

A Matter of Substance

April 2020
Quarterly Publication
Bureau of
Substance Abuse



A Publication of the IDPH
Bureau of Substance Abuse

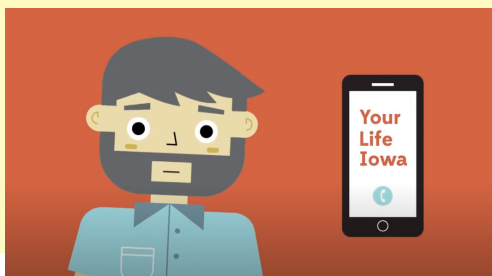
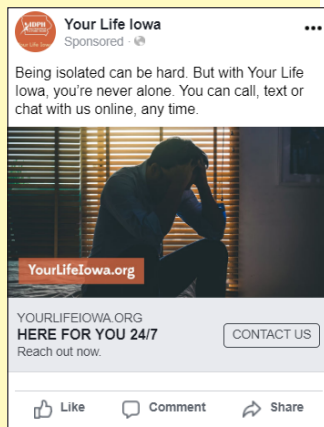
IDPH • Lucas State Office Building • 321 East 12th St., Des Moines, IA 50319 • www.idph.iowa.gov

Your Life Iowa (YLI) & COVID-19

During this time, it can feel even harder to reach out and find help. Your Life Iowa is here for you, because everyone needs help sometimes. When emotions, such as stress, anxiety or fear start to affect your functioning, it is time to reach out.

Your Life Iowa provides free and confidential help and information related to alcohol, drugs, gambling, mental health and suicidal thoughts. 24/7 resources include a website (yourlifeiowa.org), online chat (yourlifeiowa.org), texting (**855-895-8398**), phone line (**855-581-8111**) and social media (@YourLifeIowa).

So, if you or a loved one is concerned about the use of alcohol or drugs, problem gambling, or concerns about mental health or suicidal thoughts, we wanted to make it as easy as possible to get help. So we created a “What to Expect When You Call” (click on the image below) to help you know what happens when you reach out. We are your everyday life support. No judgment, just help. For more information on this project, please email eric.preuss@idph.iowa.gov.



Novel Coronavirus (COVID-19) & Behavioral Health

To Iowa's behavioral health professionals,

The Iowa Department of Public Health wants to extend a message of appreciation to each of you during these unprecedented times. Every day, many of you are supporting individuals in need of behavioral care with direct services. In light of COVID-19, we expect the amount of stress for both those we serve and ourselves to increase. We want to let each of you know your work and your worth is recognized. We are here for you as we work together through this pandemic to address behavioral health in Iowa. To help support professionals and individuals during the COVID-19 pandemic, IDPH is providing a comprehensive list of resources in this newsletter.

Due to the COVID-19 pandemic, IDPH is providing a behavioral health resource of related services available to those working to meet the needs of those affected by the current situation.

Iowa Resources:

- ✓ Iowa Department of Public Health (IDPH)
- ✓ Iowa Department of Human Services
- ✓ Your Life Iowa (Alcohol, Drugs, Gambling, Suicide, Mental Health, Prevention)
- ✓ State of Iowa Coronavirus Info (all state agencies collective location)

Federal/International Resources:

- ✓ Substance Abuse and Mental Health Services Administration (SAMHSA)
- ✓ Centers for Disease Control and Prevention (CDC)
- ✓ Centers for Medicare and Medicaid Services (CMS)
- ✓ Federal Coronavirus Information
- ✓ Government Response to Coronavirus, COVID-19
- ✓ Health Resources and Services Administration (HRSA)
- ✓ National Institute of Health (NIH)
- ✓ World Health Organization

Continued on the next page

Important Note!
Check these out!
There are many
resources for
more COVID-19
information.



