



A MATTER OF SUBSTANCE

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STAFF SPOTLIGHT: OUSMANE DIALLO

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Dr. Ousmane Diallo is the epidemiologist for Division of Behavioral Health brain injury, disability, injury and substance abuse services.

Dr. Diallo was an MD in his home country of Senegal in West Africa. After coming to the United States and earning a Masters in Public Health from Saint Louis University in Missouri in 2004, Dr. Diallo was awarded a fellowship

from the Association of the Schools of Public Health to support the IDPH Center for Disaster Operations and Response in preparing for and responding to the psychological effects of bioterrorism. At the completion of his two-year fellowship, Dr. Diallo joined the Behavioral Health Division where he provides epidemiological support to Division programs through:

- surveillance of substance use problems and consequences,
- assessment and reporting of traumatic brain injury in Iowa,
- evaluation of State efforts to improve the health and reduce health disparities of persons with disabilities
- acting as a resource on injury prevention and chronic disease.

Dr. Diallo currently serves as chair of the Strategic Prevention Framework State Incentive Grant's State Epidemiological Workgroup. In this role he works with stakeholders at both the State and local levels, including direct support to local epidemiological workgroups, to better understand the impact of substance use problems in Iowa counties.

In his spare time, Dr. Diallo enjoys the beauty of the Iowa outdoors, and is impressed with Iowa's agricultural and land conservation achievements. He hopes that one day, he will be able to take back to his native country what he has learned in Iowa; most notably its motto: "*Our Liberties We Prize and Our Rights We Will Maintain.*"

IOWA DEPARTMENT OF PUBLIC HEALTH

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Kathy Stone is Director of the
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DIRECTOR'S CORNER

Top 7 things I learned at the Governor's Conference on Substance Abuse:

7. The future is full of opportunities, challenges, and acronyms! (ACA, ACO, EHB, MHPAEA, ...)
6. Good conferences rely on expert organizers like:
 - IBHA/Training Resources
 - Mid-American ATTC
 - Midwest Counter Drug Task Force.
5. SAMHSA CSAT Director Dr. Westley Clark covers a lot of territory in a short time, whether making a keynote presentation or visiting local programs! Thank you to the following for hosting SBIRT visits:
 - House of Mercy
 - MECCA
 - National Guard
 - Primary Health Care
 - United Community Services
 - 4. The Mitchell County "Little Coalition that Could" really did -- and still does!
 - 3. The people who work in this field are terrific! Congratulations to those recognized this year for their contributions:
 - Joan Discher/Magellan (retired)
 - Lisa Guest/SIEDA
 - Lavonne Johnson/ASAC
 - Representative Mark Smith/SATUCI
 - Kiwanis

And thanks to First Lady Chris Branstad for presiding.

2. I never suffered all the consequences I could have for things I've done so I should show mercy to those who are facing consequences now. (OK, Scott Breedlove said that way better in his closing Life Lessons keynote presentation but you get the drift!)
1. Governor's Conference is still the best place I know to reconnect with friends and colleagues each year!

I learned much more but don't have room to list everything! Hope to see you next year. Thanks, Kathy

DIVISION OF BEHAVIORAL HEALTH UPDATES

Congratulations!

Janelle Tomoson, *Jackson Recovery Centers* in Sioux City, is one of 18 women nationwide selected to participate in the **2013 Women's Addiction Services Leadership Institute**, sponsored by the SAMHSA Center for Substance Treatment. As a member of the institute, Janelle will receive an individual leadership assessment, participate in a 4-day immersion program with individual coaching and development of a learning plan, and be part of a 2-day enhancement training and ongoing involvement in the Women's Addiction Services Leadership Network.

Janelle has been in the substance abuse field for 21 years, starting with the Boys and Girls Home in Sioux City where she spent 12 years in various roles in their adolescent residential treatment program. For the past nine years, Janelle has worked at Jackson with a focus on serving women with addiction and co-occurring disorders. When asked, Janelle said she loves the vision and mission of Jackson and appreciates the opportunities she's been given during her employment.

