



A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: MARK VANDER LINDEN

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Mark Vander Linden is the Program Coordinator for the Office of Problem Gambling Treatment and Education. In his position, he provides support and oversight to the nine treatment/prevention providers funded by IDPH and to the 1-800-Betsoff helpline, workforce development, health education media, and service evaluation.

Mark serves on boards of the Association of Problem Gambling Service Administrators, the Midwest Consortium on Problem Gambling and Substance Abuse, and the National Center for Responsible Gaming. "Gambling opportunities in Iowa have exploded over the past 25 years. While there are many tangible benefits to this there can also be some negative consequences. Problem gambling has the potential to devastate the individual and family and erode the community. Fortunately, Iowa has a network of service providers that offer exceptional problem gambling treatment and do a wonderful job of educating

Iowans about safe and responsible gambling."

Mark was born and raised in the Des Moines area but left the state after college. He returned to Iowa about four years ago after many travels and many homes. "Iowa is a great place to live and has offered a wonderful lifestyle for me and my family."

Mark and wife Suzie are the proud parents of two children, Henry, age 4, and Lila, 11 months. In his spare time, Mark plays with Hot Wheels and Dora the Explorer dolls, shovels his driveway, and laments the days when he used to have time to exercise, read and go to movies.

IOWA DEPARTMENT OF PUBLIC HEALTH

DIVISION OF BEHAVIORAL HEALTH

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Kathy Stone is the Director of the Division of Behavioral Health

Hello. I hope you're doing well in this new year — despite the snow and the fog and the ice-covered trees (and streets and sidewalks and cars and Capitol building and everything else!) that I see out my window.

The Legislature is in session and we are responding to requests for information as legislators get down to the hard work of doing right by Iowans in difficult economic times. While the focus this year is on funding — and we definitely need funding to support local programs and services — legislators also address policy issues with long-term implications and potential benefits for Iowa's citizens.

DIRECTOR'S CORNER

In this newsletter, you'll see information about three reports submitted to the Legislature in December. See page 4 for key points on substance abuse and child welfare and on problem gambling, substance abuse, and tobacco prevention.

Below are key points from a report that directly relates to our continuing evolution toward a more recovery-oriented system of care for addictive disorders:

⇒ **Problem Gambling and Substance Abuse System Alignment**

- Integrated program licensure standards have been drafted to apply jointly to problem

gambling and substance abuse treatment.

- The proposed standards require counselors to be credentialed within 24 months of employment.
- Problem gambling and substance abuse data systems are being merged, allowing for one integrated clinical record.
- A broad system transition has been initiated encompassing problem gambling education and treatment, substance abuse prevention and treatment, and related services and supports.

This report can be found at www.idph.state.ia.us/bh/default.asp.

DIVISION OF BEHAVIORAL HEALTH UPDATES

SPF SIG Grant Update

In July, the Division received a Strategic Prevention Framework State Incentive Grant (SPF SIG) from SAMHSA's Center for Substance Abuse Prevention (CSAP). This five-year project uses a five-step planning process to promote youth development, reduce risk-taking, build assets and resilience, and prevent problem behaviors across the life span.

The 12-member SPF SIG Advisory Council held its first meeting in November and approved the proposed State Plan for the project. The council will meet every other month in the first grant year and quarterly thereafter.

Once the State Plan is approved by CSAP, funding will be made available to community coalitions to reduce underage and binge drinking and related problems in specific counties.

For SPF SIG updates, go to www.idph.state.ia.us/spfsig/default.asp. You can also contact Julie Hibben, Project Director, at 515-725-7895 or at jhibben@idph.state.ia.us.

Disaster Relief Project Update

Iowa's 2008 weather disasters had a clear and dramatic impact on many communities and citizens. But did you know that disaster-related substance use problems may not show up for 12 to 36 months post-disaster?

In 2009, IDPH was awarded \$2.7 million in Social Services Block Grant funding from the U.S. Dept of Health and Human Services for substance abuse disaster relief prevention and treatment services. Since July, 22 prevention agencies and 21 treatment agencies have provided a variety of disaster relief services statewide.

Collectively, **prevention providers** have reached nearly two million Iowans with the message that substance abuse can be prevented!

A sample of prevention activities:

- Town Hall meeting and poster distribution about weather disasters and coping skills
- Information packets distributed to

schools, community college, city department heads, public libraries and Salvation Army

- Banners on TV and newspaper websites and local cable TV ads
- Magnets and key chains imprinted with message for Red Cross disaster victim care kits
- Lunch and Learn sessions and Chamber of Commerce, Board of Health, Ministerial Association, and Head Start and Empowerment pre-school educators presentations
- Church bulletin inserts

Treatment providers have been working on focused outreach and enhanced treatment services. As of December, more than 1100 clients had entered treatment as a result of the prevention campaign and the focused outreach conducted to re-engage clients who may have left treatment or relapsed because of weather disasters.

