

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse



October 2021
Quarterly Publication
Bureau of
Substance Abuse

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

Recovery Month 2021

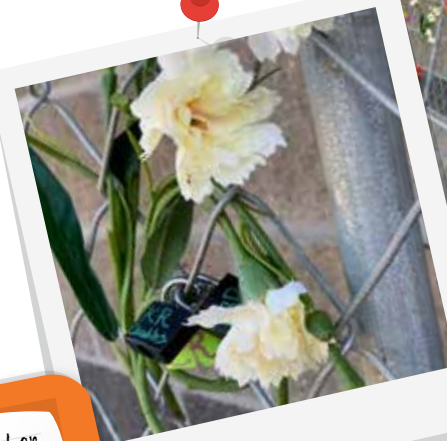
National Recovery Month (Recovery Month) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

In 2020, the federal government turned the reins over to the recovery community for the sponsorship and management of the Recovery Month observance. *Faces & Voices of Recovery*, a long-standing Recovery Month Planning Partner and active member of this community, is now hosting the Recovery Month website, managing the social media outreach, developing and dissemination of the promotional materials as well as the central location for all Recovery Month events.

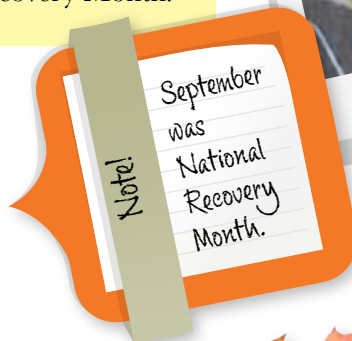
The theme for 2021 National Recovery Month was “Recovery is for Everyone: Every Person, Every Family, Every Community.” To support National Recovery Month in Iowa, the Iowa Department of Public Health funded several substance use disorder treatment programs to support recovery month activities and events across the state. Thank you to all that supported Recovery Month!



Rosecrance Jackson hosted its first (in a long time) annual Alumni Picnic. This was open to all staff, current and past clients and their families. One of the great activities they had was a remembrance wall. Small padlocks were added to a chain link fence with initials and date of passing for our friends who have died from their addiction.



Zion Integrated Behavioral Health Services attended Produce in the Park, a local event in their community supporting Recovery Month.



Prelude Behavioral Services attended a proclamation for September 2021 as Recovery Month in Johnson County.



IDPH Launches Latest Addition to Anti-Stigma Media Campaign: It Starts With Us

The Bureau of Substance Abuse at the Iowa Department of Public Health (IDPH) is excited to continue work on our education and awareness campaign aimed at reducing stigma. For this latest effort, It Starts With Us, IDPH collaborated with key stakeholders representing various vocations (healthcare, law enforcement, corrections) where stigma may be experienced. The intent of this initiative is to help change the narrative around how individuals with a substance use disorder are seen by others, and how they see themselves.

To find promotional materials, including a public service announcement developed, please click on the following link: [Stigma](#).



Iowa Departments of Public Health and Human Services Alignment Update

As we at the Departments of Public Health and Human Services go through this alignment process, we continue to learn more about the connection points between the two agencies. As such, we are actively moving toward a one-agency structure. To meet the ever-evolving health and human services needs of Iowans, we need to provide the people of Iowa well-connected access to services and supports, and more consistent communication and support to state and local partners.

To these ends, over the past few weeks we have:

- ✓ Conducted 26 “deep dive” working sessions to identify recommendations and options for strengthening alignment in areas of Aging and Disability, Behavioral Health, Food and Nutrition, Health Promotion, Supports to Families, and Maternal Health and Childhood
- ✓ Engaged in this “Change Team” work with close to 40 staff members from a range of business units and roles across IDPH and DHS
- ✓ Begun preparing to present a preliminary change package to health and human services stakeholders across Iowa for review, feedback, and discussion

- ✓ Met with key partners from local public health to listen deeply to their insights, suggestions, and concerns
- ✓ Begun planning similar meetings with other key state and local health and human services partners
- ✓ Begun exploring options for an integrated health and human services organizational structure

We are committed to and excited about continuing to expand the circle of knowledgeable and passionate people involved in this alignment assessment. Consistent with this effort’s [project plan](#) and [timeline](#), we are getting ready to invite health and human services stakeholders across Iowa as well as all IDPH and DHS staff to review, discuss, and provide feedback on a preliminary change package coming out of the work of Change Teams and Alignment Project Team.

