

A Matter of Substance



A Publication of the IDPH
Bureau of Substance Abuse

April 2022
Quarterly Publication
Bureau of
Substance Abuse

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

Training Spotlight



Registration Open!

The 45th Annual Iowa Governor's Conference on Substance Abuse

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

The main two-day event is only \$50 for 12 continuing education hours.

3 hours of Free Ethics during the Pre-Conference on April 26th!

Mark Your Calendar: April 26-28, 2022

The Iowa Governor's Conference on Substance Abuse will be held virtually.

Registration Open!

The Iowa Department of Public Health invites you to attend the next Iowa's Annual Governor's Conference on Substance Abuse. To register and to find out more information about the event, please visit the [event website](#).

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



March 2022



Additional Trainings



Peer Support Specialist and Recovery Peer Coaching Training

The National Resource Center for Family Centered Practice in the School of Social Work at the University of Iowa received the Iowa Peer Workforce Collaborative (IPWC) grant (IS-DHS Grant #MHDS 21-013). This 5-year grant has, as one of its goals, to recruit, screen, and train Peer Support Specialists and Recovery Peer Coaches.

Peer Support Specialists (PSSs) and Recovery Peer Coaches (RPCs) use their recovery stories to instill hope. They provide support to other peers and assist them in reaching and maintaining their personal recovery goals. PSSs and RPCs can serve as an advocate, provide information, help access community resources, and model competency in recovery and wellness. They promote skills for improving mental and physical wellbeing and increasing resiliency. They promote self-determination and support peers in maintaining relationships and increasing a higher level of control and satisfaction over their lives.

To qualify for training through the IPWC, a Peer must have lived experience with serious mental illness and be living well in recovery or for Peer Recovery Coach training, a peer must have lived experience of a substance use disorder and be living well in recovery. The key components to being a Peer are life experience with either mental health and/or substance use disorders, be currently living well in recovery, and the willingness to work with others as a peer support.

Training as a Peer Support Specialist consists of five days of training, provided by IPWC, to peers who meet the training criteria. A six-hour Ethics for Peer Support Specialists is also provided as a separate training. The Recovery Peer Coach training is provided by CCAR and is a 1-week, 30-hour online training. All training provided by IPWC is free to Peers in Iowa through our grant. For more information about the Iowa Peer Workforce Collaborative, please visit our website: <https://www.iowa.peersupporttraining.org/>.

Harm Reduction Training

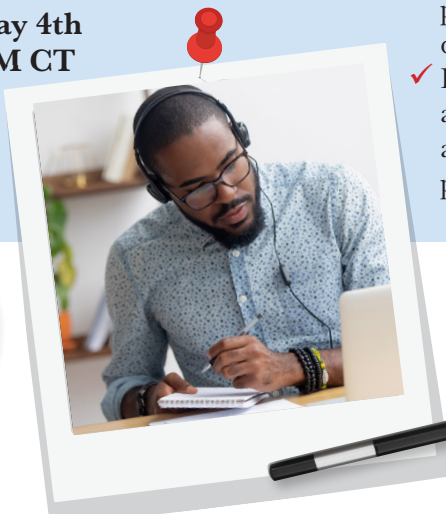
Integrating Harm Reduction into Your Clinical Practice: Join the Opioid Response Network for this learning opportunity where you will explore harm reduction approaches in clinical practice with people struggling with substance use disorders. You will have the opportunity to practice new techniques in discussing harm reduction with your clients.

Date: Wednesday, May 4th

Time: 9:00 – 10:30 AM CT

Learning objectives for this training include:

- ✓ Participants will explore the shared philosophy of harm reduction, addiction neurobiology, and evidenced practices to effectively address and treat substance use disorders.
- ✓ Participants will learn specific techniques and approaches that can be integrated into their existing practice to help support people with substance use disorders.
- ✓ Participants will learn how harm reduction approaches and philosophies are a support to people in recovery and can elevate the effectiveness of evidenced based practices. [Click here to register.](#)



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Important
Information!

Employee Spotlight

Mimi Habhab joined the Bureau of Substance Abuse in August 2021 as a Contract Manager. In her role, she collaborates with program coordinators on substance abuse programs, supporting them in ensuring adherence to [IowaGrants.gov](https://www.iowagrants.gov) requirements and providing contractor communication and assistance. Her focus includes financial reporting and guiding partners on expense management.

