



A MATTER OF SUBSTANCE

JULY 2012

A PUBLICATION OF THE IDPH
DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: JEFF GRONSTAL

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Jeff Gronstal has been with IDPH for 23 years. He is a Health Facility Surveyor in the Division of Behavioral Health. Jeff joined IDPH in 1989 after working as a substance abuse counselor for Holy Family Hospital in Estherville and for Powell CDC/Iowa Health System, Des Moines.

Jeff's primary responsibilities at IDPH are inspection and licensing of substance abuse treatment programs across the state. The job also entails development and promulgation of related administrative rules, investigation of complaints against licensees, monitoring opioid treatment, and providing technical assistance. Jeff has also served as IDPH's representative to the Iowa Council on Homelessness, serving as its current chair.

Outside of his daily IDPH responsibilities, Jeff has served as board member and president of the Iowa Board of Substance Abuse Certification and board member of the National

Certification Reciprocity Consortium and the National Association of Alcohol and Drug Abuse Counselors. He is active in the community as a member of his neighborhood association and serves as the chair of the City of Des Moines Housing Appeals Board.

Jeff has two grown children and is the proud grandpa to a 4-year old grandson.

Jeff says "The best part about working in the addictions field and for the Department is the people I work with and those in the field I have had the opportunity to meet and to collaborate with."

DIRECTOR'S CORNER

Hello. Here's a list of recent legislative directives and grant awards that might be of interest to you. Watch for details in future newsletters.

2012 Iowa Legislation:

- **Mandatory Reporter Training** - IDPH will convene a workgroup to review mandatory child abuse reporter training and make recommendations to the Governor/legislature by December 15.
- **Veterans** - IDPH will participate in a Department of Veterans Affairs workgroup to provide education and counseling related to alcohol and chemical dependency and suicide among veterans.
- **Youth Suicide Prevention** - IDPH has posted an RFP for a suicide prevention program including internet-

based resources and communications and a telephone hotline for youth who are targets of bullying. A report and recommendations are due to the Governor/legislature by January 15, 2013.

- **Mental Health Redesign** - IDPH will convene a **workforce workgroup** with a report to the Governor/legislature December 14. IDPH will participate in the DHS **workgroup on regulatory requirements**, addressing data systems and accreditation/licensure standards. IDPH will also participate in the **DHS/judicial branch workgroup** to consolidate involuntary commitment laws in Chapters 125 (substance abuse), 222 (intellectual disability) and 229 (mental illness) and

establish a statewide patient advocacy program, with a report to the Governor/legislature by December 1.

Grant Awards:

- **Improving the Health of People with Disabilities** - IDPH received a 3 year, \$900,000 CDC grant to support access to health services by persons with disabilities.
- **Iowa Recovery Health Information Technology** - IDPH received a 3 year, \$838,200 SAMHSA grant to expand substance abuse telehealth treatment.
- **SBIRT** - IDPH received a 5 year, \$7.5M SAMHSA grant to implement substance abuse screening, brief intervention, and referral to treatment services in Iowa.

IOWA DEPARTMENT OF PUBLIC HEALTH

DIVISION OF BEHAVIORAL HEALTH

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Kathy Stone is Director of the Division of Behavioral Health

DIVISION OF BEHAVIORAL HEALTH UPDATES

National Women's Health Week

As part of their *National Women's Health Week* celebration in May, the Quad Cities hosted a conference with the theme - *Praise to the Women on Their Journey*. The conference focused on providing the community with health and wellness information for women on living a healthy lifestyle. The **Center for Alcohol and Drug Services (CADS)** participated in the conference as a vendor booth/ supporter, in addition to holding an awareness event where they distributed pin ribbons to staff and clients. Those wearing pins were asked to make a commitment to a healthy lifestyle, ranging from eating fruit to getting a mammogram.

For more information on the activities hosted by CADS, contact Krystle Krauss at KKrauss@cad-ia.com.

