

# A Matter of Substance



A Publication of the IDPH  
Bureau of Substance Abuse

July 2018  
Quarterly Publication  
Bureau of  
Substance Abuse

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

## House File 2377: Signed by the Governor



On May 14, 2018, Governor Kim Reynolds signed House File 2377 into law. Often referred to as the “Opioid Bill,” this legislation brings several changes to the state:

- Required prescriber registration and use of the Prescription Monitoring Program (PMP) prior to issuing an opioid prescription
- Transmission of prescription information for controlled substances by a pharmacy to the PMP within one business day of dispensing
- Adoption of a Good Samaritan law to provide certain protections for good-faith actions to seek medical assistance for an individual experiencing an overdose
- Required provider education on the CDC Guideline for Prescribing Opioids for Chronic Pain
- Adding naloxone administrations by first responders and doses dispensed by pharmacies as reportable to the PMP
- Mandating the electronic prescribing of all prescriptions (both controlled and non-controlled) beginning January 1, 2020
- Granting the Board of Pharmacy the authority to generate and send “proactive notifications” that summarize a practitioner’s history of prescribing controlled substances



As outlined in the Iowa Opioid Initiatives Report Card developed by IDPH for the Opioid Study Committee in October of last year, the passing of this legislation has significantly changed the landscape of Iowa efforts to address opioid misuse.

State of Iowa Opioid Initiatives Report Card		
Measure	Yes	No
1. State has a Prescription Monitoring Program	✓	
2. Prescribers are required to use the Prescription Monitoring Program	✓*	
3. Prescription Monitoring Program has 24-hour upload from pharmacies	✓*	
4. State utilizes prescription limits for opioids		✗
5. State has a Syringe Services Program		✗
6. State has a Good Samaritan Law	✓*	
7. State has Expanded Naloxone Access	✓	
8. State has dedicated funding for Naloxone		✗
9. State has Medicaid coverage for all forms of medication assisted treatment	✓	
10. State requires training on CDC Guidelines for Managing Chronic Pain	✓*	

\* Indicates change as a result of passed legislation.

### Other Bills of Interest:

- ✓ HF 2349 – Gambling Self-Exclusion
- ✓ HF 2456 – Mental Health Complex Needs
- ✓ SF 2113 – Suicide Training for School Personnel
- ✓ SF 2418 – Health and Human Services Appropriations
  - This bill includes a directive to IDPH to convene a work group to review reimbursement for substance use disorder providers.



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Take Note

## Staff Spotlight



**K**atie Bee joined the IDPH Bureau of Substance Abuse as a Community Health Consultant in March 2017. In her current role, Katie serves as the Project Coordinator for both the Comprehensive Substance Abuse Prevention and Youth Substance Abuse Prevention Services grants.

Katie graduated from the University of Northern Iowa with a Bachelor of Arts Degree in Family Services. She began her prevention career at Helping Services for Northeast Iowa in Decorah in January 2009. To support her continued professional development in her chosen field, Katie early on became a Certified Prevention Specialist. Katie's work experience ranges from providing direct services to address substance misuse and problem gambling to serving as a prevention manager at Employee & Family Resources, Inc. in Des Moines. Prior to joining the department, Katie had the opportunity to co-create the Gambling in the Workplace Policy Toolkit for Iowa businesses interested in policy change to reduce problem gambling and connect employees to local resources.

Additional work highlights include serving as one of two statewide Prevention Ethics Trainers, working in collaboration with colleagues statewide to present at both the 2015 Prevention Conference and the 2015 Midwest Conference on Problem Gambling and Substance Abuse, and speaking at the 2016 Prevention Conference on the importance of environmental strategies.

Katie lives in Indianola with her husband and two children. In her spare time you can find her tending to her vegetable garden or enjoying the bike trails with her family.