Please look out for invitations to web-based sessions posted to the website and emailed through this same channel in the next couple of weeks. In the meantime, if you have any other questions or concerns, please review this effort’s [frequently asked questions](#) and/or [contact us](#) through the website.





Take Note



Employee Spotlight

Kim Pinneke joined the Bureau of Substance Abuse in January of 2020 as the Integrated Provider Treatment Coordinator.

Kim comes to IDPH with 18+ years of experience as a project manager working for a major manufacturing company in New York, NY.

In her current role, Kim gets to manage and coordinate several projects such as the transition from I-Smart to IBHRS. This also includes working with the contract team to implement the EHR alignment to IBHRS and will soon begin phase two of this project. Kim is excited to be working with the IDPH team on several other projects including the 2022 annual Governor's Conference on Substance Abuse.

Kim lives in Ankeny, Iowa, with her husband Blake and has two children, Amanda and Christian, an awesome son-in-law Bryan and the cutest 10-month-old grandson named Thomas. In her free time, Kim can be found golfing at Ankeny Golf and Country Club, bowling, reading and cheering for the Iowa State Cyclones or New York Yankees.



Employee Spotlight

Jerry Bauerkemper BS, CDGC is the past Executive Director of the Nebraska Council on Compulsive Gambling and joined the Bureau of Substance Abuse in November 2020. Jerry was the first director of problem gambling (1992 to 1996) for the state of Nebraska where he created the Gamblers Assistance program and pioneered the treatment of gambling counseling in Nebraska. In addition, he was appointed and served on the Nebraska's Commission on Problem Gambling. He served on the Board of Directors for the National Council on Problem Gambling from 2001-2008 and he currently serves on the National Council's Legislative committee where he helps raise awareness of problem gambling in Washington DC. Jerry has been providing counseling to gambling families since 1986. He has published research on the prevalence of problem gambling in the Nebraska Probation Department. He received the "First Step" award in 1999 for his work with problem gamblers and is a nationally recognized expert on problem gambling.

Although Jerry retired in 2020, he jumped at the chance to serve as a consultant to Iowa's disordered gambling program. In this role, he is responsible for helping gambling treatment providers help re-engage gamblers and their families experiencing issues and problems with gambling.

Jerry currently lives on Galveston Island, Texas and has been able to travel all around the United States training counselors on how to work with gambling families. Joining IDPH was a natural fit to end his career where it all started in Iowa. His hope when he is finished is that any family suffering the consequences of disordered gambling can find competent help in their area.



Important Information!

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Employee Spotlight

Cody Crawford joined the Iowa Department of Public Health (IDPH) in February 2021 as a Program Planner. He is currently managing the Treatment for Individuals Experiencing Homeless (TIEH) Grant, overseeing a new case management program in six agencies across the State of Iowa. In his role, he works with these agencies to assist individuals who not only identify as literally or imminently homeless, but who also have co-occurring Substance Use Disorder (SUD) and Serious Mental Illness (SMI) diagnoses. Prior to his role with IDPH, Cody held a similar role with Area Substance Abuse Council (ASAC) following his initial position as a Prevention Specialist.

