



A MATTER OF SUBSTANCE: AT-A-GLANCE

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A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

National Drug Facts Week:

The National Institute on Drug Abuse (NIDA) invites you to participate in the 5th year observance of [National Drug Facts Week \(NDFW\)](#), January 26 - February 1, 2015. NIDA, part of the National Institutes of Health, developed NDFW to get the science out to teens about the effects of drug use on the brain, body, and behavior through community-based events and activities that shatter myths about drug abuse and addiction. IDPH encourages you to work with local youth, schools, and prevention agencies and coalitions to organize an educational event or activity for teens that delivers factual information about drug use.

Here's how you can get involved:

- Share this information with your partners and networks and encourage their participation, www.drugfactsweek.drugabuse.gov.
- Register to organize an event for youth during NDFW. To help you plan, NIDA provides a [step-by-step toolkit](#), which includes a list of [suggested activities](#) and a free [drug facts booklet](#), that you can distribute at your event.
- Promote education through social media with these [sample messages](#).
- Let us know what you're doing so we can spotlight examples in future newsletters— include pictures!

For more information, contact NIDA at drugfacts@nida.nih.gov.

Drug Facts — Opioids:

When people suffer from mild headaches or muscle ache, they may take over-the-counter pain relievers like Tylenol or ibuprofen, which often make them feel better. But when pain is more severe, a doctor or other healthcare professional might prescribe something stronger – such as an opioid. Opioids are narcotic pain medications such as hydrocodone and oxycodone. Opioids can be very effective when taken properly, but can have serious side effects when not used as directed. People taking opioids to help control pain should consult their prescriber regularly to help avoid problems with these drugs. This can be particularly important for persons recovering from addiction — talk to your prescriber and your counselor and your support network! For more information about opioids, see our fact sheet Drug Facts: [Opioids](#).

For comments or questions, please contact epidemiologist Toby Yak at toby.yak@idph.iowa.gov.

Block Grant Comments:

The 2015 Substance Abuse Prevention and Treatment Block Grant Report and 2015 Annual Synar Report (on youth access to tobacco products) will be posted to http://www.idph.state.ia.us/bh/block_grant.asp by the end of December. Your comments are welcome and can be sent to Michele Tilotta with Block Grant or Synar in the subject line, at michele.tilotta@idph.iowa.gov.

Best Wishes:

To **John Garringer**, Area Substance Abuse Council/Cedar Rapids and **Diane Thomas**, Substance Abuse Services Center/Dubuque on their upcoming retirements! Job well done — thank you (and enjoy!)

UPCOMING EVENTS

A Roadmap for Ethical Practice December 5
Peter Waitt Education Center - Jackson Recovery Centers,
Sioux City
For more information, call 712-234-2300

**SAVE THE DATE 38th Annual Governor's Conference
on Substance Abuse** March 31 - April 1, 2015
For more information, watch the Training Resources web-
site at www.trainingresources.org.

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:
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