



A MATTER OF SUBSTANCE

JULY 2016

A PUBLICATION OF THE IDPH
DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: MONICA WILKE-BROWN

INSIDE THIS ISSUE:

STAFF SPOTLIGHT 1

DIRECTOR'S CORNER 1

DIVISION UPDATES 2

RELATED NEWS 3

TRAININGS AND CONFERENCES 4



Monica Wilke-Brown, SBIRT Project Director, joined IDPH in 2015.

IDPH's implementation of SAMHSA's SBIRT — Screening, Brief Intervention and Referral to Treatment — grant embeds substance abuse counselors in Federally Qualified Health Center clinics and with the National

Guard to integrate substance use screenings into primary care medical services.

While leading IDPH SBIRT activities, Monica also works with the Medication Assisted Treatment grant, manages contracts with Iowa's Child Protection Centers, and lends her expertise to a range of other Substance Abuse Bureau activities and initiatives.

Monica has enjoyed a variety of educational and work experiences throughout her career, including HIV Prevention as a Peace Corps Volunteer in Ecuador, substance abuse and violence prevention in Des Moines, work with international students and immigrant groups in St.

Louis, and nearly ten years directing Community Services programming at a Central Iowa non-profit.

Monica received her Master of Social Work degree from the Brown School of Social Work at Washington University in St. Louis.

Monica and her husband, Patrick, have a 7 year old daughter, a black lab puppy, and a 102 year old home they enjoy in the Drake neighborhood.

In her time outside work, Monica practices yoga as a way to manage stress and recover from other sports injuries. In the last year, she has become a certified teacher of Adamantine yoga, and credits her daily practice with inspiring her to get healthy and feel better.

IOWA DEPARTMENT OF PUBLIC HEALTH

DIVISION OF BEHAVIORAL HEALTH

Lucas State Office Building
321 East 12th Street
Des Moines, IA 50319
www.idph.state.ia.us



Kathy Stone is Director of the Division of Behavioral Health

DIRECTOR'S CORNER

Program Licensure Standard Terms:

When IDPH updated the Chapter 155 substance use disorder and problem gambling treatment program licensure standards in 2015, some "new" terms were added. The word "new" is in quotes because the added terms had long been part of the ASAM criteria but the services they described were not widely used — or funded — in Iowa. Examples:

Care Coordination - "Care coordination" or "case management" means the collaborative process

which assesses, plans, implements, coordinates, monitors, and evaluates the options and services, both internal and external to the program, to meet patient needs, using communication and available resources to promote quality care and effective outcomes.

Early Intervention - "Early intervention" means the ASAM criteria level of care which explores and addresses problems or risk factors that appear to be related to an addictive disorder and which helps the individual recognize potential harmful consequences.

Both definitions clearly belong on our radar screens in today's world of integrated health services and supports. And SBIRT Brief Treatment is definitely an evidence-based early intervention model.

So, your thoughts? What can IDPH do to help develop, implement, and sustain care coordination and early intervention services for substance use disorders and problem gambling?

Contact me at Kathy.stone@idph.iowa.gov. Thanks!

DIVISION OF BEHAVIORAL HEALTH UPDATES

SAMHSA Conducts SYT-I Grant Site Visit:

On June 22-23, consultants from JBS International, Inc. conducted a site visit at IDPH on behalf of SAMHSA for the State Youth Treatment – Implementation (SYT-I) grant.

The consultants met with IDPH staff and key grant participants including substance use disorder treatment providers, other State agencies, and family members of youth who have experienced substance use problems to review progress on Iowa's SYT-I implementation. One key accomplishment noted by the consultants, was the ongoing effort to implement evidence-based practices for adolescents and transitional age youth, aged 12-25 years-old.

Specifically, SYT-I participants are implementing Multi-Dimensional Family Therapy (MDFT), with several therapists, supervisors, and trainers achieving certification in the model.

MDFT provides comprehensive and collaborative services to youth that include key people in the youth's life, such as family members and school and juvenile court staff, which has been shown to lead to higher success rates when compared to other models.

Youth and Shelter Services, Inc. (YSS) is one of the treatment providers participating in SYT-I. Building on the partnership developed through the grant, YSS IDPH and the Iowa Department of Human Rights Division of Criminal and Juvenile Justice Planning (CJJP) are working together to expand MDFT services to youth transitioning out of the State Training School in Eldora — a second success noted by the consultants and exactly what SYT-I is intended to accomplish.

Thank you to YSS and all SYT-I treatment providers — **Heartland Family Services, Prelude Behavioral Services, and Prairie Ridge** — for your dedication and hard work!

For more information about SYT-I and related evidence-based practices, please contact Cara Weis at cara.weis@idph.iowa.gov.

2016 Iowa Youth Survey:

The 2016 Iowa Youth Survey (IYS) is scheduled for administration September 26 through November 4 and is available for all public and private schools with 6th, 8th, and 11th grade students. The IYS will be conducted online following the same process as used in 2014. Survey content is very similar as well, with only a handful of question changes from the 2014 survey.

