

**Iowa Department of Public Health
Division of Behavioral Health/Bureau of Substance Abuse
Opioid Update: April 2020**

The Iowa Department of Public Health (IDPH) offers the Opioid Update to share information about opioid use and Iowa's efforts to address the national opioid epidemic. Please feel free to submit topics to Julie Jones at julie.jones@idph.iowa.gov.

COVID-19 Pandemic and Behavioral Health

Due to the COVID-19 pandemic, IDPH is providing a modified version of the Opioid Update newsletter as a behavioral health resource of related services available to those working to meet the needs of those affected by the current situation.

Iowa Resources:

- Iowa Department of Public Health (IDPH)
<https://idph.iowa.gov/emerging-health-issues/novel-coronavirus>
- Iowa Department of Human Services
<https://dhs.iowa.gov/>
- Your Life Iowa (Alcohol, Drugs, Gambling, Suicide, Mental Health, Prevention)
<https://yourlifeiowa.org/>
- State of Iowa Coronavirus Info (all state agencies collective location)
<https://coronavirus.iowa.gov/>

Federal/International Resources:

- Substance Abuse and Mental Health Services Administration (SAMHSA)
<https://www.samhsa.gov/coronavirus>
- Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Health Resources and Services Administration (HRSA)
<https://www.hrsa.gov/coronavirus>
- Centers for Medicare and Medicaid Services (CMS)
<https://www.cms.gov/About-CMS/Agency-Information/Emergency/EPRO/Current-Emergencies/Current-Emergencies-page>
- World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- National Institute of Health (NIH)
<https://www.nih.gov/health-information/coronavirus>

General Resources: Substance Use

- Addiction Technology Transfer Center (ATTC) Online Support Group List
<https://attcnetwork.org/centers/mountain-plains-attc/online-support-groups>

- COVID-19: Potential Implications for Individuals with Substance Use Disorders
<https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>
- Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic
<https://www.samhsa.gov/sites/default/files/considerations-care-treatment-mental-substance-use-disorders-covid19.pdf>
- COVID-19 Guidance for People Who Use Drugs and Harm Reduction Programs
<https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>
- COVID-19 Resources for Addiction Professionals: National Association for Alcoholism and Drug Abuse Counselors (NAADAC)
<https://www.naadac.org/covid-19-resources>
- American Society of Addiction Medicine (ASAM) COVID-19 Resources
<https://www.asam.org/Quality-Science/covid-19-coronavirus>

General Resources: Mental Health

- Strategies for Coping with Coronavirus (NAMI)
<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>
- NAMI COVID-19 Resource and Information Guide
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>
- Mental Health During an Infection Disease Outbreak
<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- General Resources from the American Psychological Association
<https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

General Resources: Workforce

- Psychologists' Advice for Newly Remote Workers
<https://www.apa.org/news/apa/2020/03/newly-remote-workers>
- A Webinar for Public Health Officials
<https://www.apa.org/practice/programs/dmhi/research-information/covid-19-webinar-public-officials.pdf>
- Isolation Guidance for Essential Services Personnel
<https://idph.iowa.gov/Portals/1/userfiles/7/3222020UpdatedIsolation%20guidance%20for%20Iowa%20essential%20services%20personnel.pdf>
- COVID-19 FAQs for Law Enforcement
https://idph.iowa.gov/Portals/1/userfiles/7/Law%20Enforcement%20Frequently%20Asked%20Questions_1.pdf
- How Leaders can Maximize Trust and Minimize Stress during COVID-19
<https://www.apa.org/news/apa/2020/03/covid-19-leadership>

General Resources: Addressing Concerns

- Advice for Talking to Children about COVID-19
<https://idph.iowa.gov/Portals/1/userfiles/7/Talking%20to%20Children%20about%20COVID-19%2026%20%281%29.pdf>
- Addressing Anxiety about COVID-19
https://idph.iowa.gov/Portals/1/userfiles/7/How%20to%20Cope%20with%20Anxiety%20about%20Novel%20Coronavirus_1.pdf
- Communicating in a Crisis
<https://store.samhsa.gov/product/communicating-crisis-risk-communication-guidelines-public-officials/pep19-01-01-005>
- Coping with Stress During Infectious Disease Outbreak
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

IDPH would like to thank all of you for everything you do to help individuals find the services they need, not only in times like these, but every day. Stay safe!