

# A Matter of Substance



A Publication of the IDPH  
Bureau of Substance Abuse

October 2018  
Quarterly Publication  
Bureau of  
Substance Abuse

IDPH • Lucas State Office Building • 321 East 12th St., Des Moines, IA 50319 • [www.idph.iowa.gov](http://www.idph.iowa.gov)

## Don't Run! Call 911!

In an effort to help save lives, IDPH has created flyers, Facebook ads, banner ads, postcard and pocket-sized ads, and educational videos for the general public and law enforcement to promote the Good Samaritan Law passed this last legislative session. The Good Samaritan Law encourages those who witness a drug overdose to stay and call 911, rather than running out of fear of prosecution. Generally, overdose witnesses, defined as "overdose reporters" under the law, will not be arrested, charged or prosecuted for possession of a controlled substance, delivery of a controlled substance or possession of drug paraphernalia, if the person makes a good faith effort to seek medical assistance for an overdose patient.

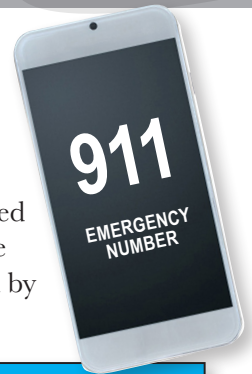
The Good Samaritan Law protects overdose reporters if they:

- ✓ are the first person to seek medical assistance for the overdose victim
- ✓ provide their contact information to emergency personnel
- ✓ remain on the scene until assistance is provided
- ✓ cooperate with emergency personnel

The Good Samaritan Law does not protect against arrest for open warrants and other crimes.

Details regarding Iowa's Good Samaritan Law can be found under [Iowa Code Section 124.418](#).

Promotional materials on Iowa's Good Samaritan Law are available [here](#). Printed versions of the materials will be available in the coming weeks and can be ordered by contacting [Julie.Jones@idph.iowa.gov](mailto:Julie.Jones@idph.iowa.gov).



### IOWA'S GOOD SAMARITAN LAW PROTECTS YOU

**DON'T RUN  
CALL 911!**  
**IF YOU WITNESS A  
DRUG OVERDOSE**



GENERALLY, YOU **CANNOT** BE ARRESTED,  
CHARGED OR PROSECUTED FOR:

- ✓ Possession of a controlled, dangerous substance
- ✓ Possession or use of drug paraphernalia, and
- ✓ Calling 911 **WILL NOT** affect your parole or probation status

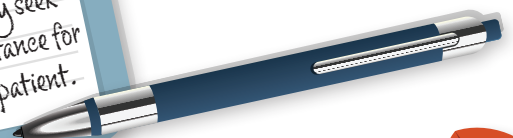
Iowa's law does not protect against arrest for open warrants and crimes not listed above.  
For additional details regarding Iowa's Good Samaritan Law, see Iowa Code Section 124.418.



September 2018

FOR MORE INFORMATION VISIT  
**[YourLIFEiowa.org](http://YourLIFEiowa.org)**

Thanks to Maryland Department of Health





## Staff Spotlight



### Catherine J. Lillehoj, Ph.D.

Cathy Lillehoj joined the IDPH Bureau of Substance Abuse as a Management Analyst in July 2018. In her current role, Cathy is working with the Iowa Board of Pharmacy (BOP) on the Prescription Monitoring Program (PMP). In this capacity, Cathy assists the BOP in expanding access to data and reporting to support in-depth surveillance; helps design targeted training and education; and helps develop information to provide to funders. In addition, she will monitor the recently funded CDC opioid-related grant titled Iowa Public Health Emergency Response.

Prior to joining the Bureau of Substance Abuse, Cathy served as a Research Analyst in the IDPH Bureau of Nutrition and Physical Activity for over 11 years. In that position, she was the evaluator for the Iowa Nutrition Network (INN), a SNAP-Ed health promotion program that serves low-income populations, as well as the CDC-funded Health Promotion Chronic Disease Control Partnership project. During her tenure with the INN, she served as co-author of *Nutritional Risk among Congregate Meal Site Participants: Benefits of a Snap-Ed Program in the Journal of Nutrition in Gerontology and Geriatrics*. Publication of this article will help establish the evidence base for Fresh Conversations, a nutrition education program for older adults.