Underage Drinking Task Force Aligns with SPF SIG Advisory Council

At its June 19 meeting, the state **Underage Drinking Task Force** voted to officially align with the Strategic Prevention Framework State Incentive Grant (SPF SIG) Advisory Council.

The original Underage Drinking Task Force was started by the IDPH Division of Behavioral Health and the Governor's Office of Drug Control Policy as a response to the 2007 Surgeon General's *Call to Action to Prevent and Reduce Underage Drinking*. The task force developed the first state plan for prevention of underage drinking and later functioned as a subcommittee of the Drug Policy Advisory Council.

Because underage drinking is one of the two statewide SPF priorities, it makes sense for the two groups to align, rather than duplicate, their efforts. In addition, many of the same agencies and organizations are represented on both groups. For the remainder of the SPF project, Underage Drinking Task Force members will provide input to under-

age drinking prevention through their organizations' representatives on the SPF SIG Advisory Council.

IDPH acknowledges and appreciates the contribution the Underage Drinking Task Force has made toward reducing a significant problem in our state.

Drug Training Available

The **Midwest Counterdrug Training Center** will host a **Science Based Drug Education (SBDE)** course at Camp Dodge in Johnston, July 10-13. The course is designed for substance abuse prevention specialists, treatment staff, resource officers, law enforcement personnel and community trainers.

SBDE is a research-based presentation on various drugs and their effects on the human body, as well as related social issues. SBDE alerts communities to warning signs and drug trends. Anti-drug education is critical for schools and communities to be proactive against illicit drugs. The training is best for people working with youth between 10-17 years of age. The 3.5 day SBDE curriculum allows attendees to build their presentation to fit their personal presentation style. Registration is free. To register, go to www.counterdrugtraining.com

Prevention Summit

The Strategic Prevention Enhancement (SPE) Policy Consortium, in partnership with IDPH and SAMHSA, held a Prevention Summit on June 18 in Des Moines. Attended by 80 prevention and health promotion professionals, the Summit's goal was to bring together state and local leaders and stakeholders to assess needs and recommend strategies on state policies, education, public awareness and resources to support the expansion of formalized and coordinated substance abuse prevention efforts.

Keynote presentations were made by Kathleen Reynolds, MSW, from the SAMHSA/HRSA Center for Integrated Health Solutions, and Joan King, RN, of Joan Kenerson King Consulting and

Counseling. The speakers presented an overview of federal healthcare initiatives and discussed collaboration with primary health care services and the role of substance abuse prevention in such collaboration.

Attendees made specific action recommendations for the four main focus areas of Iowa's 5-year SPE strategic plan to improve substance abuse prevention policy, planning, and services:

- Coordination of Services
- Data Collection Analysis and Reporting
- Technical Assistance and Training
- Performance and Evaluation.

The SPE strategic plan will include these recommendations and will align with SAMHSA's mission, strategic initiatives, and goals. A follow-up to the Summit is planned for August 7, from 1-3:30 pm.

For more information on the strategic plan and SPE, contact Linda McGinnis at linda.mcginis@idph.iowa.gov.

Prevention Media Campaign Earns Award

The American Advertising Federation has awarded a national ADDY to **Bottle Caps**, a mixed-media campaign to prevent underage drinking, developed by ZLR/IGNITION for IDPH.

The Bottle Caps campaign exposes the risks of underage drinking by showing bottle caps imprinted with some of the most important facets of life – friends, grades, reputation, college – that can be “thrown away” by drinking. The campaign includes television spots, outdoor advertising and posters.

“The campaign delivers a powerful message that will convince many underage Iowans not to drink,” says Julie Hibben, project director for the IDPH Bureau of Substance Abuse.

The Silver ADDY was the only national ADDY awarded to an Iowa agency this year. For more information about the Bottle Caps campaign, contact Julie Hibben at julie.hibben@idph.iowa.gov.

RELATED NEWS

Primary Care Integration — Provider Spotlight

Much discussion has taken place lately on the integration of primary medical services into behavioral health settings. The following are examples of two substance abuse treatment providers who have made significant progress on assuring medical care for their clients.