Mimi brings with her many years of administrative public service experience, working for county, state, and non-profit organizations. Throughout her career, she has developed strong skill sets in database and grants management, and always strives to ensure the customers' needs are met. Mimi is passionate about helping others and strives to ensure every interaction is a positive one.

Mimi is originally from Northeast Iowa and has lived in the Des Moines area for the past 20 years. She enjoys working on stained glass projects, as well as spending time with family, friends and her rescue dogs.



Iowa Plan for Suicide Prevention

The [Iowa Plan for Suicide Prevention, 2022-2027](#) is now available. This plan was developed by a diverse group of individuals and organizations from across the state dedicated to reducing the suicide rate in Iowa. The plan outlines the priorities for suicide prevention in the next 5 years with strategies and action steps to guide the implementation of best practices in suicide prevention. The hope is that everyone in Iowa can find a role to play in the implementation of the plan. For additional information or questions about the plan please contact Keri Neblett at keri.neblett@idph.iowa.gov.

FCC Launches Affordable Connectivity Program

The Federal Communications Commission [announced](#) that the Emergency Broadband Benefit Program, which helped almost 9 million households afford internet access during the COVID-19 pandemic, recently transitioned to the new Affordable Connectivity Program. Under the new Affordable Connectivity Program, households can receive up to a \$30 per month discount on internet services. [Eligible households](#) include participants in programs such as Medicaid, Federal Public Housing Assistance, SNAP, SSI, WIC, and more. To get more information on [eligibility](#), [how to apply](#), and finding [participating internet service providers](#), visit fcc.gov/acp.

To view the Iowa Mediacom Affordable Connectivity Program, [click here](#).



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Increase in Deaths Involving Alcohol and Other Drugs

As reported on the [In The Know](#) page, deaths involving alcohol and other drugs were at the highest levels they've been in recent history. Calendar year 2021

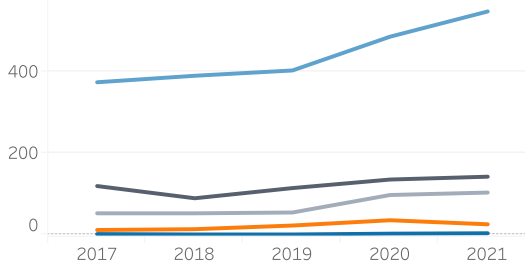
data are not yet fully reported, and yet alcohol involved deaths (826) and all drug involved deaths (461) surpassed all previous years.



Iowa Substance Abuse Deaths (2016-2022* Occurrence Data)

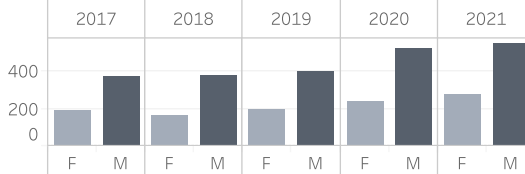
of Deaths Involving Alcohol by Age Group

Age Groups	2017	2018	2019	2020	2021	2022
00-24	2	1	1	3	4	0
25-34	12	14	23	36	26	4
35-44	53	53	55	98	104	4
45-54	120	90	115	136	143	12
55+	375	391	404	487	549	46
Total	562	549	598	760	826	66



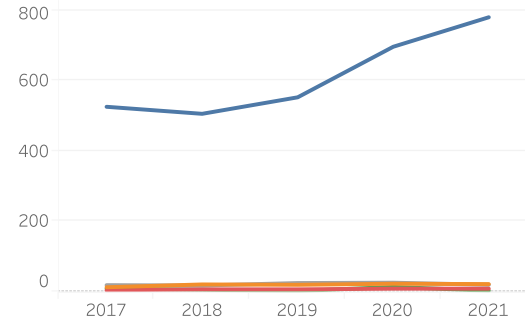
of Deaths Involving Alcohol by Sex

Sex	2017	2018	2019	2020	2021	2022
Female	189	165	197	239	274	19
Male	373	384	401	521	552	47
Total	562	549	598	760	826	66



