



# A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

## STAFF SPOTLIGHT: MEGAN HARTWIG

### INSIDE THIS ISSUE:

STAFF SPOTLIGHT 1

DIRECTOR'S CORNER 1

DIVISION UPDATES 2

RELATED NEWS 3

TRAININGS AND CONFERENCES 4



**Megan Hartwig is IDPH's Brain Injury Program Manager.** Megan joined IDPH in 2010 after serving as Executive Director of New Horizons Adult Day Center in Ankeny. Megan's experiences at New Horizons, particularly its day program for young adults with brain injury, helped prepare her for her position at IDPH.

Megan's responsibilities as Brain Injury Program Manager include staffing the Governor's Advisory Council on Brain Injuries, oversight of

Brain Injury Services contracts, administration of the federal Health Resources Services Administration (HRSA) Traumatic Brain Injury (TBI) Implementation grant, and oversight of the TBI registry process which sends letters out each quarter to Iowans who have been admitted to the emergency room or hospital with a TBI, informing them of available resources, services, and supports.

Megan was co-chair of the Brain Injury workgroup convened as part of Iowa's Mental Health and Disabilities Services Redesign. She also participates in the Falls Prevention Coalition and the Service Member, Veterans and Family Policy Academy.

The most fulfilling part of Megan's job is connecting survivors of brain injury to services here in Iowa.

Megan would like to highlight the need to practice brain injury prevention and says there are **simple things we all can do to help save our brains:**

- **Wear a helmet** every time you ride a bike, motorcycle, scooter, ATV or other recreational vehicle.
- Always **wear your seatbelt.**
- **Don't drive distractedly** – don't text and only talk on your cell phone with a hands-free device.
- And, **if you hit your head, get it checked out** – a concussion is a brain injury!

### IOWA DEPARTMENT OF PUBLIC HEALTH

### DIVISION OF BEHAVIORAL HEALTH

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Kathy Stone is Director of the Division of Behavioral Health

## DIRECTOR'S CORNER

Hello. See page 2 for info on a ROSC learning community IDPH has joined. ROSC principles are a key element of our *Strategic Plan for Substance Abuse and Problem Gambling Prevention, Treatment, and Recovery Support: 2011-2014*. (The [full document](#), including feedback from many of you, is available by clicking the link above.)

Another key element of the plan is workforce, including practitioner credentialing. We did some fact-finding on the subject by talking with IDPH staff who work with the social work and behavioral science professional licensure boards. We also participated in related discussions led by the Iowa Behavioral Health

Association and the Iowa Board of Certification over the past several months.

While any transition from the current counselor certification process to a professional licensure model is up to substance abuse professionals themselves to decide, there are several reasons such discussions are taking place:

1. Current healthcare reform language doesn't speak clearly about recognition of *certified* healthcare professionals as opposed to *licensed* professionals.
2. Certified counselors can bill Medicaid now thanks to the *waiver that supports the Iowa Plan* -- which is scheduled for renewal in 2015. It's not known if that

same waiver will be available or requested.

3. Insurance companies are moving away from *agency* contracts to contracts with *individual licensed staff* within an agency.
4. Substance abuse counselors deserve the same level of recognition as other behavioral health professionals but may not be recognized because of lack of understanding of their credential.

Think about it and be prepared to provide input! Thanks, Kathy

**October is Breast Cancer Awareness Month.** Go to [www.cancer.org/fightbreastcancer](http://www.cancer.org/fightbreastcancer) for information and resources.

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### IDPH Receives SBIRT Grant

We told you in July that IDPH had been notified of a five-year \$7.5 million dollar SBIRT grant from the U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA). Here are the details!

SBIRT (Screening, Brief Intervention, and Referral to Treatment) will expand the capacity for local community health centers and the Iowa National Guard to screen for substance use problems, provide secondary prevention and early intervention, and make referrals to treatment for people at a higher risk for substance use disorders.

"SBIRT's goal is to reduce substance abuse, the number one most preventable health problem", said **SBIRT Coordinator Michele Tilotta**. "Through the screening process, those identified as hazardous drinkers can be offered advice and encouragement to rethink their drinking and seek treatment, if needed." SBIRT promotes safer drinking patterns in general and abstinence where indicated, based on the premise that such changes help prevent future alcohol-related negative consequences, including medical, social, psychological, and legal problems.

