

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse

October 2020
Quarterly Publication
Bureau of
Substance Abuse

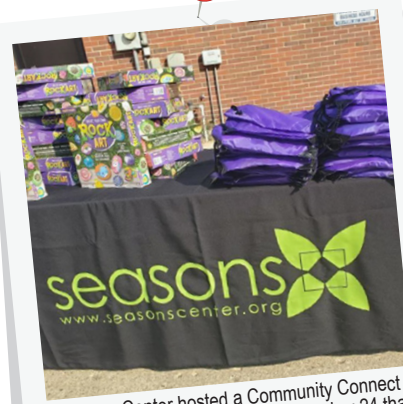
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2020 Recovery Month

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 educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

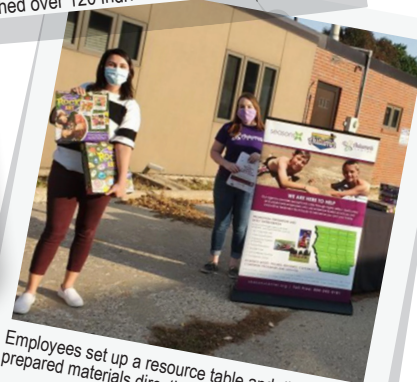
The theme for 2020 National Recovery Month was "Join the Voices for Recovery: Celebrating Connections." To support Recovery Month this September, the Iowa Department of Public Health collaborated with substance use disorder treatment programs to develop and implement recovery month activities and events across the state of Iowa.

Thank you to all that supported Recovery Month!



Seasons Center hosted a Community Connect Drive-Thru Resource Fair on September 24 that reached over 120 individuals.

Note!
September is
National
Recovery
Month!



Employees set up a resource table and distributed prepared materials directly to attendees' car windows.



Heartland Family Service hosted their 10th Annual Hands Across the Bridge for Recovery on September 19!



This virtual event was held over Zoom and Facebook Live and highlighted three speakers who focused on Prevention Works, Treatment is Effective, and People Do Recover.



The Spencer Fire Department, Police Department, Public Library and High School Cheerleaders also attended the event to share their support and cheer on their community.





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Important Information!

Provider Spotlight

2020 - You don't have to look far on social media sites to see a meme or infographic about the terrible state of the year. For Iowa, the derecho of August 10th added yet another complex layer to our year. For some Iowans, the impacts may have been mild, if any. Yet for our friends in central to eastern Iowa, the impacts have many still in recovery mode. For this 'provider spotlight,' the Iowa Department of Public Health wishes to recognize all providers of substance use disorder and mental health disorder services in Iowa who were impacted by the derecho. The resiliency of our providers in Iowa has proven to be strong and persistent. We recognize those many individuals, who continue to provide services to those in need, may also be recovering themselves from both the physical and emotional impacts of the derecho. For your own support, please know that **Your Life Iowa**, a safe place to chat, talk or text is also here for you. IDPH recognizes your strength as you continue to move forward day after day. Thank you for being the kind of person that contributes to our goal of whole health and recovery for all Iowans.

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HEALTH



The derecho hits Iowa

Employee Spotlight

Nick Lavorato joined the Iowa Department of Public Health (IDPH) in March 2020, as a Contracted Project Manager. In his role, he oversees the development of the Iowa Behavioral Health Reporting System (IBHRS), Request for Proposal (RFP) and implementation. Prior to his role at IDPH, Nick worked as a project manager with Unity Point Health and the Department of Human Services of Iowa.

Nick served in the US Army from 1994 to 1997 and the Iowa National Guard from 1998 to 2001. He received his Bachelor's degree in Business from Iowa State University in 2002. Nick then went on to further his education and received his Master's degree in Business Administration from Iowa State University in 2013.

Nick's favorite food is taco pizza. In his spare time, he enjoys coaching travel youth fastpitch softball, playing electric guitar for his worship band at church, and spending time in Florida. Welcome, Nick!