A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

Novel Coronavirus (COVID-19) & Behavioral Health Resources Continued

General Resources: Substance Use

- ✓ American Society of Addiction Medicine (ASAM) COVID-19 Resources
- ✓ Addiction Technology Transfer Center (ATTC) Online Support Group List
- ✓ COVID-19: Potential Implications for Individuals with Substance Use Disorders
- ✓ Considerations for Crisis Centers and Clinicians in Managing the Treatment of Alcohol or Benzodiazepine Withdrawal during the COVID-19 Epidemic
- ✓ Considerations for Outpatient Mental and Substance Use Disorder Treatment Settings
- ✓ Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic
- ✓ COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs
- ✓ COVID-19 Resources for Addiction Professionals: National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
- ✓ DEA Diversion Control COVID-19 Information Page
- ✓ DEA Information on Telemedicine
- ✓ Emergency Situations: Preparedness, Planning, and Response
- ✓ Training and Technical Assistance Related to COVID-19

General Resources: Mental Health

- ✓ Strategies for Coping with Coronavirus (NAMI)
- ✓ NAMI COVID-19 Resource and Information Guide
- ✓ Mental Health During an Infectious Disease Outbreak
- ✓ General Resources from the American Psychological Association

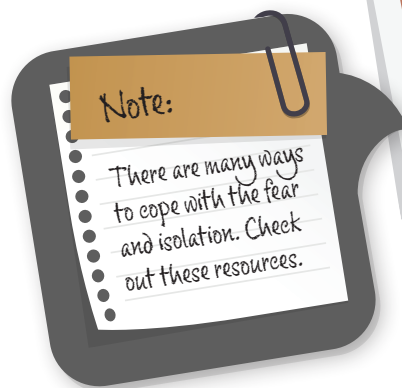
General Resources: Workforce

- ✓ Psychologists' Advice for Newly Remote Workers
- ✓ A Webinar for Public Health Officials
- ✓ Isolation Guidance for Essential Services Personnel
- ✓ COVID-19 FAQs for Law Enforcement
- ✓ How Leaders can Maximize Trust and Minimize Stress during COVID-19

General Resources: Addressing Concerns

- ✓ Advice for Talking to Children about COVID-19
- ✓ Addressing Anxiety about COVID-19
- ✓ Communicating in a Crisis
- ✓ Coping with Stress During Infectious Disease Outbreak
- ✓ Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak
- ✓ Your Recovery is Important: Virtual Recovery Resources

IDPH would like to thank all of you for everything you do to help individuals find the services they need, not only in times like these, but every day. Stay safe!





A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

Important Information!

Alcohol Awareness Month

April is National Alcohol Awareness Month — an opportunity to raise awareness of alcohol abuse and encourage Iowans to make healthy, safe choices. The Iowa Department of Public Health (IDPH), the Iowa Alcoholic Beverages Division, the Iowa Office of Drug Control Policy and the Iowa Governor's Traffic Safety Bureau are collaborating to promote this important health recognition, and will be sharing messages via social media platforms throughout the month.

Alcohol is the most frequently used substance in Iowa. According to the State of Iowa Substance Use Epidemiological Profile (2018), alcohol use in the past 30 days is higher for Iowans compared to the national rate. From 2008-2017, the [IDPH Tracking Portal](#) shows the rate of alcohol-involved deaths increased by more than 61%. There is good news: the Epidemiological Profile also reports the rates of alcohol use in the past 30 days and binge drinking among Iowa students for all grade levels continue to decline.

In light of the challenges communities are now facing related to COVID-19, IDPH encourages Iowans to be educated about their alcohol use. Alleviating stress or

coping with current circumstances with the use of alcohol can lead to excessive alcohol use (too frequent or too much) and this can influence a person's immune system. According to a 2015 study published in the journal Alcohol Research, "excessive alcohol consumption" is associated with "adverse immune-related health effects such as susceptibility to pneumonia." This can put you at a greater risk for COVID-19.

Keep these tips in mind for alcohol awareness:

- ✓ Know what a standard "drink" is: 12 ounces of beer (5% alcohol content); 5 ounces of wine (12% alcohol content); 1.5 ounces of distilled spirits or liquor (40% alcohol content).
- ✓ Know the low risk guidelines regarding alcohol consumption for healthy adults: one drink a day for women of all ages and up to two drinks a day for men under age 65.
- ✓ Don't binge drink. Binge drinking is defined as consuming four or more drinks for women, and five or more drinks for men during a single occasion.

