

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse

July 2019
Quarterly Publication
Bureau of
Substance Abuse

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

Children's Mental Health Bill Signed

On May 1, 2019, Gov. Reynolds signed [HF690](#), a bill that creates the first of its kind comprehensive Children's Mental Health System.

The legislation follows the priorities in a Strategic Plan submitted to the Governor and General Assembly by the Children's Behavioral Health System State Board and codifies the board which was established by Gov. Reynolds' Executive Order 2 in 2018. This legislation also establishes required core services for children, regional crisis stabilization, mobile response teams and 24-hour hotline access to services.



Strong show of support for children's mental health bill

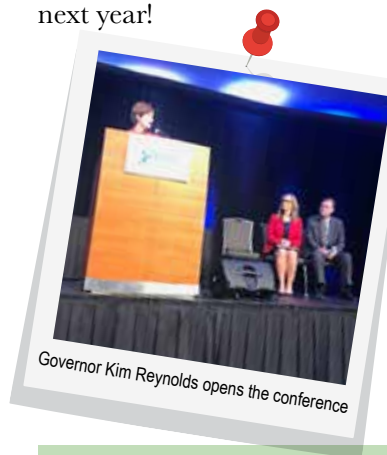
Substance Abuse Prevention Skills Training (SAPST)

The Iowa Department of Public Health, in collaboration with Midwest Counterdrug Training Center (MCTC), is offering the Substance Abuse Prevention Skills Training (SAPST) on October 2-3, 2019, with the second half on November 14-15, 2019.

The curriculum has the most current information available on evidence-based prevention practices with a focus on the Strategic Prevention Framework. SAPST will enable participants and agencies to gain the ability to enhance their efforts and design prevention programs that create real, long-term results. [Register today to save your spot for this free training.](#)

Governor's Conference on Substance Abuse

More than 500 people attended the 42nd Annual Governor's Conference on Substance Abuse April 16-17, 2019. With opening remarks by Governor Kim Reynolds and IDPH Director Gerd Clabaugh, the first day focused on what's "trending" in the fields of substance use disorder prevention and treatment. Day One presentations addressed brain injuries and substance use disorders, medical cannabidiol, electronic cigarettes and human trafficking. Day Two provided education on ethics in behavioral health fields and education on behavioral health medications, cultural humility, withdrawal management, special populations and problem gambling treatment. The large attendance included many programs and professions. Thank you to those who helped make this one of the most well attended and diversely represented events sponsored by the IDPH Division of Behavioral Health. We look forward to what we have planned next year!



Governor Kim Reynolds opens the conference



Claudia (not shown) and Rodrigo Garcia presented "Catch Me If You Can"

Alcohol-Involved Deaths Data Brief

IDPH recently released a data brief on alcohol-involved deaths. The number of alcohol-involved deaths has increased in Iowa from 388 in 2008 to 650 in 2017. You can find this information at: https://idph.iowa.gov/Portals/1/userfiles/133/May2019SubAbuse-BriefFinal_Alcohol%20Involved%20Deaths.pdf.



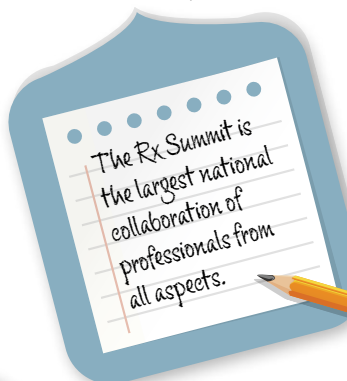


IDPH Staff Attend Rx Drug Abuse and Heroin Summit in Atlanta

Staff from IDPH had the opportunity to attend the Rx Drug Abuse and Heroin Summit in Atlanta on April 22-25, 2019. For those unfamiliar with the conference, the Rx Summit is the largest national collaboration of professionals from local, state, and federal agencies, business, academia, treatment providers (including a few from Iowa), and allied communities impacted by prescription drug abuse and heroin use. Much like our own Governor's Conference on Substance Abuse, the summit includes various keynote speakers and specific topic breakout sessions. Notable speakers in past years have included President Barack Obama in 2016, Congressmen Patrick Kennedy and Newt Gingrich in 2017, and President Bill Clinton and Counselor to the President, Kellyanne Conway in 2018. This year was no exception, as President Donald Trump and First Lady Melania Trump addressed attendees.

