



# A MATTER OF SUBSTANCE

JULY 2015

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DIVISION OF BEHAVIORAL HEALTH

## STAFF SPOTLIGHT: MAGGIE FERGUSON

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### IOWA DEPARTMENT OF PUBLIC HEALTH

### DIVISION OF BEHAVIORAL HEALTH

Lucas State Office Building

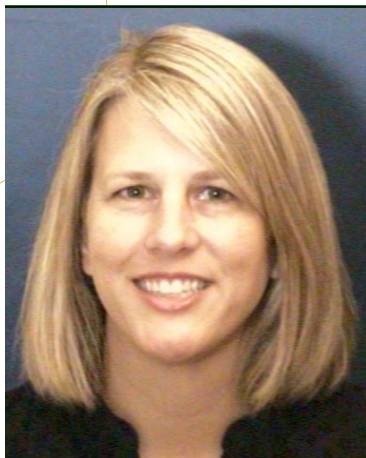
321 East 12th Street

Des Moines, IA 50319

[www.idph.state.ia.us](http://www.idph.state.ia.us)



Greg Williams is Campaign Director for UNITE To Face Addiction. He is also writer/producer of the acclaimed film, *The Anonymous People*



Maggie Ferguson is the Brain Injury and Disability Program Manager in the Division of Behavioral Health, a role she has held since August 2013.

Maggie manages IDPH's brain injury services program, which aims to increase access to necessary services and supports for Iowans with brain injury and their families. The program includes state-appropriated funding for neuro-resource facilitation, training, and brain injury

information kits — also known as the BI tote bags!

The Brain Injury Program just completed year one of a four-year project funded by the Health Resources and Services Administration (HRSA) to increase screening for Traumatic Brain Injury and to conduct workforce development that increases the availability of appropriate services for individuals exhibiting challenging brain injury-based behaviors.

Maggie also manages the Disability and Health Program for IDPH. This program is federally funded by the Centers for Disease Control and Prevention (CDC) and is intended to increase access to general healthcare for people with disabilities by offering education, by providing recommendations for improving accessibility to

services through improvements to the physical environment and educational materials, and by assisting organizations with developing emergency plans that include provisions for persons with disabilities.

In 2013, the Disability and Health Program completed Iowa's first public health needs assessment for people with disabilities.

Originally from Minnesota (go Vikings!), Maggie has lived in Iowa for close to 20 years. In her free time, Maggie enjoys cycling, watching her boys play sports, and traveling to new places.

For more information about how to better identify and serve persons with brain injury or other disabilities, contact Maggie at [Maggie.Ferguson@idph.iowa.gov](mailto:Maggie.Ferguson@idph.iowa.gov) or at 515-281-8465.

## 10.4.15 UNITE To Face Addiction

Addiction to alcohol and other drugs is an insidious public health crisis impacting more than 85 million Americans. The time has come to UNITE To Face Addiction at a national rally that will transform the conversation from problems to solutions ...

***On October 4, 2015 a transformative event will take place in Washington, D.C. that will ignite...an emerging national grass-roots movement to solve the addiction crisis.***

UNITE To Face Addiction is being organized...to raise awareness and reduce the human and social costs of addiction.

**Why Now?** Long-term recovery from addiction is a reality for over 23 million Americans, one of our nation's best-kept secrets. Regardless of the paths people have chosen to achieve recovery, their lives and the lives of their families, friends, neighbors, co-workers and communities are vastly improved as a result. They are the living proof that there are real solutions to the devastation of addiction.

While recovery from addiction is a reality, more than 350 Americans die from alcohol or other drugs...each day – some 135,000 people each year – more than who die from... homicides or motor vehicle

accidents. Another 22 million ...are still suffering...and the majority never receive any help...

**We know...addiction is preventable, treatable, and people can and do get well.** Too many of those affected have been afraid to speak up ... And, for too long, a great majority of people connected to addiction have remained silent.

**The time is now to break that silence.**

[Click Here for Frequently Asked Questions.](#) ...

Greg Williams  
Campaign Director  
UNITE To Face Addiction  
(Full text at <http://www.facingaddiction.org/about/>)

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### Block Grant Update

The Substance Abuse and Mental Health Services Administration (SAMHSA), a part of the U.S. Department of Health and Human Services, oversees two block grants that are very important to Iowa: the Substance Abuse Prevention and Treatment Block Grant (SABG) and the Community Mental Health Services Block Grant (MHBG). While the block grants differ in a number of ways (e.g. targeted populations and method of calculating Maintenance of Effort (MOE)), both block grants are governed by statute and by detailed and comprehensive regulations, including specific requirements for planning and for population- or program-specific set-asides. **And both require stakeholder input.**

But before we expand on stakeholder input, a little more background. The DHS Division of Mental Health and Disability Services holds authority for the MHBG and seeks input through the Mental Health Planning Council.

IDPH's Division of Behavioral Health is Iowa's "Single State Authority" (SSA) for the SABG. The Division has specific duties under Iowa law for certain substance use disorder activities and services statewide. The Division reports on those duties to the State Board of Health, most frequently through the Board's Substance Abuse/ Problem Gambling Program Licensure Committee.