More than 77,000 students completed the survey in 2014, from 309 public school districts or private schools. Participating students reported on over 200 variables, including a decrease in almost all substance use as compared to previous results.

Any school that has not yet completed the registration process for the 2016 IYS is still welcome to do so. For more information, please contact Pat McGovern at pat.mcgovern@idph.iowa.gov.

Naloxone Legislation:

On April 6, Governor Branstad signed Senate File 2218, an act relating to the possession and administration of Naloxone by first responders and other persons in a position to assist individuals experiencing an opioid overdose.

A related bill with additional clarifying language was also passed. House File 2460 further stated:

- A licensed health care professional may prescribe an opioid antagonist to a person in a position to assist.
- A pharmacist licensed under chapter 155A may, by standing order or through collaborative agreement, dispense, furnish, or otherwise provide an opioid antagonist to a person in a position to assist.

Together, these laws were hailed as a major step forward in reducing deaths in Iowa from heroin and opioid overdose.

The Iowa Board of Pharmacy is currently drafting administrative rules to implement the new laws and will work closely with all stakeholders in that process. *We'll keep you posted.*

“Marijuana Facts” Training Held for SBIRT Providers:



Through Screening, Brief Intervention, and Referral to Treatment grant funding, IDPH offered Marijuana Facts training on June 28 for SBIRT service providers statewide.

Dr. Christian Thurstone, an addiction psychiatrist from Colorado, provided expert information on current forms of marijuana being manufactured and used, as well as consultation on the challenges of working with patients who use marijuana. **Denise Denton**, senior instructor at Iowa State University and prevention professional at YSS, provided a historical context for marijuana and changes associated with recent legalization by some states. The training was recorded and will be available for free viewing on the IDPH SBIRT website later this summer.

SBIRT services are expanding across Iowa's Federally Qualified Health Centers, with five new clinics beginning services this year.



RELATED NEWS

Family Treatment Court Initiative:

The Office of Juvenile Justice and Delinquency Prevention (OJJDP), through its Statewide System Reform Program (SSRP), has awarded funding to five states — Alabama, Colorado, Iowa, New York, and Ohio — to improve safety, permanency, well-being and recovery outcomes for children, parents and families affected by trauma, substance use, and mental health disorders.

States will implement evidence-based strategies that emphasize:

- 1) coordinated case planning, information sharing, and timely, ongoing communication across substance use treatment providers, family treatment/recovery courts, and child welfare and
- 2) universal screening to identify parental substance use that may indicate a need for evaluation and/or treatment services.

The project is being led by the **Judicial Branch of Iowa Children's Justice Initiative** in partnership with the **Iowa Department of Human Services, IDPH**, and others who are working together to expand the scale and scope of family treatment courts and practices in Iowa to better serve families in the child welfare system that have been negatively impacted by parental substance use.

Iowa's project will focus on implementation of the UNCOPE as a universal screening tool, and referral to treatment where indicated. Family Treatment Courts in *Blackhawk, Polk, Scott, and Wapello* counties will build on the collaborative practices begun in 2007 under HF2310.

The 4-6 month pilot project will roll-out in August and agencies will be contacted soon regarding potential participation.

For more information, please contact Michele Tilotta at michele.tilotta@idph.iowa.gov.

Pediatricians Urged to Screen for Suicide Risk in Teens:

An article in [USA Today](#) highlighted the recommendation from the American Academy of Pediatrics (AAP), urging pediatricians to screen their teenage patients for suicide risk.

In an update to a [report](#) originally published in 2007, AAP states that suicide is now the second-leading cause of death for teens nationally in the U.S. Unintentional injuries, such as drug overdoses and motor vehicle accidents, claim the most teen lives.

The report identifies risk factors, screening tools, management suggestions including medication, and other helpful tips to pediatricians.

For more information, please contact Pat McGovern at pat.mcgovern@idph.iowa.gov.

IDPH Revitalizes Underage Drinking Prevention Media Campaign:

IDPH has made the **"What Do You Throw Away"** media campaign available to prevention contractors for the past four years. The campaign has recently been updated with new images and targets underage drinking by reaching out to middle schoolers before their critical decision moment.

Anyone interested in the updated campaign can review the materials and learn how to request them by clicking [here](#).



From the Consortium

The Iowa Consortium for Substance Abuse Research and Evaluation celebrated its 25th anniversary on Tuesday June 28, 2016. Many were in attendance to commemorate the achievements of the Consortium. Started by Dr. Remi Cadoret, and now directed by Professor Stephan Arndt, PhD, the Consortium began as an effort to bring multiple voices among addictions professionals to one table. Together, all would collaborate on research, program evaluation, consultation, knowledge transfer, and inform public policy.

