

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse

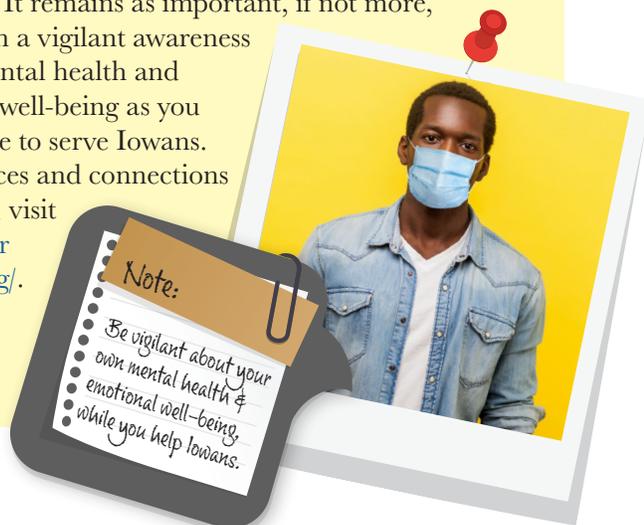


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COVID-19 Update

The Iowa Department of Public Health Bureau of Substance Abuse would like to thank each of you as you continue to navigate novel coronavirus. As time progresses, this pandemic has created a situation where we simultaneously know more and less at the same time about how this pandemic is and will impact all of our lives. In many instances, our personal and professional lives have met in ways that they have never before, whether it is working more in your home environment or figuring out how to take safety precautions as a result of exposures. As we continue to serve Iowans with behavioral health needs we anticipate the landscape of our day to day lives will continue to change. A favorite saying in any counselor's handbook is "one day at a time" and "plan for the best and prepare

for the worst." These sayings seem to have taken on a new context over the last several months, and appear particularly relevant as we work together through a pandemic. It remains as important, if not more, to maintain a vigilant awareness of your mental health and emotional well-being as you all continue to serve Iowans. For resources and connections to services, visit <https://yourlifeiowa.org/>.



COVID-19 Emergency Grant Announcement

Through a collaborative effort, the Iowa Department of Public Health (IDPH) and the Department of Human Services (DHS) were recently awarded the Substance Abuse and Mental Health Services Administration (SAMHSA) Emergency Grant to Address Mental and Substance Use Disorders During COVID-19 (COVID-19 Emergency Grant). The COVID-19 Emergency Grant awards \$2,000,000 to provide behavioral health services for individuals impacted by COVID-19 over the course of 16 months.

The purpose of this grant is to provide crisis intervention services, mental health and substance use disorder treatment, and other related recovery supports for adults impacted by the COVID-19 pandemic. Utilizing an established telehealth or telecommunications delivery system, services will be provided for the following recipients:

- ✓ Individuals with serious mental illness
- ✓ Individuals with substance use disorders



- ✓ Individuals with co-occurring serious mental illness and substance use disorders
- ✓ Individuals with mental disorders that are less severe than serious mental illness (emphasis on healthcare professionals)

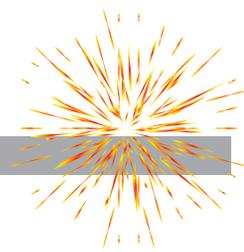
In Iowa, this program will consist of emergency crisis management screening services (contracted to Foundation 2), a 24-hour "warm line" which offers peer support and recovery coaching (contracted to the Abbe Center), and substance use and mental health disorder treatment and recovery support services (delivered via telehealth) across the state of Iowa.

For more information, please email jennifer.robertson-hill@idph.iowa.gov.



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Take Note

COVID Recovery Iowa



COVID Recovery Iowa is here to help

Every Iowan is eligible for FREE, confidential counseling, group activities, support groups and resources.