As part of this year's summit, the National Association of State Alcohol and Drug Abuse Directors (NASADAD) hosted two collaborative discussion meetings between federal partners and state alcohol and drug agencies.

Kevin Gabbert, Opioid Initiatives Director at IDPH (see picture), was part of the group that met with Dr. Nora Volkow, Director, National Institute on Drug Abuse (NIDA), and Dr. Debra Houry, Director, Center for Disease Control and Prevention (CDC) National Center for Injury Prevention and Control. The meetings focused on topics such as increased access to medication-assisted treatment, the role of states regarding implementation of evidence-based practices, and how federal partners can help state prevention, treatment and recovery efforts.



2018 IYS County Reports Available

2018 Iowa Youth Survey (IYS) county reports are available and may be accessed at http://www.iowayouthsurvey.iowa.gov/counties/county_2018.html. The county reports are based on the county of residence as reported by the students completing the survey. Additional reports, including by judicial district, area education agency and Integrated Provider Network (IPN) regions, will be posted to the IYS website by July 7, 2019. All substate reports are laid out similar to the state report and the data are useful for planning purposes, resource allocation, and to inform community discussions. If you have any questions about the Iowa Youth Survey, please e-mail IDPH at iowayouthsurvey@idph.iowa.gov.

Important Note!

All Iowa Youth Survey reports will be available July 7, 2019.

New! Your Life Iowa Teen and Parent Campaign

In June 2019, IDPH sponsored a campaign to encourage teens and parents to contact or visit YourLifeIowa.org for help and support with drugs, alcohol, gambling and suicide. For this campaign, two new landing pages ([Help for Teens](#) and [Help for Parents](#)) were developed. Other promotional items included social posts on Facebook, Twitter and the IDPH homepage, and two YouTube videos ([Teen Video](#) and [Parent Video](#)).

Posters will be available soon.

Contact cara.weis@idph.iowa.gov with questions or to request posters.





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Take Note

Staff Spotlight



Jim Pender joined IDPH in February 2019 as a community health consultant in the Office of Disability, Injury and Violence Prevention. Jim is the grant manager for the Administration on Community Living (ACL) Traumatic Brain Injury State Partnership Grant. Jim is responsible for supporting the program manager in the many IDPH initiatives that aim to prevent a brain injury or support the 27,000-plus Iowans who experience a brain injury every year.

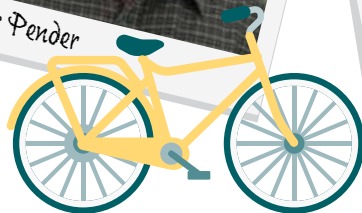
Prior to IDPH, Jim spent 19 years at the Department of Human Services Bureau of Targeted Case Management as a social worker. While at DHS, Jim specialized in policy analysis and provided technical assistance to field staff serving Iowans on several home and community based waivers.

Jim graduated with his MSW from the University of Iowa, and is an avid Iowa Hawkeye and Minnesota Vikings fan. Jim and his wife are adoptive parents of five special needs children and reside in Windsor Heights.

In his spare time, Jim likes to ride his bike, work in his yard, and support his wife in mentoring refugees.



James Pender



Community & Family Resources Grand Opening

On May 17, 2019, Community & Family Resources held the grand opening of its new state-of-the-art facility providing treatment services for mental health, substance use and gambling disorders. The facility has separate men's and women's residential wings, as well as an outpatient office, detoxification unit, adolescent residential unit, and a Medication Assisted Treatment clinic with UCS Healthcare.