Nick Lavorato





Substance Abuse Treatment and Prevention Block Grant Monitoring Site Visit

On September 14-15, 2020, the Substance Abuse and Mental Health Services Administration (SAMHSA) provided a review of the Substance Abuse Treatment and Prevention block grant (SABG). SAMHSA's virtual site visit assessed the state's administration of, and compliance with, the Substance Abuse Prevention and Treatment block grant. This site visit consisted of compliance and monitoring with the State SABG application and reporting requirements, as well as a meeting between the

SAMHSA Project Officer and two Iowa Provider Network (IPN) contractors:

- ✓ House of Mercy (HOM)
- ✓ United Community Services (UCS)

Thank you, HOM and UCS, for sharing your time, expertise, and innovative practices with SAMHSA! For more information regarding the SAMHSA site visit, contact Michele Tilotta at: Michele.tilotta@idph.iowa.gov.



Do You Need Help Coping with COVID-19?

The Iowa Department of Public Health has a new program to support healthcare professionals who have been impacted by COVID-19 and are struggling with their behavioral health.

Please contact **Your Life Iowa** by either calling 1-855-581-8111 or texting 1-855-895-8398.

The program provides telehealth and recovery support services for adults with behavioral health needs impacted by COVID-19.

For more information specific to the program, please contact jennifer.robertson-hill@idph.iowa.gov.



Emergency COVID-19 Grant

As seen in the infographic to the left, the Iowa Department of Public Health has a new program that has been developed for Iowans impacted by COVID-19. The program is called Iowa's Emergency COVID-19 Project and has a special focus on helping healthcare, including behavioral health, professionals get free help for their behavioral health concerns. The program will serve all Iowans with resources and support who have been impacted by COVID-19 and are experiencing struggles with behavioral health. If you or a loved one is interested in hearing more about the program, please contact **Your Life Iowa** by calling 1-855-581-8111.



Sponsored by the Iowa Department of Public Health and funded by Substance Abuse Mental Health Services Administration, Emergency COVID-19 Project (CFDA 93.665).

August 2020





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Important Information!

Iowa Receives \$17.9 Million to Combat Opioids and Psychostimulant Use

The Iowa Department of Public Health (IDPH) has been awarded \$17.8 million dollars over two years to address the use of opioids and psychostimulants, such as methamphetamines as part of the State Opioid Response (SOR) grant. The funds, made available by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), are part of the U.S. Health and Human Services Five-Point Opioid Strategy.

"Our state is extremely grateful for this funding opportunity from SAMHSA," said Kevin Gabbert, Opioid Initiatives Director at the Iowa Department of Public Health. "Unfortunately, we saw an increase in the number of deaths involving opioids and psychostimulants in 2019, and all indicators point to that number increasing in 2020."

Monica Wilke-Brown, project director for the grant said, "These funds will allow Iowa to increase efforts for overdose prevention, in addition to expanding prevention, treatment, and recovery support services for people affected by both opioids and methamphetamine."

"Programs such as these are instrumental because they facilitate greater access to evidence-based treatment," said Assistant Secretary for Mental Health and Substance Use Elinore F. McCance-Katz, MD, PhD.

"Now, more than ever, this access to treatment for those with substance use disorders is especially critical."

Funding will allow Iowa to increase efforts for overdose prevention and expand prevention treatment and recovery services.



Narcan® Shelf Life Update

The Iowa Department of Public Health's Bureau of Substance Abuse recently published information announcing that Emergent BioSolutions, the manufacturer of Narcan®, had obtained approval from the U.S. Food and Drug Administration (FDA) to extend the shelf life of Narcan® nasal spray from 24 months to 36 months. This extension was to include any product previously released with a 24-month shelf life by extending the shelf life an additional 12 months. However, Emergent released the following announcement this week:

Recently, you may have received a communication from Emergent BioSolutions regarding shelf life extension for Narcan® (naloxone HCl) Nasal Spray 4 mg. The following is to correct that prior

communication. The FDA has approved the extension of the shelf life of Narcan® (naloxone HCl) Nasal Spray from 24 months to 36 months. This extension will be applicable only to new product which will be labeled with the new expiration date. This product has not yet been distributed. Accordingly, product currently in the market which you may have in inventory, is still subject to the expiration dating printed on the packaging for the product. In other words, all Narcan Nasal Spray product remains subject to the expiration dating printed on its specific package.

IDPH apologizes for the inconvenience this may have caused. If you have any questions about obtaining Narcan®, please contact RaChel Greenwood at rachel.greenwood@idph.iowa.gov.





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Important Information!

Equity Matters

Welcome to A Matter of Substance's Equity Matters, where we discuss health equity issues for Iowans. This quarter, we look at the importance of the language we use in driving health equity and health inequities. Using our [previous article's image](#) of the three people looking over the fence, how does language add a block for those too short to look over or remove one?