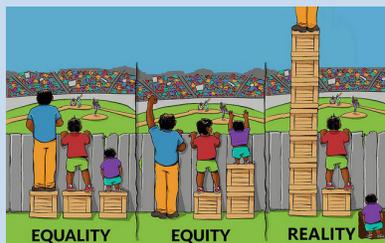
Facebook, Instagram and Twitter. COVID Recovery Iowa
Visit www.COVIDrecoveryiowa.org and complete a contact form and a counselor will get back to you.



Equity Matters

Welcome to the first article of Equity Matters within A Matter of Substance, where we discuss health equity matters for Iowans. Health equity has many definitions, but it basically means that “everyone has a fair and just opportunity to be as healthy as possible.” The following image is often used to help conceptualize health equity.

This demonstrates that different people have different opportunities for health and providing them all with the same resources (equality) does not help all people achieve optimal health. However, assessing the disparities between each person helps us determine what the needs are so that we may meet them, and help everyone to achieve their best health (for example, one box or two).

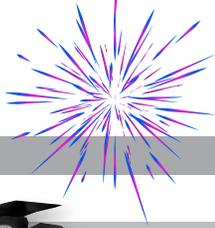


Health inequity refers to the uneven distribution of social and economic resources that impact an individual’s health. These inequities often stem from historical disenfranchisement and discrimination of particular marginalized groups, and are well studied. An excellent

example of structural inequities based on racial lines within Iowa is an exhibit hosted by the Polk County Housing Trust Fund that IDPH employees were able to attend virtually this summer titled, “Undesign the Red Line: DSM, An Interactive Exhibit.” For more information, please visit www.undesigndsm.com.

A current example of health inequities Americans are experiencing are the people most affected by COVID-19. The CDC recently released a report of the lab-confirmed cases of COVID-19, which found that of individuals for whom race or ethnicity data was available, 45% of hospitalized patients were white even though 59% of individuals in the surrounding community identified as white. However, 33% of hospitalized patients were black, despite 18% within the surrounding community, and 8% were Hispanic, compared to 14% in the community. These data suggest an overrepresentation of blacks among hospitalized patients.

This matters. As Jeffrey Hall, the Deputy Director for the Office of Minority Health and Health Equity at the Centers for Disease Control and Prevention (CDC) states, now is the “time to reflect on who we are, what we do uniquely and who we serve.”



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YLI Spotlight

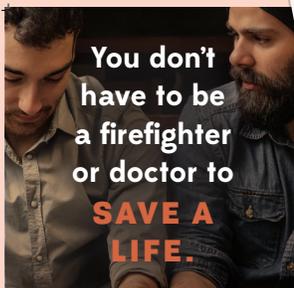
Your Life Iowa (YLI) and COVID-19 Update

You are seeing more and more about Your Life Iowa (YLI) on social media, TV and online as we continue to let Iowans know that now more than ever, Iowans can turn to YLI for help. Messaging has been sent to every school superintendent and principal in Iowa encouraging them to let their students know that during this time of uncertainty and isolation, YLI is always here. YLI can support students and their families with helpful information about alcohol, drugs, gambling, mental health and suicidal thoughts.

In May we launched the “Save a Life” suicide prevention campaign encouraging Iowans to save a life just by asking a simple question, “Are you thinking about suicide?”

With this single question, we let someone know we care about them. When you need help talking to a loved one about suicide, contact Your Life Iowa right away. Remember, if you or a loved one are concerned about what might be going on regarding the use of alcohol or drugs, problem gambling, or concerns about mental health or suicidal thoughts, YLI is a trusted source for help. 24/7, everyday, YLI is available via text (855-895-8398), chat (yourlifeiowa.org) or phone. (855-581-8111).

To find these and all other current Your Life Iowa campaigns, visit <https://yourlifeiowa.org/prevention/media-center>. For more information on this project, please email eric.preuss@idph.iowa.gov.



