



A MATTER OF SUBSTANCE

OCTOBER 2016

A PUBLICATION OF THE IDPH
DIVISION OF BEHAVIORAL HEALTH
BUREAU OF SUBSTANCE ABUSE

STAFF SPOTLIGHT:

INSIDE THIS ISSUE:

STAFF SPOTLIGHT	1
DIRECTOR'S CORNER	1
DIVISION REPORTS	2
RELATED NEWS	3
INFORMATION AND EVENTS	4
UPDATES AND TRAININGS	5



Jennifer Robertson, PPW Project Director, joined the Bureau of Substance Abuse in 2015

IDPH's implementation of PPW — Residential Treatment for Pregnant and Postpartum Women — expands the availability of comprehensive, residential

substance abuse prevention, treatment, and recovery support services for pregnant and postpartum women and their minor children. The program also includes services for other "non-residential" family members of both the women and children. More information about PPW can be found at <http://idph.iowa.gov/substance-abuse/programs/ppw>.

While leading PPW, Jennifer also supports the Access to Recovery grant, conducting site visits and providing technical assistance to substance use disorder treatment providers. She also assists other Substance Abuse Bureau programs and initiatives.

Jennifer developed her knowledge and skills through

both education and work experiences. She received her Master of Counseling in Rehabilitation, Community and Mental Health Counseling from the University of Iowa. Jennifer is an NCC and LMHC. Her career experience has included work with individuals seeking treatment for substance use and as a mental health clinician in non-profit outpatient and residential substance use disorder treatment facilities in both Polk and Jasper counties.

Jennifer and her family — Randall, Lilly and Teddy — live in Ankeny and enjoy nature and being outdoors. Jennifer and her family love to travel to parks throughout the state of Iowa and to spend time together, gardening in their back yard.

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

DIRECTOR'S CORNER

Kathy Stone receives Ramstad-Kennedy Award:

Kathy Stone, Behavioral Health Division Director, received the ninth Annual Ramstad-Kennedy Award for Outstanding Leadership by a Single State Authority.

This year's award was presented on August 10 at the SAMHSA National Block Grant Conference in Washington, D.C. In making the award, Sis Wenger, National Association of Children of Alcoholics, quoted nomination language

that stated "Kathy has been continually supportive of Recovery Month activities, elevating the recovery conversation to a year-round recognition. She has worked to ... provide enduring resources ... for the future benefit of Iowa families and communities."

Kathy is a board member for the National Association of State Alcohol and Drug Directors (NASADAD) and is pictured here with **Rob Morrison, NASADAD Executive Director.**

Former congressman **Patrick Kennedy** (RI) said of

the award, named for Kennedy and for retired MN representative Jim Ramstad who together led mental health and addiction parity legislation, "... all of the recipients ... have been champions of recovery for not just those suffering from a substance use disorder but also for all their family members who themselves are affected by the family disease of addiction."

The award was presented in advance of National Recovery Month — *Join the Voices of Recovery: Our Families, Our Stories, Our Recovery.*



NEWS

Responsible Gaming Education Week and Self-Exclusion Tool Kit:

Iowa Gambling Treatment Program providers partnered with most of the 19 state-regulated licensed casinos during this year's Responsible Gaming Education Week, held August 1-5. Activities at the casinos heightened awareness for both casino staff and patrons, and included roll-out of the Self Exclusion Tool Kit developed by Heartland Family Service, Pathways Behavioral Health, the Iowa Gaming Association, and IDPH.

The Tool Kit includes information about:

- Providers
- 1-800-BETS OFF
- Self-exclusion process, including:
 - ⇒ *Frequently Asked Questions on the Self-Exclusion Process*
 - ⇒ *Tips for Having a Conversation about Problem Gambling*
 - ⇒ *Keeping Gambling Fun.*

In commenting on Responsible Gaming Education Week and the Self-Exclusion Tool Kit, **Wes Ehrecke, President and CEO of the Iowa Gaming Association**, stated "Iowa has always been at the forefront in being proactive in creating...ways to prevent and help treat problem gambling, including the partnership between the Iowa Gaming Association and member casinos and gambling treatment providers."

In addition to Wes and the IGA, special thanks are extended to **Lorelle Mueting** and **Tiffany Pinkerton/Heartland Family Service** and to **Deb Buckner/Pathways Behavioral Health** for their work on the toolkit.

