

A Matter of Substance

January 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

Legislative Session 2020

The Iowa Department of Public Health looks forward to sharing information with you during the 2020 legislative session.

In this edition, you will find resources on the opening days of session, as well as some quick tips and tools to help you in tracking what's happening over the next several months.

Here is to a productive 2020 legislative session that continues moving our state in a healthy direction!

Condition of the State and Governor's Budget

Gov. Kim Reynolds delivered the Condition of the State address on Tuesday, Jan. 14, 2020. The speech is available at the [governor's webpage](#).

The governor's proposed budget is also posted at the [Department of Management website](#).

Pre-Session Update to the State Board of Health

Please find a pre-session legislative update that IDPH presented to the State Board of Health on Jan. 8, 2020, [here](#).

This update goes over basic department information and interesting facts about the work done by IDPH and its partners. It also provides a brief overview of some of the major pieces of legislation in 2019 that impacted the department, and includes IDPH's policy proposal for this year. That proposal – to strengthen the Smokefree Air Act – would expand the definition of smoking to include vapor products. The [bill draft is available here](#).

Tips and Tools

Find daily activities, track bills and see committee action, schedules and more at this link: <https://www.legis.iowa.gov>

You can find [new bills posted here each day](#).

If you want to build your own library of bills, [check out the many bill tracking tools](#) here at the Legislative Services Agency website and create a bill watch.

You can find budget information, fiscal notes and [other publications by topic at this link](#).

Tools for Keeping Up-to-Date with the Iowa Legislature

- ✓ Legislative [Subscriptions](#) offers a variety of subscriptions and tracking tools to watch and track bills.
- ✓ An instructional video called Subscription and Bills and Rules Watch can be viewed [here](#).
- ✓ If you would like to know more about your legislators and the House and Senate leadership, click [here](#).
- ✓ Details on committees are posted [here](#).
- ✓ Learn what's happening in the Chambers [here](#).



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Take Note



Director's Corner



Dr. Jeffrey Kerber recently joined IDPH as Behavioral Health division director after 12 years managing outpatient counseling and psychiatry clinics and programs integrating behavioral health and primary care. Dr. Kerber was in full time clinical practice as a licensed marriage and family therapist for 13 years prior to his management work. He holds a Ph.D. in Human Development and Family Studies from Iowa State University, a master's degree in Marriage & Family Therapy from the University of Wisconsin-Stout and undergraduate degrees from St. Olaf College in Minnesota.



Dr. Jeffrey Kerber, Behavioral Health division director



Employee Spotlight



Destinee Woodris

Destinee joined IDPH Bureau of Substance Abuse as a management analyst in September 2019 and serves as the project evaluator for the Zero Suicide Project of Iowa.

Destinee holds an associate's degree in Liberal Arts and a bachelor's degree in International Relations from the University of Indianapolis, and a master's degree in Industrial and Organizational Psychology from Emporia State University. She is currently a full-time second year doctoral student attending Arizona State University, pursuing her Doctorate in Education (EdD) with a concentration in Leadership and Innovation. Prior to her role at IDPH, her career began in higher education, as an administrative consultant, academic advisor, board member and campus engagement specialist.

Destinee serves on the City of Des Moines Civil and Human Rights Commission LGBT Advisory Council, UnityPoint Health Young Advisory Council, and the Iowa Commission on Latino Affairs Iowa Queer Communities of Color Coalition (founding member). October 2019, Destinee graduated from the OneIowa LGBTQ Leadership Institute and was honored to be a keynote speaker for the OneIowa Central Iowa LGBTQ Workplace Culture Summit at Camp Dodge.

Destinee's favorite food truck is Veggie Thumpers. She absolutely loves spending time with her wife, Leslie. Additionally, she enjoys reading and listening to audiobooks, meaningful conversations over tea, musicals, Disney, traveling both domestic and abroad, freehand drawing and being the oldest sibling of three.



Destinee Woodris





Important Information!