Iowa Youth Survey Update

The Iowa Youth Survey was administered in the fall of 2012 to over 70,000 students in grades 6, 8, and 11 from 255 public and 21 non-public school districts. **The 2012 state level report is now available online.** County level reports are being uploaded and school district superintendents should receive links to their individual reports very soon.

When compared to the 2010 survey, the overall use of alcohol, tobacco and marijuana has decreased, with the greatest decrease shown in alcohol use. Current use of alcohol by students was reported at 17% in 2010 and at 13% in 2012. Students reporting they had ever used alcohol dropped by 9%. All reports for the IYS can be found on the [new](#) web link www.iowayouthsurvey.iowa.gov. The IYS is conducted every two years with the next survey planned for fall 2014.

UNI Bystander Certification

The University of Northern Iowa is developing a certificate program for future Iowa school leaders to **reduce bullying and gender-based violence** in schools. This innovative program, sponsored by the **Center for Violence Prevention**, is a cross-disciplinary certification for undergraduates in teacher education, school administration and social/behavioral sciences, based on the **Mentors in Violence Prevention (MVP)** bystander education program developed by Jackson Katz.

UNI's program has the potential to positively impact prevention of sexual violence in Iowa. In an age of shrinking funding and with data telling us that 1 in 50 Iowa girls ages 13-17 experience some form of sexual violence each year, broad-reaching strategies are needed, particularly when they engage youth and develop leadership skills.

UNI anticipates 25-40 students will enroll in the MVP certificate program, with the first group expected to graduate in 2014. If these students implement MVP in their communities, they could reach 21,500 youth.

The Center for Violence Prevention has trained over 85 school and university professionals in the MVP model. One school reported an 83% reduction in building referrals following MVP implementation and the number of students receiving three or more discipline referrals for bullying was reduced by 60% over a 3-year period.

For more information, contact Dr. Alan Heisterkamp at alan.heisterkamp@uni.edu.

National Prescription Drug Take-Back Day

On April 27, organizations across Iowa will give the public a sixth opportunity in three years to reduce prescription theft and misuse by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

The **National Prescription Drug Take-Back initiative** addresses a vital public safety and public health issue. Medicines in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from home medicine cabinets. In addition, we now know that the usual methods for disposing of unused medicines — flushing them down the toilet or throwing them in the trash — pose potential safety and health hazards.

To find a "Take-Back" event happening in your community, go to www.deadiversion.usdoj.gov/drug_disposal/takeback/.

Governor's Conference Sponsors

Big thanks to our Governor's Conference on Substance Abuse exhibitors:

- Beaverdale Books
- Community and Family Resources
- Community NeuroRehabilitation of IA
- Dominion Diagnostics
- Family Planning Council of IA
- Foothold Technology
- Hazelden
- IA Board of Certification
- IA Consortium for Substance Abuse Research and Evaluation
- IA Region for Narcotics Anonymous
- IA Substance Abuse Information Center
- IA Substance Abuse Supervisors Assn
- Jackson Recovery Centers
- Keystone Treatment and Outreach
- Magellan Health Services
- MECCA Problem Gambling Services
- Mid-American Addiction Technology Transfer Center
- Midwest Counter Drug Task Force
- National Alliance on Mental Illness-IA
- Powell Chemical Dependency Center
- Prevention Research Institute
- Project Turnabout
- Rock in Prevention, Inc.
- Sterling Reference Labs
- VisionWorks Software
- Your Life IA - Boys Town
- Youth & Shelter Services
- YWCA of Fort Dodge

RELATED NEWS

Recovery and Wellness

Did you know that *people with substance-related disorders die decades earlier than the general population due to preventable medical conditions such as diabetes and cardiovascular, respiratory, and infectious diseases?*

In 2011, SAMHSA and the [U.S. Food and Drug Administration Office of Women's Health](#) launched the first [National Wellness Week](#) as part of [SAMHSA's National Recovery Month](#). National Wellness Week takes place during the third week of September.

Through its wellness initiative and during [National Wellness Week](#), SAMHSA hopes to inspire individuals, families, providers, and community organizations to support resiliency and recovery by also supporting overall health through actions built around the [Eight Dimensions of Wellness](#).

For more information, go to [Wellness Initiative Homepage](#) and watch for information on related IDPH activities in future newsletters.

