



# A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

## STAFF SPOTLIGHT: ERIC PREUSS

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Eric Preuss, MA, IAADC, CCS, is the program manager for the Office of Problem Gambling Treatment and Prevention and is project director for the Iowa Recovery Health Information Technology (IRHIT) SAMHSA grant.

Eric joined the Behavioral Health Division in December 2010 as IDPH's Iowa Plan for Behavioral Health program manager, providing daily

functional oversight of Iowa Plan substance abuse services and the division's statewide addictions management program.

Prior to joining IDPH, Eric spent more than 20 years as a counselor, educator, and leader in substance abuse treatment and homelessness. He and his family moved to Iowa from Ohio in 2005, when he took a position with Community and Family Resources in Fort Dodge. Eric has a Master's degree in Alcohol and Drug Abuse Ministry from the Methodist Theological School in Ohio, and an undergraduate degree from Valparaiso University in Music Merchandising.

Eric and his wife Debbie, an RN originally from Prole, have three grown children (one married), and

welcomed Lady, a terrier/lab mix to the family last January.

Eric has enjoyed his time at IDPH, and feels privileged to collaborate with providers and stakeholders passionately committed to improving the quality of life for Iowans. He recently visited the 11 IDPH-funded problem gambling prevention and treatment programs where he heard many stories about how Iowans have benefited from treatment, and how providers work to raise awareness about problem gambling.

Eric and Debbie are active at Lutheran Church of Hope and sing in the Praise Choir. Eric plays keys and acoustic guitar in the worship bands, including the Celebrate Recovery ministry.

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Kathy Stone is Director of the Division of Behavioral Health

## DIRECTOR'S CORNER

Are you informed about the **Iowa Health and Wellness Plan**? You should be!

For the most up-to-date information, go to the DHS Iowa Medicaid Enterprise website at <http://www.ime.state.ia.us/iowa-health-and-wellness-plan.html>.

For now, here's a general overview of the Iowa Health and Wellness Plan (IHWP), based on DHS's August 2013 Iowa Wellness Plan 1115 Waiver application:

In May 2013, the Iowa Legislature passed the Iowa Health and Wellness Plan, Iowa's response to the

federal Affordable Care Act, assuring universal access to health insurance for all Iowa citizens. The final version of the IHWP was approved by Governor Branstad and the U.S. Department of Health and Human Services in December, for insurance coverage beginning on January 1, 2014.

The IHWP will implement **three options: 1) the Iowa Wellness Plan** serving eligible individuals with income up to and including 100% of the Federal Poverty Level and medically exempt individuals with income up to and including 133% of the FPL through Medicaid

managed care; **2) the Marketplace Choice Plan** serving non-medically exempt individuals with income 101-133% of the FPL through premium assistance to enroll in qualified health plans through the health insurance marketplace; and **3) providing premium assistance for individuals with income up to and including 133% of the FPL who have access to cost-effective employer sponsored insurance coverage under Iowa's Health Insurance Premium Payment (HIPP) program.**

We'll take a closer look in future newsletters.

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### Families in Focus - Year 2

**Heartland Family Service**/Council Bluffs and **MECCA**/Iowa City have joined the Families in Focus project, now in its second year.

Families in Focus is IDPH's three-year cooperative agreement with SAMHSA to improve Iowa's treatment and recovery support services infrastructure for adolescents with substance use problems or with co-occurring substance use and mental health disorders.

In year 1, **Prairie Ridge**/Mason City and **Youth and Shelter Services**/Ames, the project's designated "Focus Centers", began implementing **Multi-Dimensional Family Therapy (MDFT)**, the project's evidence-based practice of choice. Following five months of intensive MDFT training, Iowa now has six trained therapists, two of whom are trained as MDFT supervisors making them qualified to train others in the state.