For more information, contact Eric Preuss at Eric.Preuss@idph.iowa.gov.



"Marijuana Facts" Training:

Through SAMHSA Screening, Brief Intervention, and Referral to Treatment grant funding, IDPH offered Marijuana Facts training to SBIRT providers statewide, on June 28.

Dr. Christian Thurstone, an addiction psychiatrist from Colorado, provided expert information on current forms of marijuana being manufactured and used, as well as consultation on the challenges of working with patients who use marijuana.

Denise Denton, senior instructor at Iowa State University and prevention professional at **Youth Standing Strong (YSS)**, provided historical context for marijuana and changes associated with recent legalization by some states. The training was recorded and will be available for free viewing on the IDPH SBIRT website later this year.

Also noteworthy: SBIRT services are expanding across Iowa's Federally Qualified Health Centers, with five new clinics beginning services this year.

Free Training!:

In spring 2017, the Bureau of Substance Abuse will sponsor a 2-day training on Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MET/CBT), made possible by SAMHSA funding through the State Youth Treatment grant.

If you are interested in this training, contact Julie Jones at Julie.Jones@idph.iowa.gov.

Welcome Deputy Director:

We are pleased to welcome **Sarah Reisetter** as IDPH's Deputy Director.

Sarah began her career with IDPH as the Bureau Chief for Professional Licensure, where she focused on quality improvement activities to enhance customer service and improve processes.

- One such project improved licensing by the Iowa Board of Behavioral Science. The workgroup for the project included

Ron Berg/Prelude and **Jay Hansen/Prairie Ridge**, representing substance use disorder professionals.

Prior to joining IDPH, Sarah served as Director of Elections for the Iowa Secretary of State for seven years, working with county auditors to ensure consistency and integrity in national, state, and local election processes.

Sarah earned her bachelor and law degrees from the University of Iowa, and became a member of the Iowa Bar in 2006. She lives in Norwalk with her husband and two sons.

Tobacco Use Initiative:

IDPH's **Division of Tobacco Use Prevention and Control (TUPC)** partners with local communities to reduce tobacco use and tobacco-caused disease and death by:

- preventing youth from starting tobacco use,
- helping adults and youth to quit,
- and preventing exposure to secondhand smoke.

TUPC follows CDC (Centers for Disease Control and Prevention) guidelines for comprehensive tobacco control programs. State-level initiatives include Quitline Iowa cessation services, youth tobacco-use prevention programming, and enforcement of Iowa's Smoke-free Air Act.

Tobacco use is the leading preventable cause of death for Iowans, taking the lives of more than 4,400 adults each year. Estimated annual health care costs in Iowa directly related to tobacco use total \$1 billion.

The Bureau of Substance Abuse is working with TUPC and the Cancer Consortium on a National Council for Behavioral Health **Community of Practice (CoP) initiative**. This seven-month effort will address tobacco use and cancer risk in people with mental health and substance use disorders.

In upcoming weeks, IDPH will distribute a survey and offer training opportunities and webinars for CoP. For more information, contact Michele Tilotta at Michele.Tilotta@idph.iowa.gov.

NEWS

Opioids – National Governors Association Learning Lab:

Iowa was one of seven states selected to participate in a National Governors Association (NGA) initiative to combat the national opioid epidemic. Bureau of Substance Abuse staff, DeAnn Decker and Kevin Gabbert, will be part of Iowa’s six-person team traveling to Rhode Island in October to learn more about strategies to address opioid use.

In explaining Iowa’s interest in the learning lab and the importance of this issue in Iowa, Kevin stated, “While alcohol and marijuana remain the primary substances of abuse in Iowa, in the last decade significant increases have been observed in the number of Iowans identifying heroin and other opioids as their drug of choice at time of admission to treatment, and in the number of overdose deaths.” See the table below for specific data.

For more information, contact Kevin Gabbert at Kevin.Gabbert@idph.iowa.gov.

Treatment Admissions		
Drug Classification	Number of admissions in 2005	Number of admissions in 2015
Heroin	186	904
Other Opioids	422	1,601
Overdose Deaths		
Drug Classification	Number of overdose deaths in 2005	Number of overdose deaths in 2015*
Heroin	2	15
Other Opioids	26	46

*Provisional Data

SPF-Rx — Strategic Prevention Framework for Prescription Drugs:

As part of its response to the opioid drug epidemic, the Bureau of Substance Abuse applied to SAMHSA for a Strategic Prevention Framework for Prescription Drugs (SPF-Rx) grant. Iowa was one of 25 awardees for the five-year project.