Katie Bee

## What is “resilience?”

**A**ccording to the American Psychological Association, resilience is the process of adapting well in the face of adversity, trauma or significant sources of stress, such as family and relationship problems, serious health problems or financial difficulties. It doesn't mean a person doesn't experience difficulty or distress. In fact, emotional pain and sadness are common in people who have experienced trauma or major adversity in their lives. Resilience is influenced by many factors, but studies have shown that the primary factor in resilience is having caring and supportive relationships within and outside the family.

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



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## Did You Know?

**From 2014-2017, there was a 38% increase in methamphetamine treatment admissions in Iowa.**

(Source: IDPH Central Data Repository)

Yes, use of methamphetamine is on the rise in Iowa. Earlier this year, the IDPH Bureau of Substance Abuse established an internal **Methamphetamine Workgroup** to develop a comprehensive approach to raising awareness about methamphetamine use, and available prevention and treatment resources and services.

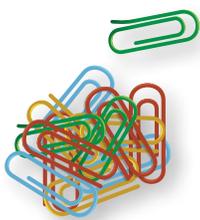
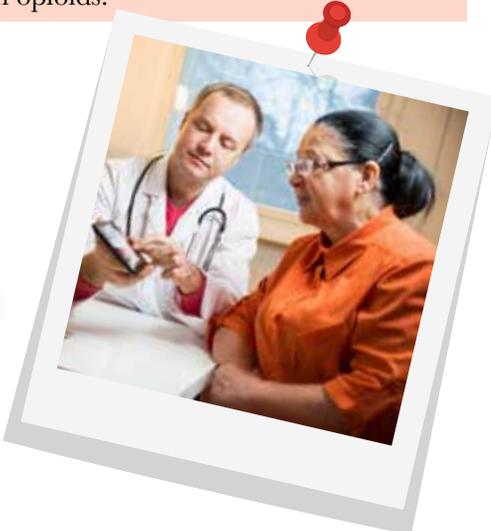
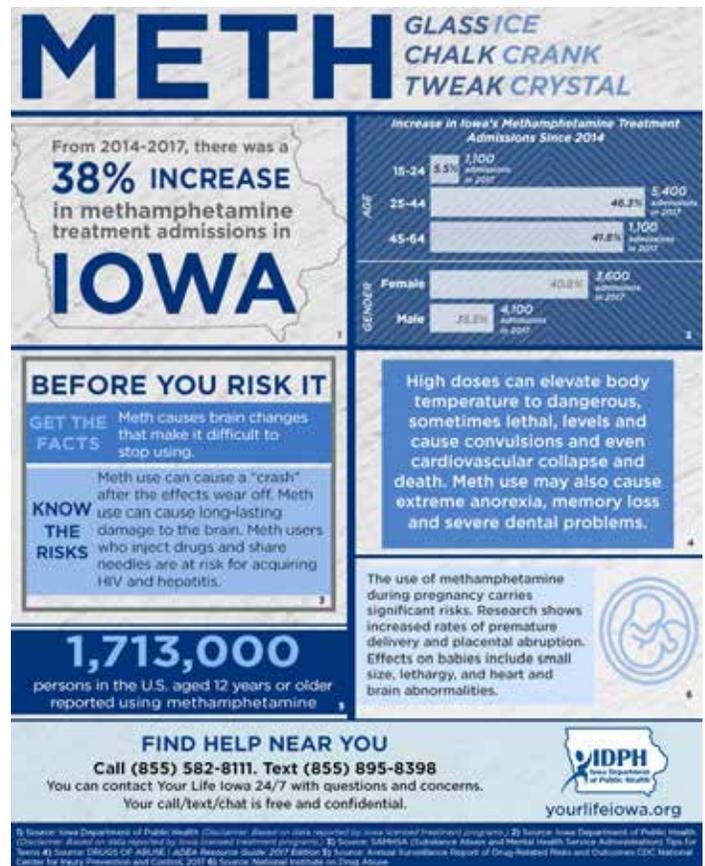
To-date, based on recommendations from the Methamphetamine Workgroup, the Bureau of Substance Abuse has implemented two initiatives:

The first initiative is being implemented by the department's **contractors for the State Targeted Response (STR) opioid grant**. These local treatment providers – 23 in all – are working to identify the impact methamphetamine has had in communities throughout Iowa. In implementing the initiative, STR contractors:

- Participated in a Bureau of Substance Abuse *Methamphetamine Webinar* that reviewed meth-related data in Iowa, previewed the planned media campaign described below and discussed promotion of campaign materials, and engaged in open discussion about efforts taking place to address methamphetamine issues at the local level.
- Developed a *Community Assessment Workbook specific to methamphetamine*, in partnership with Comprehensive Substance Abuse Prevention contractors.
- Hosted or presented information to at least one *stakeholder meeting* to understand local methamphetamine use and identify potential connections with opioids.

The second initiative is a **media campaign** that includes wide distribution of a newly-created methamphetamine infographic and two different radio spots. Both are designed to educate Iowans about methamphetamine. The infographic highlights state and national statistics and the negative consequences associated with use of the drug. The two radio spots focus on access to treatment options in Iowa.

For more information about IDPH methamphetamine efforts, contact Katie Bee at [katie.bee@idph.iowa.gov](mailto:katie.bee@idph.iowa.gov). The Iowa Substance Use brief link is: [https://idph.iowa.gov/Portals/1/userfiles/133/IASubAbuse-BriefNewsletterJune2018\\_Methamphetamine.pdf](https://idph.iowa.gov/Portals/1/userfiles/133/IASubAbuse-BriefNewsletterJune2018_Methamphetamine.pdf).



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## Family-Centered Care Learning Collaborative

House of Mercy has been accepted into the Mid-America Addiction Technology Transfer Center's 2018-2019 cohort for the Family-Centered Care Learning Collaborative. The Family-Centered Care Learning Collaborative is a year-long virtual training opportunity that helps selected providers understand the family-centered care model for pregnant/parenting women with substance use disorders, assess the program's use of family-centered care principles, and identify and implement strategies to improve the program's family-centered culture and services.

Addiction does not just affect the individual who is directly symptomatic of a substance use disorder; it affects the entire family system. Treating the whole person means treating the whole family.

"House of Mercy is committed to providing comprehensive treatment to individuals and families needing access to these vital services. We are proud to have been accepted to participate in the Family Centered Care Learning Collaborative. Through this collaborative, we will be able to learn from experts in the field and expand on our family-centered programming efforts as we continue providing the highest quality of care," Rebecca Peterson, Director of House of Mercy shares. The Mid-America ATTC is a collaboration between Truman Medical Center Behavioral Health and the University of Missouri-Kansas City School of Nursing and Health Studies, serving the states of Iowa, Kansas, Missouri and Nebraska.



## IDPH Launches New Public Health Tracking Portal

After months of behind the scenes work, IDPH is pleased to announce that a new Iowa Public Health Tracking portal has been launched at a new URL.

This new and improved portal will make it easier for users to access high quality data in less time. This data can improve the understanding of hazards and lead to actions that may prevent chronic illnesses.

One feature of the new portal is a brand new website at a brand new URL. The tracking portal can now be accessed at <https://tracking.idph.iowa.gov/>. If you have the former tracking portal bookmarked or linked to on your website, please update those links with this new site.

Other new features:

- **Data Visualizations using Tableau.** Tableau is a software product that was used to create the interactive data visualizations to present the public health data.
- **About the Data.** An "About the Data" tab has been added to each topic area to provide general information about the data displayed in the Tableau visualizations.
- **A New Dataset.** Sexually Transmitted Diseases, Chlamydia and Gonorrhea data have been added to the portal.
- **New resources for portal users.** Additional resources have been added to the new site such as "bites" (a data headline) on the landing page of each topic area, training videos, and a News & Updates page to keep you up-to-date on the latest information from our program.

IDPH tracking program staff hope that you will take some time to visit the new portal and provide feedback so we can continually improve the site by understanding portal user information, data and resource needs. Provide your portal feedback at any time at <https://tracking.idph.iowa.gov/Help/Feedback-Survey>.