Dining area



Lobby



Lounge area



Bedroom

A new state-of-the-art facility was opened in Fort Dodge for mental health, substance use and gambling disorders.

Prevention Media Campaigns

The Iowa Department of Public Health developed two prevention focused media campaigns to help raise awareness of the unintended risks of [youth marijuana](#) and adult [methamphetamine](#) use. During the month of June, these campaigns were promoted statewide using television commercials, radio spots, and online banner ads throughout Iowa. Materials from both

campaigns are available for local implementation and these resources are available on the [YourLifeIowa prevention media campaign site](#).

For more information about these resources or to view these campaigns, please visit Your Life Iowa at [yourlifeiowa.org](#).



Important
Information!

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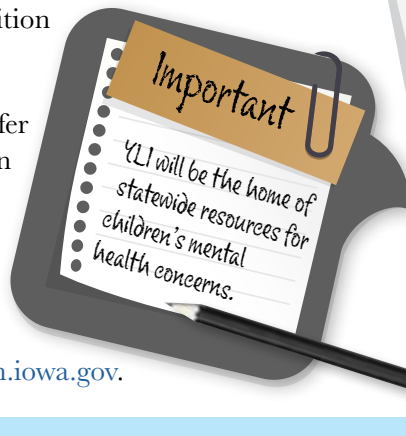
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Your Life Iowa–Mental Health Expansion

IDPH and DHS have been collaborating over the last six months in response to HF 2456, a behavioral health bill enacted at the conclusion of the 2018 Iowa Legislative Session. Efforts have focused on creation of a single statewide 24-hour crisis hotline, and information and resources for children with mental health disorders and their caregivers. IDPH received an appropriation for SFY 2020 to fund the children's mental health component for Your Life Iowa (YLI).

After evaluating options, Your Life Iowa was chosen to become the home of the single statewide resource (crisis hotline, online chat, text) for adult and children's mental health concerns. With a planned "soft launch" on July 1, 2019, YLI will be ready to take statewide crisis calls, text and online chats while transition plans are developed with each Mental Health and Disability Services (MHDS) region to transfer their crisis line services to YLI. In addition, DHS is busy working with IDPH to develop and launch new mental health content on YourLifeIowa.org. For more information on this project, contact eric.preuss@idph.iowa.gov.



Narcan Kits Sent Out

In early June, IDPH Bureau of Substance Abuse staff packed over 2,400 Narcan kits as part of the State Opioid Response grant efforts. The Narcan kits were distributed to law enforcement in Iowa that volunteered to receive the kits. Contact kevin.gabbert@idph.iowa.gov with questions.



Licensure Standards FAQ

Please submit any licensure questions to SUD.PG.License@idph.iowa.gov.

We'd like to offer OWI evaluations at our licensed substance use disorder treatment program. Would our license allow for this?

Yes, licensed substance use disorder treatment programs can provide evaluations to those persons who are charged with operating a motor vehicle while intoxicated (OWI). Programs providing OWI evaluations are required to have additional policies and procedures to address the following standards:

641–155.25(1) A program conducting OWI evaluations on persons convicted of operating a motor vehicle while intoxicated (OWI) pursuant to Iowa Code section 321J.2 and on persons

whose driver's license or nonresident operating privileges are revoked under Iowa Code chapter 321J shall do so in accordance with 641–Chapter 157.

641–155.25(2) The program shall make its fees public and shall inform potential patients of the fee at the time the assessment or evaluation is scheduled.

Programs shall charge no more than \$125 for the cost of the screening and evaluation. The individual or the individual's insurance provider shall be responsible for the costs of the screening and evaluation. Programs shall seek reimbursement of the cost of screening, evaluation and treatment from an individual's insurance company or from Medicaid for individuals who are eligible or enrolled in Medicaid.



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Please Read!

5-2-1-0 Healthy Choices Count!