Research has proven that when inappropriate or stigmatizing language is used for people who use drugs, or alcohol it can re-identify the inaccurate and outdated social perception that people who use drugs have some sort of moral failing and can never recover. It is now known that substance use disorder is a chronic and treatable disease that people can and do recover from and go on to lead healthy lives.

Using inaccurate language can:

- ✓ Reduce the willingness of individuals with substance use disorder (SUD) to access the treatment they need;
- ✓ Negatively influence healthcare provider perceptions of their clients with SUD leading to poorer client care;
- ✓ Lead to family, friends, coworkers and other people in the person with SUD's life to pity them, or be angry at them, or prefer to socially distance themselves from them.

This last point is especially important for treatment and recovery, as we know that isolation and negative emotions can have a large impact on recovery. We believe our readership can show leadership in how language can destigmatize the disease of addiction. To aid in promoting this health equity endeavor, please [see and share the infographic here](#).

Language Matters

Language is powerful – especially when talking about addictions. Stigmatizing language perpetuates negative perceptions. "Person first" language focuses on the person, not the disorder.

When Discussing Addictions.....

SAY THIS

Person with a substance use disorder
Person living in recovery
Person living with an addiction
Person arrested for drug violation
Chooses not to at this point
Medication is a treatment tool
Had a setback
Maintained recovery
Positive drug screen

NOT THAT

Addict, junkie, druggie
Ex-addict
Battling/suffering from an addiction
Drug offender
Non-compliant/bombed out
Medication is a crutch
Relapsed
Stayed clean
Dirty drug screen



NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH
(STATE ASSOCIATIONS OF ADDICTION SERVICES)
Stronger Together.



Recovery Coach Academy

The Iowa Department of Public Health's Bureau of Substance Abuse will be offering opportunities to help build the capacity of peer services in the state of Iowa. Training vouchers from the Connecticut Community for Addiction Recovery (CCAR) are available and provide free opportunities for participation in the virtual Recovery Coach Academy and the Ethical Considerations for Recovery Coaches. More information regarding participation, dates and times available will be shared soon! Please note that any individual interested in participating must commit to attend the entire training online. Vouchers will be divided among the Integrated Provider Network service areas. For any additional questions regarding this matter, please email sarah.vannice@idph.iowa.gov.



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Training Spotlight



Please Read!

Suicide Prevention Trainings for Substance Use Treatment Professionals

Substance use disorder treatment professionals work with individuals at a higher risk for suicide, yet many have not had access to evidence-based suicide prevention training. IDPH is excited to offer two trainings to help through the Zero Suicide Iowa project!

Applied Suicide Intervention Skills Training (ASIST)

ASIST is an evidence-based, two-day face-to-face workshop designed to help participants explore thoughts and attitudes about suicide, learn how to conduct a skilled suicide intervention, and develop a collaborative safety plan to keep someone alive. The learning process, based on adult learning principles, utilizes various training methods including audiovisuals, mini-lectures, facilitated discussions, group simulations, and role-plays. ASIST is appropriate for all levels of staff at the organization. ASIST is a widely used training across multiple countries with over 2 million people trained worldwide. In the United States, the National Suicide Prevention Lifeline provides support to its national network of crisis centers to conduct ASIST for crisis counselors answering the national suicide prevention lifeline. In Iowa, there are approximately 50 trainers providing ASIST to schools, service organizations, military installations, and many more. Due to the COVID-19 pandemic, ASIST has been modified to adhere to safety standards. This includes smaller group sizes and social distancing. To learn more, please visit the [ASIST website](#).

Assessing and Managing Suicide Risk for Substance Use Disorder Treatment Professionals (AMSR – SUD)

AMSR – SUD is a 6.5 hour training that develops skills in the recognition, assessment, and management of suicide risk and delivery of effective suicide-specific interventions. The training is led by a certified AMSR -SUD trainer and includes lecture, video demonstrations, case vignettes, and small group practice. Due to the COVID-19 pandemic, AMSR-SUD has been modified to be conducted through an online format. For more information, visit the [AMSR –SUD website](#).

For more information about suicide prevention trainings in Iowa, contact Keri Neblett, Suicide Prevention Director at keri.neblett@idph.iowa.gov.