Substance abuse disaster relief has benefits in addition to direct services to clients. For example:

- Professionals, clients, families and communities have been educated about the potential link between disaster and substance use.
- Providers have trained staff to respond to disaster-related trauma.
- Communication and collaboration across treatment and prevention agencies and staff have been emphasized and enhanced.

Debbie Synhorst is the IDPH contact for disaster relief prevention services (replacing Julie Hibben in that role) and can be reached at 515-281-4404 or at dsynhors@idph.state.ia.us.

Gloria Scholl is the contact for disaster relief treatment services and can be reached at 515-273-5048 or at gjscholl@magellanhealth.com.

Bureau of HIV, STD, and Hepatitis

IDPH is always looking for ways to take advantage of the expertise and experience of Department staff. One such opportunity has been identified. Effective February 1, the Bureau of

HIV, STD, and Hepatitis will join the Behavioral Health Division. We anticipate that this will promote collaboration, foster exchange of new ideas, and benefit Iowans. For example, Bureau and other Division staff will work more closely on issues that are often intertwined; issues like substance use, sexual health, and how coordinated systems and services can support long-term recovery and promote better health. In addition, the Division will benefit from the Bureau's strong focus on using epidemiological data to guide prevention and care programming and evaluation.

Randy Mayer is the Bureau Chief for HIV, STD, and Hepatitis.

Watch for more information on the Bureau and its programs!

Fast Facts from the Consortium

Do you know these facts about substance abuse treatment?

- Alcohol remains the most commonly used primary substance at both admission and 6-month follow up, regardless of client age or sex, over all reporting years.
- The percentage of clients who were not arrested during the six months following discharge has remained fairly steady, ranging from 84% to 89%.
- Abstinence for clients who successfully completed treatment was higher than for those who were terminated.
- Abstinent clients had longer lengths of stay than clients who did not abstain.

Data source: Outcomes Monitoring System (OMS). Randomly selected clients from IDPH funded treatment agencies were contacted for follow-up interviews that occurred approximately six months after discharge from treatment. The above data is for clients admitted to treatment from July 1, 1999 through December 31, 2008.

Watch for more "fast facts" from the **Iowa Consortium for Substance Abuse Research and Evaluation** at the University of Iowa.

RELATED NEWS

Recovery Peer Coaching

Through a technical assistance request submitted by the Access to Recovery program, SAMHSA and their TA contractor Altarum funded the Connecticut Communities for Addiction Recovery (CCAR) to come to Iowa and conduct a training on Recovery Peer Coaching in November. A total of 30 ATR contractors participated in the training

Spotlight: Judy Murphy from *First Resources* in Ottumwa was one of those in attendance and had the following to share:

“After attending the Recovery Coaching training; I came back to the office inspired, excited and incredibly motivated to begin providing this service in Access to Recovery. The thing I am most excited about is that this gets our clients back into the driver's seat in their recovery.

Recovery Peer Coaching is similar to what we have been doing in Moms Off Meth groups for 10 years; which is allowing those new in recovery the dignity to be the experts on their own life with the support, encouragement and education to ensure this happens. It also gives those who are in recovery a chance to learn all that we have forgotten and that no one has the market on recovery and it comes in many different forms whether through 12-step programs, church based groups, Moms Off Meth or Dads After Drugs groups or by other means. It reminds those in the field that everyone has their own path to recovery and it is a path of uncovering, discovering and discarding based on trial and error and, most of all, non-judgmental support. It is going to be an exciting and also very educational journey for all who participate — from the recoverees to the coaches who support them.”

Underage Drinking Prevention DVD Highlights Iowa Efforts

“Time for Action: Preventing Underage Drinking in Iowa” is a 12-minute DVD

available for use by community-based agencies and coalitions. It includes Iowa data about underage drinking and describes some of the negative consequences of underage drinking that research is showing are more widespread and serious than previously known. Through interviews with parents and youth, state agency and community coalition leaders, it frames the issue and shows some ways that Iowans are taking action.

The DVD is available from the **Iowa Substance Abuse Information Center** by calling 1-866-242-4111 or through www.drugfreeinfo.org. A guide with suggested uses for the DVD and other resource information is available on the IDPH website at www.idph.state.ia.us/bh/sa_time_for_action.asp.

2010 Iowa Drug Control Strategy

Iowa's Drug Control Strategy is a comprehensive summary of prevention, treatment, and enforcement activities in the state. The annual document is developed by the **Governor's Office of Drug Control Policy** on behalf of the Drug Policy Advisory Council. The strategy supports three desired results:

- all Iowans are healthy and drug-free
- Iowa communities are free from illegal drugs, and
- all Iowans are safe from drug abusing offenders.

The 2010 Drug Control Strategy was released in November. Highlights:

- Marijuana and meth are the two most abused drugs in Iowa. Alcohol continues to be the substance most frequently abused.
- Medicine abuse is Iowa's fastest growing form of substance abuse.
- Meth activity in Iowa is increasing after trending downward over the past five years.
- Alcohol consumption in Iowa, based on sales, increased for the eighth straight year.