As SSA, IDPH serves as the lead agency for Iowa SABG activities and has oversight, funding, and regulatory responsibility to establish and maintain substance use disorder education, prevention, intervention, treatment, and recovery support services statewide.

For the 2016-2017 SABG application, SAMHSA has focused on a set of six strategic initiatives:

- (1) Prevention of Substance Abuse and Mental Illness
- (2) Health Care and Health Systems Integration
- (3) Trauma and Justice

- (4) Recovery Support
- (5) Health Information Technology
- (6) Workforce Development.

#### **Now back to stakeholder input.**

Please consider the six strategic initiatives against the context of substance use disorder services in Iowa. Then provide comments to IDPH on the priorities you think should be set for the Iowa substance abuse services system.

Review the 2016-2017 SABG application by going to the IDPH Behavioral Health webpage at: [www.idph.state.ia.us/bh/block\\_grant.asp](http://www.idph.state.ia.us/bh/block_grant.asp). Then email your comments to [michele.tilotta@idph.iowa.gov](mailto:michele.tilotta@idph.iowa.gov) — and please specify "Block Grant Comment" in the subject line of your email.

### Free Technical Assistance!

IDPH is pleased to offer training entitled **Understanding and Preparing for the Conversion to ICD-10/DSM-5**, funded as a technical assistance request through the Substance Abuse Prevention and Treatment Block Grant.

The training will be presented by Joseph Parks, M.D., Director of the MO HealthNet Division of the Missouri Department of Social Services. Dr. Parks is nationally recognized for his extensive research and publication in the areas of implementing use of evidence-based medications in treatment, pharmacy utilization management, integration of behavioral health and medical/mental health care, and general healthcare policy.

This training is appropriate for program directors and for clinical, billing, and coding staff.  
*No pre-registration is required.*

Join a webinar by going to:

**Monday, July 27, 11:30am-1pm**

<http://bit.ly/1IGrQV3>

**Monday, August 10, 11:30am-1pm**

<http://bit.ly/1RM411R>

Contact Michele Tilotta at [michele.tilotta@idph.iowa.gov](mailto:michele.tilotta@idph.iowa.gov) with any questions.

### Motivational Interviewing Training Series

**Motivational Interviewing** is one of the most commonly used and versatile evidence-based practices in healthcare.

To support and further develop a strong infrastructure of health professionals working in substance use disorders and trained in MI, IDPH is funding a series of MI trainings, beginning in August, for IDPH ATR, SBIRT, and substance abuse treatment contractors.

The trainings will be provided by Kate Speck, PhD, MAC, LADC, of the University of Nebraska Public Policy Center.

- The series will start with a 1-day "refresher course" on August 20 for up to 50 participants who have had some previous training in MI.
- A 2-day "introductory course" will be offered August 26-27 for up to 40 participants with no previous MI training. The introductory course will cover basic MI skills.
- A 2-day "intermediate course" is being planned for participants with documented previous training equivalent to the refresher or introductory courses, who want to further develop and practice their skills.
- And an "advanced course" is planned for those with considerable MI training and experience who are interested in being "minted" through the Motivational Interviewing Network of Trainers (MINT) training of new trainers process. Participants can receive coaching and one-to-one feedback to support their MINT application.

For more information, watch the Training Resources website at [www.trainingresources.org](http://www.trainingresources.org) or contact Monica Wilke-Brown at [monica.wilke-brown@idph.iowa.gov](mailto:monica.wilke-brown@idph.iowa.gov).

## Youth Suicide Prevention Training

Through its youth suicide prevention grant, IDPH has made free online training available to educators — teachers, counselors, coaches, school nurses, mentoring staff and volunteers, and other adults who routinely work with middle and high school age youth — on how to identify, approach, and refer students showing signs of psychological distress to appropriate support services. However, *this training will only be available through the 2015-2016 school year.*

Some quick facts about the At-Risk and Step In, Speak Up! training:

- Takes 45-60 minutes to complete;
- Completed online, in one or multiple sittings;
- Includes practice role-play conversations to build skills to talk with students; and
- Is currently available in over 40% of K-12 schools in the U.S.

*If you work directly with youth, please take advantage of this free training. You can also follow up with your local schools to see if they've taken the training and forward them the link below.*

<http://www.kognito.com/iowa/>

Schools can use the link to create an account and choose the course for high school, middle school, or LGBTQ youth. Clicking on the orange "Tips & Resources" button at that same link will take you to email templates, slides, and facilitator guides for discussion with other staff or community partners.

Please contact Pat McGovern at [pat.mcgovern@idph.iowa.gov](mailto:pat.mcgovern@idph.iowa.gov) with any questions.



## Family Treatment Court Celebrates

The **Wapello County Family Treatment Court** celebrated with hundreds of community members as part of the "Walking Away From Addiction" recovery event in Ottumwa in May. The event, held in conjunction with National Drug Court Month, recognized the many successes of families involved in specialty treatment courts. Drug treatment courts provide supervision and support that assist individuals and families through the recovery process, to new lives in their communities.

