



A MATTER OF SUBSTANCE

BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT

JANUARY 2009

Iowa Department of Public Health
Division of Behavioral Health

INSIDE THIS ISSUE:

ALL ABOUT THE BUREAU 1

PREVENTION PROGRAM DESCRIPTIONS 2

TREATMENT PROGRAM DESCRIPTIONS 3

DIRECTOR'S CORNER 4

UPCOMING TRAININGS AND CONFERENCES 4

BUREAU STAFF NEW YEAR'S RESOLUTIONS 4

ALL ABOUT THE BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT



Welcome from Bureau Chief, DeAnn Decker

"A Matter of Substance" is an exciting new publication from the Iowa Department of Public Health's Bureau of Substance Abuse Prevention & Treatment. The newsletter will be published on a quarterly basis and will provide information about the Bureau, substance abuse trends, training opportunities, and program updates. We hope this newsletter will serve as another way the Bureau communicates to its partners.

Introduction to the Bureau

The Iowa Department of Public Health's Bureau of Substance Abuse Prevention & Treatment, part of the Division of Behavioral Health, provides leadership and resources pertaining to substance abuse in the State of Iowa. The Bureau focuses on both substance abuse prevention and treatment, and oversees resources provided by the state and federal government.

The Bureau manages several programs with funding from various sources including the State of Iowa and Substance Abuse & Mental Health Services Administration (SAMHSA). Over 8 percent of our program funding comes through state appropriations; 46 percent of funding is received through grants from SAMHSA and 46 percent of funding is from other sources (i.e. tobacco funds).

What is Ahead in 2009?

The Strategic Prevention Framework State Incentive Grant (SPF SIG) is an exciting new grant opportunity from SAMHSA. Our Bureau applied for this grant in November. This funding will assist substance abuse prevention coalitions in utilizing the SPF framework, which ensures that prevention efforts produce results.

Access to Recovery (ATR) continues to impact the lives of hundreds for Iowans by providing

recovery support services to those in need. In 2009 ATR began paying for additional services, including treatment.

Within the inaugural issue of our newsletter you will find a summary of each of the programs housed within the Bureau. For more information about the Bureau please visit:

www.idph.state.ia.us/bh/substance_abuse.asp



Back row (left to right): Kevin Gabbert, Lonnie Cleland, Kory Schnoor, Julie Hibben

Middle row: DeAnn Decker, Gena Hodges, Debbie Synhorst

Front row: Michele Tilotta, Mary Crawford, Linda McGinnis

Not pictured: Julie Jones & Steve Schaller

IOWA DEPARTMENT OF PUBLIC HEALTH

Lucas State Office Building
321 East 12th Street
Des Moines, IA 50319
www.idph.state.ia.us

SUBSTANCE ABUSE PREVENTION GRANTS

Community Coalition Grant

funds environmental substance abuse prevention strategies to reduce underage use of alcohol through the work of substance abuse prevention coalitions. In FY09, 12 coalitions statewide received funding. Funding is available yearly.

Comprehensive Substance Abuse Prevention Grant

provides alcohol, tobacco and other drug (ATOD) abuse prevention services to all counties in Iowa. Any population group from conception to death may be targeted for substance abuse prevention services. Currently, 22 agencies are funded from 2005 - 2010 through annual contacts.

County Substance Abuse

Prevention Grant funds counties for substance abuse prevention services involving only education, prevention, referral or post-treatment services; either with the county's own employees or by contract with a non-profit corporation. In FY09, 57 counties

requested and received funding. Funding is available yearly.

Prevention Through

Mentoring Grant funds new or existing community youth mentoring programs that support the state's goals of primary prevention of use and abuse of alcohol, tobacco, and other drugs. Programs follow the 'Elements of Effective Practice' established by the National Mentoring Partnership. Nine mentoring programs are currently funded from 2006 - 2011 through annual contracts.

Safe & Drug-Free Schools &

Communities Grant provides services to children not served by a formal education agency and coordinates with related federal, state, school, and community efforts and resources to foster a safe and drug-free learning environment that promotes student academic achievement. Nine agencies are currently funded from 2006 - 2011 through annual contracts.

Youth Development Grant

provides evidence-based substance abuse prevention programming for youth that includes out-of-school time activities and opportunities for character development, youth development, and leadership. Nine agencies are currently funded from 2006 - 2011 through annual contracts.

