A MATTER OF SUBSTANCE: AT-A-GLANCE

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A PUBLICATION OF IDPH DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

Alcohol Awareness Month:

Alcohol is the most widely reported substance of abuse for people seeking treatment in Iowa. In recognition of April as National Alcohol Awareness month, IDPH offers some suggestions below for local coalitions, prevention agencies, and treatment programs to educate the public and increase awareness of alcohol-related issues:

- Add information about alcohol use problems to your newsletter, website, and social media outreach.
- Provide parents with information that helps them talk with their children about the potential risks of alcohol use.
- Ask doctors and nurses to talk with their patients about the potential health benefits of drinking less or quitting.
- Host a Town Hall Meeting on underage drinking or binge drinking or any local alcohol-related issue.

To register your event or to find out about other events happening in your area, go to https://www.stopalcoholabuse.gov/townhallmeetings/.

Iowa Epidemiological Website:

Are you looking for substance abuse data? The lowa Epidemiological Website is a great one-stop resource. Data provided on the website can be helpful for planning purposes, grant applications, and reports, and can be used to monitor substance use trends. The data are available at the county-level, and cover treatment admissions and alcohol, tobacco, and drug use.

The "Epi website" was created by the *Iowa Consortium for Substance Abuse Research and Evaluation* at the University of Iowa, through IDPH's Strategic Prevention Framework State Incentive Grant (SPF SIG) from SAMHSA's Center for Substance Abuse Prevention. To access the Epi website, go to http://iowa-epi.subst-abuse.uiowa.edu/.

SBIRT/National Guard Implementation Guide Released:

Screening for risky or hazardous alcohol and drug use is a core principle of IDPH's Screening, Brief Intervention and Referral to Treatment — or SBIRT — project. The SBIRT model is a public health intervention that is practical for use in a variety of settings. In lowa, one of these settings is within military installations, specifically, the lowa Army National Guard.

Under IDPH's project management and *Iowa Army National Guard* leadership, *House of Mercy* and *United Community Services* implemented SBIRT services in the Iowa Army National Guard headquarters at Camp Dodge in Johnston in 2012. The success of this joint effort, the first of its kind in the country, prompted SAMHSA as the project funder nation-wide, to develop an implementation manual with guidelines that can be used by other SBIRT grantee states to implement similar, military-based projects.

IDPH's SBIRT leads, Michele Tilotta and Kevin Gabbert, and Iowa Army National Guard representatives and House of Mercy and United Community Services staff worked with SAMHSA's contractor, JBS International, to develop a manual entitled **SBIRT Implementation: The Iowa Army National Guard Program**, which will be made available to SBIRT grantees across the country. To view the manual, look under "Guides" at http://www.idph.state.ia.us/sbirt/Information.aspx.

37th Annual Governor's Conference on Substance Abuse:

Join your colleagues at this year's Governor's Conference on Substance Abuse, April 22-23 in Des Moines. Keynote sessions this year include Dr. David Mee-Lee on the new ASAM Criteria and presentations on suicide, brain neuroscience and the DSM-V, as they relate to substance use and problem gambling disorders. Breakout sessions cover all the above plus clinical topics like opiates and motivational interviewing; special populations like child welfare and the military; and innovative practices like use of technology and integration of medical care. Go to www.trainingresources.org for details.

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National Problem Gambling Awareness Week:



Governor Branstad signing proclamation for National Problem Gambling Awareness Week in Iowa.

According to the American Gaming Association, the first four days of the men's NCAA "March Madness" college basketball tournament bring in some of the highest sports wagering of the year. March 16-22, *National Problem Gambling Awareness Week* in Iowa, as proclaimed by Governor Terry Branstad, coincided with the first week of the tournament, to raise awareness of problem gambling and that help is available for those who need it.

lowans in every county have access to legal gambling opportunities like casinos, lottery outlets, and licensed social and charitable gaming. For many lowans, gambling is a fun leisure activity. In a recent IDPH study, 91% of lowans reported gambling at some point in their lives and 69% reported gambling during the previous 12 months. Over 12% of lowans reported at least one symptom of problem gambling in the previous 12 months, and more than 1 in 5 adult lowans said they had been negatively affected by the gambling behavior of

someone they knew. The full study, conducted by the University of Northern Iowa *Center for Social and Behavioral Research*, can be found at http://www.idph.state.ia.us/IGTP/common/pdf/reports/attitudes behaviors.pdf.

IDPH's Office of Problem Gambling Treatment and Prevention works to reduce the harm caused by problem gambling. For information and resources, call 1-800-BetsOff or go to www.1800BetsOff.org.

Where to find IDPH Funding Opportunities:

IDPH posts announcements of department funding opportunities at http://www.idph.state.ia.us/IdphGBP/IdphGBP.aspx and at https://www.iowagrants.gov/index.do.

The websites can include different types of funding opportunities, but most IDPH postings are Requests for Proposals (RFPs) or Requests for Applications (RFAs). Generally speaking, Requests for Proposals are competitive funding opportunities seeking eligible contractors for multiple year project periods for certain activities or programs or for a specific scope of work. RFAs are done for continuation years of a multiple year project. The funding opportunities websites are the official locations for announcement of IDPH RFPs and RFAs — visit the websites to stay current on opportunities that may be of interest to you!

UPCOMING EVENTS

37th Annual Governor's Conference on Substance Abuse *Pre-Conference Sessions* April 21, Des Moines

Veteran's Memorial - Community Choice Credit Union Convention Center.

- · Basic Toxicology/Drug Testing
- Ethics for Substance Abuse Counselors

For more information, go to www.trainingresources.org.

37th Annual Governor's Conference on Substance Abuse April 22-23, Des Moines. Veterans Memorial - Community Choice Credit Union Convention Center.

For more information, go to www.trainingresources.org.

Incorporating Social Media into Your Strategic Plan Webinar April 24, 2014, 2:00-3:00 pm. Hosted by the Underage Drinking Resource Training Center. To register, go to https://www3.gotomeeting.com/register/697025334

I-SMART Full Clinical System Training

May 22-23, 2014, Johnston.

For more information, go to www.trainingresources.org.

SAVE THE DATE:

Many Faces of Mental Illness May 8, Sioux City Convention Center.

For more information contact Hannah Myers at 712-202-0173.