Alcohol Awareness Month was founded by and has been sponsored by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) since 1987 to increase public awareness and understanding of alcoholism.

Note:
Excessive use of alcohol can compromise a person's immune system and put them at risk for COVID-19.

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise public awareness about sexual violence and educate communities on how to prevent it. This year, SAAM is celebrating its 19th anniversary with the theme "I Ask" to empower everyone to put consent into practice. Sexual Assault Awareness Month is about more than awareness — the ultimate goal is prevention. Since consent is a clear, concrete example of what it takes to end sexual harassment, abuse and assault, this year's campaign shares the message that asking for consent is a normal and necessary part of sex.

More information about SAAM, including social media graphics, national and local events, and fact sheets can be found at <https://www.nsvrc.org/saam>.



The theme this year is "I Ask" to empower everyone to put consent into practice.

Resilience Corner

Resiliency during these unprecedented times will look different for each of us. As we progress through a pandemic, each of our lives is impacted in previously unimaginable ways and from person to person, the impact will vary quite dramatically. As a result of these differences, it is important to recognize that resiliency, or a human's ability to recover from disruptive and sometimes life-altering changes, will also vary from person to person. If there was ever a time to come together as a community and work together to engage in resiliency, it is now. Ensure your own needs are being addressed and give grace to fellow Iowans as we all work to recover from these experiences. *This is the ninth in a continuing series of commentaries about resilience, and how resiliency might support overall health and wellbeing*

Please Read!

A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

Collegiate Recovery

Collegiate Recovery Community programs across the country help students stay in school and maintain their recovery. To date, more than 150 campuses across the country have registered Collegiate Recovery Communities or programs, which now include Iowa State University (ISU). Collegiate Recovery Community (CRC) at ISU is part of the Student Wellness Department. CRC is a support-based and student-focused program to provide and connect students in recovery or seeking recovery from issues such as substance use, gambling and gaming, and more to the necessary services, resources and opportunities to help them thrive at ISU.

Starting Fall semester 2020, services through CRC will include:

- ✓ University recognized recovery student organization (Rootless)
- ✓ Weekly Smart® Recovery peer support group meetings
- ✓ One-on-one wellness coaching
- ✓ Substance free social programming opportunities
- ✓ Connections to academic support services
- ✓ Connections to treatment options on-campus and in the community

Supporting students in recovery is a critical social justice issue and an issue that directly affects retention, student success and learning. The college environment can be an abstinence or recovery hostile environment for students, which becomes an issue of educational access for students in recovery. It is important for ISU students to be part of all aspects of college life for their academic and personal development (i.e., residential, academic and co-curricular). Creating these support systems and substance-free spaces as part of the Collegiate Recovery Community facilitates educational access and degree completion for those who need such spaces and systems of support.

During the month of April 2020, Student Wellness will be launching a fundraising campaign through ISU Foundation to help support CRC. Anyone can visit our website or follow us on social media (@bewellisu) to learn more about our program and opportunities to donate to this critical program. For more information or to get connected to staff, please email CollegiateRecovery@iastate.edu.



Employee Spotlight



Sarah Vannice

Sarah Vannice joined the IDPH Bureau of Substance Abuse in November 2019 as a Community Health Consultant for the State Opioid Response (SOR) and as a Project Coordinator for the Promoting the Integration of Primary and Behavioral Healthcare Grant (PIPBHC).

Sarah holds a Master's of Science in Epidemiology from the University of Ottawa, Ontario, and a Bachelor of Arts degree in Anthropology from McGill University in Montreal, Quebec. Sarah began her career within academia and spent five years with the HIV and Hepatitis C Prevention Research Team at the University of Ottawa. There she wrote grants and coordinated and managed a variety of research projects with and for people who smoke crack and inject drugs.

Seeking more organizational experience, Sarah accepted a position as the Harm Reduction and Health Promotion Project Officer for the Canadian Public Health Association's Cannabis project. There Sarah helped to facilitate community consultations across Canada on the eve of federal cannabis legalization to determine knowledge needs among providers within Canadian communities. Prior to her position within the Bureau of Substance Abuse, Sarah was a Research and Policy Analyst at the Canadian Center on Substance Use and Addiction, specializing in cannabis and public health.