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## 41st Annual Governor's Conference on Substance Abuse

The 41st Annual Governor's Conference on Substance Abuse took place April 18-19, 2018, organized around the theme of Advancing Integration through Ideas, Science and Technology.

Governor Kim Reynolds welcomed over 450 attendees to the annual conference and emphasized the need for behavioral health services in Iowa, discussing both the opioid epidemic and the resurgence of methamphetamine in the state.

Keynote speakers included Richard Rawson who spoke on methamphetamine use, Corey Waller who addressed the opioid epidemic, and Cortney Lovell who shared her lived experience and the power of peers.

A new addition to the Governor's Conference this year was a panel of Iowa providers. Janet Zwick - UCS, Nick Foss - ADDS, Wes Nyberg - Iowa Chiropractor Association, Vickie Lewis and Dr. Nicole Gastala - SATUCI and Kermit Dahlen - Jackson Recovery Centers spoke on the implementation of integrative services in their area.

IDPH, in collaboration with the Opioid State Targeted Response grantees, recognized 23 individuals with the Public Health Challenge Coin for their services in protecting and improving the health of Iowans. Also, a big thank you to Training Resources for organizing the 41st Annual Governor's Conference on Substance Abuse!



## NASADAD/CSAT/CSAP Annual Meeting

The National Association of State Alcohol and Drug Abuse Directors (NASADAD) annual meeting, held in conjunction with SAMHSA's Center for Substance Abuse Treatment (CSAT) and Center for Substance Abuse Prevention (CSAP), took place this year from May 21-24, 2018, in Bethesda, MD. Approximately 250 NASADAD members, prevention coordinators (PC), treatment coordinators (TC), women's services coordinators (WSC), and state and territorial alcohol and drug agency staff, federal officials, and other stakeholders attended the meeting. DeAnn Decker, Bureau Chief for Substance Abuse (and Iowa's TC), Julie Hibben (PC), and Michele Tilotta (WSC) represented IDPH at the meeting and attended sessions on SAMHSA updates, primary prevention efforts, technical assistance and training opportunities, recovery housing, women's treatment services, workforce issues, treatment priorities and more.

The annual NASADAD meeting is an important way that IDPH staff stay current with federal policy and funding, and with both nationally-accepted evidence-based practices and emerging local promising practices.

## Resources for Parents

The Partnership for Drug-Free Kids has a variety of resources available for parents who have children struggling with drug use. Resources include a helpline, education, text messaging support, parent coaching, and more. For more information, go to <https://drugfree.org/>.

One resource that might be right for you is Peer-to-Peer Parent Support. Click here for more information, including a video: <https://bit.ly/2GMfZex> #PeerSupport.

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## Iowa Injection Drug Use Trends

The Iowa Consortium for Substance Abuse Research and Evaluation will soon release a new publication entitled Special Report – Iowa Injection Drug Use Admissions: 2000 to 2014. Here are some highlights.