To access the 2010 Drug Control Strategy, go to www.iowa.gov/odcp/images/2010strategy_finalwithlinks.pdf

New Gambling Reporting System Under Construction

Good news for providers of problem gambling treatment and education services. Efforts are underway to construct a new gambling service reporting system. The new system will have many features the existing Gambling Treatment Reporting System (GTRS) isn't able to offer:

- First, all required outcome monitoring information and treatment, transitional housing, and education services will be integrated and entered into this one system.
- Second, the new reporting system will use the same data platform as I-SMART — an essential element of our continued transition of problem gambling and substance abuse services to a more comprehensive and integrated recovery-oriented system of care for addictive disorders.
- Finally, the system will have the same capacity as I-SMART for clinical documentation.

The new data system is expected to be operational in early 2011. **Contact Mark Vander Linden** at 515-281-8802 or at mvanderl@idph.state.ia.us with any questions.

Congratulations!

- to **Rick Rice** on his retirement as Director of Crossroads Mental Health/Action Now
- to **Deanna Triplett** (IBHA) and her husband Mike on the birth of their son Arran
- to **Dr. Chuck Wadle** on his certification by the American Board of Addiction Medicine (ABAM) as an addiction medicine specialist
- to **Gena Hodges** on leading Division activities related to Brain Injury Services

Central Repository for Data

Beginning in the summer of 2010, a “central repository” will help the Division better manage our growing substance abuse database.

Between 1985 and 2003, SARS (the Substance Abuse Reporting System) was Iowa’s primary substance abuse assessment and treatment database. Since 2003, when the web-based Iowa Service Management and Reporting Tool (I-SMART) was implemented, the Division has maintained both SARS and I-SMART as two separate databases. The central repository will allow us to combine the SARS and I-SMART systems into one database, effectively allowing the Division to gather and report data from a single location. The central repository will also enable those substance abuse providers with internal data systems based on historical SARS or I-SMART frameworks to submit data to a central location while still using their own data systems.

For more information, **contact Lonnie Cleland** at 515-281-3763 or cleland@idph.state.ia.us.

Prevention Staff Role Changes

Recently, substance abuse prevention staff reviewed and revised their responsibilities, as follows:

- In addition to her new role as the SPF SIG Project Director, **Julie Hibben** will remain the lead for Prevention Through Mentoring, Youth Development, and Community Coalition grants and providers will still e-mail quarterly or year end reports to her. Julie will also continue as the contact for the SAFE Community Network.
- **Debbie Synhorst** now leads the Substance Abuse Disaster Relief prevention project and continues to

lead the Comprehensive Substance Abuse Prevention grant. Debbie will also be the SPF SIG Project Coordinator.

- **Linda McGinnis** continues as lead for the Iowa Youth Survey, Youth Mentoring, Safe & Drug Free Schools Through Supportive Community Partnerships, and County grants.
- Julie and Linda will co-lead The Mentoring Collaborative grant.

If you have questions, **contact DeAnn Decker** at 515-281-0928 or ddecker@idph.state.ia.us.

Reports to the Legislature:

⇒ Child Welfare and Substance Abuse

In 2008, the Iowa Legislature directed the Department of Human Services (DHS) and IDPH to identify effective protocols to reduce child abuse related to parent/caregiver substance use. Last month, a summary report was submitted to the Legislature. Key points:

- 30% of DHS child protective assessments involved parental substance use issues.
- Revisions to Iowa law could encourage parents to voluntarily seek substance abuse treatment.
- Family drug court pilot projects in Scott and Wapello counties found benefit in DHS caseworkers screening parents for substance use and treatment programs identifying client involvement in the child welfare system.

The full report is available at www.idph.state.ia.us/bh/default.asp.

⇒ Gambling, Substance Abuse, and Tobacco Prevention Efficiencies

In House File 811, the 2009 Iowa State Legislature directed IDPH to coordinate prevention activities across addictive disorders. Key points:

- Consolidate the annual Substance Abuse Prevention Symposium and Tobacco Control Conference.
- Hold a statewide youth conference involving Elevate (foster care), JEL (Just Eliminate Lies), SIYAC (State of Iowa Youth Advisory Council) and other groups.
- Consider establishing a consolidated statewide system to enforce Iowa code prohibiting sales of alcohol and tobacco to minors.

The full report is available at www.idph.state.ia.us/bh/default.asp.

TRAININGS & CONFERENCES

Motivational Interviewing, Part 1

February 5 in Sioux City. For more information **contact Jackson Recovery** at 712-234-2300.

Developing Integrated Treatment for Problem Gambling and Co-Occurring Disorders

February 22 via ICN. For more information and to register go to, www.trainingresources.org.

Responsible Gaming

March 2 in Council Bluffs. For more information and to register go to, www.trainingresources.org.

Governor's Conference on Substance Abuse

April 6-7 in Des Moines. Watch the **Training Resources** web site for more information at www.trainingresources.org.

Governor's Conference on Public Health

April 13-14 in Ames. For more information, go to www.iowapha.org.



For more information about the Division of Behavioral Health, visit

www.idph.state.ia.us/bh

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