

A Publication of the IDPH Bureau of Substance Abuse



July 2021 Quarterly Publication Bureau of Substance Abuse

IDPH • Lucas State Office Building • 321 East 12th St., Des Moines, IA 50319 • www.idph.iowa.gov

## **HHS Alignment Website Announced**

n May 26th, the Iowa Department of Public Health (IDPH) and the Iowa Department of Human Services (DHS) announced their new website, https://hhsalignment.iowa.gov/, to communicate updates to the public, media and stakeholders about the health and human services alignment assessment.

Over the next nine months, IDPH and DHS will embark on a health and human services alignment assessment with a contractor, Public Consulting Group (PCG), to identify shared program goals and align and integrate programs, practices and policies to improve delivery of services and most effectively leverage funding. The agencies will update the website regularly.

As part of the alignment process, IDPH and DHS will identify community-based stakeholders (organizations and community members) and other stakeholders to provide input and guidance on the departments' programmatic and policy efforts. IDPH and DHS will also engage all levels of staff to inform the departments' established goals and project plans, and create an organizational structure that optimizes delivery of services, supports efficiency for staff, and integrates the departments' programs and services with community and other available resources.

"My commitment to you to provide frequent updates remains as strong as ever," Director Kelly Garcia said. "There's a saying I hold close, particularly in this unique type of work: 'Nothing about me, without me.' You have my pledge that, indeed, nothing about you will happen without you. This work must be done together, but change is coming. The result will not be status quo. I am hopeful that together we will embrace this opportunity head on."

Between IDPH and DHS, the connections are numerous, and, in many cases, the same families access similar services with no clear pathway to connect them that reaches across departments. The work IDPH and DHS can do to wrap services around a family to ensure better outcomes is significant in terms of impact. In terms of work, there is much the two agencies can do with clear communication and purposeful collaboration between programs and a dedicated focus.

Through aligning the two departments, IDPH and DHS will be able to achieve several goals including opportunities to better leverage funding sources and the ability to identify potential for expanded funding sources; break down silos to create a unified, integrated behavioral health system; and better access to services and easier navigation of the system for those we serve. Ultimately, better alignment will lead to improved outcomes for individuals, communities and the state.

IDPH and DHS are committed to open conversations and transparency. Please use the resources provided on https://hhsalignment.iowa.gov/, check back often for updates, share your feedback on the website's Contact Us page, and subscribe to email updates here.





## Take Note

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### **Employee Spotlight**

#### Leslie Mussmann

Leslie joined the Bureau of Substance Abuse in October 2020 as the Prevention Training Coordinator for the Overdose Data 2 Action project. In her role, Leslie gets to create and provide training on a variety of prevention related topics. She also provides technical assistance to local prevention training teams. Leslie is excited to be working with the IDPH Bureau of Substance Abuse Prevention Team to expand the Capacity Coaching system in Iowa and reigniting Prevention Workforce Taskforce.

Leslie started her journey in prevention in 2000, when she left her career as a secondary education teacher to work with her local Tobacco Partnership. Leslie joined the Area Substance Abuse Council staff in 2001 and became a Certified Prevention Specialist in 2003. She has worked in a variety of roles including Prevention Coordinator, Assistant Prevention Director and Prevention Director. Leslie is also a Capacity Coach with the Iowa Department of Public Health, in this role Leslie gets to provide performance and personal coaching to a variety of prevention professionals in Iowa. Leslie hopes her years of experience working as a contractor and coach will help IDPH to support prevention. Her long-term goal is to build a strong prevention workforce and create a path for prevention to be recognized as a profession in Iowa.

Leslie lives in Clinton, Iowa, five miles from the widest part of the Mississippi, with her husband Chris and their two (almost grown) children, Eliza and Gideon. She is involved in a number of local prevention and community organizations. When she isn't crusading, Leslie can be found binge watching TV or listening to 80's and 90's music; she also enjoys biking on her Hello Kitty Beach

Cruiser or camping with her family.