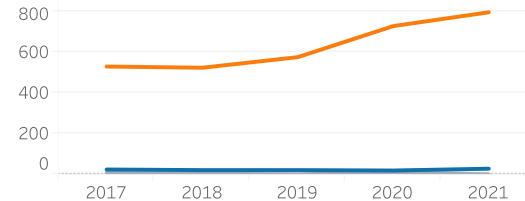
of Deaths Involving Alcohol by Race

Race	2017	2018	2019	2020	2021	2022
White	525	505	552	696	780	0
African American	11	19	18	21	20	0
Asian/PI	2	5	5	7	7	0
Other	17	16	23	24	18	0
Unknown	7	4	0	12	1	66
Total	562	549	598	760	826	66



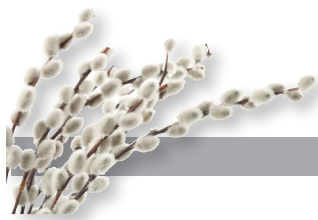
of Deaths Involving Alcohol by Ethnicity

Ethnicity	2017	2018	2019	2020	2021	2022
Hispanic	24	21	21	19	28	2
Non-Hisp.	531	525	577	730	798	64
Unknown	7	3	0	11	0	0
Total	562	549	598	760	826	66



* 2021-2022 data are preliminary and will change as records are registered. Data shown through 1/31/2022.
Preliminary data last updated 3/21/2022. Report generated 3/22/2022 9:34:26 AM.
Data Source: Iowa Department of Public Health, Bureau of Health Statistics

NOTE: Starting in 2022, race data is no longer reported as it was in the past; work is being done to correct this table.



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Take Note

Your Life Iowa (YLI)

As we close out the first quarter of 2022, the YLI team continues to work with local, regional and statewide partners to continue to raise awareness of YLI. Your feedback and support have helped to swell the numbers of Iowans accessing resources and information for substance use, gambling, mental health, suicide, and more. Foundation 2 Crisis Services answered Your Life Iowa phone, chat, and text lines at a record volume this past quarter, up about 25% over the first quarter of 2021. We look to be on pace for a record year with over 45,000 contacts. In the past quarter, 38,200 Iowans visited yourlifeiowa.org for the first time. Des Moines, Cedar Rapids, Iowa City, Davenport, West Des Moines, Ankeny, Waterloo, Sioux City and Dubuque round out the top 10 metro areas of new visitors.

Many may have noticed in March the YLI TV spot has been playing on broadcast TV, as well as the Be #1 at Getting Help spot on connected TV and cable. You can visit yourlifeiowa.org/prevention/media-center to check out all the active media campaigns and available materials. All YLI campaign materials may be used to help raise awareness where you live and work. Please send any requests for YLI TV spots to yli@idph.iowa.gov.

We have been busy working on a new suicide prevention campaign that we hope to launch in April/May 2022. This has been a collaborative effort with state, regional and local partners to develop messaging for the 10-24 year old age group, as well as the “influencers” of this age group. Look for a digital toolkit that will contain all the campaign materials!

Also, coming very soon and will be an electronic healthcare provider toolkit, new YLI brochures on Alcohol, Drugs, Gambling, and Suicide. We hope to have Spanish versions of the new brochures available in the near future.

Remember, if you or a loved one are concerned about what might be going on regarding the use of alcohol or drugs, problem gambling, or concerns about mental health or suicidal thoughts, YLI can help is a trusted source for help. 24/7, every day, YLI is available via text (855-895-8398), chat (yourlifeiowa.org), or phone (855-581-8111).

For more information on the Your Life Iowa project, please send inquiries to eric.preuss@idph.iowa.gov.

Licensure Spotlight



Licensure Standards FAQ

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

Is it safe to send personally identifiable information (PII) via email?

Although emailing patient information is a quick and efficient way to send information, it is not necessarily without security risks. For example, accidentally emailing a patient name to an incorrect recipient would be considered an unauthorized disclosure. Licensure requires programs to release or disclose patient information in strict accordance with Health Insurance Portability and Accountability Act (HIPAA) and 42 CFR Part 2 [(641§ 155.10(f)]. This would include ensuring PII remains protected when crossing the Internet or other insecure networks. HIPAA does allow for PII to be transmitted through email as long as there are safeguards in place to protect the confidentiality and integrity of the data. One of those safeguards includes encryption. Encryption or other safeguards are always required if you are using email to send PII to outside entities, to include other treatment programs, referral sources, and even government agencies such as staff within

the Bureau of Substance Abuse at the Iowa Department of Public Health.