Resilience Corner

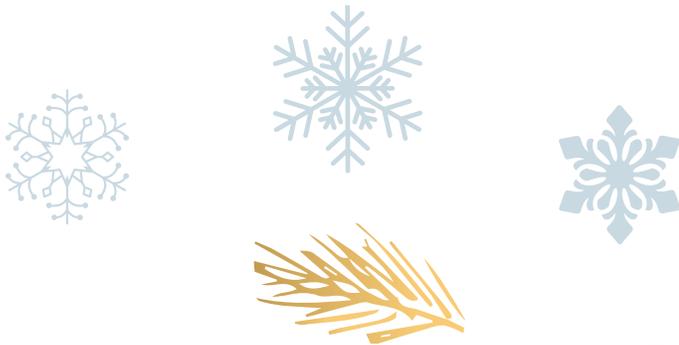
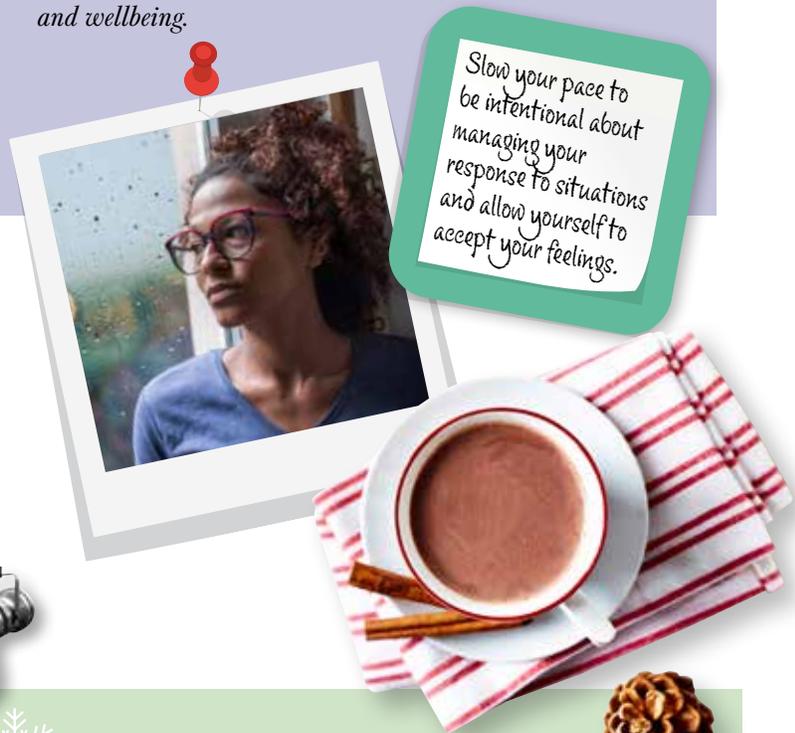
There is strength in acknowledging and naming our reaction to a situation. Our ability to adapt and adjust to adversity is strengthened when we acknowledge these events happen throughout our life. Difficult times, harm/violence/injury/loss, causing harm, toxic stress, etc., impact us and are a part of life. They don't, however, limit or define us in our entirety as individuals, families or communities.

"This hurts right now; this is hard; this feels especially difficult; I'm overwhelmed; this is too much," are all appropriate, reasonable and common reactions to life events. Recovering from a motor vehicle collision, becoming aware of your own addictive behaviors, feeling social fatigue, toxic stress, and getting support to improve your mental health and wellness, are all events that can contribute to a flare-up of your stress reactions.

The moments when we become aware that we are having a stress reaction is an opportunity for self-reflection and getting in tune with ourselves, by slowing our pace to be intentional about managing our response to situations and allowing ourselves to accept our feelings.

One resource to explore is "Why Mindfulness Is a Superpower: An Animation," available on YouTube.

This is the eighth in a continuing series of commentaries about resilience, and how resiliency might support overall health and wellbeing.



Licensure Spotlight

Licensure Standards FAQ

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

What changes were recently made to the mandatory child and dependent adult abuse reporter training?

In 2019, HF 731 modified the requirements for mandatory reporter training for child and dependent adult abuse. The [Iowa Department of Human Services](#) is now providing the trainings online for free.

The new trainings will be two hours each for both child abuse and dependent adult abuse. You need to complete both.



Your completion certificates will be issued through the provider (DHS).