Sarah is passionate about health equity, healthy communities and coffee. She is the mom of two rambunctious boys, and loves to travel and laugh (which you have probably heard, as it is often and loud). She is originally from Champaign, Illinois, and has enjoyed moving back to the Midwest. She looks forward to learning more about Iowa, the warmer weather, Hinterland and RAGBRAI!



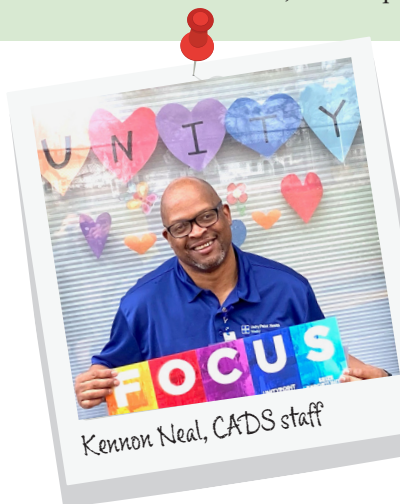


Provider Spotlight

Heart Hunters Campaign Initiated

The Center for Alcohol & Drug Services, Inc. and Robert Young Center Prevention Team was discussing how the COVID-19 outbreak and continuous updates have added additional stress to many people's lives, and were trying to think of what they could do to make a difference during these troubling times. Being both a substance use disorder and mental health treatment, they were aware of the increased anxiety and fear a lot of community members are facing, and how they may choose to deal with the stress. As an agency, they decided to participate in a strong social media campaign called "Heart Hunters," a campaign that

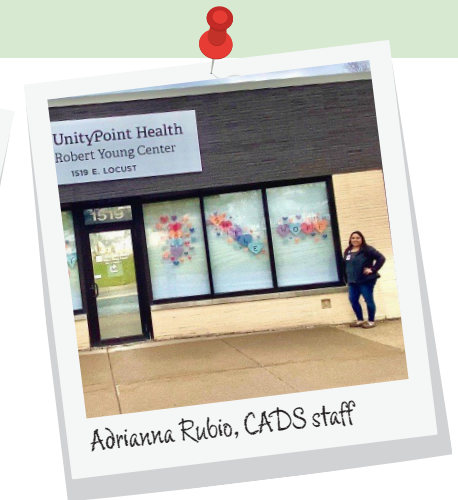
promotes love, and reminds the community that we're in this together by posting hearts and positive sayings in windows. The Prevention Team decided to continue the same concept, and in an effort to share a healthy resource with their community that is available for everyone, they also made a large banner promoting the Your Life Iowa website and resources that are available through the Iowa Department of Public Health. The prevention team's hope is that their community members will visit the website and share the resource with their loved ones, friends, colleagues, neighbors or anyone that may be in need.



Kennon Neal, CADS staff



Alexandra Rodriguez, CADS staff



Adrianna Rubio, CADS staff

Improving Treatment Outcomes for Individuals with a Substance Use Disorder and a Co-Occurring Brain Injury

Person-centered thinking, planning and practice are an expectation of substance use disorder (SUD) treatment providers when serving individuals with a co-occurring brain injury. And yet, programs and systems do not always meet this expectation as they work to meet their operational demands. Systems that put people at the center of planning for the delivery of services and supports are able to consistently meet people's needs.

The Iowa Department of Public Health (IDPH), via the National Center on Advancing Person-Centered Practices and Systems Planning (NCAPPS), is participating in a Brain Injury Learning Collaborative over the next 18 months to expand and enhance person-centered, community-based supports for people. The focus of Iowa's collaborative is to equip SUD providers with the tools they

need to improve treatment outcomes for individuals they serve with a co-occurring brain injury.

The NCAPPS Brain Injury Learning Collaborative team includes an individual with lived experience of having a brain injury, SUD providers from the Iowa Army National Guard, SUD staff and brain injury staff from IDPH, representatives from the Iowa Association of Community Providers and the Brain Injury Alliance of Iowa. When individuals work together to learn together, they can bring real and evidence-based changes to their systems. For more information, contact Jim Pender at 515-725-7519 or james.pender@idph.iowa.gov.