Youth Mentoring Grant

creates new or supports existing community youth mentoring programs. The mentoring programs support the state's goals of primary prevention of the use and/or abuse of alcohol, tobacco, and other drugs. Currently, 12 mentoring programs are funded from 2006 - 2011 through annual contracts.

For additional information about any of these grants, go to:

www.idph.state.ia.us/bh/substance_abuse_prevention.asp

SUBSTANCE ABUSE PREVENTION INITIATIVES

Iowa Youth Survey is an initiative lead by IDPH in collaboration with other state agencies. Every three years, 6th, 8th, and 11th grade students in participating school districts across the state are surveyed on a variety of topics. Questions focus on student's attitudes and experiences regarding substance abuse and violence, and their perceptions of their peer, family, school, and neighborhood/community environments.

Data is available for 1999, 2002, and 2005 on the Iowa Youth Survey website at www.iowayouthsurvey.org

SAFE Community Network is a framework that encourages individuals, groups, and organizations to collaborate through coalitions on projects and activities that build strengths and reduce risks in their community. A SAFE coalition is comprised of local residents from all walks of life who come together to develop a positive prevention plan of

action. There is no cost to participate in the Iowa SAFE Community Network. For more information contact Julie Hibben at 515-725-7895 or jhibben@idph.state.ia.us

State Epidemiological Outcome Workgroup (SEOW)

helps Iowa initiate preliminary processes to establish the Strategic Prevention Framework as the basis for ongoing state substance abuse prevention needs and outcomes monitoring. The SEOW process engages an epidemiological team to assess, analyze, interpret, and communicate data about Iowa substance consumption patterns and consequences. For more information please contact Debbie Synhorst at 515-281-4404 or dsynhors@idph.state.ia.us

Substance Abuse Prevention Specialist Training (SAPST) is sponsored by IDPH in collaboration with the Midwest Counterdrug Training

Center in Johnston, Iowa. The goal of the SAPST is to assist professionals in the field to gain an understanding of prevention principles and the application of evidence-based prevention programs and strategies. This six-day training consists of eight modules which are facilitated in the first four days of training. The last two days of training consist of one day of application and one day of prevention ethics.

For more information go to:

www.counterdrugtraining.com

Check It Out!

The Iowa Substance Abuse Information Center (ISAIC) has numerous resources available for substance abuse prevention professionals. The ISAIC website can be found at

www.drugfreeinfo.org

SUBSTANCE ABUSE TREATMENT PROGRAMS

Access to Recovery (ATR) is a three year competitive discretionary grant program funded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The goals of the program are to support client choice and increase the array of faith-based and community-based providers. ATR is a voucher-based system for clients to purchase clinical and recovery support services. Vouchers are available for services that previously have been barriers to clients working toward their recovery. Admission into ATR requires that clients are screened for eligibility, and complete a substance abuse screening. Once enrolled in the program, clients work with an ATR provider of care coordination and, based on their needs and choices, are issued electronic vouchers to receive ATR services.

Culturally Competent Treatment Pilot Projects are implemented through three substance abuse treatment providers. The goals of the program are to: 1) increase substance abuse treatment service options for racial and ethnic diverse populations; 2) provide best practice treatment methods; 3) identify barriers of participants and work with community wrap-around services to assist clients with reducing barriers to recovery; 4) maintain contact and support services with clients for six months; 5) document and provide program outcomes; and 6) provide ongoing training to all staff about cultural competency.

The following agencies were selected for this project from the competitive award process: 1) Jackson Recovery Services, 2) Center for Alcohol & Drug Services, Inc., and 3) Employee and Family Resources.

Strengthening Treatment Access and Retention – State Implementation (STAR-SI) promotes state-level implementation of process improvement methods and improves access and retention in

outpatient treatment. Iowa uses the NIATx State Diffusion Model to assist in: creating successful payer/provider partnerships, implementing collaborative learning models, applying process improvement techniques, and adopting best practices to improve treatment access and retention.

Key to its success is the formation of a partnership between the state and its substance abuse providers. Forming and maintaining a positive working relationship with treatment providers is a vital component of state payer / provider partnerships.

Iowa Service Management and Reporting Tool (I-SMART) is an internet-based system that allows IDPH and the state's substance abuse treatment providers to move into a new era of treatment service provision.

I-SMART allows all client data amassed by treatment programs in Iowa to be stored and managed at a central location. Using a web-based tool allows agencies to take a more collaborative, technical approach to meeting the needs of substance abuse treatment consumers and their programs. By keeping client records online, agencies are able to share data with one another electronically in a secure environment.