For more information about SBIRT, contact Michele Tilotta at [michele.tilotta@idph.iowa.gov](mailto:michele.tilotta@idph.iowa.gov).

### Prevention Conference

The **2012 Iowa Prevention Conference** will be held **November 1** at the Veterans Memorial - Community Choice Credit Union Convention Center in Des Moines.

This year's keynote speakers include:

- **Dr. Michael Compton** - principles common to both substance abuse prevention and mental health promotion and how prevention professionals can align efforts
- **Dr. Thomas Workman** - thinking beyond traditional approaches to prevention: new technologies, new partners, and new ways of engaging community members.

Other workshop topics include:

- the Adverse Childhood Experience Study (ACES)
- cultural competency
- environmental strategies
- prescription drug abuse
- problem gambling
- sustainability
- and much more.

For more information on the 2012 Prevention Conference and to register, go to [www.trainingresources.org](http://www.trainingresources.org).

### I-SMART Help Desk

**Elizabeth Schaller** now coordinates the I-SMART Help Desk, taking over from Lonnie Cleland who has provided help desk assistance and training since I-SMART's inception in 2004. (Lonnie now leads the Division's disabilities and health grant discussed on page 3.)

Elizabeth can be contacted at [elizabeth.schaller@idph.iowa.gov](mailto:elizabeth.schaller@idph.iowa.gov) or at 515-282-4643.

### ROSC Update

As discussed in previous newsletters, in 2009, the IDPH Division of Behavioral Health initiated a transition to a comprehensive and integrated **resiliency- and recovery-oriented system of care (ROSC)** for addictive disorders, built on coordination and collaboration across substance abuse and problem gambling prevention and treatment.

This summer, IDPH was invited to participate in a **ROSC learning community** led by the Office of National Drug Control Policy and the Great Lakes Addiction Technology Transfer Center. Iowa's team will use the learning community approach to take inventory of ROSC efforts to-date, seek additional stakeholder input, and review and revise the objectives, goals, and timeline of the Division's draft strategic plan.

For more information, contact **Eric Preuss** at [eric.preuss@idph.iowa.gov](mailto:eric.preuss@idph.iowa.gov) or at 515-242-6514.

### IDPH Receives Grant to Improve Rural Substance Abuse Treatment

IDPH has received a three-year \$838,000 grant to improve accessibility to substance abuse treatment services for rural adult Iowans. This grant from SAMHSA (the Substance Abuse and Mental Health Services Administration) will allow rural residents to access treatment plans and group therapy and treatment satisfaction tools online and to chat with counselors in real time over the Internet. It will also give clients and family members access to an online library of resources related to substance use disorder education and treatment.

The **Iowa Recovery Health Information Technology (IRHIT)** project will be implemented at 23 IDPH-funded treatment agencies over the next three years. It will draw from and build on the strong "distance treatment" base established by IDPH's problem gambling treatment program and funded providers.

To learn more about IDPH's substance abuse treatment and recovery programs, go to [www.idph.state.ia.us/bh/substance\\_abuse.asp](http://www.idph.state.ia.us/bh/substance_abuse.asp).

### Iowa Youth Survey

The 2012 Iowa Youth Survey (IYS) is "live"! So far, 272 public and non-public school districts in Iowa have registered to administer the survey to their students in grades 6, 8, and 11. The IYS is conducted every two years. This year, the survey runs from September 24 through November 2.

With questions on topics such as substance use, bullying, school safety, community and parental supports, and perceptions of risk and harm, survey data will be used by policy-makers at all levels to understand youth perceptions and concerns and guide decision-making on prevention and service activities.

Past survey reports and current training materials can be found at the new **Iowa Youth Survey website** at [www.iowayouthsurvey.iowa.gov](http://www.iowayouthsurvey.iowa.gov).