Cody is originally from Merville, IA and attended the University of Iowa and Universitaet Freiburg in Germany, receiving his Bachelor's degree in 2003. Currently living in Marion, IA, Cody is active in his local Rotary Club, helps to raise funds for a local community center, and works to raise awareness and resources for homeless individuals and families across the State of Iowa. As a member of the Iowa Council on Homelessness, he participates on the Public Awareness and Policy and Planning Committees to assist not only Iowans experiencing homelessness, but also the agencies serving them.

In his spare time, Cody enjoys spending time with family and friends. He enjoys being outdoors and watching the Hawkeyes maintain Iowa's official title of The Hawkeye State.



Cody Crawford

Employee Spotlight

Liz Sweet began her role as Systems Integration Coordinator in May 2020, working with the Bureau of HIV, STD and Hepatitis and the Bureau of Substance Abuse. She acts as a liaison between the bureaus to facilitate communication and collaboration on intersecting issues such as substance use and infectious diseases. In the Bureau of Substance Abuse, she works on the Overdose Data to Action (OD2A) grant and State Opioid Response (SOR) grant. She also leads an advisory group of harm reduction stakeholders named Iowa's Health Initiative for People Who Use Drugs (HIPWUD). She loves getting to work with forward-thinking colleagues and exploring new opportunities for Iowa at the systems-level.

Liz has a background in health promotion and education, and is currently working on obtaining her Master of Public Health (MPH) through Des Moines University. Most of her graduate work has focused on substance use and mental health. She is excited to be learning about public health from a state government perspective. Her long-term dream is to open a non-profit.

Liz is an Iowa native and currently lives in the Des Moines area with her husband, Alex and their two young children. When Liz isn't working, you can find her snuggling with her somewhat overweight cat and mini Australian shepherd while browsing Zillow homes out of her price range.



Liz Sweet





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Training Spotlight

Important Information!

Save the Date! The 45th Iowa Governor's Conference on Substance Abuse



Mark Your Calendar: April 27-28, 2022

The Iowa Governor's Conference on Substance Abuse will be held virtually. More information coming soon.

Call for Presentations

The Iowa Department of Public Health invites you to submit a presentation proposal that addresses Iowa's behavioral health systems. The call for presentations will be open now through December 22, 2021. Please submit a brief summary of your proposed presentation, the title, and name/s of speakers to Kayla Sankey at kayla.sankey@idph.iowa.gov by December 22, 2021 for consideration.

Our Mission: Protecting and Improving the Health of Iowans.
Our Vision: Healthy Iowans in Healthy Communities. August 2021



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>.

Data-to-Action Workshop

Methamphetamine use in Iowa is historically high, rising and increasing at a faster rate than the Midwest region or nation as a whole. Issues surrounding methamphetamine use are particularly salient in Iowa and greatly impact the wellbeing of families and communities throughout the state.

To better understand methamphetamine use, the Iowa Department of Public Health (IDPH) collaborated with the Iowa State University's Public Science Collaborative to create the "Methamphetamine Use in Iowa" report. This report, funded by IDPH's Overdose Data to Action grant, includes focus group results, review of data on methamphetamine use in Iowa and recommendations to address this issue moving forward.

In order to share results from this report and brainstorm new approaches to better support methamphetamine use prevention and treatment efforts in Iowa, please join us for a virtual 90-minute, data-to-action workshop on November 17, 2021 from 10:00-11:30am.

The Public Science Collaborative will be leading this workshop. Feel free to email the project leads with questions (Cass Dorius: cdorius@iastate.edu or Shawn Dorius: sdorius@iastate.edu).

To register for the workshop, simply [follow this link](#). The ISU team will send a calendar invite to all registered attendees with the Zoom channel and workshop information. We look forward to seeing you!

