

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse

IDPH • Lucas State Office Building • 321 East 12th St., Des Moines, IA 50319 • www.idph.iowa.gov

October 2019
Quarterly Publication
Bureau of
Substance Abuse



New Free E-Learning Program on Cultural Competency for Behavioral Health Professionals

The U.S. Health and Human Services Office of Minority Health (HHS OMH) announced a new, free and accredited e-learning program: [Improving Cultural Competency for Behavioral Health Professionals](#). The program, available via OMH's Think Cultural Health website, is designed to develop behavioral health providers' knowledge and skills related to culturally and linguistically appropriate services (CLAS).

This online program is a practical tool for behavioral health professionals who want to gain skills and

knowledge about culture and diversity, which could be applied daily to better serve clients. The tool is particularly timely for professionals working to address the opioid epidemic among racial and ethnic populations, which have low treatment rates and some of the highest rates of opioid misuse and overdose.

[Read more](#) about this program and [access the toolkit](#).



Staff Spotlight

Kayla Sankey

Kayla Sankey joined the IDPH Bureau of Substance Abuse as a community health consultant in May 2019. In her current role, Kayla serves as the Project Evaluator for the Promoting the Integration of Primary and Behavioral Healthcare (PIPBHC) grant.

Kayla holds a bachelor's degree in Health Promotion from the University of Northern Iowa, and recently graduated with her Master of Public Health from the University of Colorado – Anschutz Medical Campus. While working on her master's degree, Kayla worked as a research assistant for the Colorado Integrated Food Safety Center of Excellence, which focuses on developing model practices in foodborne disease surveillance and outbreak response. In addition, she also worked for the Pediatric Mental Health Institute at Children's Hospital Colorado and interned with Denver Public Health on a

year-long project that focused on analyzing and mapping depression data. Prior to moving to Colorado, Kayla spent a year as an AmeriCorps VISTA at the Rhode Island Free Clinic, where she led patient recruitment and marketing initiatives.

In her spare time, Kayla enjoys traveling and spending time with her friends and family.



Take Note

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Combating Opioid Misuse Among Women and Girls Efforts

Jennifer Robertson-Hill, project director for the Prevention of Opioid Misuse in Women grant, attended the Combating Opioid Misuse Among Women and Girls: Prevention Strategies at Work meeting. Hosted by the Office on Women's Health (OWH) within the U.S. Department of Health and Human Services' Office of the Assistant Secretary for Health (OASH), this meeting built upon the OWH Prevention Awards that were awarded in 2017 to empower community partnerships to reduce and ultimately prevent the impact of the opioid epidemic. These partnerships are actively engaged across 15 states and eight HHS public health regions to address opioid misuse in the areas of maternal

health, community engagement, clinical workforce development, youth education, local policy and more. A variety of community-level strategies for prevention of opioid misuse and overdose among women and girls, and the HHS Five Point Strategy to Combat the Opioid Crisis was addressed.

Questions about the Substance Use Confidentiality Laws?

Do you have questions about confidentiality laws specific to substance use disorder patients? If so, you can contact Actionline, which offers free phone-based consultation about the federal law and regulations protecting substance use disorder patient confidentiality, known as 42 CFR Part 2. As a licensed substance use disorder treatment program, you have free access to this service through IDPH's subscription. Actionline is operated through the Legal Action Center and subscribers may call anytime between 2 p.m. – 6 p.m. (CST) Monday-Friday to speak to the attorney on call. There is NO limit on calls. Actionline can be accessed by calling **(800) 223-4040**. Please contact Lori.Hancock-Muck@idph.iowa.gov or [click here](#) for more information.



Call Actionline
800-223-4040
For legal questions
about substance use
disorder patients.



IDPH's Tiffany Conroy Wins Rising Star Award

Each year Safe States is pleased to honor individuals and organizations for outstanding leadership and contributions to the field of injury and violence prevention. Last month, they presented five prestigious awards to eight recipients during the Safe States 2019 Annual Injury and Violence Prevention Conference in Atlanta, Georgia. IDPH Injury Prevention program manager Tiffany Conroy won the Rising Star Award, which recognizes professionals in the field less than five years who are making great strides in the discipline of injury and violence prevention. Congratulations Tiffany!



Tiffany Conroy, Rising Star!