### **Spotlight**

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#### State Opioid Response Corrections Liaison (SOR CL) Spotlight

The SOR CL grant is part of the IDPH's State Opioid Response efforts to provide Medication Assisted Treatment (MAT), care coordination and recovery support services for people re-entering the community from a correctional setting with opioid use disorder and/or stimulant use disorder. Grantees of SOR CL are substance use disorder treatment organizations across the state which house re-entry specialists/corrections liaisons who coordinate with community corrections, local jails, prisons and criminal justice staff and programs to provide care coordination and recovery support services, and connect clients to MAT and community services. For more information about the grant and to contact the liaisons, please email: sarah.vannice@idph.iowa.gov.









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Please Read!

## **Equity Matters**

Welcome to Equity Matters within A Matter of Substance, where we discuss health equity matters for people in Iowa. In honor of Juneteenth, this quarter's article explores the relationship between social justice and health equity.

Social justice is the belief that everyone deserves equal rights and opportunities- including the right to good health. Current evidence clearly indicates that health inequities are the result of policies and practices that have created (and continue to enforce) unequal distributions of money, power and resources among communities based on race, place, class, gender, and other factors. These inequities are avoidable, unnecessary and unjust and are often referred to as social determinants of health. To ensure that all people in Iowa have the equal opportunity to be healthy, social determinants of health must be addressed. Addressing these determinants promotes social justice and helps to achieve health equity.

Disparities in health outcomes between racial groups and individuals of differing ethnic backgrounds have been well documented throughout the history of the United States. On June 19, 1865 (more than two years after President Lincoln signed the Emancipation Proclamation)

enslaved Americans in Texas finally received word of their freedom. Recognition of this day, Juneteenth, as a national holiday is a step towards remembering the historic systemic racism and inequality.

To improve social justice and create more equal opportunities for health, there are a multitude of both small and large actions we can take, such as:

- 1. Name racism as a determining force in the distribution of the social determinants of health and equity and not an individual character flaw;
- 2. Start a conversation about Juneteenth and health equity within your agency or organization (and with community partners) and foster dialogue about present-day racism, bias and inequity and how they contribute to disparate health outcomes; and
- 3. Target investment in marginalized and under-resourced communities and ensure representation of these groups in decision-making processes. Through addressing the social determinants of health we create a healthier Iowa.

### Iowa's Annual Governor's Conference on Substance Abuse

Towa's Annual Governor's Conference on Substance ▲Abuse took place May 18th through the 20th and what an amazing virtual conference it was! With over 400 individuals registered, and with this being the first time it had ever been hosted virtually, it was definitely a unique and wonderful experience. The Iowa Department of Public Health wishes to thank all of you in attendance as well as the speakers, planning committee members and the event coordination staff at Iowa State University for all of your contributions to the event's success. Despite the technological glitches on occasion, IDPH heard from so many people that the event was even more engaging than in-person conferences that they had been to in the past. Some even said that in the future they would prefer the virtual experience over the in person! That says a lot! We really need to give a shout out to our speakers. We owe so much of what the event experience was to the wonderful composition of speakers, speakers that were so invested in

the spirit of helping other humans improve their lives, of improving our workforce and of sharing their own personal experiences. So many wonderful speakers, so much enlightening content and such great conversation from those of you in attendance. We look forward to hosting this event in the future and will plan on announcing dates for 2022 in the Fall! Finally, many of you in attendance heard about our Kudoboard we developed for the conference. If you haven't, it is a virtual platform for sending a 'thank you,' it was used throughout the event to show appreciation to behavioral health

providers. We wanted to announce that we've left it open, if you would like to view or add more appreciation to the Kudoboard. Feel free to take a look and hope to see you all next year!