Beginning in January, **Jeannie Giordano-Shanks** of Prairie Ridge and Cindy Rowe of MDFT International will begin training nine new therapists in MDFT. Each therapist will also be trained in administration of the **Comprehensive Adolescent Screening Inventory (CASI)**, IDPH's choice for an evidence-based assessment tool. It is projected that the project will have a total of 17 MDFT-trained masters-level therapists by mid-summer 2014.

By training professionals on evidence-based approaches for working with adolescents and families struggling with substance use and mental health disorders, the Families in Focus project supports engagement and retention of a vulnerable population in effective, specialized treatment and recovery support services.

For more information about Families in Focus, contact Lonnie Cleland at [lonnie.cleland@idph.iowa.gov](mailto:lonnie.cleland@idph.iowa.gov).

### IRHIT

In 2012, IDPH received a three-year \$838,200 technology capacity enhancement grant from SAMHSA to improve accessibility to substance abuse treatment services for rural Iowans. Through the Iowa Recovery Health Information Technology (IRHIT) project, local IDPH-funded treatment programs will use electronic methodologies to:

- increase number of rural Iowans who participate in outpatient substance use disorder treatment
- improve outpatient treatment retention rates, and
- increase rates of family involvement in treatment

IRHIT providers are integrating technology into their services to support directed clinical interventions for clients and their family members, including video conferencing and features available in [www.Recovery.org](http://www.Recovery.org), such as secure individual and group chats and email. Additionally, each provider is building a library of evidence-based treatment tools and educational materials for clients to access remotely.

The project started in 2013 with eight providers. Since July, six more providers have implemented IRHIT. By the end of 2015, it is projected that IRHIT will be implemented by 23 different agencies. To-date, more than 180 Iowans have enrolled in the IRHIT project, in aggregate, participating in over 700 "distance treatment" sessions to support their recovery efforts.

For more information about IRHIT, contact Eric Preuss at [eric.preuss@idph.iowa.gov](mailto:eric.preuss@idph.iowa.gov).

### SPF SIG Regional Meetings

During the first two weeks in December, IDPH conducted Strategic Prevention Framework State Incentive Grant (SPF SIG) regional trainings entitled "Advancing the Strategic Prevention Framework in Iowa" with

more than 100 people in Cedar Rapids, Mason City, Moravia, and Sioux City.

The training, based on the SPF five-step planning process that communities can use to address substance abuse issues, focused on lessons learned through the project so far and on further application of the SPF process. Case studies and large and small group discussion were used to solidify learning. The eight local SPF SIG Capacity Coaches facilitated the trainings in collaboration with IDPH staff. Training materials can be found at <https://www.trainingresources.org/Content.aspx?id=37>. Thanks to all who were able to attend!

For more information on SPF SIG, contact Julie Hibben at [julie.hibben@idph.iowa.gov](mailto:julie.hibben@idph.iowa.gov).

### Annual Prevention Conference

The Division of Behavioral Health's Substance Abuse Bureau and Problem Gambling Office collaborated with IDPH's Division of Tobacco Use Prevention and Control in sponsoring the 2013 Iowa Prevention Conference, held in Des Moines on November 13.

The 1-day conference featured both national and local speakers on such topics as youth binge drinking, marijuana use prevention and research, and emerging drug trends. The conference also showcased prevention programs and best practices in the state. The 161 conference attendees included health educators, nurses from clinical and public settings, problem gambling prevention and treatment providers, program and agency administrators, public health workers, substance abuse prevention specialists, and tobacco prevention and control professionals.

The annual Iowa Prevention Conference is a statewide forum, held since 2001, and focusing on effective prevention strategies and health promotion.

## RELATED NEWS

## Differential Response Update

A previous newsletter described the **Differential Response System** Iowa's Department of Human Services will use in responding to allegations of child abuse. This newsletter provides an update:

House File 2226 from the 2012 legislative session and House File 590 from the 2013 session both had bi-partisan support and were signed by Governor Branstad, directing DHS to implement a differential response approach for initial child abuse and neglect reports received and accepted by the department, effective January 1, 2014.