## RELATED NEWS



## Meet Sergeant Shaun Myers

Sergeant Shaun Myers is the *Joint Substance Abuse Prevention Coordinator for the Iowa National Guard*. Effective October 1, 2011, Iowa and 26 other states, were provided funding by the National Guard Bureau (NGB) to start a program known as **Prevention, Treatment and Outreach (PT&O)**. Previously, 28 states incorporated PT&O into their ranks, generally with great success.

The PT&O program is built on three “pillars”: Prevention Education, Treatment Referrals, and Outreach.

- **Pillar One - Prevention Education** raises awareness about drug and alcohol issues, helps soldiers/ airmen self-identify potential substance abuse problems, and encourages getting help before getting caught.
- **Pillar Two - Treatment Referrals** is where the program will make the biggest impact on individual soldiers or airmen through connections with community-based substance abuse, mental health, and other organizations that can provide services to members in the rehabilitation process. SSG Myers’ goal is to link members with the services that best fit their needs and assist with alternate payment options for those who qualify. Pillar Two also includes follow-up care and peer-to-peer support. No soldier or airman will be alone during aftercare recovery.

- **Pillar Three - Outreach** builds and sustains partnerships with local, state and national organizations to bring the most up-to-date information and best treatment options to our fighting force. In addition, Pillar Three is where PT&O extends a hand to military family members and to current or prior service members of all branches within the state.

If in need of PT&O services or to set up a meeting with SSG Myers, contact him at [shaun.myers@us.army.mil](mailto:shaun.myers@us.army.mil) or at 515-252-4029.

## IDPH Receives Grant to Improve the Health of Iowans with Disabilities

IDPH has been awarded a three-year, \$900,000 grant from the Centers for Disease Control and Prevention (CDC). Iowa is one of 18 states selected to receive the **Improving the Health of People with Disabilities through State-Based Public Health Programs** grant. IDPH will work with local public health and the University of Iowa Center for Disabilities and Development to reduce health disparities for Iowans with disabilities.

About 38% of people with disabilities rank their general health as fair to poor. This compares to only 6% of those without disabilities. “The purpose of the grant is to promote and maximize health, prevent chronic disease, and improve the quality of life among Iowans with disabilities,” said IDPH project director **Lonnie Cleland**. “With our partners, we will assess barriers and improve access to health promotion programming for persons with disabilities.” Access to spiritual, recreational, community, and civic activities will also be considered.

For more information about the Disability and Health program, visit [www.idph.state.ia.us/bh/disability\\_health.asp](http://www.idph.state.ia.us/bh/disability_health.asp).

**Iowa Substance Abuse Information Center**  
Go to [www.DrugFreeInfo.org](http://www.DrugFreeInfo.org)  
or call 1-866-242-4111.

## Fast Facts from the Consortium

### Addressing Substance Abuse and Violence in Substance Use Disorder Treatment and Batterer Intervention Programs

In this study, researchers surveyed directors of a sample of substance use disorder treatment programs and batterer intervention programs in California, in order to assess the degree to which substance use programs address intimate partner violence and batterer programs attend to substance use.

Findings indicated that, in general, substance use programs are not tackling co-occurring intimate partner violence in a comprehensive fashion. Obstacles to the provision of additional services were:

- lack of reimbursement for the assistance,
- lack of staff training in the area of violence,
- and the fact that violence was not part of the treatment program’s mission.

In contrast, many of the batterer programs seemed to offer an organized approach to substance abuse treatment, tending to require clients’ substance use issues to be assessed, monitored and tracked.

Conclusions indicated that due to the interrelatedness of substance use and intimate partner violence, policy change is needed to address barriers to linking services and treatment options.

Timko C, Valenstein H, Lin PY, Moos RH, Stuart GL and Cronkite RC *Substance Abuse Treatment, Prevention, and Policy* 2012, 7:37 (7 September 2012)

For the full article, go to [www.substanceabusepolicy.com](http://www.substanceabusepolicy.com).

Watch for more “fast facts” from the **Iowa Consortium for Substance Abuse Research and Evaluation** at the University of Iowa.

## ATR Incentives

When federal grants have unexpended funds remaining at the end of the year, grantees like IDPH may submit a carryover request to the funder asking for approval to “carryover” and use the funding in the following year. Generally, a budget is required as part of the carryover request, specifying how the funds will be expended.

