end, having made a significant contribution to helping treatment programs be more client-responsive and outcomes-based.

In 2006, Iowa applied to the Center for Substance Abuse Treatment to fund a STAR-SI initiative that would apply process improvement and organizational change techniques developed by the Network for the Improvement of Addiction Treatment (NIATx) at the University of Wisconsin to “four aims”: 1) reduce wait time; 2) reduce no shows; 3) increase admissions; and 4) increase continuation in treatment.

Dissemination of NIATx principles was done through State Learning Collaboratives, Change Leader Academies, conference calls, and peer mentoring. Over the course of STAR-SI, Iowa's 21 participating substance abuse treatment programs reduced wait time from 1st contact to assessment by 10%, increased admissions by 20% and increased total units of service provided by 18%. Some programs even increased revenues and co-pay collections!

In the past few months, NIATx has been expanded to substance abuse prevention and, through the Prairielands ATTC, to treatment for co-occurring problem gambling and substance abuse.

### SPF SIG Grant Update

Iowa received a Strategic Prevention Framework State Incentive Grant (SPF SIG) in July and is awaiting approval for our final budget and state plan. SPF SIG will fund specific activities with community coalitions, selected through county binge and underage drinking data. For more information, go to

<http://prevention.samhsa.gov/about/spf.aspx>

## RELATED NEWS

### Iowa TeenScreen Program

In 2007, IDPH received a SAMHSA grant to address youth suicide through statewide mental health screening.

Dale Chell, M.S., the Division's Youth Suicide Prevention Coordinator, selected the TeenScreen Schools and Communities program, already in use in many Iowa communities, to fulfill the goals of the grant. Iowa now has the 65 TeenScreen sites, the 3rd largest number in the country – many in collaboration with local area education agencies (AEAs).

**Spotlight:** Through an IDPH grant, TeenScreen Program Coordinator Sharon Yearous, Ph.D.(c), R.N., was able to grow and expand the TeenScreen program in eastern Iowa and Cedar Rapids. She created the Mobile Mental Health Screening Program, through which a trained screening team travels from school to school with screening questionnaires loaded on laptop computers. “By being mobile, we’re able to offer more teens the opportunity for a mental health checkup,” said Yearous.

### Access To Recovery Meets Performance Goals

Iowa's Access To Recovery (ATR) program is one of just seven of 24 grantees nationwide to meet SAMHSA performance requirements. ATR-Iowa met the GPRA follow-up interview rate of 80% and exceeded our client enrollment goal by 125%, making Iowa eligible for a supplemental award of \$319,424. The bulk of the award will be added to the \$3.2 million available for the third year of the ATR program, which began October 1. \$75,000 of the award is going to ATR care coordination providers that served at least 10 clients and who met or exceeded the 80% GPRA follow-up rate as of August 31. Twenty-one providers met the eligibility requirements and will receive incentive funding!

To learn more about ATR and recovery-oriented services and supports, visit [www.idph.state.ia.us/atr](http://www.idph.state.ia.us/atr).

### 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.

For more information go to [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

To request training from an IDPH certified instructor, contact Michele Tilotta at [mtilotta@idph.state.ia.us](mailto:mtilotta@idph.state.ia.us).

### Fast Facts from the Consortium

Do you know these facts about binge drinking?

- *The percent of 18-25 year-old Iowans who engaged in binge drinking in the past month (51%) was higher than the national rate of 42%. Favorable community and peer norms about alcohol use and easy access to alcohol contribute to this problem.*
- *Binge drinking among women increases the risk for breast cancer by 55%.*
- *Binge drinking nearly doubles the risk of stroke for men and women.*
- *One in four Iowa students in 11th grade report binge drinking in the past 30 days.*
- *College students who binge drink are 10 times more likely to suffer an injury.*

Data from the Iowa Substance Use Epidemiological Profile

Watch for more “fast facts” from the Iowa Consortium for Substance Abuse Research and Evaluation.

### Addictions Studies Program

Substance abuse prevention and treatment improve the lives of many Iowans. But how do you measure that

improvement, how do you show the cost savings that come from effective prevention and treatment, and how do you build on your successes to improve services even further?

These questions — and ways to begin to answer them — were the focus of the National Conference of State Legislatures Addiction Studies Program held in Seattle, WA September 10-12. State Representative Mark Smith (Marshalltown) assembled a team from Iowa that included Representative Deborah Berry (Waterloo), Senator Mary Jo Wilhelm (Cresco), and IDPH staff, Michele Tilotta and Mark Vander Linden, to learn from leaders in the field about the cost effectiveness of substance abuse services.