A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

Please Read!

Training Spotlight



Governor's Conference on Substance Abuse Cancelled

Due to COVID-19, the Iowa Department of Public Health made the decision to cancel the 43rd Annual Governor's Conference on Substance Abuse. The conference was scheduled to include a preconference on April 20, with the conference on April 21-22 and both of these events were cancelled.

IDPH has continued to explore options for virtual learning to support individuals in need of continuing education. If you would like to receive notifications from the Division of Behavioral Health regarding trainings or events, please sign up for the newsletter at <https://idph.iowa.gov/substance-abuse/a-matter-of-substance>.

If you have any questions or concerns, please contact Jennifer Robertson-Hill at jennifer.robertson-hill@idph.iowa.gov. If you have questions about your registration or refund, please contact registrations@iastate.edu.

Virtual Learning Series

IDPH will offer a Virtual Learning Series, which will include opportunities to learn about Ethics for Prevention and Ethics for Clinical Professionals, Suicide Prevention, Health Equity and more! IDPH plans to begin the Virtual Learning Series in May and it will run until June or July depending upon the number of speakers and topics. It is the hope of IDPH that this series will support continuing education needs during this time, please contact Jennifer Robertson-Hill at jennifer.robertson-hill@idph.iowa.gov with any topics that you feel are relevant to the behavioral health workforce!



Licensure Spotlight



Licensure Standards FAQ

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

Our substance use disorder program was unprepared for COVID-19. How can agencies better prepare for future emergency disasters?

Planning for potential emergency disasters, like COVID-19, is critical to protecting the health and welfare of both patients and staff. Licensure standards require inpatient and residential programs to have a written emergency preparedness plan for continuation of licensed program services during an emergency or disaster. Although this is a requirement for inpatient and

residential programs, all programs would benefit from having an emergency preparedness plan. The Substance Abuse and Mental Health Administration publishes the [Technical Assistance Publication \(TAP\) 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#). TAP 34 provides guidance for management and staff in creating a disaster preparedness and recovery plan for behavioral health programs. This free handbook provides your agency with the tools for the planning process, preparing for a disaster, roles and responsibilities, training, and testing.

For more information please contact Lori Hancock-Muck at lori.hancock-muck@idph.iowa.gov.





A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

Important Information!

YLI Spotlight



Problem Gambling Awareness Month

Governor Reynolds, on February 24, 2020, designated March as Problem Gambling Awareness month in Iowa. According to the Iowa Department of Public Health (IDPH), 315,000 adult Iowans experienced at least one problem related to their gambling in the past year.

“Iowans who have problems with their gambling come from many backgrounds. They can be rich or poor, young or old, male or female. Problem gambling can affect people of every race, every religion, and every education and income level,” said Eric Preuss, manager of the Iowa Gambling Treatment program. “The one constant is that problem gambling is treatable, recovery is possible, and that the impacts of problem gambling can be addressed, helping individuals and families get their lives back on track.”

Symptoms of problem gambling include:

- ✓ Thinking a lot about gambling, such as past gambling experiences, future gambling ventures or ways of getting money for gambling
- ✓ Needing to gamble with larger amounts of money or with larger bets in order to get the same feeling of excitement
- ✓ Repeatedly trying to cut down or stop gambling without success
- ✓ Feeling restless or irritable when trying to cut down or stop gambling
- ✓ Gambling to run away from problems or to get relief from feeling depressed, anxious or bad about yourself
- ✓ After losing money gambling, often returning another day in order to win back losses
- ✓ Lying to family members, friends or others in order to hide gambling activities from them
- ✓ Losing or almost losing a significant relationship, job, or an educational or career opportunity because of gambling
- ✓ Relying on others to provide money to relieve a desperate financial situation caused by gambling

The Iowa Gambling Treatment Program works to reduce the harm caused by problem gambling by funding a range of services for Iowans. These services include outpatient counseling for problem gamblers, concerned persons and family, recovery support services and financial counseling, including budgeting and debt reduction plans.