Prior to her work in public health, Cathy was at the Partnerships in Prevention Science Institute at Iowa State University. While at Iowa State, she was a member of the PROSPER team, a research initiative linking university-based prevention with the Cooperative Extension system and the public school system.

Cathy received her graduate education at Teachers College, Columbia University, and the City University of New York. She began her career at Cornell University Medical College serving as a research scientist evaluating the efficacy and effectiveness of the Life Skills Training program.

In her spare time, Cathy enjoys working with her husband, Carl, on restoring a historic home in Sherman Hill. After many years of restoration, the work still isn't complete but continues to present many challenging and time-consuming projects.

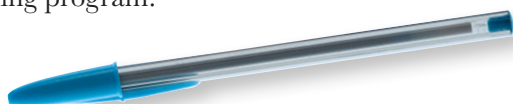


## Teen Vaping an “Epidemic,” Warns the FDA

The following article by Matthew Perrone/Associated Press discusses the unprecedented rise in teen vaping which has led to a recent warning from the Food and Drug Administration. <https://www.pbs.org/newshour/nation/fda-calls-teen-vaping-an-epidemic-weighs-bans-on-flavored-e-cigarettes>.



There is an unprecedented rise in teen vaping.





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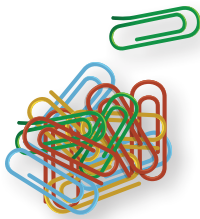
Important Information!

## State Targeted Response Taking the Lead in Understanding the Impacts of Methamphetamine in Iowa

In an effort to better understand the impact of methamphetamine in Iowa, IDPH Bureau of Substance Abuse staff worked with Iowa Opioid State Targeted Response (STR) contractors to complete Community Assessment Workbooks focused on methamphetamine in their communities. Contractors, representing all 99 Iowa counties, used the Community Assessment Workbook model to support a data-driven approach to identifying strengths and available resources for communities in addressing methamphetamine concerns.

The bureau's internal Methamphetamine Workgroup is currently reviewing Community Assessment Workbook findings. Once the review is completed, IDPH will use the data and information obtained to inform next steps.

For more information about IDPH's methamphetamine efforts, please contact Katie Bee at [Katie.Bee@idph.iowa.gov](mailto:Katie.Bee@idph.iowa.gov).



## Licensure Standards FAQ

Please submit any licensure questions to [SUD.PG.License@idph.iowa.gov](mailto:SUD.PG.License@idph.iowa.gov).

**Our program is pursuing CARF accreditation. Will this allow us to be deemed status and what does deemed status allow?**

Once a licensed program becomes accredited by a recognized national accreditation body, the program may apply for a deemed status license at the time of reapplication. The accreditation shall be for the same licensed program services for which the licensee is applying. The following national accreditation bodies are recognized for deemed status purposes:

- a. The Joint Commission
- b. The Council on Accreditation of Rehabilitation Facilities (CARF)
- c. The Council on Accreditation of Children and Family Services (COA)
- d. The American Osteopathic Association (AOA)

As part of the licensure reapplication process, a deemed status application shall include the following:

- The entire accreditation body survey or inspection report
- Certificate of accreditation
- Accreditation conditions
- Corrective action requirements and plans
- Deemed status application

A deemed status licensed program shall meet all requirements of 641-Chapter 155 Licensure Standards for Substance Use Disorder and Problem Gambling Treatment Programs. The department may inspect deemed status programs if programs are not meeting requirements of Iowa Administrative Code 641-Chapter 155 or if the department receives a complaint against the program.

For more information on applying for licensure as a deemed status program, please contact Lori Hancock-Muck at [Lori.Hancock-Muck@idph.iowa.gov](mailto:Lori.Hancock-Muck@idph.iowa.gov).





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Please Read!

## Iowa Youth Survey

The 2018 Iowa Youth Survey (IYS) is being administered in schools across the state, now through November 9. More than 255 school districts and non-public schools have registered to participate. County and school reports from these data will be available in March and April 2019. Please consider reaching out to your local schools to encourage them to administer the IYS and to identify ways in which you can work together to use IYS results.