Provider Spotlight

Telehealth in Iowa

Prior to COVID-19, legal telehealth definitions allowed for only secured video conferencing for medical services from approved originating sites, which limited implementation for behavioral health providers, including the Integrated Provider Network. As a result of COVID-19, Iowa behavioral health providers began expansion or implementation of telehealth within 7 days after the emergency declaration from the Governor. It goes without saying that the impacts of the pandemic are multi-faceted and far reaching and to this day we continue to wade through it. Some of the more worrisome impacts are those of client and provider health and safety, as well as, the fear associated with the financial impacts of a pandemic. Telehealth helped to address both of those impacts and continues to do so. Preliminary reports reflect significant increases in the utilization of telehealth. In March of this year, 11% of outpatient services for substance use disorder treatment services were conducted via telehealth, in June of 2020, 89% of those services were conducted via telehealth. Providers have shared significant positive outcomes associated with telehealth, as well as, challenges. The Iowa Department of Public Health will sponsor a webinar in the Fall of 2020 that will feature a panel of Iowa providers discussing their experiences with telehealth. More information will be posted to this [website](#) as the panel details are finalized.



June 2020, 89% of the substance use disorder treatment services were conducted via telehealth.



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Important Information!

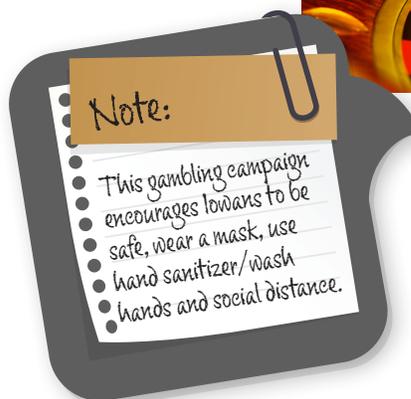
Gambling in Iowa Be Safe! Have Fun!

As we know, COVID-19 has impacted substance use and problem gambling prevention and treatment services in Iowa. One big change on the Iowa gambling front was the closure of all 23 casinos. The impact was pretty dramatic; call volume to **1-800-BETS OFF** dropped 92% from February to May, while the overall contacts to Your Life Iowa increased by 30% during the same period. This was not just an Iowa phenomenon, as many states reported sudden decreases in problem gambling calls and individuals seeking gambling treatment. Many theories abound, including increase of illegal online gambling and high risk hedge fund trading, and possibly more playing the lottery (not the case in Iowa).

Now, with Iowa casinos reopening, IDPH has worked with the Iowa Gaming Association, Iowa Racing and Gaming Commission, and Department of Inspection and Appeals to create a “Be Safe! Have Fun” campaign. The goal of the campaign is to remind Iowans if they choose to return to casino gaming floors to “Be Safe!” by following guidelines for social distancing, wear a mask and use hand sanitizer/wash hands, and “Have Fun” by only gambling with money you can afford to lose, setting spending/time limits, not gambling while depressed or upset, and not chasing your losses hoping to get back on the winning side.

If you or someone you know has a gambling problem, call 1-800-BETS OFF or go to <https://yourlifeiowa.org/gambling/> for more information and the resources available near you.

For more information on problem gambling prevention and treatment efforts in Iowa, please email eric.preuss@idph.iowa.gov.



More than ever, it is important to make sure you are screening individuals seeking treatment for substance use disorders for problem gambling. Individuals with a substance use disorder are 10-15 times more likely to also have a gambling disorder.

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:

- ✓ Jennifer Robertson-Hill: jennifer.robertson-hill@idph.iowa.gov
- ✓ Maggie Ferguson: maggie.ferguson@idph.iowa.gov
- ✓ Kayla Sankey: kayla.sankey@idph.iowa.gov
- ✓ Colleen Bush, graphic designer: colleen.bush@idph.iowa.gov



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

The FY2021 Substance Abuse Prevention and Treatment Block Grant (SABG) application and report, and Synar reports will be available for comment beginning in August/2020, or sooner if available. The reports will be posted at <https://idph.iowa.gov/substance-abuse/programs>. **Note: Website has changed!** Please send comments to michele.tilotta@idph.iowa.gov.