If you or someone you know has a gambling problem, call **1-800-BETS OFF** or go to <https://yourlifeiowa.org/gambling/> for more information and the resources available near you. For more information on problem gambling prevention and treatment efforts in Iowa, please email eric.preuss@idph.iowa.gov.

IDPH & UIHC Launch Statewide Tele-Naloxone Project

Iowans who want to be prepared in the event they encounter someone experiencing an opioid overdose can now obtain free naloxone (Narcan nasal spray) through the statewide TeleNaloxone Project. The result of a partnership between the Iowa Department of Public Health (IDPH) and the University of Iowa Hospitals and Clinics (UIHC), the project hopes to remove the barriers of cost and access for Iowans.

Funded by the federal State Opioid Response grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), individuals wanting to obtain naloxone participate in a brief consultation with a UIHC pharmacist using a secure mobile device application. Then, a free kit(s) is mailed to the individual anywhere in the state. “Cost should not be a barrier when it comes to saving someone’s life from an overdose. Through this effort our hope is it no longer will be,” said IDPH Opioid Initiatives Director Kevin Gabbert. Anyone who may be in a position to assist in the event of an opioid overdose is encouraged to receive Narcan education and have a supply on hand. It is vital that emergency services (911) is called in the event of an overdose, whether or not naloxone is administered.

Naloxone is safe and easy to use, but most importantly, it may save a life in the event of opioid overdose. For more information and to order naloxone, visit www.naloxoneiowa.org.

Important Note!

Cost should not be a barrier when it comes to saving someone's life from an overdose.



Please
Read!

A Matter of Substance

A Publication of the IDPH Bureau of Substance Abuse

How to Cope with Anxiety about Novel Coronavirus (COVID-19)

1. Facts not fear: It's important to protect yourself and your loved ones against all viruses, including COVID-19 by frequently washing your hands for 20 seconds, staying home when you are sick, and covering coughs and sneezes with a tissue or your elbow/upper arm.

2. Stay calm: It's important to not pass along or spread misinformation. Recognize when other people's fears and anxieties are influencing your own emotional or mental health. When we integrate other's fears and anxieties into our own emotional or mental state, we act and make decisions out of fear, rather than facts.

3. Keep up-to-date: For topics that cause significant anxiety, people find themselves better able to cope if they feel knowledgeable about the topic. Use trusted resources, such as the [Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC) and the [Iowa Department of Public Health](https://www.idph.iowa.gov) (IDPH).

4. Unplug: Information, real or fake, is a constant in today's society. It is important to have the facts and stay up-to-date, but when information creates a barrier to daily functioning, it can increase fear and anxiety. Be aware of how plugged in you are and to what you are exposing yourself.

5. Prioritize good sleep, exercise and healthy eating choices. Stress affects your immune system response. Make a list of priorities and include commitments to 8 hours of sleep, adequate exercise and healthy eating choices.

6. Focus on preparedness: Be informed; be educated. One way to address anxiety is to focus on the circumstances you can control. Taking efforts to control what you can, like washing your hands and other prevention strategies, will help to lessen the stress caused by the fear of the unknown. Both the CDC and IDPH websites have resources on prevention and preparedness.

7. When do you need help?: When symptoms associated with your anxiety have affected your ability to function in some part of your life, it is time to reach out. Does worry cause you to lose sleep or does the fear of becoming sick cause you to isolate? Reach out to your healthcare provider and discuss your concerns. If you or a loved one are facing problems with alcohol, drugs, gambling, mental health or suicidal thoughts, contact **Your Life Iowa** by live chat, text (855-895-8398) or phone (855-581-8111).

Need Help? Contact
Your Life Iowa. Call
855-581-8111,
or text
855-895-8398.



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:

- ✓ Jennifer Robertson-Hill: jennifer.robertson-hill@idph.iowa.gov
- ✓ Maggie Ferguson: maggie.ferguson@idph.iowa.gov
- ✓ Kayla Sankey: kayla.sankey@idph.iowa.gov
- ✓ Colleen Bush, graphic designer: colleen.bush@idph.iowa.gov

IDPH
IOWA Department
of PUBLIC HEALTH

