



# A MATTER OF SUBSTANCE: At-a-Glance

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## DIVISION QUICK FACTS

**Suicide Prevention Walks in Iowa:** The Iowa "Out of the Darkness" Suicide Prevention and Awareness walks are for anyone who cares about the problem of suicide, but are especially intended for those who have lost a friend or family member to suicide. The Division is sponsoring three walks this fall: September 13<sup>th</sup> at Noelridge Park in Cedar Rapids; September 20<sup>th</sup> at the DMACC Lake, Building 7, in Ankeny; and October 3<sup>rd</sup> at Southbridge Mall in Mason City. To get more information or to sign up for any of the Iowa Out of the Darkness walks, visit <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.eventList&filter=true&state=iowa>.

**Iowa Youth Survey Trend Report:** The Trend Report for the Iowa Youth Survey is designed to help state-level planners, community agencies, and school personnel identify youth needs, implement relevant targeted interventions, and assess outcomes. The full report will soon be released for the 2008 Iowa Youth Survey results. One notable trend from the most recent survey is that the number of 11th graders who report not using alcohol in the past 30 days has increased by 5.2 percent points from 2005 to 2008. This and other trend data will soon be available at [www.iowayouthsurvey.org](http://www.iowayouthsurvey.org).

**Unintentional Poisonings Increase in Iowa:** Unintentional poisoning is a growing problem in Iowa and the number of deaths from unintentional poisoning is climbing. According to a report by the University of Iowa, deaths from unintentional poisoning rose in Iowa from 67 in 2002 to 160 in 2008, an increase of 139 percent. That compares to an increase of 1.6 percent in Iowa's overall mortality rate for that same time period. Unintentional poisonings are typically a result of interactions between prescription medications or between prescription medications and alcohol or illicit drugs. The increase in deaths parallels an increase in the prescription of narcotics, muscle relaxants, and other types of sedatives.

### Notice of Available Funds:

The Mentoring Collaborative

For more information, go to [www.idph.state.ia.us/apl/notice\\_of\\_funds.asp](http://www.idph.state.ia.us/apl/notice_of_funds.asp).

**Director's Corner:** Last month I invited people in recovery who work in prevention or treatment to contact me with ideas of what works in our service system and what matters. Thanks to those of you who responded – much appreciated! If we haven't connected yet, we will in the next few weeks. For those of you who haven't responded – the invitation still stands! You can reach me at [KStone@idph.state.ia.us](mailto:KStone@idph.state.ia.us) or at 515-281-8021. Thanks, Kathy Stone

## UPCOMING EVENTS

### National Alcohol and Drug Addiction Recovery Month

September 20 at Adventureland in Altoona.

For more information, go to

[www.idph.state.ia.us/bh/substance\\_abuse.asp](http://www.idph.state.ia.us/bh/substance_abuse.asp).

### Finding Balance After the War Zone: Preparing Treatment Systems to Meet the Needs of Returning Vets

September 22 in Clive.

For more information and registration, go to

[www.trainingresources.org](http://www.trainingresources.org).

### Approaches to Co-Occurring Mental Illness & Substance Abuse Conference

September 29 in Iowa City.

For more information and registration, go to

[www.uiowa.edu/~fusstfdv/index.html](http://www.uiowa.edu/~fusstfdv/index.html).

### 9th Annual Brain Injury Awareness Walk

October 3 at Gray's Lake in Des Moines. Registration begins at 9am.

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

### NAMI Mental Health Awareness Walk

October 3 at Waterworks Park in Des Moines.

For more information, go to [www.namiowa.com](http://www.namiowa.com) or contact

Michele Tilotta at [mtilotta@idph.state.ia.us](mailto:mtilotta@idph.state.ia.us).

### 2009 Mental Health Conference

October 6-7 in Ames.

For more information and registration, go to

[www.trainingresources.org](http://www.trainingresources.org).

### HIV 2009: An Interdisciplinary Conference

October 16 in Iowa City.

For more information and registration, go to

[www.medicine.uiowa.edu/cme](http://www.medicine.uiowa.edu/cme)

or call 319- 335-8599.

### 2009 Prevention Symposium

November 5 in Des Moines.

For more information and registration, go to

[www.trainingresources.org](http://www.trainingresources.org).

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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