



A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: RANDY MAYER

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Randy Mayer is chief of the bureau of HIV, STD, and Hepatitis, with oversight of the 18 staff who administer prevention, care, and surveillance programs for those diseases. The bureau receives nearly \$6.5 million in federal and state funds each year, and works with local public health and community-based organizations to reduce the morbidity and mortality associated with HIV/AIDS, sexually transmitted diseases and hepatitis.

Randy has been with IDPH for over 10 years. "I've had a hard time moving beyond my

reputation as the 'HIV data guy,'" said Randy at September's 11th Annual HIV, STD, and Hepatitis Conference in Des Moines. "But I still approach most issues by looking first for data." Randy began his career in plant sciences. His undergraduate degree is in botany from Iowa State and he has a Master of Science in plant cell physiology from Purdue. He became interested in epidemiology while teaching at the University of Maryland at College Park (UMCP). "College Park is a suburb of Washington, D.C. After moving there, I realized I had little understanding of the social forces that created neighborhoods with incredible poverty and violence situated within affluent areas. It was also in D.C. that I first became acutely aware of the HIV

epidemic and its effects on communities. I signed up for a sociology course at UMCP, which led me back to school and epidemiology." In 1992, Randy obtained a Master of Public Health in epidemiology from the University of Minnesota. Prior to joining IDPH, Randy worked with prevention programs at the Student Health Center at Iowa State.

Although not an Iowan by birth, Randy's family moved to Independence, Iowa, just before he began high school, and Iowa feels like home to him. Bill, Randy's partner of 24 years, is associate dean of the graduate college and a professor of horticulture at Iowa State University. Bill and Randy (now married two years) live in Ames with their border collie, Annan.

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Kathy Stone is the Director of the Division of Behavioral Health

Hello. Here is some basic information on healthcare reform and substance abuse services:

SAMHSA, the Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services, has organized its healthcare reform efforts around four statements:

- Behavioral Health is Essential to Health
- Prevention Works
- Treatment is Effective
- People Recover

DIRECTOR'S CORNER

How do those statements fit with the **Affordable Care Act (ACA)**, signed into law by President Obama in March?

For one thing, substance use disorders are an ACA priority.

- In 2008, 23.1 million Americans needed help for substance abuse but only 2.3 million received specialized treatment.
- Of the 32 million currently uninsured Americans who will get insurance through the ACA's Medicaid expansion and Health Insurance Exchanges, about 5 million have a

substance use problem.

- Integrating substance use screenings into primary medical care will lead to earlier identification and intervention as well as increased, de-stigmatized acceptance of addiction as a chronic, treatable disease, like many others.

What this should mean in the long run? More people will get the care they need.

Thanks, Kathy Stone

For more information, go to www.samhsa.gov or www.WhiteHouseDrugPolicy.gov.

DIVISION OF BEHAVIORAL HEALTH UPDATES

Iowa Receives ATR III Grant

IDPH is pleased to announce that Iowa has been selected as an Access to Recovery (ATR) III grant recipient. Iowa was chosen by the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Treatment (CSAT) through a competitive application process, along with 29 other state or tribal grantees.

IDPH will receive **\$13,119,440** in total for the four-year ATR grant period. For those unfamiliar with ATR, it is a voucher-based program that provides funding to individuals recovering from a substance use disorder to purchase recovery support services. IDPH previously received a three-year ATR grant in 2007.

Under ATR III, 9,659 Iowans will receive recovery-oriented services and supports, more than double the 4,278 clients required by ATR II. IDPH staff are reviewing historical utilization and cost data and the requirements of the new grant to determine individual benefit levels and covered services.

ATR III services must begin by January 1, 2011. IDPH intends to begin services before that date, following implementation of the provider application process.

For more information, contact Kevin Gabbert at kgabbert@idph.state.ia.us or Michele Tilotta at mtilotta@idph.state.ia.us.

AIDS Project Receives Funding From CDC

In June, the Centers for Disease Control and Prevention awarded the **AIDS Project of Central Iowa** \$1.68 million over 5 years to improve HIV prevention efforts in Iowa for men who have sex with men (MSM).

The Project will work with the **Siouxland Community Health Center** to offer interventions online. This is part of the state's efforts to modernize HIV prevention for MSM by utilizing the Internet and "new media," such as social networking sites, 'viral' videos, and text messaging, that can reach

men in ways that are fresh, engaging, and relevant.

The AIDS Project of Central Iowa provides care services for Iowans living with HIV/AIDS and prevention services for communities most at risk for infection. For more information, contact Jordan Selha at jordans@aidspjectci.org.

Jail-Based Treatment

On August 4th, Jail-Based Substance Abuse Treatment (J-BT) stakeholders met at the Story County jail to tour the jail's treatment program and to discuss the project's unique services.

All four J-BT programs — **Polk County / United Community Services**, Scott County / the **Center for Alcohol and Drug Services**, Story County / **Community and Family Resources**, and Woodbury County / **Jackson Recovery Centers** — were represented, as were the **Iowa Consortium for Substance Abuse Research and Evaluation** and IDPH.

Also in attendance were:

- **Mitch Adams** for **Congressman Bruce Braley**
- **Wayne Brincks** for **Congressman Steve King**
- **Dave Campbell** for **Congressman Leonard Boswell**
- **Robert Hamill** for **Senator Tom Harkin**
- **Aaron McKay** for **Senator Chuck Grassley**
- and **Michele Mustain** for **Congressman Tom Latham**.