Iowa Youth Survey

IDPH is pleased to share that we've updated the Iowa Youth Survey (IYS) website. If you have the site bookmarked, your bookmark will automatically direct you to the [new site \(linked here\)](#). We recommend that you update your bookmark. Please use the tabs across the top for navigation. Feel free to use the Contact Us with any questions. Thank you.

Improving Tomorrow: Prevention Focused Mentoring

The Iowa Department of Public Health is excited to continue supporting youth mentoring services in Iowa through the Improving Tomorrow: Prevention Focused Mentoring Grant. This new project will fund 11 agencies to provide community and school-based youth mentoring services. Over the course of six years, the funded mentoring programs will also support the state's goal of primary prevention of use and abuse of alcohol, tobacco and other drugs, as well as problem gambling. For more information about the Improving Tomorrow: Prevention Focused Mentoring Grant, please email katie.bee@idph.iowa.gov.



Employee Spotlight



RaChel Greenwood

RaChel joined the IDPH Bureau of Substance Abuse as a Secretary 2 on February 7, 2020. She is the secretary for Bureau Chief DeAnn Decker, and assists the bureau with many different tasks on a daily basis.

RaChel relocated to the Des Moines area after working for the state of Iowa at the Glenwood Resource Center for over 11 years. RaChel was born and raised in Glenwood. She has an 18-year-old son, Alex, who graduated this year. Unfortunately, we all know how this year ended for all seniors. Alex is an amazing athlete who ran hurdles and sprints in Track and was the starting Varsity kicker for the Glenwood football team, and plans on walking on at Iowa State this fall. He intends to study Mass Communications at Iowa State.

RaChel went to school for Criminal Justice and Forensic Investigation. While she was in Glenwood, she worked as a reserve deputy for the Fremont County Sheriff's Office in Sidney, Iowa. She was a deputy for roughly three years until she was in a vehicle accident and broke her back in three places. This, unfortunately, ended her career as a deputy.

RaChel enjoys many things. She loves sports and is very competitive. She plays golf, softball and loves fishing and being outdoors. She loves to read, listen to music and spend time with friends and family. RaChel is the oldest of 3; she has a sister who lives in Fremont, Nebraska with her family (RaChel has a 14 year old niece and a 12 year old nephew) and a brother that is 8 years younger, and lives in Colfax, Iowa. Her brother and his wife are expecting their first child in August! RaChel is very excited to meet her new nephew!

RaChel is slowly learning her way around Des Moines and has met a lot of great people, especially her co-workers. The move to Des Moines was one of the hardest, yet best choices she has ever made and she is looking forward to meeting more people and going on lots of new adventures.



RaChel Greenwood



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Take Note

August is Concussion Awareness Month

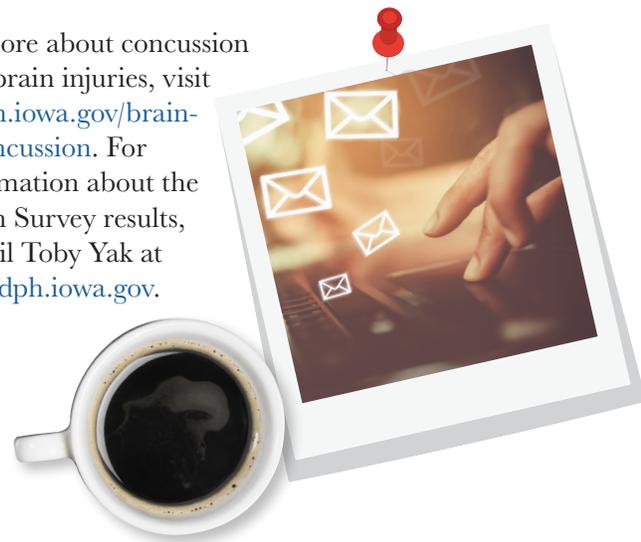
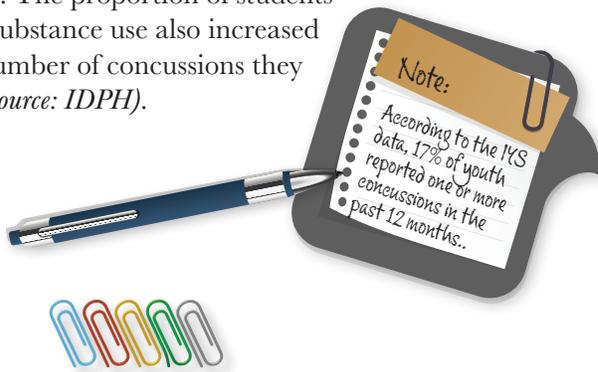
Concussions are a form of mild traumatic brain injury that can have an impact on the student's cognitive, behavioral and physical health.