IBHRS Weekly Calls

- ✓ IBHRS Data Entry Q&A Calls: Mondays from 11:00AM-12:00PM weekly
- ✓ IBHRS XML Q&A Calls: Wednesdays from 11:00AM-12:00PM weekly
- ✓ Both use these same connection details:

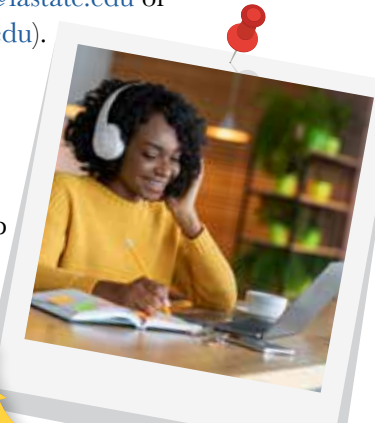
Meeting URL:

<https://us02web.zoom.us/j/85608067336?pwd=N-VZMdFdhL3d5ZjVBNHh6QTVQYVVo4Zz09>

Dial in Details: +1 312 626 6799 US (Chicago)

Meeting ID: 856 0806 7336

Passcode: 942903





Please Read!

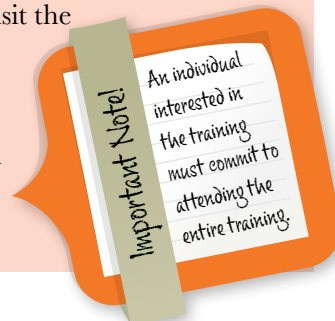
Recovery Coach Training Vouchers

The Iowa Department of Public Health's State Opioid Response (SOR2) grant has collaborated with the Connecticut Community for Addiction Recovery (CCAR) to offer vouchers to Iowa residents who are interested in attending CCAR's Recovery Coach Academy (RCA) and Ethical Considerations for Recovery Coaches.

- ✓ CCAR Recovery Coach Academy® is a 5-day intensive training academy focusing on providing individuals with the skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs

- ✓ Ethical Considerations is a 16 hour training that helps coaches, and anyone else working in the peer role understand how critical it is to be ethically responsible.

In order to receive a voucher an individual must commit to attending the entire training and share how they intend to utilize what they've learned. For available training dates and times, please visit the [CCAR website](#). If interested in obtaining a voucher to attend an available training, or for more information, please contact Sarah Vannice at Sarah.Vannice@idph.iowa.gov.



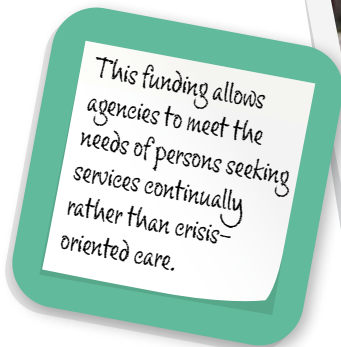
Funding Opportunity for Providers of Medication Assisted Treatment and Recovery Support Services

Through an award from the Substance Abuse and Mental Health Services Administration (SAMHSA), the Iowa Department of Public Health (IDPH) expanded the State Opioid Response (SOR2) grant services in July to community agencies and encourages interested agencies to apply. This funding allows agencies to be more responsive in meeting the needs of individuals seeking services by providing a continuum of services rather than crisis-oriented care. These services include:

- ✓ Supplemental Needs (clothing, hygiene items, wellness support, education, etc.)
- ✓ Medication Assisted Treatment
- ✓ Care Coordination
- ✓ Peer Recovery Coaching
- ✓ Housing Assistance
- ✓ Dental Services

Funding is intended to supplement existing services and funding streams and is not limited to substance abuse treatment providers.

To learn more about this opportunity or to obtain an application, please visit the IDPH MAT Provider Website at <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.



Iowa's Emergency COVID-19 Project

The Iowa Department of Public Health has implemented a program that has been developed for Iowans impacted by COVID-19. The program is called Iowa's Emergency COVID-19 Project and aims to support Iowans who are struggling with adjusting to how their life has been impacted by COVID-19. The program will offer all Iowans resources and support and can help coordinate and fund mental health disorder and substance use disorder treatment. 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.