IDPH offers training to help assist those at higher risk of suicide.



Approaches to Pain Management Conference

On October 7, 2020, IDPH offered the Second Approaches to Pain Management Conference. Over 125 individuals attended this virtual conference. To view PowerPoints and resources, visit the [event website](#). To watch a recorded Approaches to Pain Management presentation, you can visit <https://yourlifeiowa.org/prevention/prevention-training>.

Upcoming Events & Trainings Calendar

Many people do not know that the Iowa Department of Public Health-Bureau of Substance Abuse posts upcoming events and trainings on a calendar found on the YourLifeIowa website. To view these opportunities, visit <https://yourlifeiowa.org/events>.





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Take Note

Virtual Learning Series Well-Attended!

The Iowa Department of Public Health, Bureau of Substance Abuse would like to thank the nearly 650 attendees who participated in the Virtual Learning Series.

The first part offered ten sessions, which included opportunities to learn about:

- ✓ Ethics for Prevention
- ✓ Ethics for Clinical Professionals
- ✓ Data to Action
- ✓ Health Equity
- ✓ Suicide Prevention
- ✓ Continuum of Care
- ✓ Prevention Along the Continuum
- ✓ Multiple Pathways of Recovery
- ✓ Rules, Rules, Rules - Licensing Made Simple

PowerPoints and additional resources from these presentations are posted on the [Virtual Learning Series website](#).

The second part offered six sessions:

- ✓ The New Nicotine Addiction
- ✓ Certified Community Behavioral Health Clinics

- ✓ Contingency Management
- ✓ An Update on Iowa's Medical Cannabidiol Program
- ✓ Alcohol-Related Disparities in Iowa, and
- ✓ Telehealth in Iowa

PowerPoints from these presentations can be found on the [website](#), as well.

To watch a recorded Virtual Learning Series presentation, you can visit <https://yourlifeiowa.org/prevention/prevention-training>.

As we continue to navigate a world with COVID-19, virtual learning may become a new normal. While we certainly miss the opportunity to network and meet with you all in person, we hope these virtual presentations allow more flexibility to meet the continuing education needs and professional development of Iowa's behavioral health workforce. If you have any feedback or ideas for additional behavioral health topics, please email Kayla.Sankey@idph.iowa.gov.



2020 Iowa Youth Survey Postponed

Due to the COVID-19 pandemic, the 2020 Iowa Youth Survey has been postponed. With sensitivity to Iowa schools' new priorities during the pandemic and the impact on administrative and academic demands, the Iowa Youth Health Assessment Program will postpone the survey to Fall 2021.

The administration of the IYS is not feasible in the current environment nor in the uncertainty of the spring semester. We are committed to supporting Iowa schools and stakeholders with valuable adolescent health behavior data to inform critical student support services. However, survey administration in the 2020-2021 school year is not the best way to support our schools and students during this uniquely challenging time.

In addition, the Iowa Youth Risk Behavior Survey, also administered by our program, is postponed until the Fall 2021 semester. Updates will be posted on <https://iowayouthsurvey.idph.state.ia.us/>.

Questions? Contact iowayouthsurvey@idph.iowa.gov.

Brain Injury Alliance

The Iowa Department of Public Health, Division of Behavioral Health, in partnership with the Brain Injury Alliance of Iowa, are participating in the National Center on Advancing Person-Centered Practices and System's (NCAPPS) Brain Injury Learning Collaborative. The goal of this collaborative is to expand and enhance person-centered, community-based supports for people with brain injury.

To help Iowa's efforts in this collaborative, we are asking for your feedback! The Brain Injury Alliance of Iowa has developed a [short survey](#) that we encourage all SUD providers to take. Collecting this information will provide Iowa's team with a baseline understanding of current screening for brain injury in SUD treatment agencies. [Click here](#) to take the short survey.



Please Read!



ASAM Updates COVID-19

The American Society of Addiction Medicine's Caring for Patients During COVID-19 Task Force has updated guidance and resources for practitioners. The revised guidance and resources were published on September 18, and include a variety of COVID-related topics, including: ongoing management of the continuum of addiction care, access to buprenorphine in office-based settings, access to care in opioid treatment programs, treating unhoused individuals with addiction, and more! To view these revised guidelines, [visit this page](#).