When working with youth at risk of, or having a substance use disorder, it is important to provide a whole health approach which includes reducing poor health habits while developing healthy habits. The 5-2-1-0 Healthy Choices Count! initiative is a nationally recognized evidence-based program that provides an easy way to engage and teach youth, parents, organizations and others about ways to increase healthy habits. The initiative promotes eating healthy foods, limiting screen time, participating in physical activity and limiting sugary beverages.

Resources and tools for 5-2-1-0 can be found on the Healthiest State Initiative [website](#) and includes information for a variety of settings, including parents and caregivers, and [health care settings](#). Some of the resources specific to healthcare settings includes the [Healthy Habit Toolkit](#), [Motivational Interviewing Guide](#), [Health Habits Talking Points](#), age-specific questionnaires and much more.

If you are a youth-serving provider, consider ways to incorporate the 5-2-1-0 initiative with youth and parents you serve. There are many ways providers can make connections between substance use and healthy habits; for example, talk to youth and parents about:

- ✓ Building healthy coping mechanisms
- ✓ Planning family interactions like eating a healthy meal together or participating in fun recreational activities
- ✓ How sleep and physical activity affects mood

For more information, contact erin.olson@idph.iowa.gov or cara.weis@idph.iowa.gov.



What is “Resilience?”

Celebrating our Family Tree, an Exercise in Cognitive Resilience (the way we think about adversity)

Did you know that your genes are influenced by the lived experiences of your ancestors? Did you also know that our brains have the ability to heal?

Linking the study of epigenetics (nature) and neuroscience (nurture) on a basic level supports social science to recognize the behavioral and social implications of historical trauma. This expands the context for identifying protective factors we can celebrate/focus on from a public health approach within ourselves and our families.

Since adverse experiences alter the way we see the world, they also change how we internalize messages about ourselves and our families. We are continually shaping our perspective and pruning neural pathways in our brain.

Focusing on how we think about adversity can modify our cognitive response and even strengthen our coping capacity. How often do you respond to thoughts with compassion? Are you harsh with yourself when your behavior has negative health outcomes?

For instance, think about a behavior common across your family that is a symptom/outcome of adversity. Below is an example:

- ✓ **ADVERSITY:** Food insecurity/poverty
- ✓ **OUTCOME:** Anxiety
- ✓ **COPING/BEHAVIORAL RESPONSE:** Eating disorder

In this example we identified a behavior that is counter-productive to our overall health. While the behavior helps sooth mental health short-term, there are long-term implications. Begin with awareness and think broadly about this experience from a place of compassion. Was this coping strategy modeled within your family of origin? What other behavioral responses has your family practiced that were aligned with overall health? What ways do you celebrate your family’s resilience to adversity?

An aspect of resilience is about normalizing our experiences as a collective society and being able to say, “I am doing the best I can today understanding that I am holding the lived experiences of my family, my community, and my ancestors.”

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





Youth Grant Ends but Efforts Continue

The State Youth Treatment Implementation (SYT-I aka Families in Focus) grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) recently ended. SYT-I was awarded to IDPH from 2015-2019 and built upon accomplishments of the previous youth grant from 2012-2015. With both grants combined, IDPH funded substance use disorder (SUD) treatment providers, and key partners, have collaborated for nearly seven years!

The efforts include implementation of youth-specific state infrastructure development and evidence-based treatment and recovery support services for SUD or co-occurring mental health disorders. The funded SUD treatment providers were Heartland Family Service (Council Bluffs), Prelude Behavioral Services (Des Moines), Prairie Ridge Integrated Behavioral Healthcare (Mason City) and YSS (Ames).

Key accomplishments include:

- ✓ Implementation of two evidence-based practices and recovery support services for youth ages 12-25.
- ✓ Increase in number of clinicians trained to serve youth using evidence-based practices.
- ✓ Establishment of an Adolescent Steering Committee and subcommittees to have a forum for youth services and infrastructure (systems, workforce, financial, and linkages).
- ✓ Development of a media campaign targeting youth ages 12-25 to publicize Iowa's 24/7 helpline.
- ✓ Development of YourLifeIowa.Support text message service. This service will provide supportive, motivational messages related to drugs, alcohol, gambling and suicide. More information about this exciting new service will be coming soon!
- ✓ Expansion of Recovery Peer Coaching by training Recovery Peer Coaches and trainers and dissemination of a Recovery Peer Coaching fact sheet.
- ✓ Other webinars and trainings on various topics specific to youth and SUD such as evidence-based screening, assessment and treatment, adolescent development, and collegiate recovery.