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### State Opioid Response 2 (SOR2) Funding Announcement

The Iowa Department of Public Health is now opening State Opioid Response (SOR2) grant services to community agencies and businesses to expand services available to Iowans with substance use disorders. Funding is available through an award from the Substance Abuse and Mental Health Services Administration (SAMHSA) to address opioid and stimulant use disorders by creating and strengthening recovery-oriented systems of care. This comprehensive approach allows agencies to be more responsive in meeting the needs of individuals seeking services by providing a continuum of services rather than just crisis-oriented care.

Funding is intended to supplement existing services and funding streams, and must not supplant or replace them. The goal of SOR2 is to ensure Iowans statewide can access high quality treatment services for opioid and stimulant use disorders in their own communities. Extending funding to more agencies throughout the state will provide additional access to multiple pathways to recovery through a person-centered approach that offers choices to individuals seeking assistance. Funding can be used to support services that engage and retain Iowans in

recovery from opioids and/or stimulants such as Medication Assisted Treatment (MAT), Care Coordination, Peer Recovery Coaching, Housing Assistance, Dental Services, and Supplemental Needs (transportation, clothing, hygiene items, wellness support, education, HIV/HCV testing, etc.). Appropriate applicants include (but are not limited to) qualified and licensed providers of substance use disorder treatment (including agencies and private practitioners), mental health treatment (including community mental health centers and private practitioners), recovery-related medical services (clinics and private practitioners), licensed dentists, peer drop-in centers, recovery housing, and human service agencies providing recovery-related resource referral services.

The application and additional information will be available on the IDPH MAT Provider Website (https://idph.iowa.gov/mat/provider). Applications to provide services will be accepted on an ongoing basis based on service need and funding availability. Please direct any questions to SOR@idph.iowa.gov.

### 2022-2023 Substance Abuse Prevention and Treatment Block Grant and Synar Update

The Substance Abuse and Mental Health Services Administration (SAMHSA), a part of the U.S. Department of Health and Human Services, oversees two block grants that are very important to Iowa: the Substance Abuse Prevention and Treatment Block Grant and the Community Mental Health Services Block Grant. While the block grants differ in a number of ways (e.g.) targeted populations and method of calculating Maintenance of Effort (MOE), both block grants are governed by statute and by detailed and comprehensive regulations, including specific requirements for planning and for population- or program-specific set-asides. And both require stakeholder input.

As part of the Iowa Health and Human Services alignment efforts, DHS and IDPH staff, together, are seeking stakeholder input from various councils, associations, stakeholders, and the Iowa Board of Health. Through a series of integrated meetings, IDPH and DHS,

are currently gathering input to develop joint shared goals for the two block grants, which will be submitted independently in the fall of 2021. As a reminder, the SABG Block Grant is at: https://idph.iowa.gov/substance-abuse/block-grant-reports.

For more information and/or to share your comments, please email them to Michele.Tilotta@idph.iowa.gov and specify "Block Grant Comment" in the subject line of your email.



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## **Training Spotlight**

#### Recovery Coach Academy Ethical Considerations for Recovery Coaches

In collaboration with CT Department of Children and Families, the following CCAR training programs will be offered online to Iowans through a voucher program (vouchers are limited):

- Recovery Coach Academy 30 Contact Hours August 23-27, 2021, 5:00 p.m. to 9:00 p.m. (EST) September 13-17, 10:00 a.m. to 2:00 p.m. (EST)
- Ethical Considerations for Recovery Coaches 16 Contact Hours
  July 19-21, 2021, 10:00 a.m. to 2:00 p.m. 7/21 will end at 12:00 p.m. (EST).
  September 8-10, 2021, 10:00 a.m. to 2:00 p.m. 9/10 will end at 12:00 p.m. (EST).

For any questions about the online offerings or to inquire about the voucher, please email sor@idph. iowa.gov.

### IBHRS Update, June 2021

The Iowa Behavioral Health Reporting System (IBHRS) is on track with IBHRS data collection set to begin July 1, 2021 with reporting to IDPH beginning in August 2021. IBHRS combines substance use disorder and problem gambling treatment data models, and has more extensive and robust validation rules to ensure data meet the Department's standards.

