Substance Abuse Treatment

Division of Behavioral Health
Phone: 515-242-5934
www.idph.state.ia.us/bh/substance_abuse.asp

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

"I can look in the mirror today and be proud of myself", a grandmother shares as she reflects on her journey of recovery from heroin and cocaine addiction. After treatment and ongoing aftercare services through Scott County providers, the woman is able to enjoy healthy relationships with family, maintain full-time employment, and offer support to others struggling with substance use disorders. She gives credit to programs with staff who never gave up on her, even when she thought of giving up on herself, and to ongoing treatment and recovery support services.

IDPH works with substance abuse treatment programs statewide to:

- Reduce abuse of alcohol and other drugs
- Ensure Iowans receive substance abuse assessment and treatment when and where they need it
- Support addicted Iowans in their personal recovery efforts.

Did you know?

In Iowa, 50% of substance use disorder clients served reported alcohol as the most common primary substance used, followed by marijuana at 26.3%, and methamphetamine at 10.5%.
(Data Source: IDPH Central Data Repository, State Fiscal Year 2012)

Why is Substance Abuse Treatment important to promoting and protecting the health of Iowans?

- Substance use disorders and related problems are among society's most far-reaching health and social concerns. In the past year over 50,000 Iowans sought substance abuse assessment and treatment services through an IDPH-licensed program.
- According to the National Substance Abuse and Mental Health Services Administration, 90% of people in the U.S. who experience substance abuse problems and need treatment do not perceive the need for care.
- The National Survey on Drug Use and Health (2009) identified Iowa as one of 10 states with the highest reported binge drinking.
- In 2011, one-quarter of Iowa traffic fatalities (93) were alcohol or drug related (Governor's Traffic Safety Bureau).

Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

Strengthen the public health infrastructure

What do we do?

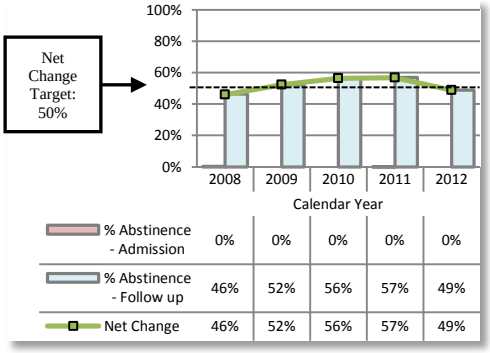
- Assessment and evaluation to determine the type of service and level of care needed.
- Residential treatment, halfway house, intensive and extended outpatient, and medication-assisted treatment, including through the Iowa Plan for Behavioral Health.
- Continuing care designed to transition from primary treatment to ongoing recovery. Culturally-specific treatment services through the Culturally Competent Treatment Project.
- Treatment and care coordination for individuals re-entering communities through the Jail-based Substance Abuse Treatment Project.
- Standardized collection of data from licensed providers to meet federal requirements, identify substance use trends and service needs, determine funding needs, and measure program performance.
- Recovery support services through the Access to Recovery (ATR) program.
- Service system improvement based in NIATx principles.
- Assure recovery-oriented system of care that welcomes and engages Iowans at any and all points in their personal recovery efforts.

How do we measure our progress?

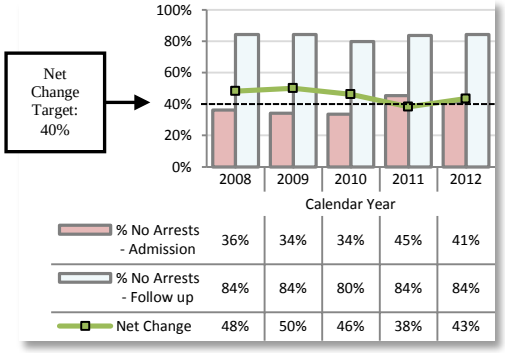
Outcomes: Six Month Follow Up

The Outcomes Monitoring System (OMS) was established in 1999 to systematically gather data and provide independent evaluation on substance abuse treatment outcomes in Iowa. Outcome data is collected from randomly selected clients who participated in substance abuse treatment in one of the 23 Iowa Department of Public Health-funded agencies approximately six months after discharge from treatment. Below is a sampling of the outcome data collected (Abstinence, Arrests in the past 30 days, and Employment status).

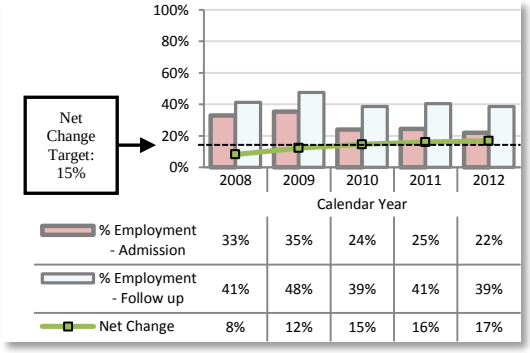
❶ Abstinence



❷ No arrests - past 30 days



❸ Employment



Data Source: State of Iowa Outcomes Monitoring System (Iowa Department of Public Health contract #5882NA01). Iowa Consortium for Substance Abuse Research and Evaluation. http://iconsortium.subst-abuse.uiowa.edu/

How are we doing? On average, since 2008, 50% of clients were abstinent 6 months post discharge.

How are we doing? On average, since 2008, less than 20% of clients have reported being arrested in the last 30 days (6 months post discharge) as compared to 60% at admission.

How are we doing? On average, since 2008, 40% of clients report being employed 6 months post discharge, an average of 15 percentage point improvement compared to employment status at admission.

What can Iowans do to help?

1. If you know someone who needs help with alcohol or drug problems, encourage them to call the Iowa Substance Abuse Information Center Helpline, 24 hours a day, 7 days a week, at 1-866-242-4111.
2. Learn about the dangers of addiction. For more information, go to www.drugfreeinfo.org.
3. Learn more about Access to Recovery by going to www.idph.state.ia.us/atr/ or calling 1-866-923-1085.
4. Learn more about Substance Abuse Treatment resources and services at www.idph.state.ia.us/bh/substance_abuse_treatment.asp.

Expenditures

State funds: General fund & Underground Storage Tank Fund (USTF) (2011 only), federal funds, & intra state receipts* (Depts. of Education, Human Rights, & Human Services, & Office of Drug Control Policy); State funds are used for a required maintenance of effort match for the Substance Abuse Prevention & Treatment Block Grant: K01-0101/0105; 0153-0102/ 0104/0116/0172 (70%)/0214 (50%)/0220

	State Fiscal Year 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Estimate
State funds	$16,930,273	$15,947,715	$15,891,057
Federal funds	$11,414,012	$10,916,286	$11,834,336
Other funds*	$182,703	$0	$0
Total funds	**$28,526,988**	**$26,864,001**	**$27,725,393**
FTEs	4.89	4.55	8.40

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

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