The new trainings will be valid for three years. Once these trainings have been completed, updated refresher trainings can be taken for one hour each, as long as the trainings have not expired.

Mandatory reporter training completed prior to July 1, 2019, will still be valid for five years from the date of completion.

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



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Children's Justice Initiative Family Centers: New referral source for children affected by prenatal or environmental exposure to alcohol or substance abuse

Iowa's Child and Family Assessment and Treatment Centers (CFATCs) are designed to serve families and their children who are in out-of-home care or at risk for being placed out of the home due to parental substance use or abuse. Each of the centers will provide the specialized assessment and treatment approaches that children affected by prenatal or environmental exposure to alcohol, marijuana and illicit drugs need. Community clinicians can refer any of the targeted children birth to 18 years who demonstrate developmental, educational or behavioral problems of any kind. As a result of a multidisciplinary assessment, staff at the CFATCs will produce a comprehensive treatment plan that encompasses multiple domains of functioning, and will work with the family to access appropriate and needed interventions. An appointment at a CFATC can be made by contacting one of the following centers:

UnityPoint Health – Allen Hospital

212 W. Dale Street, Suite 102
Waterloo, Iowa 50703
319-226-2345
Family Navigator is Anna Young

Child and Family Assessment and Treatment Center

Muscatine Robert Young Center
1616 Cedar St. Muscatine Iowa
563-275-9100
Ask for Mikayla Cardenas, Family Navigator

BLANK Children's Hospital STAR Center

1206 Pleasant St. Des Moines, IA 50309
Kristen Bircher at 515-241-3487 (to set up appointments)
Family Navigator is Elaine Walter
For more information, contact Michele Tilotta at michele.tilotta@idph.iowa.gov.

Provider Spotlight



Jackson Recovery Centers

The IDPH Division of Behavioral Health would like to recognize the effort and investment of LeAnn Siebersma and Janelle Tomoson from Jackson Recovery Centers in Sioux City for their participation in the Residential Treatment for Pregnant and Postpartum Women's (PPW) grant. LeAnn and Janelle exceeded the grant requirements and the success stories detailing women's experiences in residential treatment showed how their interactions with these two women enhanced their experiences. PPW, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), was a successful and comprehensive grant that expanded services for women, their partners, their children and the fathers of the children across the state of Iowa, and was responsible for expanding the inclusion of partners, fathers and other family members of the children in Women and Children's programs.

Important Note!

LeAnn & Janelle exceeded the grant requirements and have many success stories.



LeAnn Siebersma & Janelle Tomoson



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Training Spotlight

2nd National Cocaine, Methamphetamine & Stimulant Summit

November 8-10, 2019, IDPH staff Cara Weis, DeAnn Decker, Katie Bee and Michele Tilotta attended the second annual National Cocaine, Meth & Stimulant Summit in Miami, Florida. Topics focused on the changing patterns of stimulants, the rising challenge of psychostimulant use disorder in young adults and High-Intensity Drug Trafficking Areas (HIDTA) program updates.

Katie Bee and Michele Tilotta co-presented at a session on methamphetamine's impact in Iowa over the past two decades, including trends in methamphetamine use among Iowa youth and adults. Data from emergency department visits, hospitalizations, substance use disorder treatment admissions and youth survey data was also shared. Their interactive session illustrated how Iowa has used a strategic approach to protect and improve the health of Iowans as it relates to methamphetamine.

Interesting Iowa Facts:

- ✓ From 2014 through 2018, the rate of methamphetamine-related treatment admissions increased by 50%, from 223 treatment admissions per 100,000 in 2014 to 334 in 2018.
- ✓ In 2018, Iowans entering SUD treatment with methamphetamine as the primary substance hit an all time high of 21.7%.
- ✓ The most frequently reported substances used by all Iowa women are: marijuana (51.0%), methamphetamines (50.3%), alcohol (44.9%) and opioids, including heroin and prescription opioids (19.1%).
- ✓ Adults aged 25 to 44 continue to have the highest rates of methamphetamine-related treatment admissions.
- ✓ From 2014 to 2018, methamphetamine-related deaths in Iowa increased by more than 224%, from 29 in 2014 to 94 in 2018.