IBHRS recorded training webinars, technical documentation, FAQs, and details on future training webinars can be found on the IBHRS Web page. Questions about IBHRS may be submitted to IDPH at sapgdata@idph.iowa.gov.

### Problem Gambling Services: Lunch & Learn Webinar Series

The Iowa Department of Public Health offered the Problem Gambling Services: Lunch and Learn Webinar Series consisting of 24 one-hour sessions held on Tuesdays and Thursdays during the noon hour from April 13, 2021 and concluded on July 1, 2021. This series was a direct result of problem gambling treatment service providers to help cross train staff to recognize and assist those who may be seeking treatment for a substance use or mental health disorder. They may also have a "hidden" gambling problem that is interfering with their recovery efforts. The series provided information on the history and prevalence of gambling and related behaviors in Iowa; defining gambling and the continuum of problem gambling; implementing effective strategies for community outreach and identifying individuals harmed by gambling and building community referral pathways; learning and using evidence based treatment strategies, treatment planning and recovery support; and the impacts of gambling on the family, finances, and criminal justice system.

Over 120 individuals have participated in more than one of the sessions. Participants reported an increase in competency on their knowledge about gambling and the continuum of problem gambling as well as how to implement effective screening and person-centered treatment strategies.

Interested in catching up on one or more sessions? Recordings of the training and related materials can be found at https://yourlifeiowa.org/events or click here for



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## Dear Iowa Youth Health Behavior Surveys Stakeholder:

The Iowa Youth Survey (IYS) and Youth Risk Behavior Survey (YRBS) will be jointly administered from September 27 to November 12, 2021. These surveys collect valuable youth health behavior data that drives funding, program and policy decisions in communities across the state. We value your past support and look forward to it again as we seek to understand the adolescent health behavior impacts of the pandemic.

All public and private school districts serving 6th, 8th and 11th grade students are invited to participate in the IYS. A small sample of Iowa high school buildings will be invited to participate in the YRBS. We offer in-person administrative support to any school participating in both surveys.

To assist with the joint administrative planning of these two important surveys, school district superintendents were recently invited to register their intent to participate. We appreciate your historical support and encourage you to contact your local school superintendent to explain why you value the survey data and to encourage them to register their intent to participate.

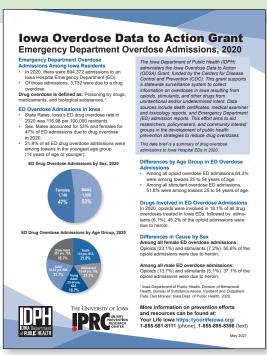
Hear why stakeholders need your school to participate in the 2021 IYS and YRBS. For more information on the surveys, see the Iowa Youth Health Assessment Program webpage and the Iowa Youth Survey webpage.

The 2021 IYS questionnaire will be available by the end of June. The 2021 Iowa YRBS questionnaire will be available this summer. Please direct questions about either survey to iowayouthsurvey@idph.iowa.gov.



### Overdose Data to Action Grant: Fact Sheets

s part of the Centers for Disease Control and Prevention (CDC) funded initiative, Overdose Data to Action grant, the Bureau of Substance Abuse is collecting and disseminating timely Emergency Department (ED) data on all suspected drug, opioid, heroin and stimulant overdoses. The data for all hospital-based health outcomes are derived from the Iowa Hospital Inpatient-Outpatient (IPOP) Discharge database, including data for any ED visit. All Iowa hospitals (N=118) contribute to this dataset, which can be queried to support the development and calculation of measures based on all diagnoses. The IPOP datasets are owned by IDPH and collected by the Iowa Hospital Association (IHA) in accordance with Iowa Code Section 135.166. Aggregate drug overdose data by month are reported to the CDC every quarter. The annual data brief can be found at: https://idph.iowa.gov/substance -abuse/substance-use-and-problem-gambling-datareporting/in-the-know-common-data-reports.