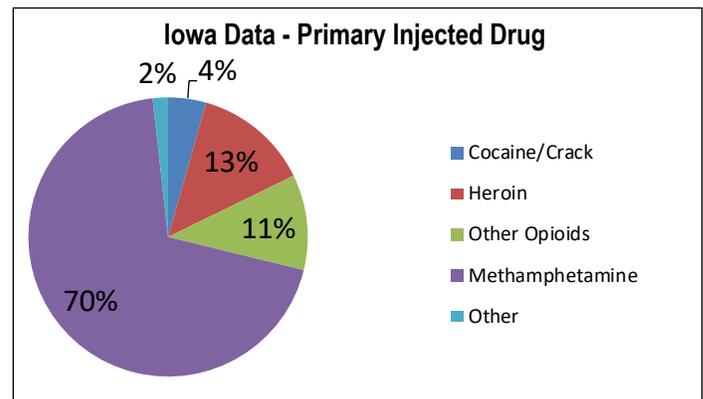
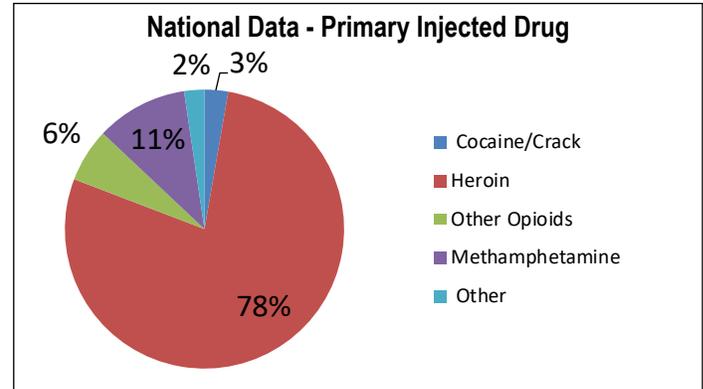
Iowa has seen rising rates of HIV, hepatitis and opioid-related problems in the last several years. One clear connection between these issues is injection drug use (IDU), and the people who inject drugs (PWID). The consortium studied Iowa treatment data available through the SAMHSA Treatment Episode Dataset – Admissions, with a focus on IDU admissions. Major findings, based on the 422,119 reported admissions between 2000 and 2014, include the following:

- ✓ The percentage of IDU admissions nearly doubled between 2008 and 2014, after a decline between 2004 and 2008.
  - The decline in IDU admissions between 2004 and 2008 was due to reduced methamphetamine admissions.
  - The recent increase in IDU admission is mainly due to increased methamphetamine admissions between 2008 and 2014; opioids have also shown an increase.
- ✓ The sex, race and ethnicity of IDU cases have remained fairly stable over the 15-year period.
- ✓ The largest growing age group of IDU admissions and PWID was aged 21-29.

**Iowa's IDU cases primarily injected methamphetamine, not opioids.** The following two

figures show national data where opioids, particularly heroin, are the most injected drugs, and Iowa data showing methamphetamine is the most injected drug.

Contact Dr. Steve Arndt, Director of the Iowa Consortium for Substance Abuse Research and Evaluation, at [stephan-arndt@uiowa.edu](mailto:stephan-arndt@uiowa.edu) for a copy of the report.



## Licensure Standards FAQ

Please submit any licensure questions to [SUD.PG.License@idph.iowa.gov](mailto:SUD.PG.License@idph.iowa.gov).

**Q: Is our program required to submit a Tuberculosis (TB) Risk Assessment? If so, what needs to be included?**

**A:** In accordance with 641-155.36, 155.37 and 155.38, licensed program facilities are required to conduct an annual TB risk assessment to evaluate the risk for transmission of *M. tuberculosis*, regardless of whether a person with suspected or confirmed TB disease is expected to be encountered in the facility.

The risk assessment shall include:

- ✓ The community rate of TB,

- ✓ The number of persons with infectious TB encountered in the facility, and
- ✓ The speed with which persons with infectious TB are suspected, isolated and evaluated to determine if person with infectious TB expose staff or others in the facility.

Designated program staff determine the facility's risk classification (low risk, medium risk or potential ongoing transmission) which is then used to determine the frequency of TB screening.

Programs may use the following document to meet the requirement to perform a TB risk assessment: [TB Risk Assessment Tool](#). For more information on the IDPH TB Control program, go to <https://idph.iowa.gov/imm/tb/tb>.

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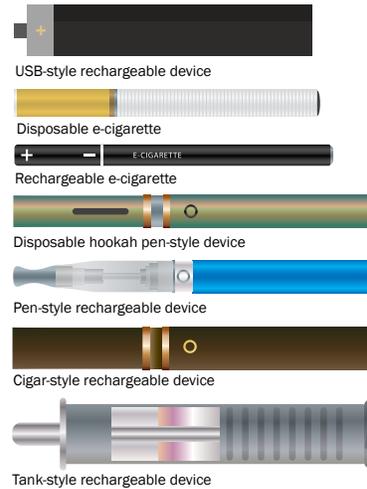
## FDA Enforcement of E-Cigarette Devices

On April 24, the U.S. Food and Drug Administration (FDA) announced it was cracking down on the sale and marketing of e-cigarette devices in hopes of combatting youth use of these popular products.