As a small, non-profit attempting to integrate primary health care into their substance abuse services system, **United Community Services (UCS)**, researched a variety of options before determining that it made the most sense to fold those services into their organization instead of linking to a separate, external primary care provider. In late 2011, while in the process of moving to a larger facility to better serve clients, UCS decided to dedicate space to a family practice. Their concept -- meet the medical needs of their substance abuse clients and also serve the broader neighborhood as a medical provider.

Franklin Family Practice opened at the UCS 4908 Franklin Avenue location in Des Moines in mid-February with one physician, Dr. Joe Freund, and one nurse, Leigh Ebbesmeyer. The two organizations share administrative resources as well as space. The result -- an on-site, addiction-informed medical team that supports "warm handoffs" between the substance abuse treatment intake counselors and medical staff and vice versa.

Jackson Recovery Centers has established a collaborative relationship with Siouxland Community Health Center (SCHC) to link Jackson patients to much needed on-site primary medical care. Clinic space is available at all Jackson program sites with the exception of satellite offices where telemedicine services are available. Historically, many Jackson Recovery patients have not been able to afford regular medical care and often an addicted person is not well understood in the primary medical care system. In fact, many addicted persons may relate to the physician's office as

a place to seek drugs rather than to seek health.

Through this partnership, Jackson has the opportunity to ensure the most recovery-supported medical care possible and to teach patients how to receive necessary recovery supportive care. The partnership also provides training and experience to the SCHC physicians and physician extenders on how to provide recovery supportive care to addicts.

TB Rules

IDPH staff have drafted an amendment on **Tuberculosis (TB) Screening for Health Care Workers and Residents**, to be added to substance abuse and problem gambling treatment program licensure rules in the Iowa Administrative Code (IAC). The proposed amendment replaces current language requiring all clients admitted to residential, inpatient or halfway house services and high-risk outpatient clients to have a TB skin test, simplifies certain requirements, and drops the requirement to test high-risk outpatient clients. The proposed amendment adds a requirement that residential, inpatient or halfway house staff have a TB skin test.

Intended to protect the health and safety of Iowans, these changes will bring Iowa into compliance with TB testing recommendations from the Centers for Disease Control. IAC rules for other State agencies have been amended to require TB screening for employees in other work settings such as child care centers, hospitals, nursing facilities, and residential and intermediate care facilities.

If approved by the Iowa Board of Health, the amendment will be published in the Iowa Administrative Bulletin on July 25. Any interested person may make written comments on the proposed amendment by August 14, 2012. A public hearing will be held on that date from 12-1 pm in Room 517 of the Lucas State Office Building. Written comments should be directed to Bob Kerksieck at Robert.Kerksieck@idph.iowa.gov.

Fast Facts from the Consortium

The **Culturally Competent Substance Abuse Treatment Project (CCTP)** began in December 2006. Two agencies currently provide project services: the **Area Substance Abuse Council (ASAC)** in Cedar Rapids and **Jackson Recovery Centers** in Sioux City. The Consortium has served as the project evaluator since its inception.

Based on a recent review of CCTP data:

- CCTP projects admit significantly lower percentages of females compared to males than the Comparison group of minority clients in other treatment programs in Iowa. Minority females comprised 13% of CCTP admissions, but comprised 22% of admissions in other programs.
- Women in the CCTP project so far successfully completed treatment at about the same rate as men, whereas, statewide, minority females successfully completed treatment at much lower rates. 60% of the women in the CCTP group successfully completed treatment, vs. less than 50% in the Comparison group. However, the sample size of women is too small at this point to draw conclusions.
- CCTP clients remain in treatment significantly longer than minority clients in other treatment programs, regardless of discharge status. The overall length of stay for CCTP clients is 93 days, vs. 57 days for the Comparison group. Notably, CCTP programs increased the treatment exposure of "Unsuccessful" clients by 1.5 times, extending their average length of stay by 16 days.