These 2018 Iowa Youth Survey Talking Points were created by IDPH to aid in those discussions. Stressing the value of IYS data to community partners is important, as is talking about how community partners can support schools in ensuring students can succeed. Additional information about the 2018 IYS may be found on the [2018 IYS Announcements page](#).

Send questions about the IYS to [iowayouthsurvey@idph.iowa.gov](mailto:iowayouthsurvey@idph.iowa.gov).



## What is “resilience?”

Adverse Childhood Experiences, or ACEs, are traumatic or stressful events a person experiences before the age of 18. These experiences can include abuse, neglect, witnessing violence or growing up with family members experiencing mental health or substance use disorders. According to SAMHSA, “ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person’s lifespan, including those associated with substance misuse.”

One protective factor that can promote **resilience (the ability to thrive, adapt and cope despite experiencing adversity)** is having a supportive, responsive relationship with a caring adult.

More information about Iowans and ACEs and opportunities to respond to and prevent ACEs can be found in the Central Iowa ACEs 360 Coalition report, “Beyond ACEs: Building Hope and Resiliency in Iowa.” <https://www.iowaaces360.org/iowa-aces-research.html>.

*This is the third in a continuing series of commentaries about resilience, and how resiliency might support overall health and wellbeing.*

## Children’s System State Board

The Children’s Board is authorized by Governor Reynold’s Executive Order 2 signed on April 23, 2018. The Children’s System State Board (Children’s Board) is the single point of responsibility in the development and implementation of a Children’s Mental Health System (Children’s System) that is committed to improving children’s well-being, building healthy and resilient children, providing for educational growth, and coordinating medical and mental health care for those in need. Additional information, meeting schedules and listing of listening posts can be found at <https://dhs.iowa.gov/about/mhds-advisory-groups/childrens-system-state-board>. Further questions or comments may be directed to Michele Tilotta at [Michele.Tilotta@idph.iowa.gov](mailto:Michele.Tilotta@idph.iowa.gov).



Resilience is the ability to thrive, adapt and cope despite experiencing adversity.





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Take Note:

## AmeriCorps 2018-2019 Program Year

Starting September 1, 2018, the IDPH AmeriCorps Substance Abuse Prevention Program will support up to 30 AmeriCorps members (15 full-time and 15 half-time) across the state to provide education to Iowa community members on substance abuse, particularly opioid and prescription drug abuse; build capacity of organizations to broaden understanding of opioid and prescription drug abuse; and form coalitions and partnerships to address the growing opioid crisis.

By the end of the first program year, AmeriCorps members will increase community education, knowledge and awareness on prescription drug and opioid abuse, and enhance program capacity and sustainability of substance abuse prevention programs, mentoring programs and recovery community organizations. In addition, AmeriCorps members will recruit 300 volunteers who will be engaged in 1100 hours of service.

The Bureau of Substance Abuse is excited to introduce the new **AmeriCorps Substance Abuse Prevention Program Coordinator – Helen Bisioulis**. Helen will be responsible for enhancing member experience and training throughout the AmeriCorps member service year.

For more information about how to host a member at your agency, please look under the Open Funding Opportunities in IowaGrants or reach out to Amanda McCurley at [Amanda.Mccurley@idph.iowa.gov](mailto:Amanda.Mccurley@idph.iowa.gov).



Important Note!

30 AmeriCorps members will be working in the state to educate on substance abuse.

## Changes for Iowa Consortium for Substance Abuse Research and Evaluation

The Iowa Consortium for Substance Abuse Research and Evaluation became part of the University of Iowa School of Social Work's National Resource Center for Family Centered Practice (NRC) on October 1. The NRC is a research, training and evaluation center with expertise that aligns with the Consortium's focus on evaluating substance use disorder prevention and intervention.

Dr. Miriam Landsman, associate professor in the School of Social Work and executive director of the NRC, and Dr. Brad Richardson, NRC Research Director and adjunct associate professor in the School of Social Work, are co-directing the Consortium. Landsman and Richardson have successfully carried out many research and evaluation projects, and are nationally known experts in research and evaluation. The Consortium's move coincides with the planned retirement of previous director Dr. Steve Arndt. During this transition year, Dr. Arndt is serving in a consulting capacity to the Consortium, while continuing his work as a biostatistician in the Department of Psychiatry.