One e-cigarette device, JUUL, has become increasingly popular, particularly among young people, since its launch in 2015. Read the fact sheet [JUUL and Youth: Rising E-Cigarette Popularity](#) for more information about Juuling. Additional information is available [here](#).

For more information about other types of e-cigarettes or youth tobacco topics, visit [www.tobaccofreekids.org](http://www.tobaccofreekids.org).

### Sample of Electronic Smoking Devices



## Substance Abuse Prevention and Treatment Block Grant & Synar Application and Reports

The 2020-2021 Substance Abuse Prevention and Treatment Block Grant (SABG) application, SABG report and Synar reports will be available for comment beginning in October 2018. The reports will be posted at the following website: <http://www.idph.iowa.gov/block-grant>.

Please send comments to Michele Tilotta at [michele.tilotta@idph.iowa.gov](mailto:michele.tilotta@idph.iowa.gov).



## Promote Traffic Safety

The Iowa Governor's Traffic Safety Bureau put together the following flyer with a quick reference to Iowa laws and consequences on driving impaired, texting and driving, and buzzed driving. For more information, visit <http://www.dps.state.ia.us/commis/gtsb/>.

### DAY OR NIGHT CLICK IT OR TICKET!

The Iowa Governor's Traffic Safety Bureau and the Iowa Department of Public Health would like to invite you to join us in promoting traffic safety.

More information such as printed materials and DVDs are available. Visit [IowaGTSB.org](http://IowaGTSB.org) or these other impaired driving information websites: [NHTSA.gov](http://NHTSA.gov), [TrafficSafetyMarketing.gov](http://TrafficSafetyMarketing.gov), and [StopDruggedDriving.org](http://StopDruggedDriving.org).

Impaired driving crashes are preventable. Great concepts such as Designated Drivers and Call a Cab programs are innovative approaches to solving this nationwide tragedy.

Remember that it is illegal to text while driving. Please help in our quest to protect all Iowans from impaired drivers.



**DON'T FORGET:** Drive sober or get pulled over and buzzed driving is drunk driving.

**NEARLY 26%** of traffic fatalities last year in Iowa were attributed to drivers impaired on alcohol or other drugs.



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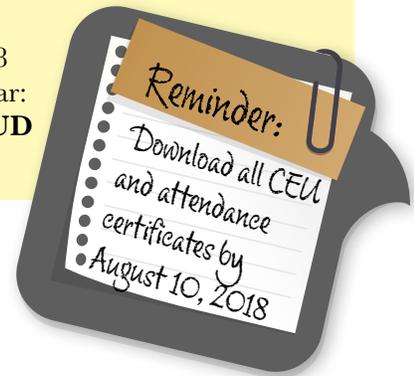
## Training Schedules:

### Important Update on Training Documentation through Training Resources

If you have received CEUs or certificates of attendance from IDPH-sponsored trainings via registration on the <https://trainingresources.org> website, here's some important information. You may want to download, save and print ALL CEU and attendance certificates stored under your profile at <https://trainingresources.org> by August 10, 2018. You can access your profile via the Login To My Account button; most user names are first initial followed by last name.

With the scheduled end of IDPH's contract with Training Resources on June 30, 2018, the website will no longer be supported. The website is expected to shut down on or about August 15, after which time you will no longer have online access to these records. If you have questions or need assistance, call **515-309-3315** or email [info@trainingresources.org](mailto:info@trainingresources.org).