2020 Iowa ACEs Report

“ACEs” stands for “Adverse Childhood Experiences,” and these experiences are divided into three categories: abuse, household challenges and neglect, which are then divided in further subcategories.

According to ACEs 360, “Starting even before birth, a child’s brain is constructed through an ongoing process that continues into adulthood. But many children experience stress early on that can become toxic without adult support. Over time, this level of stress can impact behaviors and lead to poor health, learning, and social outcomes.” Both nationally and in Iowa, work continues to collect data on ACEs, translate the data to guide practice and policy change, and identify strategies for improving the world for our children. ACEs 360 Iowa released its [2020 report](#), which builds upon the report released in 2016 outlining the challenges in Iowa’s data about ACEs as well as the progress made through practice and policy changes. For more information, please visit <https://www.iowaaces360.org/>.



Assessing for Falls Risk

Although Falls Prevention Awareness Week (Sept. 21-25, 2020) has passed, falls prevention is a year-round effort.

To assess falls risk, you can ask 12 simple questions.

1. Have you fallen in the past year?
2. Do you use or been advised to use a cane or walker to get around safely?
3. Do you feel unsteady when walking?
4. Do you steady yourself by holding onto furniture when walking at home?
5. Are you worried about falling?
6. Do you need to push with your hands to stand up from a chair?
7. Do you have trouble stepping up onto a curb?
8. Do you often have to rush to the bathroom?
9. Have you lost some feeling in your feet?
10. Do you take medicine that sometimes make you feel light-headed or more tired than usual?
11. Do you take medicine to help you sleep or improve your mood?
12. Do you often feel sad or depressed?

If an individual answers **YES** to four or more, they may be at higher risk for falling. Learn more about Falls Prevention at <https://idph.iowa.gov/falls-prevention/resources>.

To learn more about [Opioid and Falls Risk in the Older Adult](#) or for information visit <https://www.ncoa.org/resources/fact-sheet-opioids-fall-risks-older-adult/>.



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Licensure Spotlight

Licensure Standards FAQ

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

Our program has recently started using telehealth due to COVID-19 restrictions. What are some of the best resources to access to make sure we are in compliance and up to date in our practices?

COVID-19 restrictions have caused a lot of changes in the way we meet and interact with each other and our patients. Many licensed programs in Iowa have utilized telehealth to best meet the needs of their patients and staff. Per licensure regulations, the provision of treatment to a patient through any electronic means, regardless of the location of the program or facility shall constitute the practice of treatment in the state of Iowa. A program that provides licensed program services via electronic means shall inform the patient of the limitations and risks

associated with such services and shall document in the patient record that such notice has been provided.

The Substance Abuse and Mental Health Services Administration (SAMHSA)'s Treatment Improvement Protocol [TIP-60](#) is a manual which contains information to assist clinicians with implementing technology-assisted care. The manual highlights the importance of using technology-based assessments and interventions in behavioral health treatment services. The manual also discusses how technology reduces barriers to accessing care.

The [TeleHealth Resource Center](#) provides assistance, education, and information to organizations and individuals who are actively providing or interested in providing health care at a distance.

Last, but not least, you can reach out to the IDPH licensure team with questions by submitting an email to SUD.PG.License@idph.iowa.gov.

October is Domestic Violence Awareness Month

During the pandemic, while physical distancing has been the recommended strategy for slowing the spread of COVID-19, it may put individuals who experience domestic violence at additional risk of violence in their home.

The National Network on End Domestic Violence has infographic tip sheets entitled "Tips for helping a friend experiencing domestic abuse during COVID-19."

These are available in English and Spanish at <https://nnedv.org/resources-library/tips-helping-friend-experiencing-domestic-abuse-covid-19/>.

For more information, please contact Monica Goedken, IDPH Violence Prevention Coordinator, at monica.goedken@idph.iowa.gov.



Important Note!
The pandemic may put individuals at risk of violence in their home.

Substance Use Disorders Linked to COVID-19 Susceptibility

A study recently published in the scientific journal *Molecular Psychiatry*, funded by the National Institutes of Health, found that people with substance use disorders (SUDs) are more susceptible to COVID-19 and are more likely to experience worse outcomes than those without an SUD.

The authors suggest that the study's findings underscore the need to screen and then treat people with SUDs to help control the pandemic.

To read this article about the research published in *Molecular Psychiatry*, [please click here](#).

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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