HIPAA's Security Rule requires entities to implement a mechanism to encrypt and decrypt ePHI [(45 CFR § 164.312(a)(2)(iv)]. It is important to find an email service provider that ensures HIPAA compliance and incorporates all of the necessary safeguards to meet the requirements of the HIPAA Privacy and Security Rules. Further guidance on the national standards to protect individuals' electronic personal health information can be found by visiting the US Department of Health & Human Services [website](https://www.hhs.gov/hipaa).

In addition to potential disciplinary actions enforced by licensure, HIPAA can also impose financial penalties for email violations which can range from \$100 to \$1.5 million dollars (<https://www.hipaajournal.com/hipaa-compliance-for-email/>).

If you are unsure of HIPAA requirements for the use of email, it is strongly recommended that you contact a healthcare attorney that specializes in HIPAA to advise you of the requirements.



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Problem Gambling Awareness Month Highlight

The Iowa Department of Public Health (IDPH), in collaboration with the National Council on Problem Gambling (NCPG), recognizes March as Problem Gambling Awareness Month (PGAM).

Every year throughout March, a wide range of stakeholders, including public health organizations, prevention and treatment providers, advocacy groups and gambling operators work collaboratively to let people know that hope and help exist. Groups nationwide hold conferences, air Public Service Announcements, provide counselor training, host health screening days and implement social media campaigns to increase public awareness of problem gambling and the availability of prevention, treatment and recovery services.

In response to this month, the Office of Problem Gambling through the Iowa Department of Public Health - Bureau of Substance Abuse sponsored a webinar series. *The Problem Gambling Webinar Series: Approaching Problem Gambling Through a Continuum of Care* was a four part webinar series that highlighted national leaders who shared innovative approaches to addressing the prevention and treatment of problem gambling and related

responsible gambling efforts. Participants experienced new insights into the current landscape of sports betting, explored the concept of shared responsibility as applied to the prevention of problem gambling, identified ways to implement responsible gambling efforts that served the collegiate population, and learned how to establish organizational structures that support responsible gambling services. The Iowa Department of Public Health received overwhelming support for this webinar series with over 165 participants registering.

In addition to the IDPH sponsored Problem Gambling Webinar Series, on March 8, 2022 Kim Reynolds, Governor of Iowa, proclaimed the month of March 2022 as Problem Gambling Awareness Month.

To learn more about problem gambling and ways to connect with prevention and treatment providers in Iowa, please visit Your Life Iowa at yourlifeiowa.org.

Pictured from left to right include: Megan Tooker (Iowa Lottery), Wes Ehreke (Iowa Gaming Association), Katie Bee (Iowa Department of Public Health), Justin Edwards, (Iowa Department of Public Health), Lieutenant Governor Adam Gregg, RaChel Greenwood (Iowa Department of Public Health), Penny Seidenkranz (Employee & Family Resources), and Iowa Governor Kim Reynolds (seated).



2021 Iowa Youth Survey Report

The Iowa Department of Public Health recently released a [special report](#) from the 2021 Iowa Youth Survey (IYS) that includes findings on the mental health and suicide measures. You may access the report at the [Iowa Youth Survey webpage](#). Other data from the fall 2021 Iowa Youth Survey and Youth Risk Behavior Survey will be available later in spring and summer 2022, with the 2021 IYS state report scheduled for publication to that website in early April. Questions about the IYS may be directed to iowayouthsurvey@idph.iowa.gov.

The Iowa Youth Survey Report includes findings on mental health & suicide measures.



Important Note!
March was declared as Problem Gambling Awareness Month.





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Important Information!

State Opioid Response 2 Grant: First Year Summary Prevention, Treatment and Recovery September 30, 2020 to September 29, 2021



The State Opioid Response 2 (SOR2) grant expanded to focus on reducing harms to Iowans affected by Opioid and Stimulant Use Disorders. The SOR2 grant is implemented by the Iowa Department of Public Health and funded by the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment (CFDA 93.788).