IDPH will receive \$371,616 a year to implement the five-step SPF (Strategic Prevention Framework) process in three of Iowa’s highest need counties. SPF has been shown to support positive youth development, reduce risk-taking behaviors, build on assets, and prevent problem behaviors.

SAMHSA intends for the SPF-Rx grant to raise awareness about the dangers of sharing medications and the risks of overprescribing. SPF-Rx will also work to raise community awareness by bringing prescription drug misuse prevention education to schools, communities, and parents, and to prescribers and their patients.

Janet Nelson, SPF-Rx Program Director says, “In addition to implementing evidence-based prevention strategies in the highest need counties, we will also initiate a statewide media campaign.”

SPF-Rx efforts will be focused on the two age groups — youth aged 12-17 and young adults aged 18-25 — with the highest rates of prescription drug misuse in Iowa. SPF-Rx will reach 1.5 million Iowans — nearly 50% of the State’s residents age 12 and older.

The SPF-Rx grant complements IDPH’s participation in the NGA Opioid Learning Lab scheduled for this fall and the Medication Assisted Treatment Prescription Drug and Opioid Addiction (MAT-PDOA) grant IDPH received from SAMHSA last year. That three-year grant addresses the opioid issue by expanding medication assisted treatment.

For more information about SPF-Rx, contact Janet Nelson at Janet.Nelson@idph.iowa.gov.

From the Consortium

September was National Recovery Month, marking increased awareness and understanding of substance use disorders and celebrating the people who recover.

One of the longest standing organizations that has worked towards recognizing people in recovery is **Faces & Voices of Recovery**.

The Consortium has a long-standing interest in recovery and recovery support, including recovery support networks and organizations.

Consortium Director, Dr. Stephan Arndt, was one of the founding board members of Faces & Voices of Recovery and remains involved with the organization’s Committee on Policy.

Faces & Voices of Recovery was founded in 2001 in St. Paul, MN, the culmination of more than two years of work to provide focus for a growing advocacy force among people in long-term recovery from addiction to alcohol and other drugs and their families, friends and allies. Recovery advocates and their national allies met regularly throughout the late 1990s to strategize on ways to reach out to the medical, public health, criminal justice, and other communities about the possibilities of recovery from addiction to alcohol and other drugs.

Faces & Voices of Recovery is dedicated to organizing and mobilizing the over **23 million Americans in recovery** from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

For more information, please go to: www.facesandvoicesofrecovery.org.

RECOVERY MONTH ACTIVITIES



Ottumwa — Recovery Rally

Community representatives gathered at City Hall on September 1, when Mayor Tom Lazio proclaimed September as Recovery Month in Ottumwa. The annual Recovery Rally was held September 18 at the Jimmy Jones Shelter with nearly 300 people in attendance. The Honorable Bill Owens, Juvenile Court judge presiding over the Wapello County Family Treatment Court, conducted a graduation.



Community organizations offered activities for children and Barnyard Billy entertained children with balloon sculptures. An organization donated a meal and drinks and a DJ provided musical entertainment. One highlight was a “recovery countdown”, ranging from a few days to 19 years. Prizes promoting family fun/health, provided through Access to Recovery (ATR) funding and other donors, were given out at the end of the rally.

Coverage by the local television nightly news emphasized that recovery is possible and support is crucial.

Council Bluffs — 6th Annual Hands Across the Bridge for Recovery

This annual event, organized by Heartland Family Service (HFS), drew more than 500 people, who, together, were able to stretch across the Missouri River from Council Bluffs on the Iowa bank to Omaha on the Nebraska side! With Recovery Month ATR funding, HFS ran radio promotions — 110 plays for the event. HFS also went on a morning radio show to invite community members to participate.

Hands Across the Bridge has many supporters. State Representatives Mary Ann Hanusa and Charlie McConkey attended and Council Bluffs Mayor, Matt Walsh, served as emcee. HFS provided recovery month bracelets as well as donuts, cookies, and water. There were two Joe-on-the-Go coffee carts. Both the wrestling team and the women’s basketball team from Iowa Western Community College turned out for the event. Two DJs donated their time and their sound equipment for the day, and came out early to get things off to a great start. A guest speaker shared her inspiring story of recovery and a message of hope.



