



A MATTER OF SUBSTANCE: AT-A-GLANCE

NOVEMBER 2015

A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

A Focus on Recovery:

With September marking the 26th Anniversary of National Recovery Month, and October seeing the first of its kind UNITE to Face Addiction Recovery Rally in Washington, D.C., it seems there's been a lot of focus recently on "recovery". We're sure for many of you, it isn't difficult to remember a time when "recovery talk" didn't travel too far beyond treatment center walls, 12 Step tables, and conversations with sponsors. But today, and gratefully we might add, things have changed. Countless celebrities, musicians, politicians and others have come forward to help give recovery a face. We even have a person in long-term recovery (Michael Botticelli) as director of the White House Office of National Drug Control Policy. But with all of this going on nationally we wonder, what are we doing — or what more could we be doing — to support recovery in Iowa? We talk a lot about treatment, and for good reason — *treatment saves lives!*; it represents a turning point for thousands of Iowans each year. That said, we also know there are many different pathways to recovery. For some, it comes through the 12 Steps, others use a faith-based approach or reconnect with their culture, and many start recovery through the criminal justice system.

So, where are we going with this? What we're trying to show is that while recovery happens in a lot of different ways, those ways all share a common end goal — whatever recovery looks like to that person. (If you haven't had a chance yet, check out SAMHSA's [Guiding Principles of Recovery](#)). All of this leads us to our next question: *Are we doing enough to support recovery in Iowa?* Hopefully, you are aware of some of the things IDPH has done to support recovery, like funding community Recovery Month events, introducing Recovery Peer Coaching for substance use disorders, and providing recovery support services through Access to Recovery and other grants. But what else can we do? In what direction should we as a state be moving? Some things we've been talking about lately include the feasibility of Recovery Community Organizations in Iowa, expanding Recovery Peer Coaching, and how to include recovery pathways in an integrated Recovery-Oriented System of Care model.

So...what do you think? What current efforts should we look at more closely? What new ideas or models should be considered and supported? What can we do differently and better? We REALLY want to hear from you. Please send your comments, questions and suggestions to Kevin Gabbert at kevin.gabbert@idph.iowa.gov.

Recovery Month:

The IDPH ATR grant funded 16 different community Recovery Month events in September that included health fairs, festivals, walks, bike rides, parades, picnics, hockey games, media campaigns, and viewings of *The Anonymous People*. Hundreds took part in the various celebrations held, not to mention the hundreds more that heard or saw the recovery message.

UNITE to Face Addiction Recovery Rally:

Through ATR funding, IDPH offered stipends for 10 ATR providers to send a staff member, stakeholder or alumnus to the UNITE to Face Addiction Recovery Rally in Washington, D.C. on October 4. It's estimated that over 10,000 people were in attendance to let the nation know that addiction is preventable and treatable, and that people can and do get well! Presentations were made throughout the day by notable speakers such as U.S. Surgeon General Dr. Vivek Murthy, ONDCP Director Michael Botticelli, and former U.S. Representative Patrick Kennedy, as well as comments by health experts such as Dr. Oz and musical performances by Steven Tyler, Joe Walsh and Sheryl Crow. We asked those Iowans who attended to share their thoughts and feelings about the UNITE Rally:

- "It was an incredible experience to hear voices for prevention and recovery efforts from across the Nation, united in a common place to speak out." *Krystle Krauss and Nicole McCabe, CADS - Davenport*
- "It was an amazing day...a once in a lifetime experience." *Allison Schwab, SASC - Dubuque*
- "The atmosphere was so inviting and full of energy that if an alien from another planet were to land on the Mall that day; they would never have known that addiction was stigmatized in U.S. society." *Jamie O'Gara, Heartland Family Services - Council Bluffs*

While attending the Recovery Rally, IDPH staff approached other people in attendance to ask, *What does recovery mean to you?* A common theme or response in many cases was simply, "hope." Others shared comments like "balance...life on life's terms...getting real." But it was probably one of the most simple but direct messages inspired by the t-shirts several people were wearing that summed it up for us, which read, "**Life - Take 2.**"

Go to the next page, to see pictures that highlight some of the activities in this month's Newsletter.

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:
Kevin Gabbert kevin.gabbert@idph.iowa.gov or Julie Hibben julie.hibben@idph.iowa.gov

A MATTER OF SUBSTANCE: AT-A-GLANCE

RECOVERY MONTH AND UNITE TO FACE ADDICTION