For more information on methamphetamine, visit yourlifeiowa.org.

A Closer Look: Methamphetamine, Opioids & Poly-substance Use Training

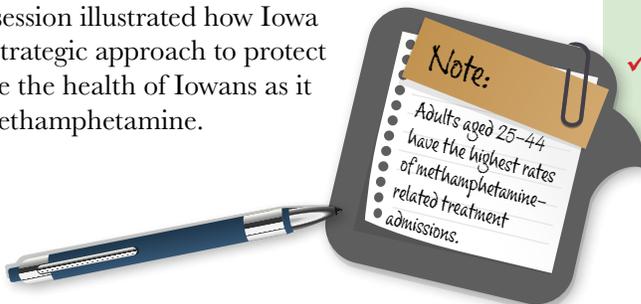
On December 3, 2019, over 150 participants attended the Iowa Department of Public Health Bureau of Substance Abuse-sponsored training "A Closer Look: Methamphetamine, Opioids and Poly-substance Use." During this one-day training, national experts presented the history of stimulants, opioids and other substances. The training also explored recent trends of cross-contamination and overdose, the value of medication assisted treatment and the importance of screening and treatment of gambling disorders when working with individuals with substance use or mental health disorders.

Some of the highlights include:

- ✓ Data shows instances of fentanyl contaminated methamphetamine and opioids beginning in 2012, increasing in more recent years.
- ✓ A shift in production and delivery of street drugs has led to easy access and a widespread national epidemic.

- ✓ The number of crime lab reports involving methamphetamine have increased significantly in recent years.
- ✓ An in-depth explanation of the FDA-approved medications to treat alcohol, opioid and tobacco disorders was shared.
- ✓ Some research and off-label use of FDA-approved medications for stimulant use was shared at the event; however, there are currently no FDA-approved medications for stimulant use disorder.
- ✓ Evidence shows a high risk of problem gambling among individuals with substance use and mental health disorders.
- ✓ Unaddressed gambling contributes to poor treatment outcomes, increased utilization of treatment resources, especially more intensive and expensive resources.

This training is one of many statewide efforts by IDPH to address substance use and problem gambling. For more information, visit yourlifeiowa.org.



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Training Spotlight



Save the Date Trainings

IDPH will be hosting a three-day **Ethical Considerations for Recovery Coaches** training February 7-9, 2020. The purpose of this training is to provide coaches with additional support and insight into related areas, such as defining the coaching service role and functions, coaching standards, issues of vulnerability, ethical decision-making, performance enhancement and legal issues. For more information, please contact Jennifer Robertson-Hill at jennifer.robertson-hill@idph.iowa.gov.

Registration Open! The 43rd Annual Iowa Governor's Conference on Substance Abuse "Working Along the Continuum"



Mark Your Calendar: April 21 and 22, 2020

The Iowa Governor's Conference on Substance Abuse will be held at Hy-Vee Hall at the Iowa Events Center in Des Moines.

Registration Open!

The Iowa Department of Public Health invites you to attend the next Governor's Conference on Substance Abuse. To register [click here](#) or 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. November 2019



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to add Poison Control as a contact in your mobile phone.

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STEP 2
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STEP 3
Share the poison control vCard w/ 3 of your friends

BE PREPARED ANYTIME & ANYWHERE WITH #POISONHELP

IOWA POISON CONTROL CENTER
Heip 1-800-232-1273

Knowledge Transfer Training

Community Health Care, Inc. and Center for Alcohol and Drug Services, partners in the Promoting the Integration of Primary and Behavioral Health Care grant, participated in a Knowledge Transfer training to further integration initiatives in both organizations.



Todd Morris from the Center for Alcohol & Drug Services, Inc.





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Important Information!

YLI Spotlight



Your Life Iowa (YLI) Expand

You may have noticed a new look and new information on yourlifeiowa.org. Over the past year, IDPH and DHS have been collaborating on a response to HF 2456, enacted at the conclusion of the 2018 legislative session, which called for a single statewide 24-hour crisis hotline through Your Life Iowa. In late December, a new user interface for YLI launched that includes new Adult Mental Health and Children's Behavioral Health content, as well as Vaping & E-Cigarettes. Many thanks to DHS staff for helping with the development and implementation of this new content, including the addition of Mental Health Services and MHDS Regional Centers on the [YLI Finder](#).

