April is Alcohol Awareness Month

The theme this year:
Help for Today, Hope for Tomorrow

April is Alcohol Awareness Month and the Iowa Department of Public Health wants to remind you there is “Help for Today, Hope for Tomorrow.” Visit the Your Life Iowa webpage to gather prevention resources, learn how alcohol impacts Iowans, and find local prevention and treatment professionals near you. Visit: Your Life Iowa.

To help you plan and develop your own 2019 Alcohol Awareness Month events, Facing Addiction with National Council on Alcoholism and Drug Dependence (NCADD) have prepared an Organizer’s Guide which you can download as a PDF or you can download their new Alcohol Awareness Month Social Media Kit.

Alcohol Facts and Statistics
(from the National Institute on Alcohol Abuse and Alcoholism)

Prevalence of Drinking:
✓ According to the 2015 National Survey on Drug Use and Health (NSDUH), 86.4 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 70.1 percent reported that they drank in the past year; 56.0 percent reported that they drank in the past month.

Alcohol-Related Deaths:
✓ In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31 percent of overall driving fatalities)

Consequences of Underage Alcohol Use:
✓ Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing AUD. In addition, underage drinking contributes to a range of acute consequences, including injuries, sexual assaults, and even deaths—including those from car crashes.

Alcohol and the Human Body:
✓ Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver, and breast.
The Iowa Department of Public Health (IDPH) has collaborated with state, local and private partners to address opioid use problems in Iowa. Statewide, Iowans have implemented coordinated, multi-sector efforts that have led to increased awareness, access to resources and improvements in care. Initial data show these efforts are making positive impacts in Iowa communities to prevent and reduce the negative consequences of opioid-related problems, but work still needs done.

IDPH Releases New Report: Iowa’s Opioid Crisis – An Update

The new report was prepared in order to provide a comprehensive update on Iowa specific measures, IDPH efforts and an overview of funding the state has received to address opioid misuse. To read the report, please click on the following link: IDPH.

Iowa Brain Injury Advisory Council Recommends Brain Injury Screening

In February 2019, the Iowa Governor’s Advisory Council on Brain Injuries made a recommendation that Iowa broadly adopt The Ohio State University Traumatic Brain Injury Identification Method (OSU TBI-ID) and the Lifetime History of Traumatic Brain Injury (from the OSU TBI-ID) and other Acquired Brain Injuries as screening tools for obtaining a person’s lifetime history of brain injury. The OSU TBI-ID has proven useful in many settings, including mental health and substance use treatment.

Substance use and brain injuries are closely related. Up to two-thirds of people with TBI have a history of alcohol abuse or risky drinking. Between 30 to 50 percent of people with TBI were injured while they were drunk and about one-third were under the influence of other drugs (Bombardier, 2011). By implementing use of the OSU TBI-ID, agencies will have a screening tool that is useful for determining which clients may need additional support or a modified approach to their treatment due to a disability related to their brain injury.

These forms, as well as other brain injury resources are available for download at https://yourlifetiowa.org/resources#general-topics.

Interested in learning more about meeting the complex needs of individuals with brain injury in substance use treatment? Check out the breakout session at the Iowa Governor’s Conference on Substance Abuse, Substance Use Disorders and Cognitive Deficits at 2:30 PM on Tuesday, April 16.
Staff Spotlight

Monica Goedken is honored to serve as the Violence Prevention Coordinator with IDPH in our Office of Disability, Injury and Violence Prevention. In this position, Goedken provides training and technical assistance, works with Rape Prevention Education programs, Sexual Violence Prevention, Violence Against Women Act funds and collaborates on multi-disciplinary state initiatives.

Her professional background is in crisis response and advocacy for individuals experiencing interpersonal violence or coping with the impacts of past exposure. She was formerly with the Iowa Coalition Against Domestic Violence. Goedken has served as an expert witness, taught “seeking safety” at the Iowa Correctional Institute for Women, hosted support groups, managed an AmeriCorps program, mentored/supervised volunteers and interns, provided technical assistance and training to victim advocates, organized approaches for program development, and championed volunteer initiatives. Additionally, Goedken has worked in an emergency shelter setting, taught preschool for Headstart, and provided respite care for children with intellectual and cognitive disabilities.