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Take Note

### Naloxone Dispensing Program

The Naloxone (Narcan®) dispensing program continues to be a great success, with over 1,400 kits dispensed to patients in the state of Iowa and over 220 Iowa pharmacies participating to date. All Iowans are eligible to receive Narcan® at no-cost (\$0 copay) and pharmacies are reimbursed the cost of Narcan® plus a \$20 dispensing fee for patient education and counseling. A few Narcan® promotion kits, which were mailed to all Iowa pharmacies earlier in the year, are still available. Providers who would like a promo kit, or more information about the program, may contact the Iowa Prescription Monitoring Program (PMP) at: pmp@iowa. gov. The Iowa PMP thanks the Iowa Department of Public Health for their on-going support of this project.

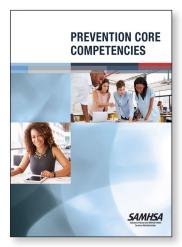
### Opioid Disposal Kit Program

The Iowa Disposal Kit dispensing program kicked off on July 1, 2021. All community pharmacies across the state of Iowa are eligible to participate and patients are eligible to receive two disposal kits every 30 days at no-cost (\$0 copay). Pharmacies are reimbursed \$7.50 for providing the kit and patient education. Welcome kits were mailed to all Iowa pharmacies who previously participated in the Narcan® disposal project. A few additional kits remain, and providers who would like a kit, or more information about the program, may contact the Iowa PMP at: pmp@iowa.gov. The Iowa PMP thanks the Iowa Department of Public Health and DisposeRx® for their support of this project.

## **Prevention Core Competencies**

The Substance Abuse and Mental Health Services Administration (SAMHSA) recently published a report titled Prevention Core Competencies. The goal of this project was to strengthen the substance use prevention

field and is intended for professionals currently working in the prevention field. For more information about the core competencies and to download the report, visit this website.



## **Updated Prescription Monitoring Program Rules**

As of May 12, 2021, the Board of Pharmacy started requiring that all Schedule V (CV) controlled prescriptions (Lyrica®, pregabalin, promethazine with codeine, et al) be reported to the Iowa Prescription Monitoring Program (PMP). The newly adopted rule makes non-prescription sales of cough suppressants containing codeine (e.g., Robitussin-AC) a reportable transaction. Providers should now be able to track their patient's CV use going forward.





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### Your Life Iowa (YLI) Update



Any of you have known Eric Preuss for his work as the lead for Problem Gambling Services in Iowa, a position he's held since 2013, and his work helping out the Data Team as the I-SMART and CDR "answer man". He helped birth the idea of Your Life Iowa almost 5 years ago, and with the continued growth, took on the Your Iowa Project Director role this past February. Transition plans are in place for problem gambling services, and Eric won't be too far away from gambling with Your Life Iowa.

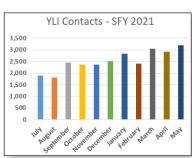


Kudos to the individuals at DHS, IDPH, Foundation 2, WebSpec, and ZLR Ignition, who helped with the planning, development and implementation of the brand new Your Life Iowa website that launched in April 2021. This was an 18 month project that built off of feedback, focus group, and lots of brainstorming. If you've not had a chance to take a look around, please visit https://yourlifeiowa.org and use the contact link to let us know what you think.

The new Facility Locator helps users to quickly find care nearby, and a completely rebuilt Media Center provides easy access to one of 16 different media campaigns

addressing alcohol, gambling, marijuana, mental health (youth and adult), meth, opioids, stigma, teens and parents, gambling, mental health, and suicide, and the Your Life Iowa campaign.

Additionally, a new supportive text messaging service (YourLifeIowa.Support) has launched. Anyone can sign up to receive encouraging messages at the frequency of their



choosing.Click here to sign up.

More individuals are reaching out to YLI now more than ever! May 2021 was a new record for contacts (3,203). We've now had over 27,800 total contacts from July 2020 through May 2021, more than doubling the 12,846 contacts from the year before. What is important is over 10,000 total referrals have been made linking individuals to the care and services they seek.

