



A MATTER OF SUBSTANCE: AT-A-GLANCE

MARCH 2015

A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

Alcohol Awareness Month:

Along with many others across the country, IDPH will recognize Alcohol Awareness Month in April. Founded by the National Council on Alcoholism and Drug Dependence, Inc., Alcohol Awareness Month seeks to increase public awareness and understanding about alcohol use problems, reduce stigma associated with alcohol use problems, and encourage local communities to focus on alcohol-related issues. This year's theme is, "For the Health of It: Early Education on Alcoholism and Addiction."

Alcohol is the most widely used substance in Iowa, including for those seeking assessment for possible substance use disorder problems. Many Iowa adults and youth binge drink. Iowa ranked 4th among the 50 states and the District of Columbia for the percentage of adults who binge drink (males having five or more drinks on one occasion, females having four or more drinks on one occasion). Underage alcohol use is also a problem in Iowa. Approximately 16% of 8th graders surveyed in 2012 reported using alcohol before turning 13 (Iowa Youth Survey, 2012). The survey also showed that 26% of 11th graders, 7% of 8th graders, and 2% of 6th graders reported alcohol use in the past 30 days. While current alcohol use has decreased for each grade since 1999, use by youth remains a concern.

April will be filled with local, state and national-level activities to educate people about the potential risks of alcohol use, with a focus on underage drinking. If you are interested in promoting Alcohol Awareness Month or hosting an event, go to [NCADD's Organizer's Guide](#) or to [SAMHSA's Town Hall Meeting website](#).

Medicaid Modernization RFP

DHS has released a Request for Proposals (RFP) to select managed care organizations to implement Iowa's Medicaid Modernization plan. The *Iowa High Quality Health Care Initiative* RFP is intended to improve the coordination and quality of care for medical, behavioral health, and long term services and supports, while providing predictability and sustainability for taxpayers in Medicaid spending. DHS is conducting a series of [public meetings](#) about Medicaid Modernization. For more information, go to <https://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>.

Drug Facts: Synthetic Cannabinoids

The use of synthetic cannabinoids (synthetic marijuana) has been a serious public health issue in Iowa, specifically among adolescents and young adults. Synthetic cannabinoid poisoning can cause severe illness or even death. Even though the sale of synthetic cannabinoids is prohibited in Iowa, they remain widely available and easy to purchase. To learn more about synthetic cannabinoids, visit the following link: http://www.idph.state.ia.us/bh/common/pdf/substance_abuse/Synthetic_Cannabinoids.pdf. For questions, contact Epidemiologist Toby Yak, MPH, PhD(c) at toby.yak@idph.iowa.gov.

Mid-America ATTC 2015 Leadership Institute

The Mid-America Addiction Technology Transfer Center (ATTC) is hosting a unique leadership development program for mid- to upper-level behavioral health professionals. This six-month intensive program provides leadership assessments, five-day immersion training, mentoring an online business course, and more! To learn more about nominating a young leader from your agency and the application process, go to www.ATTCnetwork.org/midamerica. Nomination and application forms are due March 13, 2015.

UPCOMING EVENTS

Cultural Considerations for Serving the African American and Latino Populations in Iowa March 11, Cedar Rapids.

ASAC Prevention Office. For more information, call 319-390-1884

38th Annual Governors' Conference on Substance Abuse

Pre-Conference Session March 30, Des Moines.

Veteran's Memorial - Comm. Choice Credit Union Conv. Center.

- Ethics
- Group Counseling Skills and Techniques

For more information, go to www.trainingresources.org.

38th Annual Governor's Conference on Substance Abuse

March 31 - April 1, Des Moines.

Veterans Memorial - Comm. Choice Credit Union Conv. Center.

For more information, go to www.trainingresources.org.

A Closer Look at Alcohol

April 9, Cedar Rapids. ASAC Prevention Office

For more information, call 319-390-1884.

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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