Treatment for Individuals Experiencing Homelessness

On January 15, 2020, the IDPH Bureau of Substance Abuse was awarded a grant through SAMHSA to assist individuals experiencing homelessness who also have a co-occurring, diagnosed substance use disorder and serious mental illness. The Treatment for Individuals Experiencing Homelessness (TIEH) Grant is a five-year grant that provides case management and recovery support services to qualifying clients at six different substance use treatment centers across Iowa.

The ultimate goal of this grant is to assist individuals as they complete treatment to find housing for themselves and their families, along with the supports needed to remain stable in their housing and recovery. This is

accomplished by using case management to help our clients overcoming any barriers to stability. That includes anything from linkages to housing assistance to funding for additional education or vocational training. The TIEH-funded case managers work with individuals for up to 18 months, giving ample time to help clients connect to needed resources, reach self-sufficiency, and maintain stability.

Since the beginning of the program, TIEH has served more than 200 individuals and continues to serve 145 individuals and their families. With the necessary assistance and information, our clients have found employment, increased wages, completed Hi-SETs, learned new skills, and found housing despite difficulties. This process has allowed families to be reunited, has helped clients see a future for themselves, and has motivated a number of people to join the helping services job force. For more information about the TIEH grant, contact Cody.Crawford@idph.iowa.gov.

Advisory, Treating Patients with Traumatic Brain Injury

The SAMHSA Advisory, released in September 2021, summarizes key elements of Traumatic Brain Injury (TBI) and describes its relevance to behavioral health, including recommendations for behavioral health professionals. To view the article, [click here](#).

Iowa's recommended TBI screening tool and a functional assessment tool will be available on the [Your Life Iowa](#) site in the near future.

Important Note:
Resources for TBI will be on the [Your Life Iowa](#) site.

Substance Abuse Prevention and Treatment Block Grant and Synar Reports

The 2022 Substance Abuse Report (due by December 1, 2021) and the Annual Synar Report (due by December 31, 2021) have currently been released by the Substance Abuse and Mental Health Services Administration (SAMHSA).

As a reminder, the applications and reports are a good source of up-to-date data on a variety of Bureau grants, activities, services and progress in meeting our block grant regulations.

The reports will be available for comment within several weeks prior to each report deadline and available for public comment. The reports will be posted at: <https://idph.iowa.gov/substance-abuse/block-grant-reports>.

Please send any comments to Michele.Tilotta@idph.iowa.gov.

The Iowa Behavioral Health Reporting System (IBHRS)

The Iowa Behavioral Health Reporting System (IBHRS) launched this summer with data collection beginning July 1 and reporting of the data on August 9. As of early October, approximately half of licensed treatment providers are certified to report data to IBHRS. The other half are working to complete their certification and begin reporting, with support from IDPH. The Grants Management and Opioid Treatment Program (OTP) all continued to operate very similarly to how they have historically functioned, with minimal interruptions. Questions about IBHRS, the process, or if you encounter issues with IBHRS, may all be directed to IDPH at sapgdata@idph.iowa.gov.



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SAMHSA awarded IDPH second Strategic Prevention Framework for Prescription Drugs (SPF Rx) grant

The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP), awarded the Iowa Department of Public Health its second Strategic Prevention Framework for Prescription Drugs (SPF Rx) grant to reduce the misuse of prescription drugs for ages 12-25. This five-year award follows the end of the first successful SPF Rx grant which originally funded three highest need counties through a request for proposal (RFP) process. This next round of funding is \$384,000 per year from September 30, 2021 through September 29, 2026.

The program is designed to raise awareness about the dangers of sharing medications and work with pharmaceutical and medical communities on the risks of overprescribing to young adults. The SPF Rx program

will also raise community awareness and bring prescription drug abuse prevention activities and education to schools, communities, parents, prescribers, and their patients. Reductions in opioid overdoses and data incorporated from Iowa's Prescription Monitoring Program (PMP) into needs assessments and strategic plans will be indicators of the program's success. For more information, contact Janet Nelson, Project Director, Janet.Nelson@IDPH.iowa.gov.