Alcohol Awareness Month

Since 1987, the National Council on Alcoholism and Drug Dependence (NCADD) has sponsored **Alcohol Awareness Month** to increase public understanding of alcohol-related issues and to encourage local communities to focus on related education and action.

This year, Governor Branstad has issued a proclamation recognizing April as Alcohol Awareness Month in Iowa. Each week, a joint effort led by the **Iowa Alcoholic Beverages Division** (ABD) that includes **IDPH**, the **Department of Public Safety**, and the **Office of Drug Control Policy**, will focus on a different alcohol awareness theme. Watch for press releases each Wednesday and social media posts about resources, data, and materials.

For more information, go to www.ncadd.org or <http://iowaabd.com/>.

An excerpt from the first press release:

ALCOHOL, PROMS & GRADUATION DON'T MIX

High school prom and graduation are just around the corner. Alcohol Awareness Month is observed in April partially because it marks the beginning of the prom and graduation season, when celebrations can turn dangerous for underage drinkers. The Iowa Alcoholic Beverages Division (ABD) is joining other organizations to observe April as Alcohol Awareness Month.

Each year across the United States, hundreds of teens are killed or injured in alcohol-related accidents connected with prom and graduation night celebrations. More than one third of youth killed in alcohol related traffic accidents occur during April, May and June, according to the National Highway Traffic and Safety Administration (NHTSA).

ABD Administrator Stephen Larson said, "Unfortunately, these milestone occasions sometimes involve underage drinking, which can result in tragedy. We encourage Iowans to keep the lines of communication open when talking with youth about the dangers and consequences of alcohol abuse."

Parents and kids are talking more than ever about underage consumption and alcohol misuse. Nearly half of parents say they have spoken to their 10-18 year old child at least four times in the past year about the dangers of underage drinking, according to The Century Council. Most youth aged 10-18 report that their parents have the greatest influence on whether or not they chose to consume alcohol. However, 65 percent of youth say they obtain alcohol from friends and family and 43 percent of youth report that they drink at home when their parents are present.

The ABD encourages parents, teachers, health care providers and community members to begin a conversation with youth about the harms of alcohol. Here are some tips that can help parents make a child's prom and graduation experience a safer one:

- Make sure your teen has a plan for the evening and that you know the plan.
- Know all of the "hot spot" destinations, including online ones!
- Take an inventory of the alcohol in your home and secure it if needed.
- Know who is driving. If there is a rented limo, make sure they have a policy not to allow alcohol in the vehicle.
- Discuss the school's rules with your teen and the consequences for violating them.
- Encourage seatbelt use.
- Do not rent hotel rooms for party-goers.
- Communicate with other parents and school officials.

Fast Facts
from the Consortium

In 2010, 2 million American children had a parent in active military duty. A new Consortium study suggests deployment of a parent puts these children at an increased risk for drinking alcohol and using drugs.

Using data from a statewide survey of sixth-, eighth-, and 11th-grade students in Iowa (Iowa Youth Survey), the researchers found an increase in 30-day alcohol use, binge drinking, using marijuana and other illegal drugs, and misusing prescription drugs among children of deployed or recently returned military parents compared to children in non-military families. This amplified risk was consistent across all ages.

"We worry a lot about the service men and women and we sometimes forget that they are not the only ones put into harm's way by deployment — their families are affected too", says Stephan Arndt, Consortium Director.

Students were asked if they had a parent in the military and about the parent's deployment status. The study focused analysis on the 59,395 responses that indicated a parent in the military, either deployed (775, 1.3 percent) or recently returned (983, 1.7 percent), or not in the military (57,637, 97 percent).

The study showed rates for drinking alcohol in the past 30 days were 7 to 9 percentage points higher for children of deployed or recently returned parents across all grades, while rates for binge drinking (having had five or more drinks of alcohol in a row) were 5 to 8 percentage points higher for children of deployed parents across all grades.

Several departments at the University of Iowa took part in this study.