The vision for the Consortium integrates understanding of substance use disorders and service systems, and improving the lives of Iowans. Drs. Landsman and Richardson look forward to working with state and local partners, and welcome inquiries at [Miriam-Landsman@uiowa.edu](mailto:Miriam-Landsman@uiowa.edu) and [Brad-Richardson@uiowa.edu](mailto:Brad-Richardson@uiowa.edu).

**Iowa Consortium for Substance Abuse Research and Evaluation**, 2662 Crosspark Rd. Coralville IA 52241-5000. <http://iconsortium.subst-abuse.uiowa.edu/Staff.html>.

## Loan Repayment Program

The National Health Service Corps Loan Repayment program is now available for substance use disorder counselors and substance abuse programs in Health Professional Shortage Areas. More information can be found on the National Health Service Corps website at <https://nhsc.hrsa.gov/nhsc-sites/index.html>.



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## National Prevention Network Conference

The 31st Annual National Prevention Network (NPN) Conference was held August 28-30 in Boston, MA, and Iowa was represented by more than 25 attendees (pictured here)! The NPN Conference is the largest such event for prevention professionals in the world. The conference provides a forum for like-minded preventionists to gather and learn about the latest research, evidence-based practices and promising evaluation results in the substance misuse prevention field.



## Follow-up to 2018 Legislative Session

Here is a listing of ongoing work that may be of interest, related to actions taken during the 2018 Iowa General Assembly Legislative Session. All board and workgroup meetings are open to the public.

### Substance Use Disorder Provider Reimbursement Workgroup

In Senate File 2418, the 2018 Legislature directed IDPH, in collaboration with DHS, to engage a stakeholder workgroup to **“review reimbursement provisions to substance use disorder services providers,”** including but not limited to, *adequacy of reimbursement, equity of reimbursement compared to reimbursement of similar services, and access to substance use disorder treatment services*, including whether the designated number of community mental health centers is sufficient. A report of workgroup findings and recommendations is due to the governor and Legislature by December 15. Contact Deanna Triplett at [Deanna.Triplett@idph.iowa.gov](mailto:Deanna.Triplett@idph.iowa.gov) with questions or comments or go to <http://idph.iowa.gov/substance-abuse> for more information.

### Children’s System State Board

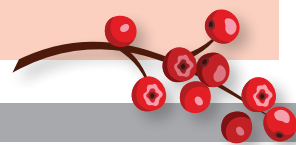
The Children’s Board is responsible for development and implementation of the Children’s Mental Health System. Authorized by Governor Reynold’s Executive Order 2, signed in April, the Children’s Board, co-chaired by DHS Director Jerry Foxhoven and Department of Education Director Ryan Wise, has been meeting to draft a strategic plan. Director Gerd Clabaugh represents

IDPH on the board, and Michele Tilotta, Bureau of Substance Abuse, has participated in related activities.

***Iowa Area Education Agencies are hosting regional listening posts in early October*** on behalf of the board. For more information, go to <https://dhs.iowa.gov/about/mhds-advisory-groups/childrens-system-state-board>.

### Commitment Process Review Workgroup

House File 2456 directed DHS to convene a stakeholder workgroup to review the commitment process under *Iowa Code Chapters 125 (substance-related, currently under the authority of IDPH) and 229 (mental health, under the authority of DHS)*, and make recommendations for improvements in the process and amendments to law to increase efficiencies and more appropriately utilize the array of mental health and disability services available based on an individual’s needs. The workgroup includes IDPH, judicial branch, Iowa Hospital Association, Iowa Medical Society, NAMI, Iowa State Sheriffs’ and Deputies’ Association, and Iowa Behavioral Health Association. The workgroup report with recommendations is due December 31. For more information, go to <https://dhs.iowa.gov/mhds/community-integration>. At that same link, you’ll also find information on DHS’ continuing work related to Complex Service Needs, including the Tertiary Care Psychiatric Hospitals Workgroup and administrative rules for Access Centers and Intensive Residential Service Homes.





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Important  
Information!