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The 43rd Annual Governor's Conference on Substance Abuse: "Working Along the Continuum"

The 43rd Annual Governor's Conference on Substance Abuse will take place April 21-22, 2020, at Hy-Vee Hall in the Iowa Events Center, which is a change from previous years. For 2020, the conference will focus on a wide range of behavioral health topics across the continuum of prevention, treatment and recovery for problem gambling and substance use. The Iowa Department of Public Health will begin accepting presentation proposals for any individual/group interested in presenting at the conference in October; proposals may be submitted until November 14, 2019. Check back at the event website (<https://register.extension.iastate.edu/gcsa>) early in 2020 to find more information on the schedule for both days of the event.

Save the Date! The 43rd Annual Iowa Governor's Conference on Substance Abuse "Working Along the Continuum"



Mark Your Calendar: April 21 and 22, 2020

The Iowa Governor's Conference on Substance Abuse will be held at Hy-Vee Hall at the Iowa Events Center in Des Moines.

Call for Presentations

The Iowa Department of Public Health invites you to submit a presentation proposal that addresses important issues facing today's behavioral health systems. The call for presentations will be open now through November 14, 2019. Please visit this page to submit a presentation proposal. Please find more information at the event website [here](#).

Our Mission: Protecting and Improving the Health of Iowans
Our Vision: Healthy Iowans in Healthy Communities

Register Now!

Methamphetamine, Opioids and Poly-substance Use

Tuesday, December 3, 2019,
8:45 a.m. - 4:00 p.m.

This one-day event will take a closer look at methamphetamine, opioid and poly-substance use to explore the unique presentation of the intersection, as well as how these particular substances impact individuals differently and similarly to other types of substance use.

Location: Ron Pearson Conference Center,
5820 Westown Pkwy, West Des Moines, IA.

For more information and to register, visit the event website: <https://www.recytes.extension.iastate.edu/opioidtreatment/>

Registration fee is \$25, which includes refreshments and lunch. Contact Cara.Weis@dph.iowa.gov with questions.

A Closer Look: Methamphetamine, Opioids & Poly-substance Addiction

A Closer Look: Methamphetamine, Opioids & Poly-substance Addiction is a one-day event in West Des Moines, Iowa on December 3, 2019. This event will provide attendees with up-to-date information and data on methamphetamine, opioids and poly-substance addiction. Registration is now available! Watch for more information about speakers by visiting the training website [here](#).

16th Annual Midwest Conference on Problem Gambling & Substance Abuse "Reflections and Destinations"

The Midwest Conference on Problem Gambling and Substance Abuse (MCPGSA) was held in Kansas City, Missouri from June 19-21, 2019. This three-day conference featured experts in the field of problem gambling, substance use and co-occurring disorders. Several prevention and treatment professionals from Iowa attended this year's conference to enhance their knowledge by learning about the new efforts in the field. For more information about the Iowa Department of Public Health's substance use and problem gambling prevention and treatment efforts, please visit Your Life Iowa at yourlifeiowa.org.



Important Information!

Please Read!

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Treating Clients With a Brain Injury

A brain injury is a chronic condition that can affect an individual's memory, decision making, organizational skills and behavior, among other things. It is often a multi-occurring condition with mental health, substance use disorder, unemployment, corrections involvement and homelessness. A brain injury can cause a wide range of cognitive and behavioral consequences that interfere with a client's ability to adhere to substance use disorder treatment.

How Can a Counselor Tell Whether a Client May Be Affected By a Brain Injury?

- ✓ Consistent failure in completing tasks
- ✓ Missing appointments
- ✓ Disinterest in programming
- ✓ Inappropriate social behavior
- ✓ Lack of self-awareness



What Can You Do?

Because it is a frequent but under recognized condition, a first step is to screen clients for the possibility they may have sustained a brain injury. The Advisory Council on Brain Injuries has developed a screening tool to determine if an individual may have had a brain injury. It is important to note that this screening does not result in a diagnosis, and DOES NOT replace a face-to-face evaluation and assessment with a trained professional.

The screening tool, with instructions for use, is available on the IDPH website at <http://idph.iowa.gov/brain-injuries>.

The Ohio State University (OSU) has developed a number of evidence based resources that can assist providers and improve treatment outcomes for clients that have sustained a brain injury. OSU's information is found at <https://wexnermedical.osu.edu/neurological-institute/departments-and-centers/research-centers/ohio-valley-center-for-brain-injury-prevention-and-rehabilitation/for-professionals/substance-use-and-tbi>.

If you have questions about brain injury and substance use and/or the screening tool, contact Jim Pender at james.pender@idph.iowa.gov or Maggie Ferguson at maggie.ferguson@idph.iowa.gov in the Office of Disability, Injury and Violence Prevention.