Goedken received a bachelor’s in Child, Adult and Family Services from ISU and a Master of Public Administration from Drake.

She is the proud momma of two lovely tiny humans. Her down time is filled with hikes, building forts, baking, bike rides, the gym, hammock lounging, laundry, playing flashlight hide and seek, and let’s be real…smelling candles at Target. She hosts an annual kayaking trip with her girlfriends. Life is short; let’s laugh it out and enjoy the ride!

Iowa ABD Age to Purchase Mobile App

What is it?
The Iowa ABD Age to Purchase App allows users to scan driver’s licenses with their smartphone. No personal information of the customer is stored on the device. The built-in scanning function uses the camera feature on the device to scan the barcode on the driver’s license to quickly help determine age and validity. The app also gives users access to a view similar to the desktop calendars previously issued by ABD.

Who should use it?
Anyone that is looking for assistance in determining the age of customers while selling or serving alcohol, tobacco, alternative nicotine, or vapor products should use this app.

Additional Features
The app also contains links to ABD’s two online training programs, P-PACT and I-PLEDGE, which help teach responsible selling and serving of alcohol, tobacco, alternative nicotine, and vapor products.

Substance-Related Data Publicly Available

The Bureau of Substance Abuse is excited to announce that the first installment of substance-related data are now publicly available on the IDPH Data Portal at https://tracking.idph.iowa.gov/. These data are opioid, methamphetamine and alcohol-related deaths. The bureau continues to work to bring more substance-related data to the IDPH Data Portal, with quarterly releases planned for the remainder of 2019.
Iowa Youth Survey: Suicide Risk and E-Cigarette Use Climbing; Alcohol Use Declines

The Iowa Department of Public Health’s (IDPH) 2018 Iowa Youth Survey (IYS) shows in general, underage drinking continues to decline. Alcohol use among Iowa 11th graders was down from 26.4 percent in 2012 to 20.4 percent in 2018. Binge drinking fell from 19.2 percent in 2012 to 12.0 percent in 2018. An exception to the overall decline came among eighth graders, who reported a significant increase in drinking from 2016 to 2018, from 5.4 percent in 2016 to 7.3 percent in 2018 - a level not seen since 2012.

In multiple questions on suicide, Iowa youth reported increasing rates from previous surveys. Overall, the percentage of students who reported having a plan to kill themselves increased by 53 percent from 2012 to 2018. One in 10 students reported having a plan and 1 in 20 reported a suicide attempt within the past year.

Tobacco use appears similar to other substance use, remaining stable or declining from previous surveys. The exception to this is e-cigarettes. Almost one-quarter of 11th grade students (23 percent) reported use of e-cigarettes in the past month on the 2018 IYS, along with 8 percent of eighth graders and 2 percent of sixth graders.

“The Iowa Youth Survey gives us a glimpse into the lives of our young people,” said IDPH IYS coordinator Pat McGovern. “While the answers represent a moment in time and do not give a complete view of the pre-teen and teenage mindset, they do give us a glimpse into their actions and beliefs. This enables us to tailor our programming and services in the most effective ways.”

In 2018, 70,451 students representing 68 percent of Iowa’s 330 public school districts participated in the IYS. The 2018 IYS is the 17th in a series of surveys that have been completed every two or three years since 1975. The survey is conducted with Iowa public and private students in grades 6, 8, and 11. The IYS includes questions about students’ behaviors, attitudes and beliefs, as well as their perceptions of peer, family, school, neighborhood and community environments. The Iowa Consortium for Substance Abuse Research and Evaluation generates the IYS reports. To view the 2018 report and other information about the IYS, visit www.iowayouthsurvey.iowa.gov.

Licensure Standards FAQ

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

I am a licensed mental health counselor and a certified alcohol and drug counselor. Do I need to be licensed to provide substance abuse treatment?