## Training Schedules:

### Substance Abuse Prevention Skills Training

**Dates (SAPST): November 7-8.** Register at this link: <https://counterdrugtraining.com/default.aspx?menu-itemid=220&menugroup=fy17&AspxAutoDetectCookieSupport=1>.

### November 2: Identifying and Utilizing Data Sources.

Register here: [https://zoom.us/webinar/register/WN\\_cP-ChIQkLRF-AO2E35t3WHg](https://zoom.us/webinar/register/WN_cP-ChIQkLRF-AO2E35t3WHg).

**November 5, 2018, 1:30 - 3:00 p.m. ET.**

**SAMHSA's Service Members, Veterans, and their**

### Families Technical Assistance Center Presents:

**Asking This Critical Question Can Make a Difference: "Have you or a loved one ever served in the military?"** Register here: [https://goto.webcasts.com/starthere.jsp?ei=1211602&tp\\_key=0d605fca5c](https://goto.webcasts.com/starthere.jsp?ei=1211602&tp_key=0d605fca5c).

### December 7: Trauma Informed Care/ Adverse Childhood Experiences (ACEs).

Register here: [https://zoom.us/webinar/register/WN\\_K7gwmM3sQnOoFg0zVARUag](https://zoom.us/webinar/register/WN_K7gwmM3sQnOoFg0zVARUag). For more information, please contact Clare Jones at [Clare.Jones@idph.iowa.gov](mailto:Clare.Jones@idph.iowa.gov).

## Youth and Recovery:

**An Opportunity to Explore Prevention, Treatment and Recovery Strategies for Youth Ages 12-25**

On September 27, 2018, 100 people attended IDPH's conference titled Youth and Recovery: An Opportunity to Explore Prevention, Treatment and Recovery Strategies for Youth Ages 12-25 in Ames. This one-day event informed attendees in various topics impacting youth and young adults. One highlight of the event was a very informative presentation by **Dr. Douglas Gentile on The Science of Gaming Disorders**. Dr. Gentile shared his research about gaming disorders and suggested use of a screening tool to identify symptoms of gaming disorders as part of a comprehensive approach to treatment.

Other topics included college-based recovery efforts in Iowa (**University of Iowa and Iowa State University/ YSS**), tobacco cessation in substance use disorder treatment (**American Lung Association**), recovery coaching (**Connecticut Community for Addiction Recovery**), and suicide/mental health awareness (**Frank King, TheMentalHealthComedian.com**).

For more information about the presenters please [click here](#).



IDPH staff booth



Speakers at Youth & Recovery Conference

**October 30 TUESDAY**

## REGISTRATION OPEN

### Approaches to Pain Management Symposium

Join this one-day event at the Ron Pearson Center,  
5820 Westown Pkwy., West Des Moines  
<https://www.register.extension.iastate.edu/painmanagement>



**Dr. Jennifer Sharpe Potter, PhD, MPH**  
Associate Dean for Research, Office of the Dean  
Joe R. & Teresa Lozano Long School of Medicine

**Other Topics:**

- Physical Therapy
- Yoga for Pain
- Stem Cell Therapy
- Mindfulness-based Stress Reduction

Sponsored by the Iowa Department of Public Health, Division of Behavioral Health



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## Local Recovery Month Activities

Every September, SAMHSA – the Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services – sponsors **National Recovery Month** to educate Americans about substance use treatment and mental health services. This observance promotes the belief that *behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental health and 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 promote the message that recovery, in a broad range of forms, is possible. This year's National Recovery Month theme was *"Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community."*

On September 28, 2018, Governor Kim Reynolds proclaimed September 2018 as Substance Abuse Recovery Month in Iowa. A public proclamation signing was not scheduled. IDPH's Bureau of Substance Abuse supported the 2018 Recovery Month by funding 13 organizations across the state to provide local recovery month activities.