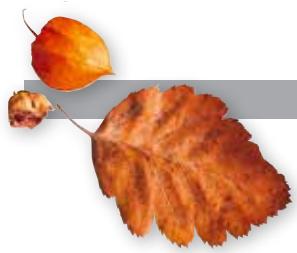
Children's Behavioral Health System State Board | Iowa Department of Human Services

The Children's Behavioral Health System State Board (Children's Board) is the single point of responsibility in the implementation and management of the Children's Mental Health System (Children's System) that is committed to improving children's well-being, building healthy and resilient children, providing for educational growth, and coordinating medical and mental health care for those in need. Signed into law on May 1, 2019, House File 690 established requirements for the Children's Behavioral Health System after receiving the Strategic Plan for the Children's System State Board as ordered by Executive Order No. 2 signed April 23, 2018. The Children's Board, co-chaired by the Departments of Human Services and Education, consists of 17 voting members appointed by the governor. Members of the Children's Board were selected based on their interest and experience in the areas of children's mental health, substance abuse, education, juvenile court, child welfare, or other related fields. Children's Board meetings are open to the public. The next meeting is scheduled at 11:00 A.M. on Tuesday, November 5 at the Polk County River Place, Conference Room 1A. For more information on the Children's Board, visit <https://dhs.iowa.gov/about/mhds-advisory-groups/childrens-system-state-board>.



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Take Note:

IDPH Announces Four Grant Funding Opportunities

Through funding made available through the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response (SOR) grant, IDPH is making available four grant funding opportunities to assist communities with addressing opioid issues.

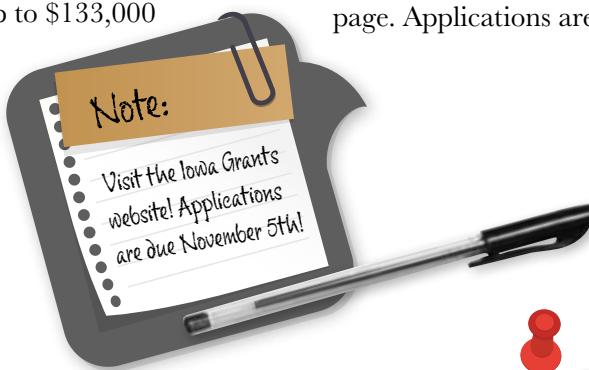
✓ **Corrections Liaison:** The awarded recipients will be required to create a Coordinator position to work with incarcerated individuals receiving MAT services or being released and needing to access services in the community to which they return. A maximum of four funding awards will be made: up to \$150,000 for each award is available.

✓ **Post Overdose Response:** The awarded recipients will be required to create a Post Overdose Response team, designed to respond to opioid overdoses that occur within the community. This will include responding to requests for services from local emergency departments, law enforcement, EMS and other providers, to offer engagement and referral services to individuals and their families that have experienced an opioid overdose. A maximum of three funding awards will be made: up to \$133,000 for each award is available.

✓ **Recovery Community Centers (RCC):** The awarded recipients will be required to create a Recovery Community Center in their community. Funding from the SOR grant will provide annual support for the education, advocacy and recovery support services offered by the RCC, as a means of further strengthening Iowa's multiple pathways of recovery approach. A maximum of four funding awards will be made: up to \$180,000 for each award is available.

✓ **Screening, Brief Intervention and Referral to Treatment (SBIRT):** The awarded recipients will be required to develop a collaborative partnership with an established primary care clinic/hospital and implement SBIRT services in order to increase facilitation of a "warm handoff" for behavioral health services. A maximum of four funding awards will be made: up to \$100,000 for each award is available.

These funding opportunities will be awarded through a competitive procurement process. For more information, please visit the Iowa Grants website at <https://www.iowa-grants.gov/index.do> and click on the Grant Opportunities page. Applications are due November 5, 2019.



Bureau of Substance Abuse Evaluation QI Adventure

The IDPH Substance Abuse Bureau participated in a Quality Improvement Adventure to streamline grant evaluation processes. The results of this year-long effort have crafted the bureau's priorities and provided direction related to evaluation practices, including hiring an evaluator, understanding evaluation, evaluation planning and communicating the results of a grant's outcomes.



