



A MATTER OF SUBSTANCE: AT-A-GLANCE

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DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS



Governor's Alcohol Awareness Proclamation:

Governor Branstad declared April as Alcohol Awareness Month in Iowa during a proclamation signing on April 14. In Iowa, more than 56% of adults report having at least one drink of alcohol in the past 30 days. While that level is only slightly higher than the national rate of 55.3%, Iowans report much higher rates of binge drinking. In fact, Iowa is one of the seven states in the nation that rank highest in the percentage of adults who binge drink. Binge drinking among Iowa youth is also an issue. Twenty-one percent of high school junior boys and 18% of junior girls report binge drinking in the last 30 days, with binge drinking defined as having four or five (or more) drinks within a period of a few hours. Click on the [CDC's binge drinking webpage](#) for more information.

Iowa's Problem Gambling Program Featured in NIATx Newsletter:

The [May Edition](#) of the NIATx E-News Update highlighted Iowa's use of NIATx strategies to improve access to problem gambling treatment services. During a one-year period, problem gambling staff and their NIATx coach conducted more than 100 "walk-throughs" of calls to the 1-800-BetsOff helpline, posing as problem gamblers. It is widely accepted that the response to crisis phone calls from problem gamblers is critical. The walk-through exercise found that 57% of callers asking for help were connected with a live person at a treatment agency after talking with helpline staff. Project participants determined that a "warm handoff" from the helpline to treatment staff would improve access to treatment services. When a warm handoff approach was implemented, the number of callers connecting with a treatment person increased to 83%. To find out more, read the May Edition of the NIATx E-News Update.

New IDPH Director:

Gerd Clabaugh has been appointed by Governor Branstad as Director of the Iowa Department of Public Health. Having served previously as the department's Deputy Director and Interim Director, as well as previous work in state government and in Iowa's broad healthcare arena, Gerd says he is humbled by the opportunity to serve as director, and is committed to continuing IDPH's mission to promote and protect the health of all Iowans.

Lonnie Cleland has Retired:

After 13 years with IDPH, Lonnie Cleland retired, effective June 5th. Lonnie was the original I-SMART helpdesk person and worked with hundreds of substance abuse staff across the state on effective implementation and use of that data system. In addition, Lonnie managed the Jail-Based Treatment and NIATx STAR-SI projects and, more recently, has led the FOCUS adolescent treatment grant. In looking back on his time at IDPH, Lonnie said "Retiring is bittersweet. I'm going to miss working with both my colleagues here at IDPH and in the substance abuse treatment and prevention system. I am so fortunate to have worked with as fine a group of professionals as I have ever been around; people dedicated to doing their best to make Iowa a better place. But retirement also offers me the opportunity to focus on many things I've been putting off for far too long." As for his retirement plans, Lonnie said he intends to play a lot of golf, work on home improvement projects, do some volunteer work, and see his grandchildren more often. *It's not too late to tell Lonnie good-bye! Email your congratulations — with Lonnie in the subject line — to Julie.Jones@idph.iowa.gov.*

UPCOMING EVENTS

Substance Abuse Prevention Skills Training

June 17-18 and July 15-16
Midwest Counterdrug Training Center, Johnston
For more information, go to <http://goo.gl/5OSPgn>

Dr. Stephanie Covington: The Addiction-Trauma Connection

August 5-6
Prairie Meadows Event and Conference Center, Altoona
To register, go to <http://ilearn.iowacourts.gov>

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

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