An individual in private practice, independent from a program that is required to be licensed, is allowed to provide substance use disorder treatment services (Iowa Code section 125.13). The exception to this is when an individual is seeking a substance use disorder evaluation following a charge of operating a motor vehicle while intoxicated (OWI) under Iowa Code chapter 321J. For these purposes, the individual seeking an OWI evaluation and/or treatment, must have these services conducted at a substance use disorder treatment program licensed by the department.
What is “Resilience?”
Strengths-Based Batterer Intervention: A New Paradigm in Ending Family Violence

“Strengths and Resilience” based approach has a simple premise – identify what is going well, do more of it, and build on it. Strengths are positive factors, both in the individual and in the environment, which support healthy development. Resilience is the ability to “bounce back”, to “recover” from adverse life experiences.

“Resilience is a mesh, not a substance. We are forced to knit ourselves, using the people and things we meet in our emotional and social environments.” Boris Cyrulnik

A Strengths and Resilience based approach recognizes that each of us has a combination of risk factors and protective factors which shape our development. Some of them are within our control, and some beyond. Much attention has been given to the risk factors that have led to young men being over-represented among road crash fatalities, youth suicides, perpetrators of violence and many other negative statistics.

What has been given far less attention are the protective factors that mean most young men are not counted among those statistics, and most lead healthy and productive lives posing no risk to themselves or others.

Rather than having a problem based orientation and a risk focus, a Strengths and Resilience based approach seeks to understand and develop the factors that protect most young people.

SSPs are often the first “point of contact” for many vulnerable populations. Once engaged in services at an SSP, individuals may become re-integrated into their communities and utilize other services, including testing, immunizations, family planning and prenatal care, and referrals for social, behavioral and substance use services.

If you have questions or concerns regarding the potential implementation of syringe services programs, please reach out to HIV & Substance Use Coordinator Joe Caldwell at joe.caldwell@idph.iowa.gov.

Syringe Services

The topic of syringe services programs (SSPs) has been gaining more and more attention as legislators in both the Iowa House and Senate consider revisions to the state drug paraphernalia law (Section 124.414) to allow for the delivery of sterile syringes to prevent transmission of HIV and hepatitis C. In bills introduced by the Senate Committee on Judiciary and House Representative Michael Bergan, legislators are proposing that the Iowa Department of Public Health, in collaboration with the Department of Public Safety and the Governor’s Office of Drug Control Policy, establish a pilot syringe services program. The five-year pilot program would conclude December 1, 2025, to allow public health experts and legislators an opportunity to determine the program’s efficacy in reducing new HIV and hepatitis C infections, and opioid overdoses.

If the Legislature and Governor Reynolds approve the proposed measures, Iowa will join 39 states and the District of Columbia in allowing SSPs to operate legally in the jurisdiction. Studies have observed that SSPs provide significant health improvements and cost savings to communities by preventing the transmission of infectious disease, improving opioid overdose response, and providing low-barrier access to substance use disorder treatment. Studies have also found that SSPs positively impact communities in many ways, including:

- A reduction in the incidence of HIV and HCV among people who inject drugs;
- A reduction in the number of improperly discarded needles in streets and parks;
- A reduction in costly emergency room visits by individuals suffering from injection-related complications (e.g., abscesses);
- A reduction in needle-stick injuries among law enforcement and other first responders; and
- An increase in substance use disorder treatment access.

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This is the fifth in a continuing series of commentaries about resilience, and how resiliency might support overall health and wellbeing.
Rape Prevention and Education: Notice of Awards for Recipients Implementing Community-Level Strategies

Ten state health departments have been awarded additional funding through Category B of the recent funding opportunity, Rape Prevention and Education: Using the Best Available Evidence for Sexual Violence Prevention CDC-RFA-CE19-1902. CDC’s Rape Prevention and Education (RPE) program aims to prevent sexual violence (SV) perpetration and victimization. Category B requires that recipients implement no less than 75% of their strategies at the community level, and no more than 25% at the individual or relationship level. Recipients were awarded through a competitive process to support state health departments with demonstrated capacity for additional community-level prevention strategy implementation and evaluation.