**Save the Date:** July 24, 2018  
11:00 a.m.-12:30 p.m. webinar:  
**Providing Best Practice SUD  
Care for Rural Families**



## Long-Established Methamphetamine Prevention Efforts

**P**MPP (initially "Partners for Meth Prevention" and now "Prevention Means Progress") has been providing meth prevention efforts in the Council Bluffs area since 2004. Every year, we ask the governors of Iowa and Nebraska to proclaim May as Meth Prevention Month in their states to highlight the fact that meth is still destroying individuals, families and communities. We also deliver Meth360 presentations in collaboration with local law enforcement. Our presentations cover not only information on what meth is, but also how to prevent meth use in youth, and information on treatment options and effectiveness.

In addition to Meth360, we also deliver Me360 in 10 metro area school districts. Me360 is a science-based and evidence-informed program related to addiction, high-risk vs low risk choices, substances of abuse (including meth) and how they affect the brain, body, and life in general. We have shared Me360 with thousands of middle school youth. Because of our success with Me360 and our meth presentations, a community in Mitchell, South Dakota asked us if they could learn more and use our curriculum. After we trained them in the curriculum, they adopted it as their prevention curriculum in their school district. They have shared their pre/post survey results with us and our evaluator will be comparing their results with our results to understand fidelity to the model.

We have worked to develop solid relationships with legislators so we can provide them with the science and

research needed to make informed policy decisions about substance abuse prevention and treatment. We also host Hands Across the Bridge for Recovery annually during National Recovery Month, promoting SAMHSA's message that prevention works, treatment is effective and people recover. This event draws 300-500 people. One highlight each year is when a person in recovery shares their story – which nearly always includes a history of meth addiction.

Meth use has not gone away in our communities and we believe Adverse Childhood Experiences or ACEs is a root cause. Many individuals and families with addiction issues have experienced trauma, which is a contributing factor to substance use. The prevalence and acceptance of marijuana use in our communities may also contribute to meth use in future years because of marijuana's affect on developing brains and brain pathways. As a community coalition, we are working on community stakeholder meetings to plan strategies around ACEs and marijuana use that we hope will lead to changes in local meth usage rates and treatment admissions.

*Lorelle Muetting, Prevention  
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## Broadlawns Crisis Observation Center Opens in Des Moines

On May 23, Broadlawns Medical Center hosted an open house at their new Psychiatric Urgent Care Center – also known as the Crisis Observation Center or COC. This new service, available to persons on a voluntary basis, is available 24/7 at the Broadlawns campus at 1801 Hickman Road in Des Moines.

The Crisis Observation Center complements the mental health and substance use disorder services already offered at Broadlawns, including Mobile Crisis and the Crisis Stabilization Center.

The COC provides a safe, calm environment where patients can meet with a nurse and therapist, and if needed, receive assistance setting up mental health/substance use disorder appointments and services. The COC staff may also coordinate an assessment by one of the Broadlawns Hospital mental health medication providers, if appropriate.

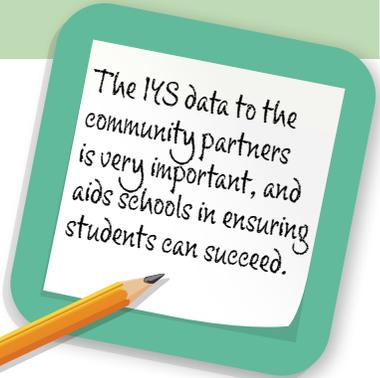
For more information, go to: <https://www.broadlawns.org/crisis-observation-center.cfm>.

## Iowa Youth Survey Participation

Registration for the 2018 Iowa Youth Survey (IYS) is open and active! Participating schools will make the IYS available to students via Survey Monkey, between October 1 - November 9, 2018. More than 235 school districts and non-public schools have registered to participate. County and school reports from these data will be available in March and April 2019.

IDPH recently released these [2018 Iowa Youth Survey Talking Points](#) to aid in discussions with local school districts with questions about participating in the IYS. Stressing the value of IYS data to community partners is important, as is talking about how community partners can aid schools in ensuring students can succeed.

Send questions about the IYS to [iowayouthsurvey@idph.iowa.gov](mailto:iowayouthsurvey@idph.iowa.gov).



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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