



A MATTER OF SUBSTANCE: AT-A-GLANCE

SEPTEMBER 2015

A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

Celebrate National Recovery Month:

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS) sponsors **National Recovery Month** to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

Organizing an event for Recovery Month is an ideal way to celebrate the achievements of the recovery community, laud the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. It is also a great way to support this year's theme, "*Join the Voices for Recovery: Visible, Vocal, Valuable!*"

In recent years, the IDPH Division of Behavioral Health has supported a single, statewide Recovery Month celebration in Des Moines, primarily through Access to Recovery funding. In 2013, the Division decided to offer communities the opportunity to host their own celebrations by providing up to \$500 to organizations planning local events in September. Hundreds of Iowans took part in recovery walks, bike rides, community festivals, and dances; while thousands more experience the message "Recovery is Possible" through billboards or radio ads or while attending a parade. Last year, the amount of funding was increased to \$1,000 per organization. IDPH is pleased to announce that we were able to continue this level of funding in 2015. A total of 16 organizations applied this year and will be funded for events such as:

- recovery walks, bike rides, and rallies
- a hockey game
- a movie premiere
- festivals and parades
- family recovery fun nights
- media campaigns

To kick-off Recovery Month, Governor Branstad signed a proclamation on August 27, declaring September 2015 as Recovery Month in Iowa. Attending the signing: providers, State Board of Health members, advocates, and IDPH staff. *Thanks to all who participated!*



Director's Corner:

This is the first in an off and on series about "things you should know", starting this month with **Things you should know about the State Board of Health**. Iowa Code established a State Board of Health as a forum for public health policy and to advise IDPH on any issue related to promotion and protection of the health of Iowans, including substance abuse and problem gambling. The Board's Substance Abuse/Gambling Treatment Program Committee oversees IDPH program licensure activities. By law, Board membership includes two members with experience in substance abuse treatment or prevention. **Jay Hansen, Director of Prairie Ridge in Mason City**, and **Vickie Lewis, Director of SATUCI in Marshalltown**, currently serve as your representatives on the State Board of Health and the Treatment Program Committee.

UPCOMING EVENTS

Motivational Interviewing: Part 3 and Advanced Concepts
September 18
Jackson Recovery Centers in Sioux City
To register, call 712-258-4578

Coaching Skills for Managers September 23-24
Stoney Creek Hotel & Conference Center in Johnston
To register, go to www.trainingresources.org

UNITE To Face Addiction October 4
Washington D.C.
For more information, go to <http://www.facingaddiction.org/about/>

Mental Health Conference October 6-7
Prairie Meadows Hotel & Conference Center
To register, go to www.trainingresources.org

I-SMART Full Clinical System Training October 22-23
Midwest Counterdrug Training Center in Johnson
To register, go to www.trainingresources.org

Iowa Prevention Conference November 10
Sheraton West Des Moines
To register, go to www.trainingresources.org

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

For questions related to "A Matter of Substance," contact the editors:
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