For the **Access to Recovery** program, IDPH’s carryover requests have sought approval to direct a significant portion of unspent funds to provider incentives. This has also been the practice when IDPH itself has received incentive funding, as happened earlier this year when IDPH received \$161,000 from SAMHSA for exceeding established performance measures.

In this year’s ATR carryover request, IDPH asked for approval to pay a financial incentive to ATR providers that admitted at least 90% of their admission cap and had a GPRA follow-up rate of at least 80%. Nine providers met this criteria:

- **Alcohol and Drug Dependency Services** (ADDS) - Burlington
- **Area Substance Abuse Council** (ASAC) - Cedar Rapids
- **Center for Alcohol and Drug Services** (CADS) - Davenport
- **Center for Behavioral Health** (CBH) - Des Moines
- **Employee and Family Resources** (EFR) - Des Moines
- **First Resources** - Ottumwa
- **Jackson Recovery Services** - Sioux City
- **Living Recovery** - Des Moines
- **New Opportunities** - Carroll

Congratulations and thank you to all of these providers!

## Collaborating for Healthier Children, Stronger Families, and Safer Communities

The **9<sup>th</sup> Annual National Drug Endangered Children Conference** (DEC) will be held at the Des Moines

Marriott Downtown October 23-25. The Iowa Alliance for Drug Endangered Children and the Governor’s Office of Drug Control Policy will co-host the conference with the National Alliance for Drug Endangered Children.

The DEC conference is intended for both professionals and volunteers from across the nation who work with drug endangered children and their families, including those from child development, child abuse prevention, corrections, education, healthcare, human services, law enforcement, mental health, prosecution, and substance abuse prevention and treatment. Attendees will learn about the latest research and best practice strategies to protect drug endangered children and take that knowledge back to their communities.

An addition to this year’s conference will be the **Healthy Families 5K Fun Run/Walk**, held the evening of October 23. Registration for the 5K, which is non-timed and non-competitive, is separate from conference registration.

The conference will also feature a **reception and silent auction** on October 24 with proceeds going to support scholarships to future DEC trainings and conferences. Donations for the silent auction are being accepted. If you’d like to donate, **contact Becky Swift** at [becky.dec2012@hotmail.com](mailto:becky.dec2012@hotmail.com) or at 515-491-5182.

To learn more about the conference, go to [www.nationaldec-conference.org](http://www.nationaldec-conference.org).



\*\*\* **IN THE NEWS** \*\*\*  
We’ll use this new feature to share links to articles.

**Lack of Zzzs May Lead to Mid-Week Meltdown** (Today):

<http://tinyurl.com/8jbx7h7>

**Who’s Molly? Hip-hop’s Newest Designer Drug** (NBC):

<http://tinyurl.com/8pcspr8>

**Celebrity Heart Attack Highlights Women’s Unique Symptoms** (IDPH):

<http://tinyurl.com/9npdamv>

**Prescription Drug Abuse Drops Among Young Adults** (US News):

<http://tinyurl.com/bq76jma>

**Extra Steps Urged to Cut Substance Use in the Military** (US News):

<http://tinyurl.com/d8t739w>

## TRAININGS AND CONFERENCES

**2012 Mental Health Conference**

October 9-10

Ames - Scheman Conference Center

[www.trainingresources.org](http://www.trainingresources.org)

**2012 Drug Endangered Children Conference**

October 23-25

Des Moines - Marriott Downtown

[www.nationaldec-conference.org](http://www.nationaldec-conference.org)

**2012 Iowa Prevention Conference**

November 1

Des Moines - Community Choice

Credit Union Convention Center

[www.trainingresources.org](http://www.trainingresources.org)

**Ethics, DSM V: Overview and Diagnosing for Substance Abuse Counselors**

November 15

Marshalltown - Regency Best Western

Register by November 1 by calling

641-725-5421.

**Training Without Travel**

Check out the online training courses available at

[www.trainingresources.org](http://www.trainingresources.org).

For more information about the Division of Behavioral Health, visit

[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

For questions related to “A Matter of Substance,” contact the editors:

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