Prevention:

The total number of people who participated in prevention training events was **3,728**.

Training topics include:

- Overdose Education and Naloxone
- Stigma Reduction
- Basics of Opioids
- Psychostimulants

814 naloxone kits and/or vouchers were distributed.



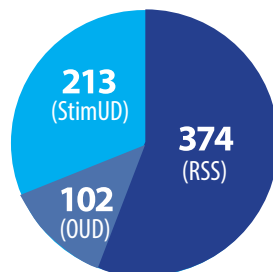
Media Campaign:

View our new campaign: **"It Starts with Us"**



Treatment & Recovery:

The total unduplicated clients for treatment and recovery services is **689**; many of whom received more than one kind of treatment or recovery-related support service.



- Stimulant Use Disorder (StimUD) clients
- Opioid Use Disorder (OUD) clients
- Clients who received Recovery Support Services (RSS)

January 2022

Additional SOR2 Projects:

- Expanded access to SOR2 funds for new service providers
- Harm Reduction Supplies
- Linkage Outreach Referral and Engagement (LORE) Project
- Free Recovery Coach Academy Training
- [Recovery Website](#)
- [Recovery Ready Community Index](#)
- Syndromic Surveillance



Screening, Brief Intervention & Referral to Treatment (SBIRT):

This program is expanding availability of screening services to identify individuals at risk, especially in healthcare facilities.

Across the **3** funded programs, there have been

10,110 pre-screenings

3,641 screenings

1,019 brief interventions

622 referrals to treatment

Corrections Liaison:

This program improves coordination of correctional and community services for people re-entering their communities from incarceration.



To view this summary, [click here](#).

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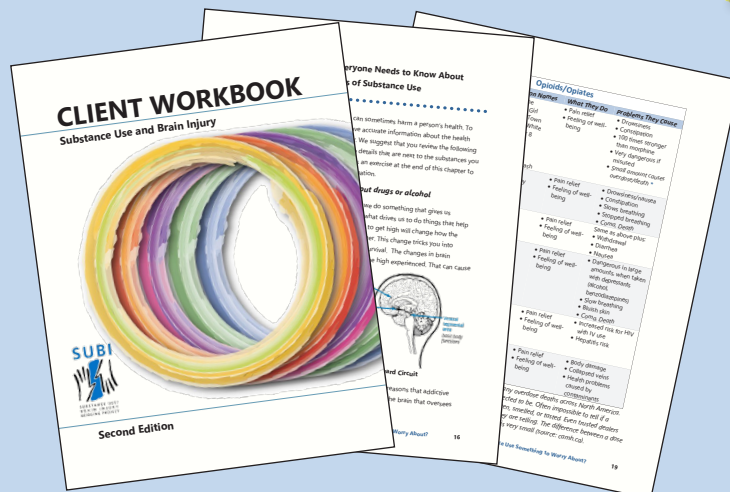


Substance Use and Brain Injury Client Workbook

We know from our experience and from research that problems with substance use and brain injury often go together. However, brain injury rehabilitation programs and services to address substance use are often in separate places, creating a gap in services. This workbook was originally created to help people living with brain injury and those who work with them to bridge that gap.

Follow this hyperlink to the [Substance Use and Brain Injury \(SUBI\) Client Workbook](#) to access the second edition of the substance use brain injury bridging projects client workbook. Providers with little experience in acquired brain injury should find that the structured, written presentation and concrete examples will help clients to compensate for memory impairments and other cognitive difficulties.

If you would like more information please contact Maggie Ferguson at maggie.ferguson@idph.iowa.gov or Jim Pender at james.pender@idph.iowa.gov.



This workbook was created to help people living with brain injury and those who work with them.

Iowa HHS Alignment Update

The Iowa Departments of Public Health (IDPH) and Human Services (DHS) are one step closer to becoming a single agency. On March 24, 2022 the Departments released the final change package and functional organizational chart. This serves as the roadmap to bring together both agencies under a single leadership structure. For more information about the alignment, please visit <https://hhsalignment.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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