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National Prevention Network Conference

Iowa had a strong showing at this year's National Prevention Network conference in Chicago, Illinois on August 27-29, 2019. In addition to the more than 30 Iowa prevention representatives and coalition members, IDPH's Bureau of Substance Abuse Prevention team members Julie Hibben and Katie Bee participated in a panel presentation on the intersection between substance abuse prevention and problem gambling prevention while highlighting the work happening in the Integrated Provider Network Grant. Other presenters included Rebecca Bishop, Senior Training and Technical Assistance Provider, Education Development Center, and Carol Oliver, Director of Prevention Solutions, Education Development Center.



Carol Oliver, Director of Prevention Solutions, Education Development Center, Julie Hibben, Education and Technical Assistance Provider, Education Development Center, Katie Bee, Rebecca Bishop, Senior Training and Technical Assistance Provider, Education Development Center



Iowa NPN conference attendees



A Matter of Substance • October 2019

What is "resilience"?

Promoting resiliency within our families and communities involves modeling healthy boundaries and supporting others when they express healthy boundaries. Boundaries are learned and practiced within our social groups and families and practicing healthy boundaries is a continual practice. Encourage those around you (children, significant other, friends, co-workers, etc.) to set limits. When others express a boundary, support them. Practice communicating your own wants and needs with those who support you.
<https://www.therapistaid.com/worksheets/boundaries-psychoduction-printout.pdf>

This is the seventh in a continuing series of commentaries about resilience, and how resiliency might support overall health and wellbeing.

What are Personal Boundaries?

Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say "no" to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.

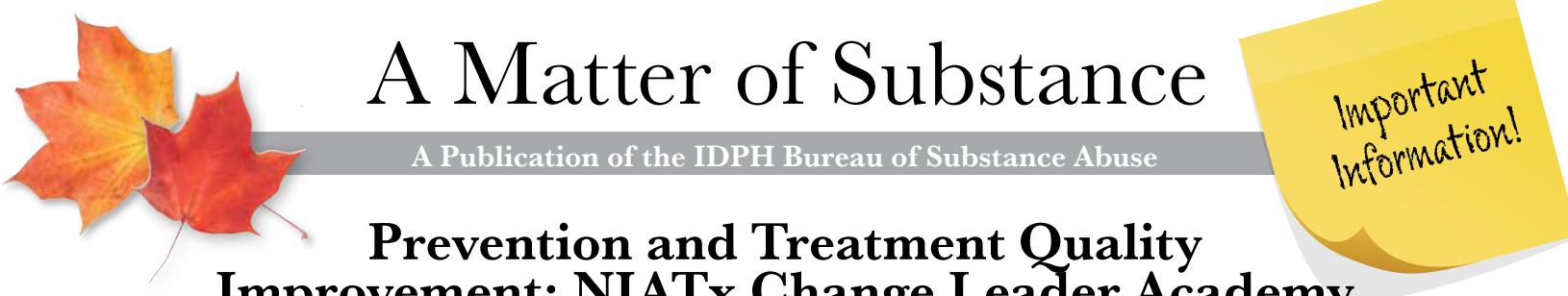
A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have **rigid boundaries**. Alternatively, someone who tends to get too involved with others has **porous boundaries**.

Common traits of rigid, porous, and healthy boundaries.		
Rigid Boundaries	Porous Boundaries	Healthy Boundaries
Avoids intimacy and close relationships.	Overshares personal information.	Values own opinions.
Unlikely to ask for help.	Difficulty saying "no" to the requests of others.	Doesn't compromise values for others.
Has few close relationships.	Overinvolved with other's problems.	Shares personal information in an appropriate way (does not over or under share).
Very protective of personal information.	Dependent on the opinions of others.	Knows personal wants and needs, and can communicate them.
May seem detached, even with romantic partners.	Accepting of abuse or disrespect.	Accepting when others say "no" to them.
Keeps others at a distance to avoid the possibility of rejection.	Fears rejection if they do not comply with others.	

Most people have a mix of different boundary types. For example, someone could have healthy boundaries at work, porous boundaries in romantic relationships, and a mix of all three types with their family. One size does not fit all!

The appropriateness of boundaries depends heavily on setting. What's appropriate to say when you're out with friends might not be appropriate when you're at work.

Some cultures have very different expectations when it comes to boundaries. For example, in some cultures it's considered wildly inappropriate to express emotions publicly. In other cultures, emotional expression is encouraged.



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Prevention and Treatment Quality Improvement: NIATx Change Leader Academy

The Integrated Provider Network (IPN) contractors attended NIATx Change Leader Academy trainings, and a coaching series focused on quality improvement and sustainability. The Change Leader Academy occurred on June 26 &27, 2019, and coaching calls occurred in July and August 2019.