Funding recipients are:
- Colorado Department of Public Health and Environment
- State of Connecticut Department of Public Health
- Iowa Department of Public Health
- Minnesota Department of Health
- Missouri Department of Health and Human Services
- Montana Department of Public Health and Human Services
- New Jersey Department of Health
- Oregon Department of Human Services
- Rhode Island Department of Health
- Utah Department of Health

Sexual violence is a serious public health problem that affects millions of people each year. In the U.S., 44% of women and 25% of men experienced some form of contact sexual violence in their lifetime. These funding recipients will work with state and local partners, including sexual violence coalitions, non-governmental organizations, community-based organizations, local health departments, educational institutions and other stakeholders to prevent sexual violence. Their efforts will be informed by programs, practices and policies identified within DVP’s STOP SV: A Technical Package to Prevent Sexual Violence, with emphasis on the focus areas of promoting social norms, teaching skills, creating protective environments, and providing opportunities to empower and support girls and women.

The Iowa Department of Public Health (IDPH) Substance Use and Problem Gambling Services Integrated Provider Network (Integrated Provider Network) is a statewide, community-based, resiliency- and recovery-oriented system of care for substance use and problem gambling services. IDPH selected Integrated Provider Network contractors in 2018, through a competitive request for proposal process that evaluated applicant capability and experience. Check out the updated Integrated Provider Networks webpage at: https://www.idph.iowa.gov/substance-abuse/Integrated-Provider-Network
A Matter of Substance
A Publication of the IDPH Bureau of Substance Abuse

Adolescent Substance Use Webinar Recordings Now Available

The recordings and slides for the Adolescent Substance Use Webinar Series from February and March 2019 are now available here. The series consisted of four webinars, “A Toolkit for Adolescent Screening, Brief Intervention, Referral and Treatment” (Tracy McPherson, PhD), “Medication Assisted Treatment for Adolescents with Opioid Use Disorder” (Ned Presnall, MSW, LISW), “Understanding the Social and Biological Aspects of Adolescents and Substance Use Disorders” (Jason Burrow-Sanchez, PhD) and “Using the ASAM Criteria to Guide Assessment and Treatment of Youth” (Marc Fishman, PhD).

Recovery Peer Coaching Trainings

The Iowa Department of Public Health sponsored Recovery Peer Coaching trainings from February 21 – March 2, 2019. The trainings presented the curriculum developed by Connecticut Community for Addiction Recovery (CCAR). All trainings offered a Training of Trainers session. The trainings and total trained in each model include: Recovery Coaching Academy - 25, TOT – 12; Recovery Coaching Academy for Young Adults – 14, TOT – 7; and Ethical Considerations for Recovery Coaches – 17, TOT – 8. A Recovery Peer Coaching fact sheet can be found here. For more information or questions, contact Cara.Weis@idph.iowa.gov.

What is Collegiate Recovery and Why Should We Care?

On February 21, 2019, the Iowa Department of Public Health sponsored “What is Collegiate Recovery and Why Should We Care?” in Des Moines. Kennesaw State Assistant Dean of Student Affairs Teresa Wren Johnston and Association of Recovery in Higher Education Executive Director Timothy Rabolt presented information about the history and models of collegiate recovery. Providers and college representatives from across Iowa attended. A highlight of the training included a panel discussion featuring a student, clinician and others with lived and professional experience. Participants also engaged in roundtable discussions to identify action steps to complete following the training. For more information or questions, contact Cara.Weis@idph.iowa.gov.

Marijuana Impact Report

The Midwest High Intensity Drug Trafficking Area (HIDTA) has just approved its Marijuana Impact Report. The purpose of this report is to examine the effects of marijuana legalization in other states in order to provide drug policy experts and law enforcement leaders with potential impacts and consequences for Midwestern states that are contemplating the legalization of “medical” and/or “recreational” marijuana. To read the report, please click on the following link: HIDTA Report.
Training Opportunities

The Iowa Department of Public Health has these training opportunities:

- **Overdose and Naloxone: Training of Trainers**
  - May 22 - Waterloo, register [here](#)
  - May 23 - Council Bluffs, register [here](#)

- **SAPST:**
  - June 26-27 and July 16-17 register [here](#)

- **Prevention Ethics for Certification:**
  - July 18 register [here](#)

Midwest Counterdrug Training Center (MCTC)
7105 NW 70th Ave, Johnston

- **SAPST:**
  - June 26-27 and July 16-17 register [here](#)

Identifying Opioid Misuse, Regional Training Series

- **Burlington:** May 7 register [here](#)
- **Cedar Rapids:** May 16 register [here](#)
- **Sioux City:** June 3 register [here](#)
- **Governor’s Conference on Substance Abuse:**
  - April 16-17 register [here](#)

REGISTRATION OPEN FOR THE 2019 REGIONAL TRAINING SERIES “IDENTIFYING OPPIOID MISUSE”

Identifying Opioid Misuse is a regional training series that addresses opioid misuse in Iowa and across the nation.