For more information about family treatment courts, go to Iowa's Children's Justice webpage at: [http://www.iowacourts.gov/Administration/Childrens\\_Justice/](http://www.iowacourts.gov/Administration/Childrens_Justice/)

## SBIRT Iowa App Available

The new SBIRT Iowa App is available! This free app offers quick mobile access to important substance abuse information, including:

- Alcohol and Drug Screening
- Information for a Loved One
- Treatment Facility Locator

The SBIRT Iowa app is available on Google Play at:

<https://play.google.com/store/apps/details?id=com.comnez.ISAI&hl=en>

You can find the app in the iTunes store by searching for SBIRT Iowa.

For more information, contact Monica Wilke-Brown at [monica.wilke-brown@idph.iowa.gov](mailto:monica.wilke-brown@idph.iowa.gov).

**For more information about the Division of Behavioral Health, visit**

[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

For questions related to "A Matter of Substance,"

contact the editors:

Kevin Gabbert ([kevin.gabbert@idph.iowa.gov](mailto:kevin.gabbert@idph.iowa.gov))

Julie Hibben ([julie.hibben@idph.iowa.gov](mailto:julie.hibben@idph.iowa.gov))

## TRAININGS AND EVENTS

### Iowa Falls Prevention Symposium

July 10. Waterloo

For more information, go to

[www.hawkeyecollege.edu/go/NEI3A-conference](http://www.hawkeyecollege.edu/go/NEI3A-conference)

### Midwest Suicide Prevention Conference

July 21-23. Kansas City, Missouri

For more information, go to

[www.missourimhf.org/?page\\_id=731](http://www.missourimhf.org/?page_id=731)

### Prevention Ethics for Initial Certification

July 27. Cedar Rapids

ASAC Prevention Office

For more information, call

319-390-1884

### Understanding and Preparing for the Conversion to ICD-10/DSM-5

July 27, 11:30am-1pm

To access the training, click on

<http://bit.ly/1IGrQV3>

### Stages of Change

July 28. West Des Moines

For more information, go to

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

### Ethics for Recertification

August 4 or 5. Cedar Rapids

ASAC Prevention Office

For more information, call

319-390-1884

### Understanding and Preparing for the Conversion to ICD-10/DSM-5

August 10, 11:30am-1pm

To access the training, click on

<http://bit.ly/1RM411R>

### Motivational Interviewing Training Series:

- August 20 - Refresher course (up to 50 spots available)
- August 26-27 - Introductory course (up to 40 spots available)

For more information, watch the Training Resources website at

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

### UNITE To Face Addiction

October 4. Washington D.C.

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

[www.facingaddiction.org/about/](http://www.facingaddiction.org/about/)



## Youth Rx Medication Abuse: Prevention Matters!

Prescription medication abuse is a serious public health concern.

Prescription medication abuse is when an individual takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor.<sup>1</sup> In 2010, nearly 1 in 12 high school students in the United States reported past year use of the prescription medication Vicodin and 1 in 20 reported OxyContin abuse.<sup>1</sup> In the United States, more than 2,500 youth abuse prescription medications every day for the first time.<sup>2</sup> In 2014, about 1 in 20 11th grade students in Iowa reported misusing prescription medications that were not prescribed for them by their doctor.<sup>3</sup> Nearly 1 in 20 11th grade students in Iowa reported past 30 days use of prescription medications different from the directions.<sup>3</sup>



Image: Purdue Pharma L.P., 2015

Prescription medications have great medical benefits when used by the patient they were prescribed for and as prescribed by the doctor, but abuse of these medications could lead to addiction, overdose, and death.<sup>4</sup> Many times, parents are unaware that their children are abusing prescription medications. In order to prevent prescription medication misuse among youth, parents need to store prescription medications in a secure place and know how much medication is in the prescription containers. Parents also need to encourage friends and relatives to store their prescription medications in a secure location and regularly check the prescription medications they have in their homes.

### For More Information, please go to:

[Drug Facts - Prescription Pain Medications](#)

[Drug Facts: Prescription Drugs](#)

### For Substance Abuse Resources, please go to:

Iowa Substance Abuse Information Center at <http://www.drugfreeinfo.org> or by calling 1-866-241-4111

### Sources:

1. National Institute on Drug Abuse. (2014). Prescription Drug Abuse. Retrieved from <http://www.drugabuse.gov/publications/research-reports/prescription-drugs/director>
2. Partnership for a Drug Free America/ ONDCP, "Teens and Prescription Drugs", Feb., 2007
3. Iowa Youth Survey. (2014). 2014 Iowa Youth Survey: State of Iowa Results. Retrieved from [http://www.iowayouthsurvey.iowa.gov/images/2014\\_State/IYS\\_2014\\_State\\_Report.pdf](http://www.iowayouthsurvey.iowa.gov/images/2014_State/IYS_2014_State_Report.pdf)
4. Gary MF. Opioids for chronic non-cancer pain. American Academy of Neurology 2014; 14:1277-1284.

**For questions**, please contact Epidemiologist Toby V. Yak, MPH, PhD(c) at [toby.yak@idph.iowa.gov](mailto:toby.yak@idph.iowa.gov)