NIATx, founded in 2003 at the University of Wisconsin-Madison Center for Health Enhancement Systems Studies, is a Continuous Quality Improvement (CQI) process designed for behavioral health settings. NIATx focuses on a learning collaborative model which incorporates a plan, do, study, act cycle (PDSA). The process focuses on making small changes within 1 of 4 AIMS (reduce no-shows, reduce wait times, increase continuation, increase admissions). IDPH worked with the NIATx contractor to tailor the principles to the prevention field. All IPN contractors were required to complete a walk-through of a system/practice they want to focus on, pick an AIM, complete a PDSA cycle, select a change leader, complete a nominal group technique, and implement the change project.



In September, IPN contractors submitted the change projects. Examples of the submitted change projects include, but are not limited to:

Prevention:

- ✓ Increase staff awareness and collaboration of prevention efforts by inviting them to brainstorm ideas for recovery month planning.
- ✓ Increase staff awareness about the prevention team and responsibilities by posting information in cubes and in a newsletter.
- ✓ Increase efficiencies by creating a prevention specific orientation document for new staff.

Treatment:

- ✓ Reduce no shows by providing open access times.
- ✓ Increase admissions by adding a form to assessment packets to address "What happens after your substance use evaluation."
- ✓ Increase continuation of care from residential to outpatient by providing outpatient information prior to discharge, including weekly education about outpatient services.



FDA Warns JUUL Labs for Marketing Unauthorized Modified Risk Tobacco Products

Recently, the U.S. Food and Drug Administration (FDA) issued a [warning letter](#) to JUUL Labs Inc. for marketing unauthorized modified risk tobacco products by engaging in labeling, advertising and/or other activities directed to consumers, including a presentation given to youth at a school. [Read the full article.](#)



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Recovery Month Events and Resources

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services (HHS) sponsors [National Recovery Month](#) to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

This year's theme is "Join the Voices for Recovery: Together We Are Stronger." In recognition of the 30th anniversary, a new Recovery Month logo is available, and you will see the "r" featured in campaign materials, which represents the many individuals in recovery. Organizing an event for Recovery Month is an ideal way to celebrate the achievements of the recovery community, laud the contributions of treatment and service providers, and promote the message that recovery in all its forms is possible.

Governor Reynolds recognized September as National Recovery Month during a proclamation signing on September 20, 2019. The proclamation helps to raise awareness for substance use prevention, treatment and recovery.

To celebrate Recovery Month, [Mid-America Addiction Technology Transfer Center \(ATTC\)](#) and [Prevention Technology Transfer Center \(PTTC\)](#) have partnered to produce Recovery Story Podcasts to share the inspiring recovery journeys of people in our region. Podcasts can be streamed online or downloaded to your phone or tablet for streaming on your preferred podcast app.

To support National Recovery Month In Iowa, the Iowa Department of Public Health funded 13 substance use disorder treatment programs to support recovery month activities and events across Iowa in September.

The programs and recovery month activities/events included:

- ✓ Alcohol and Drug Dependency Services (ADDS), Burlington - distribution of recovery month signs/ribbons to the community
- ✓ Community and Family Resources (CFR), Ames/Fort Dodge - 7th Annual Recovery & Wellness 5K run/walk
- ✓ Crossroads Behavioral Health Services, Creston - Rally for Recovery Tailgate
- ✓ First Resources Corporation, Ottumwa - Recovery Rally
- ✓ Heartland Family Service, Council Bluffs - 9th Annual Hands Across the Bridge
- ✓ House of Mercy, Des Moines - Crafts/art projects, carnival, race and community service project for children, women and families in recovery
- ✓ Jackson Recovery Centers, Inc., Spencer/Sioux City/LeMars - Recovery Artwork
- ✓ Season's Center, Spencer - Kids Carnival
- ✓ Prairie Ridge Integrated Behavioral Healthcare, Mason City - 5K Run/Walk
- ✓ Prelude Behavioral Services, Iowa City/Des Moines - Annual Art of Recovery Walk and Event
- ✓ Substance Abuse Services Center (SASC), Dubuque - Sober activities and recovery month promotion
- ✓ Substance Abuse Treatment Center of Iowa (SATUCI), Marshalltown - Family Fun Night
- ✓ YSS, Ames - Artwork Event for adolescents in residential treatment

Thank you to all that supported Recovery Month!

For more information about the IDPH Bureau of Substance Abuse, visit <http://idph.iowa.gov/bh>. For questions related to "A Matter of Substance," contact the editors:

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