- April 4 - Waterloo
- April 30 - Mason City
- May 7 - Burlington
- May 16 - Cedar Rapids
- May 20 - Osceola
- June 3 - Sioux City
- June 10 - Council Bluffs

**Training Objectives:**

1. List the individual and community impacts of opioid misuse;
2. Identify an evidence based strategy to screen and address substance misuse; and
3. Identify appropriate opioid overdose recognition and response strategies.

Please visit [https://register.extension.iastate.edu/iomrts/](https://register.extension.iastate.edu/iomrts/) for registration

The Prevention of Opioid Misuse in Women Regional Training Series is sponsored by the Iowa Department of Public Health and funded by the Office on Women’s Health, Department of Health and Human Services. For more information, please contact Jennifer Robertson-Hill at jennifer.robertson-hill@idph.iowa.gov.

Sponsor & Vendor Registration Open

The 42nd Annual Iowa Governor’s Conference on Substance Abuse Facing the Future Together

Mark Your Calendar: April 16 and 17, 2019

The Iowa Governor’s Conference on Substance Abuse will be held at the Veteran’s Memorial Community Choice Credit Union - Iowa Events Center in Des Moines.

Registration is now open for participants and exhibitors. Please visit [https://register.extension.iastate.edu/gcsa](https://register.extension.iastate.edu/gcsa) for registration. If you are interested in sponsoring the event, please contact jennifer.robertson-hill@idph.iowa.gov.

February 2019

Putting Awareness into Action

HEALTHIEST STATE INITIATIVE ANNUAL CONFERENCE
May 14 | Ames | 8:30 a.m. - 4:30 p.m.
REGISTRATION OPEN:
IowaHealthiestState.com/Conference

KEYNOTE SPEAKER:
Sarah Noll Wilson, M.S., CFCC
Beyond Lunch and Learn: Creating a culture that drives and inspires employee well-being

How can we cultivate workplaces that support an employee’s mental health?

National Prescription Drug Take Back Day

April 27, 2019 – 10AM to 2PM

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Click [here](#) for more information or to locate a collection site near you.
Recently, Blank Children’s Hospital/UnityPoint partnered with IDPH to raise awareness of the help and resources available through YourLifeIowa.org for youth and parents with questions about anxiety, depression, suicide and prescription drug safety. Two posters were created that are now featured at many UnityPoint clinics around the state.

This past fall, UnityPoint launched an online digital education course focused on safe and appropriate use of prescription medications (Prescription Drug Safety) for high school students. This program was piloted in several regions, and UnityPoint hopes to expand it across Iowa to assist in positively impacting the state’s Drug Control Strategy goals. The course includes information about contacting Your Life Iowa for help, information and assistance regarding prescription drugs.

Thanks to UnityPoint for its efforts to protect and improve the health of Iowans!

More YourLifeIowa Updates

IDPH has been busy working on updates to YourLifeIowa.org. Over the past quarter, this included updating the Finder (facility locator) with newly-licensed programs, updating the list of facilities participating in the Integrated Provider Network, as well as those facilities offering Medication Assisted Treatment using the Advanced Finder.

Also, the first round of usability testing was completed and we are now working on several improvements to the navigating experience within YourLifeIowa.org. Additionally, a new Prevention module is being developed that will include a new landing page, calendar and media resource center. Look for these improvements to start rolling out later in April and May!

And finally, IDPH is collaborating with the Department of Human Services to position YourLifeIowa.org as the statewide resource for mental health and crisis services. This will include expanding phone, text and chat options, and the online resources and information available to all Iowans experiencing mental health related issues, problems or difficulties.