In Iowa, Differential Response is being implemented as a child welfare approach with two pathways:

- child abuse assessment
- family assessment.

Both pathways have the shared goals of keeping children safe in their own homes whenever possible, and improving family well-being. The Differential Response System is intended to be flexible and family-friendly while engaging and empowering families to make needed changes.

For more information on Differential Response, please visit the Iowa Department of Human Services webpage at:

[http://www.dhs.state.ia.us/Consumers/Child\\_Welfare/CW\\_Menu.html](http://www.dhs.state.ia.us/Consumers/Child_Welfare/CW_Menu.html)



## Holiday Drinking

The holiday season brings a whirlwind of family gatherings, parties, and special events. Alcohol is often a part of these activities and most Iowans celebrate responsibly. However, for some, holiday celebrations become a time to drink too much.

Excessive drinking not only puts an individual and others on the road at risk, should they get behind the wheel, it also can ruin the holidays for families and friends. IDPH has launched a media campaign in 23 counties, targeting binge drinking prevention with a focus on how binge drinking can change a child's view of their parent.

The campaign, "**Changes You**", will run through the winter months and complements the continuing "**Stay Classy**" and "**What Do You Throw Away?**" campaigns, which focus on adolescents and younger adults.

"Changes You" features images of how a child might see their parent after that parent has been drinking. Adults who drink too much may think the biggest impact of their behavior is a hangover the next day. The ads show that the image of a drunk parent can be much more painful for a child than the parent's headache. In a related press release, SPF SIG Project Director, Julie Hibben, was quoted as saying "It's hoped this series of television and radio ads, along with social media outreach, will bring home the toll binge drinking can take on a family. Children who see their parents drunk may never look at them the same way again."

The "Changes You," "Stay Classy," and "What Do You Throw Away?" campaigns are funded by the SPF SIG project, through the Center for Substance Abuse Prevention in the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.

For more information about IDPH efforts to prevent and reduce underage and binge drinking, visit

[http://www.idph.state.ia.us/spfsig/about\\_us.asp](http://www.idph.state.ia.us/spfsig/about_us.asp).

## Fast Facts from the Consortium

Substance use disorders predict adverse consequences among college students. Problem drinking among college students, aged 18 to 24, substantially increases the chances for death, driving under the influence, injury, assault, and rape. Furthermore, students' substance use is associated with dropping out of college as well as unemployment after college. Thus, the investments by college students, families, and society are short-changed by alcohol and drug issues. Years of education and school enrollment may be a motivator that fosters substance abuse treatment completion. Thus, being a student may improve treatment outcomes for Iowa's emerging adults. Therefore, student and non-student differences in treatment outcomes may help inform Iowa public health initiatives targeted at a developing workforce.

A recent study found that Iowa's students and non-students did not differ in successful completion rates. However, successful student clients are remaining in treatment for less time than successful non-student clients. Non-student admission frequencies were relatively constant over time. On the other hand, the highest rate of admissions for students was at 18 years old and declined for each additional year of age.

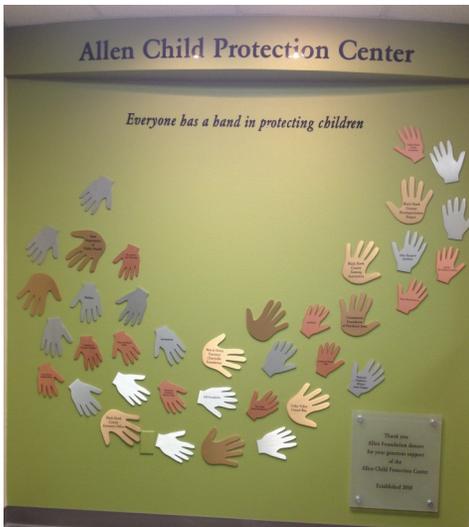
Nationally, students tend to have higher success rates than non-students. Since Iowa's overall treatment success rates are higher than the U.S. rates, the lack of a difference may be masked by our overall higher success rate. However, if students in Iowa are expected to have higher rates of successful treatment completion than non-students, something may be interfering with the motivators that foster treatment completion.