The Consortium has continued this mission, boasting nearly \$150,000,000 over its lifespan in secured grant monies across multiple public and private funding bodies. In addition, a significant amount of research, consultation, knowledge transfer, and policy decisions have been generated in both technical reports and academic literature.

The atmosphere at the anniversary event was less about monetary achievements, and more about relationships and partnerships formed and influenced by Director Arndt. When speaking about the current Screening, Brief Intervention, and Referral to Treatment (SBIRT) programs, speakers from the University of Iowa's College of Nursing and Carver College of Medicine spoke about how easy it was to join the SBIRT efforts after discussing with Arndt.

The theme that quickly developed was one of a caring, hardworking, and dedicated leadership that helps to develop a collaborative and friendly network of specialized and like-minded professionals.

"I've learned that building a strong team is central to the mission of the Consortium," said Ethan Sahker, a Consortium graduate research assistant. "Steve and the Consortium are consistently helping others with their proposals and research, and nothing is expected in return."

Michele Tilotta and Pat McGovern represented IDPH at the event. When asked about their long-standing relationship, Arndt replied, "IDPH was at the table when the Consortium was founded 25 years ago. They continue to stand by us, give us direction, and support our mission to help Iowa."

Prevention, Treatment and Recovery Resources

Options for public and professional resources on substance use and problem gambling disorders have grown dramatically over the past several years. Where in the past, printed materials like pamphlets and books were in high demand, people now get their information from websites and other internet sources. As announced in February, because of this trend, IDPH is ending its relationship with the Cedar Rapids Public Library and the Iowa Substance Abuse Information Center (ISAIC) and Clearinghouse.

Effective July 1, Iowans can access information on substance use and problem gambling prevention, treatment and recovery resources at www.drugfreeinfo.org.

Whether a parent or a teen looking for general information, a person seeking substance use or problem gambling treatment for themselves or someone they care about, help is available just a phone call or click away. The toll-free Helpline (866-242-4111) is answered 24 hours a day, 7 days a week by professional staff to answer questions and help access treatment and related resources from anywhere in Iowa.

Take a moment to check out the new information and links that have been added on heroin and opioid use in Iowa, and the link to information about Medication Assisted Treatment. Watch for additional updates in the coming months.

Also beginning in July, problem gambling brochures and other resources are available through the ISU Clearinghouse in Ames.

For more information, please contact Eric Preuss at eric.preuss@idph.iowa.gov.

County Health Needs Assessment (CHNA)

Local Iowa health departments identify important health issues in their communities by conducting a Community Health Needs Assessment (CHNA) and then creating a Health Improvement Plan (HIP) that outlines how they will address the issues they identified.

In the 2016 CHNA/HIP process, 58 of 99 Iowa counties identified a need to fight substance use problems, particularly youth drinking. Many of these counties identified multiple approaches to reduce substance use and other behavioral health issues, and 46 counties currently have at least one intervention in progress.

Examples of interventions in progress or planned include:

- Social Host ordinances to prevent/reduce youth alcohol use,
- other local laws to prevent underage drinking, and
- Implementation of evidence-based awareness and education programs.

For more information about the Division of Behavioral Health, visit

<http://idph.iowa.gov/bh>

For questions related to “A Matter of Substance”, contact the editors:

Kevin Gabbert
(kevin.gabbert@idph.iowa.gov)

or Julie Hibben
(julie.hibben@idph.iowa.gov)

In The News

Following a Hospitalization for Drug Overdose, 1 in 5 fill Opioid Prescription
<http://tinyurl.com/zuvwcpv>

Prescription Drug Monitoring Programs Linked to Reductions in Opioid Overdose Deaths
<http://tinyurl.com/j7jo9mf>

Fatal Crashes Double Involving Marijuana Double After State Legalized Drug
<http://tinyurl.com/j8alyqe>

Traumatic Experiences Are Associated with Adult Health Challenges
<http://tinyurl.com/js5jh4n>

Deaths Involving Heroin More than Tripled Between 2010 and 2014
<http://tinyurl.com/hvcrdkr>

Drunkorexia 101: Increasing Alcohol's Effects Through Diet and Exercise Behaviors
<http://tinyurl.com/gmclaw2>

Law Limiting Alcohol Sales May Have Measurable Public Health Effects
<http://tinyurl.com/zd53ake>

TRAININGS AND CONFERENCES

Medication Assisted Treatment

July 21.
Physicians' Clinic of Iowa
Cedar Rapids
For more information, go to www.unitypoint.org/cedarrapids

2016 Mental Health Conference

October 11-12.
Airport Holiday Inn - Des Moines
For more information, go to www.trainingresources.org

SAVE THE DATE

Annual Prevention Conference

November 17.
Airport Holiday Inn - Des Moines
Watch for more information at www.trainingresources.org

Feedback Informed Treatment

November 30.
Hy-Vee Hall - Iowa Event Center
Des Moines
For more information, go to www.trainingresources.org