Additionally, the [Media Center](#) officially launched, providing access to all current departmental media campaign materials, which can be downloaded and used locally.

Take a look around and [let us know what you think](#) and stay tuned for more mental health and other content in the coming months. For more information on this project, email eric.preuss@idph.iowa.gov.



Problem Gambling and YLI Materials

Looking for the latest in problem gambling and Your Life Iowa brochures, posters and other items? IDPH has partnered with the ISU Clearinghouse for the storing and shipping of these items. Over 25 different items are currently stocked and available for ordering at no cost for the item or shipping. Download the [1-800-BETS OFF/YLI Material Order form](#) or visit <https://yourlifeiowa.org/resources> and click on the General Topics tab, then scroll down to the Your Life Iowa Resources section. Complete the form and email to igtp@idph.iowa.gov. Orders are placed within one business day of receipt and generally will ship that same week, although a minimum two-week lead time is requested. For more information, contact Eric Preuss at eric.preuss@idph.iowa.gov.

IDPH 1-800-BETS OFF/YLI Material Order Form
PLEASE FAX YOUR ORDER TO 563-381-6335 or email to igtp@idph.iowa.gov

NAME: _____
 AGENCY NAME: _____
 ADDRESS: _____
 CITY: _____ ZIP: _____
 PHONE: _____ COUNTY: _____
 EMAIL: _____
 DATE ITEMS ARE NEEDED BY: _____

NOTE: Allow 2 weeks for delivery. All orders shipped by UPS. (SHIRT HAVE A STREET ADDRESS, IF 2. SHIRTS WILL NOT WORK TO OUR USE)

QUANTITY	NAME OF ITEM	QUANTITY
<input type="checkbox"/>	 Sports Betting When sports betting starts to take on an addictive quality, it can cause serious problems for you.	100 100 100 100 Please let us know
<input type="checkbox"/>	 Internet Gambling While playing slots may seem harmless, there is often some form of addiction.	100 100 100 100 Please let us know
<input type="checkbox"/>	 1-800-BETS OFF Folding Business Card Pleasee accompanied with three (3) business cards. Email for agency logo on back side.	100 100 100 100 Please let us know





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uVoice Selects Substance Use as Topic for the Year

uVoice, a youth philanthropy board facilitated by Community Youth Concepts and funded by the Mid-Iowa Health Foundation and Delta Dental of Iowa, consists of up to 15 high school students who live in the Des Moines metro area. Together, these students identify public health issues facing youth in their community and combat these identified issues through a grant-making process. uVoice members research community needs, develop a grant application, review responses to their request for proposals, and allocate their \$5,000 grant to non-profit organizations addressing the health-oriented issues prioritized by uVoice through their community needs assessment.

In previous years, uVoice has focused on topics relating to mental health, stress, suicide prevention and human trafficking. This year's uVoice board represents six schools in central Iowa and each have indicated that vaping is a serious problem. The board has chosen to focus on the topic of substance use, particularly vaping, for this year's grant making cycle.

After students choose their topic for the year, they learn about and select a community needs assessment approach. In previous years, students have used surveys and expert panels to learn more about their topic. This year, the group has chosen to host a series of roundtable discussions about the topic of substance use and abuse. In order to create a safe space where peers feel comfortable talking about these issues, the board voted to make this a youth-only event – including facilitating the discussion!

Currently uVoice is planning its community needs assessment event in January 2020, and is looking forward to facilitation training to lead the round table discussions about these often uncomfortable issues. If you know students interested in participating in the roundtable discussions, contact Alicia Vermeer at alicia@cyconcepts.org.

uVoice will use information learned in the needs assessment to set grant priorities, release an application, interview candidates and present the grant funding. It is anticipated the grant application will be released in February 2020. For more information about uVoice and to view White Papers they have written about previous grant cycles, visit <http://cyconcepts.org/uvoice/>.



uVoice students showcase their topic of focus after a deliberative narrowing of the public health issues affecting youth.



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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