Watch for more information on pulling gambling and substance abuse program licensure information into one comprehensive set of standards.

Jail-Based Substance Abuse Treatment Project focuses on simultaneously reducing offender substance abuse and criminal behavior. Participating offenders take part in a curriculum-based therapy

model called *New Direction: A Cognitive-Behavioral Treatment Curriculum*. The Project uses proven therapeutic strategies, including motivational interviewing, orientation to the 12-Step Community, relapse prevention, empowerment-based practices, brief strategic therapy, group therapy, and family counseling.

Longer term treatment strategies coupled with intensive supervision increase the likelihood of successful outcomes with offender populations. The JBT Project is designed to keep offenders in effective treatment for as long as is appropriate to lower recidivism.

Substance Abuse Block Grant provides funding for substance abuse treatment programs operated under a managed care system through contracts with 32 provider agencies. The contracted block grant agencies provide substance abuse treatment to more than 24,000 Iowans each year who are under 200% of the federal poverty level. Magellan Behavioral Care of Iowa administers the Iowa Plan for Behavioral Health on behalf of the Iowa Department of Human Services and Iowa Department of Public Health.

Check It Out! *Guide to Evidence-Based Practices on the Web* at www.samhsa.gov/ebpWebguide and features 37 web sites that contain information about specific evidence-based interventions or provide comprehensive reviews of research findings.



DIRECTOR'S CORNER BY KATHY STONE

For the past several years, the Iowa Department of Human Services (DHS) and the Iowa Department of Public Health (IDPH) have led state efforts related to understanding and developing services for Iowa with co-occurring mental health and substance abuse problems. These efforts have involved consumers, family members, providers, consultants, Department staff, and other stakeholders in forums, planning groups, and training. As a result, Iowa has a

strong base of educated and committed individuals who are contributing in ways specific to their advocacy or agency mission to a statewide comprehensive system of care that supports people working towards personal recovery.

To see resources related to mental health and substance abuse services and a listing of upcoming events, go to

www.idph.state.ia.us/bh/sa_recovery.asp

TRAININGS & CONFERENCES

Substance Abuse Prevention Specialist Training (SAPST)

will be held on March 26-27 & April 23-24, 2009. For more information go to www.counterdrugtraining.com

The 32nd Annual Governor's Conference on Substance Abuse

will be held April 6-8, 2009. For more information go to www.trainingresources.org

Iowa Drug Endangered Children's Conference

will be held April 6-7, 2009. For more information go to www.iowadec.net

BUREAU STAFF MEMBERS CONTACTS & NEW YEARS RESOLUTIONS!

Avoid attending meetings where my input might contribute to more stuff to do—**Lonnie Cleland** (515) 281-3763 or lcleland@idph.state.ia.us

To increase SA prevention agency training opportunities—**Mary Crawford** (515) 281-8479 or mcrawfor@idph.state.ia.us

To complete Farrell's Extreme Body Shaping...and still be halfway nice to my staff (since I'm without caffeine!!!!)—**DeAnn Decker** (515) 281-0928 or ddecker@idph.state.ia.us

Worry about ATR less this year...23 hours a day as opposed to 24—**Kevin Gabbert** (515) 281-7080 or kgabbert@idph.state.ia.us

To travel more throughout the year and exercise consistently!—**Julie Hibben** (515) 725-7895 or jhibben@idph.state.ia.us

Donate 5 articles of clothing from my closet each month to a free clothing closet or shelter that gives items away to people who are in need. I'll be doing a good deed, and making my husband sooo happy!—**Gena Hodges** (515) 281-8465 or ghodges@idph.state.ia.us

Start a new diet plan that's much easier to stick to rather than those goofy diet pills or the crappy food that you have to eat!—**Julie Jones** (515) 242-5934 or jjones@idph.state.ia.us

To do 3 things I have never done before (legal of course)—**Linda McGinnis** (515) 281-5444 or lmcginni@idph.state.ia.us

To stay in the country—**Steve Schaller** (515) 281-4643 or sschalle@idph.state.ia.us

Try to avoid getting too stressed during my first semester in grad school!—**Kory Schnoor** (515) 281-0926 or kschnoor@idph.state.ia.us

To have all the contracts I monitor meet their performance measures!—**Debbie Synhorst** (515) 281-4404 or dsynhors@idph.state.ia.us

Buy an iPhone!—**Michele Tilotta** (515-281-4816) or mtilotta@idph.state.ia.us