✓ At a local level, the funded treatment providers in the grant report increased collaborative efforts with referral sources, that clinicians became experts in the field, and the overall ability to provide improved services to youth with SUD.

IDPH intends to continue efforts focused on youth substance use disorder treatment and recovery support services. Efforts may include continuation of the youth-specific committee and expansion of evidence-based practices and recovery support services when possible. For more information about SYT-I, visit the [website](#) or contact cara.weis@idph.iowa.gov.



IDPH TV Spot Receives Silver Award

The Iowa Department of Public Health's **Overdose TV spot** created for the Strategic Prevention Framework for Prescription Drugs grant received the Silver Award from the 36th Annual Healthcare Advertising Awards by the Healthcare Marketing Report.





17th International Conference on Gambling and Risk Taking

The **International Conference on Gambling & Risk Taking** was held May 27-30, 2019, at Caesars Palace Hotel & Casino in, Las Vegas. Over 500 people (researchers, students, professors, industry representatives, professional gamblers, regulatory and government officials, and treatment/prevention providers) from 30+ countries attended, encouraging new ways of thinking, driving innovation and change, and providing interdisciplinary access to the world's brightest gambling minds.

Iowa Gambling Treatment Program Manager Eric Preuss and Eric Hieden of UNI-CSBR presented on the 2018 Iowa Gambling Treatment Outcomes report as part of the Treatment Programs: Outcomes breakout session. The presentation focused on a multi-level analysis of Iowa's gambling treatment programs, including utilization of services (including recovery support services and e-therapy), access, number of sessions in the first 30 days (engagement), length of stay (continuation), and the reduction of gambling and disordered gambling criteria. The key conclusion of the presentation was that longer length of stays in treatment was the only factor that could be linked to reduction in disordered gambling criteria.

The first conference in 1974 was organized by Dr. Bill Eadington — an innovative thinker and founding figure in gambling research. Held every three years — the conference has maintained its status as the largest, oldest, and most prestigious conference of its kind by always looking towards the future and remaining on the cutting-edge of gambling insights. The 2019 conference included over 280 presentations covering topics such as economics, public policy, mathematics, social sciences, psychology, prevention and treatment.

Eric Preuss and Eric Hieden presented on the 2018 Iowa Gambling Treatment Outcomes report, as a breakout session.



Training Opportunities

The Iowa Department of Public Health has these training opportunities:

Webinar: Community Check Box Tools for Prevention

✓ July 12, 2019 from 10:00–11:00 a.m.
Access at this link: <https://zoom.us/j/508824737>.

Webinar: Quality Improvement - Is the Juice Worth the Squeeze? Why you should be interested in quality improvement.

✓ July 12, 2019 1:00–2:30 p.m. Register [here](#).

Prevention Conference

✓ September 4, 2019
MCTC - Camp Dodge, Johnston. Registration coming soon - watch for it!

Webinar: Substance Abuse Prevention Ethics for Recertification

✓ October 10, 2019 from 9:00 a.m.–12:00 noon
To register and to learn more information, [click here](#).

Substance Abuse Prevention Skills Training

✓ October 2-3 and
✓ November 14-15, 2019
Registration is free but mileage, meals and lodging are to be covered by each participant. In order for the training to count towards certification, participants will need to attend all four days within this course. To register and to learn more information, [click here](#).

Substance Abuse Prevention Ethics for Certification

✓ November 13, 2019
Registration is free but mileage, meals and lodging are to be covered by each participant. In order for the training to count towards certification, participants will need to attend the full day of training. To register and to learn more information, [click here](#).

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 editors:

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