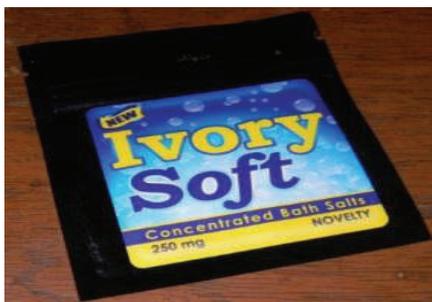
Watch for more "fast facts" from the **Iowa Consortium for Substance Abuse Research and Evaluation** at the University of Iowa.

Signs an Iowa Retail Outlet May Sell “Synthetic Drugs”

There are two primary categories of synthetic drug products: **synthetic cannabinoids** like K2, incense or fake weed (hallucinogens that often look and act like marijuana);



and **synthetic cathinones**, like bath salts (stimulants that often look and act like powdered cocaine).



While most Iowa retail outlets do not sell synthetic drugs, those that do are often smaller convenience or novelty stores that also sell alcohol beverages, tobacco products and lottery tickets.

Product Appearances:

- Exotic brand names
- Small colorful individual packages (weighing an average of 3 grams)
- Disclaimer saying not for human consumption

Sales Techniques:

- Use of code words or signals
- Paraphernalia on display for sale (lighters, pipes, wrapping papers)

If you see suspicious activity related to synthetic drugs, call local law enforcement or the Department of Public Safety Drug Hotline: 1-800-532-0052.

Save the Date

“*Hanging out or hooking up?*”, a conference on adolescent relationship

abuse will be offered in Des Moines on June 10 from 9:30 a.m. - 4:00 p.m. Intended for health providers and community professionals, the conference will introduce guidelines for intervening in dating violence among teens. Watch for information at www.fpcouncil.com or contact Binnie LeHew at vivian.lehew@idph.iowa.gov.

New Website for Youth

IDPH has partnered with Iowa State University Extension and Outreach to launch a blog-style website for Iowa teens focusing on a variety of health issues. At www.IAMincontrol.org (Iowa Adolescents Making Choices to Control Their Future), teens can find helpful resources to make healthy choices about alcohol, tobacco and drugs; body image; bullying and suicide; fitness and nutrition; life skills; social circle; and teen pregnancy and sexual health.

“The exciting part of this website is the interactive features,” said IDPH Community Health Consultant Mary Greene. “A teen counselor is available by phone 24 hours a day, seven days a week and there’s also a counselor available through a live online chat weekdays from 8 a.m. to 8 p.m.”

Technical Assistance - Multi-Occurring Services

Through a continuing contract with the Iowa Department of Human Services, Drs. Ken Minkoff and Christie Cline can provide in-person technical assistance to build agencies’ capacity to serve Iowans with multi-occurring mental health, substance abuse, and intellectual/developmental disabilities. Available dates: April 30 and May 1, 3.

For more information, contact Mary Mohrhauser/DHS at 515-242-5881.

IN THE NEWS

Occasional Use of Marijuana Ups College Dropout Risk -

<http://tinyurl.com/cbdr42z>

Drug Overdose Fatalities Continue to Rise -

<http://tinyurl.com/dyw4cn2>

Adults with Substance Abuse Disorder or Mental Illness Smoke 40% of Cigarettes -

<http://tinyurl.com/ctamlts>

Study Finds Underage Drinkers Prefer Top Alcohol Brands -

<http://tinyurl.com/cpxxy6b>

Iowa Finds Ways to Keep Ahead of Synthetic Marijuana Makers -

<http://tinyurl.com/d23fhpc>

Parental Deployment Ups the Risk of Child Substance Abuse -

<http://tinyurl.com/c2ydi9v>

TRAININGS AND CONFERENCES

Ethical Considerations for Recovery Coaches

April 29-30. Clive - Country Inn & Suites. For more information, go to the Training Resources website at www.trainingresources.org.

Risky Business Conference

April 30. Ames - Scheman Building, Iowa State University. For more information, go to www.yss.ames.ia.us/en/events/risky_business/

SAVE THE DATE

2013 Mental Health Conference

October 1-2. Altoona. For more information, watch the Training Resources website at www.trainingresources.org.

Training Without Travel

Check out the online training courses available at www.trainingresources.org.

For more information about the Division of Behavioral Health, visit

www.idph.state.ia.us/bh

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

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