Successful Collaboration Starts from the Top

The Iowa Department of Public Health's Bureau of Substance Abuse and the Division of Tobacco Use Prevention and Control provides funding to a variety of local agencies to implement primary prevention services throughout Iowa. Threaded throughout this work is the expectation to strengthen local collaborations to help guide and support effective prevention services. Collaboration goes beyond grant expectations and is modeled by IDPH.

Over the past three years, the Bureau of Substance Abuse and the Division of Tobacco Use Prevention and Control have met on a consistent basis to foster positive relationships and strive for strategic prevention practices throughout the State. This work has led to innovative efforts to support local agencies providing prevention services. Most notably, the Iowa Department of Public Health has established Community Partnership/Integrated Provider Network (CP/IPN) Regional Meetings which bring together prevention contractors as an opportunity to learn from one another. In 2021, a total of nine virtual meetings were held throughout January and August.

In collaboration with local providers, the Iowa Department of Public Health will highlight local success stories in future Matter of Substance newsletters. These stories will showcase the innovative ways that local agencies have worked together to reduce the negative impacts of tobacco use in Iowa. We look forward to sharing these incredible stories with you in the near future.

To learn more about tobacco prevention services in Iowa, please visit Your Life Iowa at yourlifeiowa.org.





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Comprehensive Substance Use Disorder Services for Pregnant and Postpartum Women: A Closer Look at SAMHSA's Pregnant and Postpartum Women Program

The National Association of State Alcohol and Drug Abuse Directors (NASADAD) released a [new fact sheet](#) that provides data on substance use among pregnant women, an overview of neonatal abstinence syndrome and fetal alcohol spectrum disorders, the impact of adverse experiences in childhood, and the importance of family-based approaches to treatment.

The [fact sheet](#) also provides an overview of the Pregnant and Postpartum Women (PPW) Residential Services Program administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) beginning in 1993. Lastly, the [fact sheet](#) provides an overview of ongoing efforts in Congress to promote services for PPW, including the Comprehensive

Addiction and Recovery Act (CARA) 3.0 (S.987), introduced in March 2021. Section 202 of the bill aims to improve treatment for pregnant, postpartum, and parenting women, re-authorizing the PPW grant program within SAMHSA and giving preference to certain types of PPW grant applicants.



Licensure Spotlight

Licensure Standards FAQ

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

Who are the current Substance Abuse and Problem Gambling Licensure Committee members?

Iowa Code established a State Board of Health as a forum for public health policy and to advise IDPH on any issue related to promotion and protection of the health of Iowans, including substance abuse and problem gambling. The Board's Substance Abuse/Gambling Treatment Program Committee (Committee) oversees IDPH program licensure activities. By law,

Board membership includes two members with experience in substance abuse treatment or prevention. On July 30, 2021, Governor Kim Reynolds announced appointments to the State Board of Health, including Andrew Allen (Prevention) and Sandra McGrath (Treatment), to serve as your representatives on the Committee. Mr. Allen and Ms. McGrath will be joining already existing member, Michael Wolnerman, in this role. The public is welcome to attend Committee meetings, which are held the second Wednesday of each month.

For questions related to the Substance Abuse/Gambling Treatment Program Committee, please email: SUD.PG.License@idph.iowa.gov.



IDPH
IOWA Department of PUBLIC HEALTH

JOB OPENINGS!

BUREAU OF SUBSTANCE ABUSE

Sign up to be included on our email distribution list for notification of new job openings. [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:

- ✓ Jennifer Robertson-Hill: Jennifer.Robertson-Hill@idph.iowa.gov
- ✓ Kayla Sankey: Kayla.Sankey@idph.iowa.gov
- ✓ Colleen Bush, graphic designer: Colleen.Bush@idph.iowa.gov Please contact for graphic assistance.