The Iowa team identified the following goal areas to work on over the next several months: 1) enhance service delivery based on data and priorities; 2) improve treatment outcomes; and 3) reduce adolescent substance use.

### Prevention Symposium Expanding

The 2009 Prevention Symposium will be held in Des Moines on November 5. This year, in an effort to offer attendees a broad range of prevention topics, the Symposium will address not only substance abuse prevention but will include speakers and presentations on problem gambling education, tobacco use prevention, and youth mentoring. For more information about this year's Prevention Symposium, go to [www.trainingresources.org](http://www.trainingresources.org).

### Congratulations!

- to **Heartland Family Service** on being a recipient of the 2009 SAMHSA Science and Service Award
- to **MECCA** on celebrating 40 years of providing substance abuse prevention and treatment services
- to **Kory Schnoor** on his promotion to Community Health Consultant for IDPH's E-Health efforts

## Alert! Adulterated Cocaine

SAMHSA is alerting health professionals that cocaine may be adulterated with levamisole – a veterinary anti-parasitic drug. There have been approximately 20 cases nationally of agranulocytosis (a serious, sometimes fatal blood disorder), including two deaths, associated with adulterated cocaine.

Ingesting cocaine mixed with levamisole can seriously reduce a person's white blood cells, suppressing immune function and the body's ability to fight off even minor infections. People who snort, smoke, or inject crack or powder cocaine contaminated by levamisole can experience overwhelming, rapidly-developing, life threatening infections.

## Meth Mixed in Two Liter Bottles Found in Iowa

The Des Moines Register reports that "shake-and-bake" methamphetamine is now being produced in Iowa. This is a dangerous meth-making method that produces small batches of the illegal stimulant in a short period. The technique is an apparent attempt to skirt restrictions on the purchase of cold and allergy medicines that contain pseudoephedrine, a key component of meth.

Authorities worry that shake-and-bake poses danger not only to users but also to bottle hunters who comb ditches and trash cans for redeemable containers. Gary Kendell, director of the Governor's Office of Drug Control Policy, said evidence of hand-held meth production has shown up in Muscatine and Webster counties, where narcotics officers have made roadside discoveries of empty plastic containers lined with the toxic by-product of the meth process.

Iowa Governor Chet Culver  
Iowa Lt. Governor Patty Judge



# Fight the Flu.

Remember the 3 Cs



**Cover your cough.**  
Use a tissue or your elbow.



**Clean your hands.**  
Use soap and water or hand sanitizer.



**Contain germs.**  
Stay home when sick.

## TRAININGS & CONFERENCES

### *Mayo Clinic Nicotine Dependence Workshops*

October 15 in Cedar Rapids and October 20 in Sioux City. For more information and to register, go to [www.trainingresources.org](http://www.trainingresources.org).

### *Identifying & Treating Prescription Drug Abuse*

October 16 in Sioux City. For more information, contact Andrea Rohlena at Jackson Recovery at 712-234-2390

### *Iowa Disaster Behavioral Health Response Team Basic Training*

October 22 in Ottumwa and October 23 in Des Moines. For more information, call Karen Hyatt at DHS at 515-281-3128.

### *Prevention Ethics Recertification*

November 4 in Des Moines. For more information and to register, go to [www.trainingresources.org](http://www.trainingresources.org).

### *Prevention Symposium*

November 5 in Des Moines. For more information and to register, go to [www.trainingresources.org](http://www.trainingresources.org).

### *Treating Trauma Related to Substance Abuse*

November 5 in Marshalltown. For more information, go to [www.satuci.com](http://www.satuci.com).

### *Group Therapy*

November 10 - Save the Date. For more information, go to [www.trainingresources.org](http://www.trainingresources.org)

### *Prevention Ethics*

December 8 in Johnston. For more information and to register, go to [www.counterdrugtraining.com](http://www.counterdrugtraining.com)

## NEW RESOURCES FROM ISAIC

Below are new resources available for loan through IDPH's Iowa Substance Abuse Information Center (ISAIC) website at [www.drugfreeinfo.org](http://www.drugfreeinfo.org).

### Books:

*How to Raise a Drug-Free Kid* by Joseph A Califano, Jr.

*Blackout Girl - Growing Up and Drying Out in America* by Jennifer Storm

*I've Got This Friend Who ... by America's Teens and the Experts at Kids Peace* from Hazelton

*Methamphetamine Addiction: From Basic Science to Treatment* by John Roll

### DVDs:

*Meth Inside Out*

*Women and Addiction*

*Angry and Violent Teens*

For more information about the Division of Behavioral Health, visit

[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

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