Sahker, E. & Arndt, S. (2013). Student Completion Rates among Iowa Substance Abuse Treatment Agencies .

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

## Allen Hospital/Unity Point - Child Protection Center

The **Allen Child Protection Center in Waterloo** celebrated its move to its new facility with an open house at Allen Hospital on December 4. The open house showcased the center's beautiful child-friendly environment, so important in helping children and families feel comfortable and safe.



The Allen Child Protection Center opened in May 2010 and began providing medical services in July 2011. The center provides immediate assistance to children or dependent adults who may be victims of abuse, or have witnessed a violent crime. The center uses a multi-disciplinary team approach to provide forensic interviews, medical examinations, and family advocacy services. While the majority of referrals come from Black Hawk county, many individuals are referred by DHS, law enforcement, and medical providers from surrounding northeast Iowa counties. According to **Sandy Kahler, Allen Hospital Child Protection Manager**, the center has served more than 1,000 children.

For more information about Child Protection Centers, go to: <http://www.idph.state.ia.us/CPC/> or contact Michele Tilotta at [michele.tilotta@idph.iowa.gov](mailto:michele.tilotta@idph.iowa.gov).

## Prevention Coalitions using Kaizen Process

The Kaizen is a quality and process improvement process commonly used by organizations to identify small but meaningful and on-going operational improvements. The Kaizen process gives everyone an equal voice and serves as a good baseline for continuous improvement in the future.

As implemented by prevention coalitions, a Kaizen assessment is generally completed in 45 minutes, during a normal coalition meeting. The results are briefed to a workgroup of 3-5 selected coalition members which then identifies potential improvement areas. The workgroup and the coalition's Kaizen coach share assessment results and areas chosen for improvement with other coalition members at their next scheduled meeting, with the full coalition holding ultimate ownership of specific plans and tasks. During the course of the Kaizen process, coalition members receive a coaching report that addresses where members are in terms of basic knowledge and understanding, perceived level of participation, and satisfaction with the coalition's mission, structure, rules, and objectives. The report also includes the areas selected for improvement and potential resources.

To learn more about conducting a Kaizen with your coalition, email Sergeant Heather Brown at [heather.brown@idph.iowa.gov](mailto:heather.brown@idph.iowa.gov). Please include the name of your county and coalition along with your contact information.

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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## Goodbye SharePoint — Hello IowaGrants.gov

This is for those of you who work with SharePoint, IDPH's current electronic contract management system.

Because SharePoint will no longer be supported fully by Microsoft, IDPH will transition to the **IowaGrants.gov** system in early 2014.

As you may already know, the State of Iowa established the IowaGrants.gov system as an online "one-stop shopping" portal for service contract management. IowaGrants.gov has expanded capabilities for external contractors that can include application submission; system-generated reminders for applications and reports; a communication center; and financial management reports across service contracts.

IDPH will begin transitioning to the IowaGrants.gov system after the first of the year and will communicate details to contractors. Competitive applications for Fiscal Year 2015 will be managed on IowaGrants.gov. Current Fiscal Year 2014 contracts will continue to be managed as they have been.

## TRAININGS AND CONFERENCES

### Fundamentals of HIV, Hepatitis, and STD Prevention Counseling

January 21-23. Des Moines.

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

### SAVE THE DATE:

### 37th Annual Governors' Conference on Substance Abuse

April 22-23. Des Moines.

For more information, watch the Training Resources website at [www.trainingresources.org](http://www.trainingresources.org).

### Training Without Travel

Check out the online training courses available at

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

*IDPH funds Training Resources to provide professional workforce development opportunities statewide.*