



# A MATTER OF SUBSTANCE: AT-A-GLANCE

DECEMBER 2013

A PUBLICATION OF IDPH  
DIVISION OF BEHAVIORAL HEALTH

## DIVISION QUICK FACTS

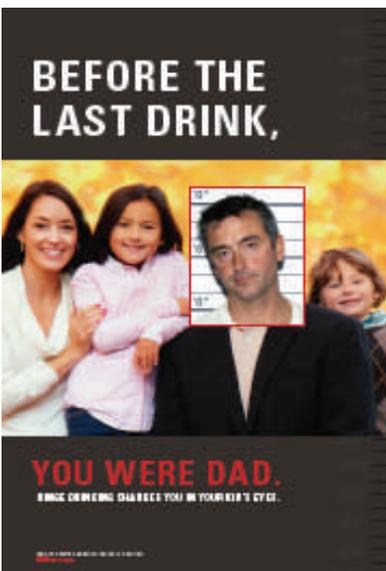
### Operation Immersion Conducted:

On November 5-6, the IDPH Division of Behavioral Health **Access to Recovery** program partnered with the **Iowa Army National Guard (IANG)** at Camp Dodge to conduct **Operation Immersion** -- a unique opportunity to learn about military-related behavioral health issues and experience a few aspects of Guard life. This training experience was for substance use disorder, behavioral health, and primary care providers seeking to expand their understanding of military culture and the challenges and impact of deployment and combat on Guard members and their families. The 47 attendees heard presentations on a wide range of topics such as: military culture, including the Soldier's Creed and a flag ceremony; Post-Traumatic Stress Disorder (PTSD); sexual assault; substance abuse and mental health; suicide; and Traumatic Brain Injury (TBI). In addition to the presentations, attendees were privileged to hear about deployment experiences directly from soldiers and family members. They were also able to participate in fitness and military preparedness training, modeled after the training Guard members receive. A special thank you to **IANG LTC Kruse** (pictured) and **SSG Myers** for making it all happen!



### Strategic Prevention Framework No-Cost Regional Trainings:

IDPH is hosting a series of regional trainings on application of the Strategic Prevention Framework (SPF), the five-step planning process that can be used to address substance abuse related issues. The regional trainings will focus on advanced learning in applying the SPF in communities and on expanding use of the SPF approach throughout substance abuse prevention services. The trainings will be conducted the first two weeks of December in Marion, Mason City, Moravia, and Sioux City. There is no cost to attend and substance abuse CEUs will be available. To register, go to [www.trainingresources.org](http://www.trainingresources.org).



### Binge and Underage Drinking Prevention Materials Available:

IDPH will soon disseminate a new component of the Strategic Prevention Framework (SPF) binge drinking prevention campaign. **"Changes You"** targets adults ages 25-44 by focusing on how binge drinking can change the way a parent is viewed by their child. The campaign will be disseminated over the winter holiday months through television, radio, and social media. SPF also continues to fund the **"Stay Classy"** binge drinking prevention campaign that focuses on young adults ages 18-24. (See page 2 for examples of the "Stay Classy" campaign and the **"What Do You Lose?"** underage drinking prevention campaign.) Currently, SPF-funded prevention agencies use all three campaigns to reduce drinking-related problems in their counties but the materials are available to other organizations for other substance abuse prevention efforts. For more information about the campaigns or to use campaign materials, contact Julie Hibben at [julie.hibben@idph.iowa.gov](mailto:julie.hibben@idph.iowa.gov).

## UPCOMING EVENTS

### Advancing the Strategic Prevention Framework in Iowa

- December 2 - **Moravia**
- December 4 - **Mason City**
- December 5 - **Sioux City**
- December 9 - **Marion**

For more information, go to [www.trainingresources.org](http://www.trainingresources.org).

### Allen Child Protection Center Open House

December 4 - 2:00-6:00 pm  
Unity Point Health - Allen Hospital, Waterloo

### Tried and True Ethics

December 6 - 8:45 am-Noon  
Peter Waitt Education Center, Sioux City

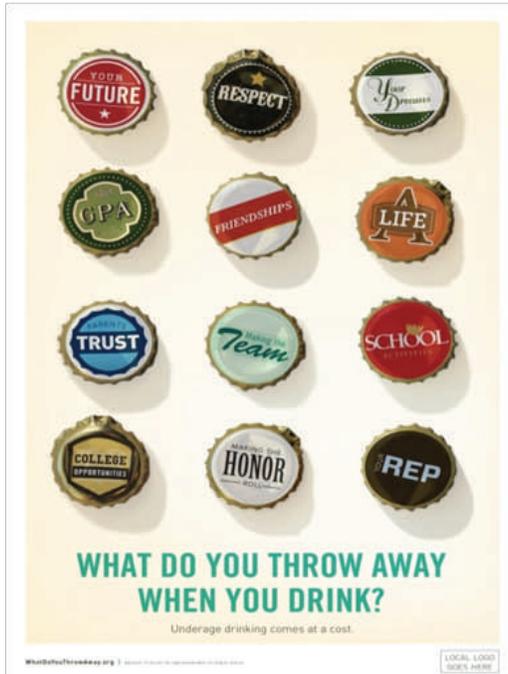
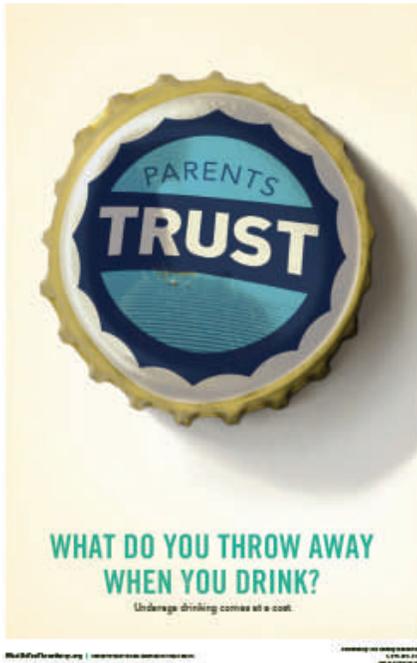
For more information, go to [www.jacksonrecovery.com](http://www.jacksonrecovery.com).

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:  
Kevin Gabbert [kevin.gabbert@idph.iowa.gov](mailto:kevin.gabbert@idph.iowa.gov) or Julie Hibben [julie.hibben@idph.iowa.gov](mailto:julie.hibben@idph.iowa.gov)

# A MATTER OF SUBSTANCE: AT-A-GLANCE

## IDPH STRATEGIC PREVENTION FRAMEWORK UNDERAGE AND BINGE DRINKING PREVENTION MATERIALS



NEVER UNDERESTIMATE THE  
**LIFE**  
OF A  
**DRUNK PHOTO**

BOYFRIEND'S PARENTS

YOUR DAD

YOUR FUTURE BOSS

A NIGHT OF BINGE DRINKING CAN STAY WITH YOU LONGER THAN THE MORNING AFTER. ALL IT TAKES IS A CAMERA AND A POST. MAKE SURE THIS DOESN'T HAPPEN TO YOU. STAY CLASSY, ESPECIALLY WHEN YOU DRINK.

STAYCLASSYIOWA.ORG

BROUGHT TO YOU BY THE IOWA DEPARTMENT OF PUBLIC HEALTH.

THERE ARE ALREADY  
**ENOUGH DRUNK PHOTOS.**

*Stay Classy*

BROUGHT TO YOU BY THE IOWA DEPARTMENT OF PUBLIC HEALTH.