### These activities included:

- ✓ Substance-free movie night, showing "Anonymous People" (**Alcohol and Drug Dependency Services of Southeast Iowa, Burlington**)
- ✓ Celebration of Recovery with recovery-themed painting class (**Area Substance Abuse Council, Cedar Rapids**)
- ✓ 6th Annual Recovery & Wellness 5K run/walk (**Community and Family Resources, Fort Dodge**)
- ✓ Substance use, Addiction and Recovery symposium (**Compass Pointe, Spencer**)
- ✓ Recovery Rally (**First Resources Corporation and SIEDA Behavioral Health, Ottumwa**)
- ✓ 8th Annual Hands Across the Bridge (**Heartland Family Service, Council Bluffs**)
- ✓ Family Recovery Fun Night (**Jackson Recovery Centers, Sioux City**)
- ✓ Art of Recovery Walk (**Prelude Behavioral Services, Iowa City**)
- ✓ Pathways to Recovery Bike Ride (**Substance Abuse Treatment Unit of Central Iowa, Marshalltown**)
- ✓ Recovery Month Carnival (**Seasons Center for Behavioral Health, Spencer**)
- ✓ An Evening of Hope and Healing (**YSS, Ames**)
- ✓ Family Fun Day (**Zion Recovery Services, Atlantic**)

September's National Recovery Month theme was Invest in Health, Home, Purpose and Community.



"Family Recovery Fun Night"



Jackson Recovery Centers



"Family Recovery Fun Night"





## DID YOU KNOW? IN IOWA YOU CAN PURCHASE NALOXONE

AT YOUR PHARMACY WITHOUT A PRESCRIPTION

## IT CAN REVERSE AN OPIOID OVERDOSE



IF YOU SUSPECT AN  
OVERDOSE, CALL 911

### SIGNS OF AN OVERDOSE:

- ✓ Slow or no breathing
- ✓ Vomiting
- ✓ Pale/clammy face
- ✓ Blue lips or toe/fingernails
- ✓ Slow or no pulse
- ✓ Snoring or gurgling
- ✓ Unresponsive  
(or Unresponsive to sound/touch)



September 2018

FOR MORE INFORMATION VISIT  
**YourLifeIowa.org**  
If you need help, call 1-855-581-8111

The Bureau of Substance Abuse developed a handout to educate the public on naloxone access. For more information, please visit [YourLifeIowa.org](http://YourLifeIowa.org). To order 8 1/2" x 11" posters, contact [Julie.Jones@idph.iowa.gov](mailto:Julie.Jones@idph.iowa.gov).

## Substance Abuse Prevention and Treatment Block Grant Application and Reports

IDPH's Substance Abuse Prevention and Treatment Block Grant (SABG) application and report and Synar report will be posted for comment at <http://idph.iowa.gov/block-grant>.

You can also send comments directly to Michele Tilotta at [Michele.Tilotta@idph.iowa.gov](mailto:Michele.Tilotta@idph.iowa.gov). **Note:** Please include SABG Comments in the email subject line.

## ADDS and UCS Provide Opioid Use Disorder Treatment in SE Iowa

As Iowa treatment providers prepared to do their part in combating the nationwide opioid epidemic, many faced a significant lack of effective local resources.

**Alcohol and Drug Dependency Services of Southeast Iowa (ADDS)** has joined other programs to implement evidence-based medication-assisted opioid use disorder treatment by partnering with Des Moines-based **United Community Services (UCS)**. This unique partnership approach is organized around medication units. "Once UCS offered this opportunity to Iowa providers, we were very interested. In my mind, this equated directly to saving lives," said Nicolas Foss, associate director for treatment services at ADDS.

UCS partnered with ADDS to open a medication unit mini-clinic in Burlington on June 25, 2018. The medication unit was constructed within ADDS' existing Burlington location, allowing a physician and registered nurse to provide medication-assisted treatment (MAT) to ADDS clients. Available medications include methadone, buprenorphine and naltrexone. Individuals must be referred to UCS by ADDS, and must also receive counseling services from ADDS. The ADDS/UCS partnership is currently serving 21 individuals.

Contact ADDS at (319)-753-6567 or go to [www.addsiowa.org](http://www.addsiowa.org) for information about ADDS services. The UCS Burlington location can be reached at (319)-237-7210 or learn more at [https://www.ucsonline.org/who-we-are](http://https://www.ucsonline.org/who-we-are).



For more information about the IDPH Bureau of Substance Abuse, visit <http://idph.iowa.gov/bh>. For questions related to "A Matter of Substance," contact the editors:

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