Watch for more "fast facts" from the **Iowa Consortium for Substance Abuse Research and Evaluation** at the University of Iowa.

Covington Conference

In May, SAMHSA provided support for IDPH provider representatives to attend the 3rd National Covington Curriculum Conference in St. Paul, MN, June 19-21. The two Iowa representatives were **Krystle Krauss, Center for Alcohol and Drug Services** in Davenport, and **Erin Juhl, Zion Recovery** in Atlantic.

Named for women's services expert, Dr. Stephanie Covington, conference participants received information on facilitation of a variety of different curricula, such as:

- *Voices*
- *Beyond Trauma*
- *Helping Women Recover - A Program for Treating Addiction*
- *A Woman's Way through The Twelve Steps*

Dr. Covington emphasized that major social issues facing the country daily, such as racism, sexism, poverty, addiction, mental illness, violence, abuse, and incarceration are women's issues and impact women differently than men. Dr. Covington challenged providers to continue gender responsive approaches through trauma-informed, strengths-based, and relational theory services. She also challenged providers to "be the change we encourage those we serve to practice" through safety, trustworthiness, choice, collaboration, and empowerment.

For more information, visit www.stephaniecovington.com.

ISAIC Resources:

Here are some favorite and some new resources available from the Iowa Substance Abuse Information Center.

- 3 DVDs: *High on Spice, Bath Salts, and Synthetic Drugs - Chemistry's Dark Side*
- 3 Books - *We All Fall Down, The Lost Years, Change Your Gambling - Change Your Life*
- 2 Pamphlets: *Synthetic Cocaine, Herbal Incense*

Contact ISAIC at 1-866-242-4111 or at www.drugfreeinfo.org

Differential Response

On April 12, Governor Branstad signed House File 2226, directing the Department of Human Services to conduct a "comprehensive review to evaluate the possibility of implementing a *differential response* to child abuse reports." Differential Response Systems allow and encourage child protective services agencies to provide services without a formal determination of abuse/neglect.

Differential Response is typically used with reports that do not allege serious and imminent harm. Factors such as the type and severity of the alleged maltreatment, the number of previous reports, and the willingness of the parents to participate in services help determine the appropriateness of this response and support a non-adversarial, cooperative approach to meet each family's unique needs. By providing interventions that correspond to the severity of the concern reported, differential response can result in appropriate services to resolve family issues, easing the cause or likely reoccurrence of the original concern.

Fifteen individuals representing diverse constituencies, stakeholders and perspectives agreed to serve as members of the Iowa Differential Response Workgroup. The members are completing a comprehensive review to gather information, make informed decisions, and provide recommendations to the legislature on the development, implementation and launch of a Differential Response Child Protection System in Iowa.

For more information, contact Michele Tilotta at michele.tilotta@idph.iowa.gov.

TRAININGS AND CONFERENCES

Helping Clients Incorporate Stress Management Into Recovery

July 11

Ankeny - Iowa Board of Certification
To register, go to www.iowabc.org

Data Collection: Sources and Methods

July 12

Via webinar from 10:00 - 11:30.

To register, go to

www.trainingresources.org

Justice in Our Communities

July 31 - August 2

Muscatine - Clarion Hotel

For more information, call Nancy Wells at 515-401-9897

Data Reporting: Mobilization and Sustainability

August 2

Via webinar from 10:00 - 11:30.

To register, go to

www.trainingresources.org

SAVE THE DATE - 2012 Mental Health Conference

October 9-10

Ames - Scheman Conference Center

Watch for details at

www.trainingresources.org

SAVE THE DATE - 2012 Drug Endangered Children Conference

October 23-25

Des Moines - Marriott downtown

Watch for details at

www.nationaldec-conference.org

Annual Prevention Conference

November 1

Des Moines - Community Choice

Credit Union Convention Center

Watch for details at

www.trainingresources.org.

For more information about the Division of Behavioral Health, visit

www.idph.state.ia.us/bh

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