Des Moines — Governor Branstad signing Proclamation recognizing September as Recovery Month in Iowa



For more information on Recovery Month and Access to Recovery, contact Kevin Gabbert at Kevin.Gabbert@idph.iowa.gov.

UPDATES AND TRAININGS



Proclamation — Suicide Prevention Awareness:

Governor Branstad signed a proclamation on September 9 declaring September 5-11, 2016 as Suicide Prevention Week in Iowa.

The proclamation noted that suicide is the tenth leading cause of death for all Iowans and the second leading cause of death for 15 to 24 year-olds and those ages 25 to 44.

The proclamation urged all Iowans to:

1. Recognize suicide as a significant public health problem and declare suicide prevention a statewide priority.
2. Support accessible mental health services in all 99 Iowa counties and implement national best practices to reduce suicide risk for Iowans of all ages and backgrounds.
2. Acknowledge that no single suicide prevention effort is sufficient for all populations and communities.

Everyone can play a role in preventing suicide. ***If you or someone you know may be suicidal, get help immediately.*** For free and confidential support, contact Your Life Iowa by:

- calling (855)581-8111 24 hours a day
- texting (855)895-8398 between 2:00-10:00 p.m. Central
- visiting www.yourlifeiowa.org.

For more information, go to <https://idph.iowa.gov/substance-abuse/youth-suicide-prevention> or contact Pat McGovern at Pat.McGovern@idph.iowa.gov.

Licensure Standards FAQ:

In May 2015, IDPH updated the Chapter 155 substance use disorder and problem gambling treatment program licensure standards. In responding to requests for clarification on the revisions, IDPH has identified a list of frequently asked questions. We'll share those questions here, in this new Licensure Standards FAQ section of the newsletter. Please submit licensure questions to

SUD.PG.License@idph.iowa.gov.

Q1: As a sole practitioner, why must I meet standards I don't think apply to me?

A1: The revised licensure standards do not include exemptions for "sole practitioners". While the old standards exempted sole practitioners from certain standards such as having a formally designated governing body, IDPH determined those exemptions were not in line with professional licensing requirements or national accreditation standards. As a result, the exemptions were removed from the program licensure standards — all programs must meet all standards.

For more information about the Division of Behavioral Health,

visit

<http://idph.iowa.gov/bh>

For questions related to "A Matter of Substance", contact the editors:

Cara Weis

Cara.Weis@idph.iowa.gov

Janet Nelson

Janet.Nelson@idph.iowa.gov

Lori Hancock-Muck

Lori.Hancock-Muck@idph.iowa.gov

Note: A licensed program applying for a license under the revised standards for the first time, may want to consider requesting a waiver for specific licensure standards for which a defined transition timeframe might be useful. In accordance with IAC641—178.1 Waivers, IDPH may take action that suspends the requirements of a licensure requirement on a case-by-case basis. Through the waiver process, IDPH could grant a waiver that would allow an application to go forward, and require the program to meet the waived standard as part of a corrective action plan to be completed, for example, in the next six months.

Licensure standards can be found at: <https://www.legis.iowa.gov/docs/aco/chapter/641.155.pdf>.

Requests for waiver are at: http://idph.iowa.gov/Portals/1/Files/PlanningServices/waiver_pet.pdf

TRAININGS AND CONFERENCES

2016 Mental Health Conference

October 11-12, 2016
Airport Holiday Inn - Des Moines
For more information, go to www.trainingresources.org

Gambling: Don't Roll the Dice on Effective Treatment

October 21, 2016
Jackson Recovery Centers
For more information, go to <http://jacksonrecovery.com/events>

Annual Prevention Conference

November 17, 2016
Airport Holiday Inn - Des Moines
Watch for more information at www.trainingresources.org

Feedback Informed Treatment

November 30, 2016
Hy-Vee Hall - Iowa Event Center
Des Moines
For more information, go to www.trainingresources.org

39th Annual Governor's Conference on Substance Abuse

April 18-19, 2017
Iowa Events Center
Des Moines, IA
www.trainingresources.org