In 2018, the Iowa Youth Survey (IYS) included a concussion question to determine the prevalence of concussions among youth. According to the IYS data, 17% of youth reported one or more concussions in the past 12 months. This information was then cross-referenced with the responses regarding student use of various substances. An increased proportion of youth who reported at least one concussion within the past 12 months also reported alcohol use, binge drinking, tobacco and marijuana use more than students who did not report a concussion. The proportion of students reporting substance use also increased with the number of concussions they reported (*source: IDPH*).

While this data does not demonstrate direct causation, research has shown that a high proportion of individuals who have been hospitalized for traumatic brain injury are at risk for developing a substance use disorder, either because they had one prior to the injury or because the injury put them at risk for developing one.

The [Brain Injury Alliance of Iowa](http://BrainInjuryAlliance.org) is available for case consultation, training, or technical assistance. They can be contacted at **1-855-444-6443** or info@biaia.org.

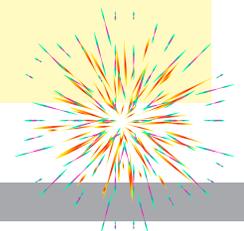
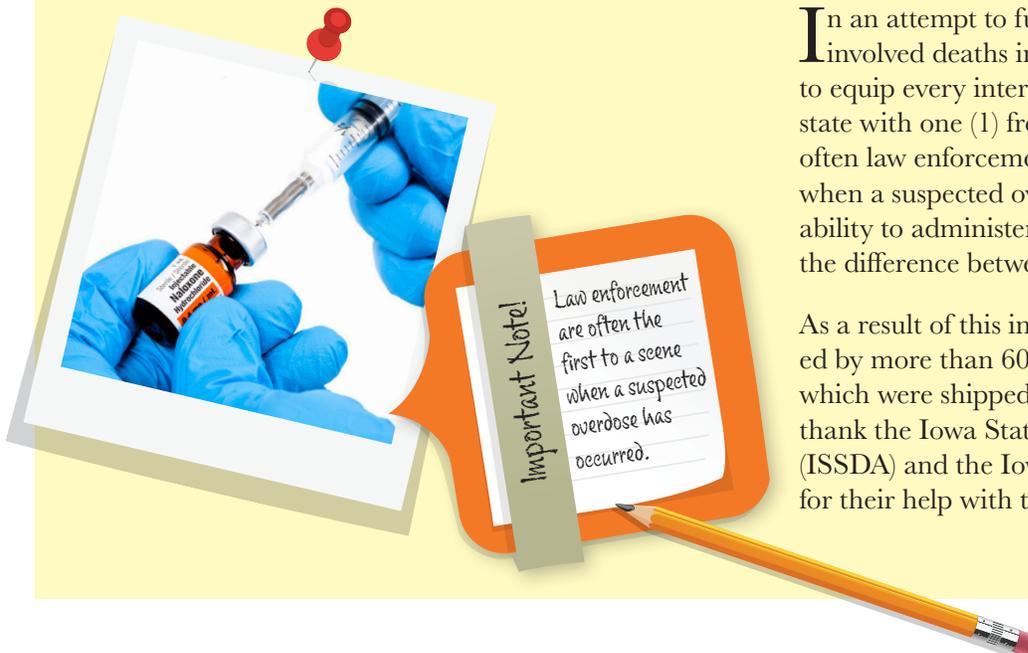
To learn more about concussion and other brain injuries, visit <https://idph.iowa.gov/brain-injuries/concussion>. For more information about the Iowa Youth Survey results, please email Toby Yak at toby.yak@idph.iowa.gov.



