# Substance Abuse
## (Prevention, Treatment, & Recovery)

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

The Bureau of Substance Abuse supports the philosophy established by the Substance Abuse and Mental Health Services Administration (SAMHSA) which states:

*"Prevention Works, Treatment is Effective, and People do Recover"*

As champions for these efforts in Iowa, the Bureau of Substance Abuse works diligently to reduce misuse and abuse of alcohol and other drugs, ensure Iowans receive substance abuse assessment and treatment when and where they need it, and support addicted Iowans in their personal recovery efforts.

**Did you Know?** At least 72 health problems that require hospitalization are caused completely or in part by substance abuse with the top four being cardiovascular disorders, cirrhosis, cancer and unintentional injuries. 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%.

## Why is the Bureau of Substance Abuse 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 SAMHSA, the national Substance Abuse and Mental Health Services Administration, 90% of people in the U.S. who experience substance use problems and need treatment do not perceive the need for care.
- It costs every person in the U.S. nearly $1,000 each year for health care, law enforcement, motor vehicle crashes, crime, and lost productivity due to substance abuse.
- The 2011 National Survey on Drug Use and Health 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

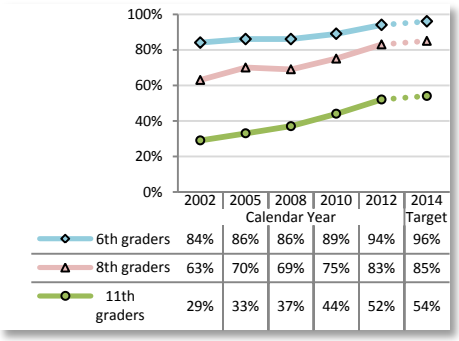
## What do we do?

- License and monitor approximately 120 substance abuse treatment programs.
- Ensure that a full continuum of substance abuse assessment and treatment services is available to residents of all 99 Iowa counties.
- Implement substance abuse programs that support our mission such as: Families in FOCUS adolescent treatment project; Iowa Rural Health Information Technology (IRHIT); Strategic Prevention Framework (SPF); Screening, Brief Intervention and Referral to Treatment (SBIRT) and Access to Recovery (ATR).
- Provide primary substance abuse prevention in all 99 counties, implement evidence-based and model programs, and collaborate and coordinate with substance abuse providers and community partners.
- Conduct the Iowa Youth Survey that measures attitudes and experiences of 6th, 8th and 11th graders regarding alcohol and other drug use and violence, and their perception of peer, family, school and community environments.
- Ensure a 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?

### Prevention Data

**Percent of Iowa students (grades 6, 8, & 11 combined) who have never used alcohol**

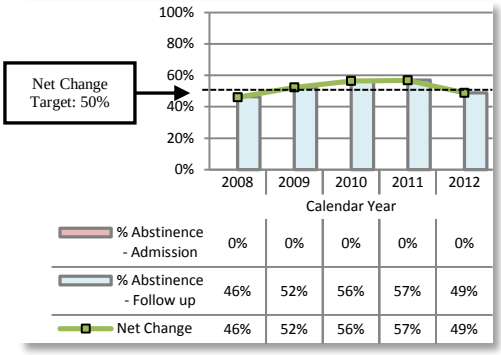



Data Source: Iowa Youth Survey. Data is available every two years.

**How are we doing?** 2012 numbers exceeded the targets in all three grades surveyed.

### Treatment Data

**Abstinence at 6 month follow-up compared to admission**

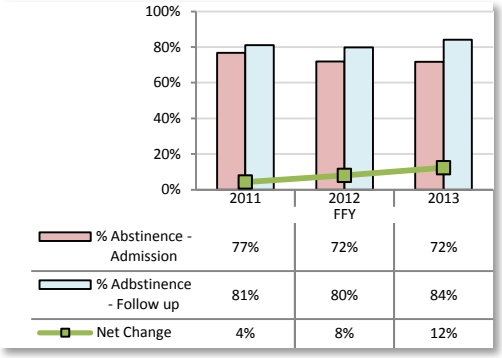



Data Source: State of Iowa Outcomes Monitoring System

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

### Recovery Data

**Did not use alcohol or drugs at 6 month follow-up compared to admission**




Data Source: ATR Services Accountability Improvement System

**How are we doing?** Since first receiving the ATR grant in 2007, Iowa has continued to show an increase in abstinence rates.

## What can Iowans do to help?

1. If you know someone who needs help with alcohol or drug problems, encourage them to call the IDPH Iowa Substance Abuse Information Center Helpline, 24 hours a day, 7 days a week, at 1-866-242-4111.
2. To learn more about Substance Abuse Prevention efforts in Iowa, go to www.idph.state.ia.us/bh/substance_abuse_prevention.asp.
3. To learn more about Substance Abuse Treatment Services in Iowa, go to www.idph.state.ia.us/bh/substance_abuse.asp.
4. To learn more about Recovery Support Services, go to www.idph.state.ia.us/atr/.
5. To find out more about bullying and suicide prevention, go to www.yourlifeiowa.org.
6. Learn about the dangers of addiction. For more information, go to www.drugfreeinfo.org.

## 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: K01-0101/0105/0151/0154/0169/0171/0173; 0153-0102/0104/0116/0130/0132/0152/0156/0166/0176/0214/0218/0220/1968

| | State Fiscal Year 2012 Actual | State Fiscal Year 2013 Actual | State Fiscal Year 2014 Estimate |
|---|---|---|---|
| State funds | $17,170,801 | $17,444,321 | $18,903,715 |
| Federal funds | $20,271,200 | $22,742,249 | $21,535,398 |
| Other funds* | $726,160 | $811,719 | $871,957 |
| **Total funds** | **$38,168,161** | **$40,998,289** | **$41,311,070** |
| FTEs | 18.81 | 18.27 | 20.20 |

**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.


Iowa Department of Public Health ◇ Division of Behavioral Health ◇ Bureau of Substance Abuse

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