Remember, Your Life Iowa can be the everyday life support for you, your friends, your patients, your family and others you know. 24/7, every day, via text (855-895-8398), chat (yourlifeiowa.org), or phone (855-581-8111).

For more information on this project, please send inquires to eric.preuss@idph.iowa.gov.

## Licensure Spotlight



Please submit any licensure questions to SUD.PG.License@idph.iowa.gov.

What will IDPH site visits for license renewal be like now that IDPH is returning to in-person work? COVID-19 restrictions caused a lot of changes in the way the surveyor team met and interacted with licensed substance use disorder and problem gambling treatment programs this last year. On April 1, 2020, on-site inspections temporarily were suspended following Governor Reynolds' issuance of a State of Public Health

Disaster Emergency due to the COVID-19 pandemic. During the emergency declaration, licensure inspections consisted primarily of desk audits of application materials along with virtual inspections of programs. Effective July 6, 2021, the IDPH surveyors will return to conducting on-site inspections.

As always, you can reach out to the IDPH licensure team with questions by submitting an email to SUD.PG.License@idph.iowa.gov.





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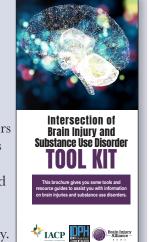
Important Information!

### Traumatic Brain Injury Toolkit

Check out this new toolkit to assist SUD providers' in better serving individuals with a co-occurring SUD and lifetime history of traumatic brain injury. This toolkit is a collaborative effort of the Iowa Department of Public Health (IDPH) Office of Disability, Injury, and Violence Prevention, IDPH Bureau of Substance Abuse, communi-

ty stakeholders, and those with lived experience of brain injury.

This collaboration is part of The National Center on Advancing Person- Centered Practices and Systems (NCAPPS), an initiative from the Administration for Community Living and the Centers for Medicare & Medicaid Services that helps States, Tribes, and Territories implement person-centered thinking, planning, and practice in line with U.S. Department of Health and Human Services policy.



If you have any questions about the toolkit please contact Jim Pender at 515-204-7978 or james.pender@idph.iowa.gov.

#### **House Resolution 364**

n May 24th, Representatives Dave Joyce (R-OH) and Tim Ryan (D-OH), Vice Chairs of the Addiction, Treatment, and Recovery Caucus, with support from Representatives Bill Johnson (R-OH), David Trone (D-MD), and Paul Tonko (D-NY), introduced House Resolution 364. This resolution recognizes contributions of addiction professionals in the workforce. The Association for Addiction Professionals (NAADAC), Addiction Policy Forum, National Association of Addiction Treatment Professionals

(NAATP), and the Northeast Ohio Hospital Opioid Consortium have all endorsed the resolution. For more information and to read the press release, click here.



### National Council Announces Name Change

On May 6th, 2021, the National Council for Behavioral Health announced their name change to the National Council for Mental Wellbeing, effective immediately. President and CEO Chuck Ingoglia said "By changing our name, we are changing the conversation. Not only is the National Council for Mental Wellbeing inclusive of mental health and substance use, our new name boldly states our goal – to make mental wellbeing a reality for everyone."

Ingoglia went on to say, "A lot has changed over the past year. The pandemic has fueled mental illness and substance use. Today, the work of mental health and substance use treatment organizations are more important than ever. Our challenge is to ensure that everyone has access to comprehensive, high-quality, affordable treatment when they need it. By promoting comprehensive approaches to prevention, treatment and recovery supports, we will ensure mental wellbeing is a reality for everyone."

To read the complete press release, please visit this website.

### "In the Know"

The IDPH Bureau of Substance Abuse is pleased to share this "In The Know" link to our site where you can find more common data reports and links to other data resources. This site contains some reports based on mortality data and a report from Your Life Iowa. Bureau staff plan to continue expanding this site by adding more data reports and links over the next several months. Questions may be directed to the Bureau via sapgdata@idph.iowa.gov.

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 editors:

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