Naloxone for Law Enforcement Initiative

In an attempt to further reduce the number of opioid involved deaths in Iowa, IDPH sponsored an initiative to equip every interested law enforcement officer in the state with one (1) free naloxone (Narcan nasal) kit. Quite often law enforcement personnel are the first to a scene when a suspected overdose has occurred. Having the ability to administer naloxone without delay could mean the difference between life and death.

As a result of this initiative, over 1,100 kits were requested by more than 60 law enforcement agencies in Iowa, which were shipped out last week. IDPH would like to thank the Iowa State Sheriffs' and Deputies' Association (ISSDA) and the Iowa Police Chiefs' Association (IPCA) for their help with this effort.



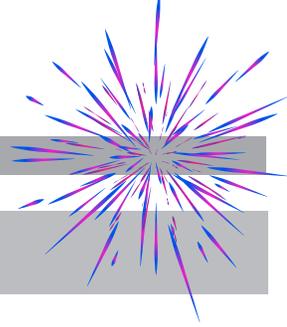
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Training Spotlight



Virtual Learning Series

IDPH will offer a Virtual Learning Series: Part 2 starting in August. It will include opportunities to learn about Tobacco and Vaping, Health Disparities, Contingency Management and more! To view the full list of topics and dates, please visit this [website](#). Please contact Kayla Sankey at kayla.sankey@idph.iowa.gov with any topics that you feel are relevant to the behavioral health workforce!

Second Approaches to Pain Management

Save the Date! IDPH will offer the Second Approaches to Pain Management in Fall 2020. The goal of this virtual conference is to provide education on alternative approaches to managing pain and to educate community providers on local resources in Iowa. More details coming soon! For questions or suggestions on topics for pain management strategies, please email kayla.sankey@idph.iowa.gov.

Person Centered Planning

Save the Date! The Virtual Learning Series: Person Centered Planning event will take place on August 11, 2020. This day of virtual learning will focus on person centered planning for individuals with substance use disorders and co-occurring conditions, specifically addressing brain injury, intimate partner violence, opioid use disorder and problem gambling. Please email sarah.vannice@idph.iowa.gov with any questions!



Licensure Spotlight

CFR Part 2 Update

On July 13, 2020, the Substance Abuse and Mental Health Services Administration (SAMHSA) announced the adoption of the revised Confidentiality of Substance Use Disorder Patient Records regulation 42 CFR Part 2. The new rule advances the integration of healthcare for individuals with substance use disorder while maintaining critical privacy and confidentiality protections. In the near future, The Iowa Department of Public Health will be providing technical assistance to licensed substance use disorder treatment programs to assist in understanding the specific changes that will impact programs. In the meantime, you can find more information about the changes [here](#).

Licensure Standards FAQ

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

Our program has recently become nationally accredited. How do we apply for a deemed status?

The department may issue a license under deemed status to an applicant providing required documentation of accreditation by a recognized accreditation body. In order to apply for a deemed status, the applicant shall submit a deemed status [application](#) to the department. The application has been updated in June 2020, so please make sure the most recent version is being submitted. In addition to a completed application, the applicant shall submit a copy of the entire accreditation body survey or inspection report, certificate of accreditation, accreditation conditions, and corrective action requirements and plans. It is the responsibility of programs licensed under deemed status to meet all requirements of 641 Iowa Administrative Code chapter 155 rules, and all applicable laws and regulation. At the time of application, applicants applying under deemed status must attest full review and full compliance with 641 Iowa Administrative Code chapter 155. A checklist of the licensure standards can be found [here](#).

For more information please contact Lori Hancock-Muck at lori.hancock-muck@idph.iowa.gov.