Pictured from left-to-right: Story County Sheriff **Paul Fitzgerald**, **Robert Hamill**, Story County Jail Administrator **JB Hopkins**, and **Mitch Adams**

What was of most interest to the congressional delegation representatives, besides the project's effectiveness? The human faces behind the facts — how J-BT successes impact clients, families, and communities.

For more information, contact Lonnie Cleland at lcleland@idph.state.ia.us.

AIDS Drug Assistance Program (ADAP)

The AIDS Drug Assistance Program (ADAP) of the federal Ryan White Program is the nation's prescription drug safety net for low-income people with HIV who have limited or no prescription drug coverage. The purpose of ADAPs is to "provide therapeutics to treat HIV disease or prevent the serious deterioration of health arising from HIV disease in eligible individuals, including measures for the prevention and treatment of opportunistic infections..."

Each state and US territory receives federal funding to administer the program. Many states, including Iowa, also receive state funding. To help fill gaps in prescription drug coverage, Iowa ADAP also serves as a bridge between a broad array of healthcare and supportive services funded by Medicaid, Medicare, private insurance, and other Ryan White programs. ADAPs must balance client demand with available resources on an ongoing basis.

Currently, 516 Iowans are enrolled in ADAP, approximately 29% of all people living with HIV/AIDS in the state. Individuals have to make less than 200% of the federal poverty level to qualify for assistance. Facing increasing demand and a lack of adequate funding, Iowa's ADAP was closed to new enrollees on July 14, 2009. Federal supplemental funding in September 2010 allowed the program to temporarily accept new enrollees. However, the waiting list is again in effect.

For more information, contact Holly Hanson at hhanson@idph.state.ia.us.

RELATED NEWS

Out of the Darkness Walks

Suicide is the second leading cause of death for Iowans between the ages of 15 and 40. In the 2008 Iowa Youth Survey, 17% of 11th grade girls admitted to attempting suicide. However, most suicide deaths are actually male because of the lethal means men use.

Suicide injuries and death can be prevented and the stigma surrounding suicide can be reduced by openly acknowledging suicide and directly addressing the depression and other stressors associated with it. The "Out of the Darkness" walks are for anyone who cares about the issues surrounding suicide, but are especially designed for those who have lost friends or family to suicide.

In Iowa, several walks occur every year that help survivors connect with others and reduce stigma and also raise funds for local and national suicide prevention initiatives. So far this year, 1,450 individuals have taken part in walks held in Iowa, raising over \$80,000 for prevention programming.

For more information, contact Dale Chell at dchell@idph.state.ia.us.

Recovery Month Events

On September 18th, Adventureland Amusement Park in Altoona was again the site for a statewide recovery event. Nearly 1000 people braved the stormy weather to celebrate the benefits of treatment, salute the work of treatment providers, and promote the message of recovery from addiction.

Special thanks to the following for their support and participation:

- **Tom Newton**, IDPH Director
- **Pat Coughlin** - Speaker
- **Patricia Wells** and other **Bridges of Iowa** volunteers
- **Wanda Price**, **YWCA Fort Dodge**
- **Midwest Counter Drug Training Center** - projects for kids
- **Training Resources**

Also on September 18th, the **Center for Alcohol & Drug Services in Davenport** hosted their 14th Annual Alumni Association September Fest.

More than 400 people attended, enjoying food, fellowship, meetings, and games. The Alumni Association hosted fundraising events in support of the Fest and clients provided great food. Halfway house and START clients helped make the event a success. Additional funding and support were received from Family Drug Court, Pepsi Distributing, and Reinhardt Foods.

The Center's **Executive Director, Joe Cowley**, said, "Without the support of all these wonderful people, we would not be able to have such a healthy, happy, and recovery-positive event."

K2 Fact Sheets

Alternatives to marijuana are becoming increasingly popular with youth across the country. K2 is just one of these alternatives, loosely known as "legal bud," or "synthetic marijuana".

K2 is a combination of chemicals and herbs, frequently marketed as incense. Its two synthetic cannabinoids, JWH-018 and JWH-073, mimic the brain's reaction to marijuana. Users report highs lasting 30 minutes to two hours. Other effects include anxiety, panic attacks, agitation, elevated blood pressure, rapid heart rate/respiration, vomiting, hallucinations, and seizures.

Tragically, K2 has been linked to the death of an Iowa teen who used the substance and died just one week after his high school graduation.

On July 22, the Board of Pharmacy filed amended rules to classify synthetic marijuana, sold under such names as K2, Spice and Red Dragon Smoke, as Imitation Controlled Substances under Iowa Code Section 124A, making sale or possession of such substances illegal in Iowa.

At **Governor Culver's** direction, IDPH and the **Governor's Office of Drug Control Policy** initiated a public service campaign to educate Iowans about the danger of these substances and what parents and others can do.

For more information, go to <http://www.drugfreeinfo.org/k2.html>.

Housing Council

Did you know that 4 out of 10 homeless Iowans are children? Or, that 12% of homeless adults served in the Armed Forces? The primary mission of the Iowa Council on Homelessness is to:

- Identify causes and effects of homelessness in Iowa and develop recommendations to address homelessness,
- Foster greater awareness among policy makers and the general public, and
- Ensure all Iowans have access to safe, decent and affordable housing, health care and education.

For more information or to view the full report on Iowa homelessness from the Iowa Institute for Community Alliances go to: www.iowafinanceauthority.gov/en/for_communities_housing_org/iowa_council_on_homelessness/

Fast Facts from the Consortium

Are adolescents with high socioeconomic status (SES) more likely to engage in alcohol and illicit drug use in early adulthood?

In a study of U.S. secondary students by the National Longitudinal Survey of Adolescent Health (AddHealth), it was determined that higher parental education was associated with higher rates of binge drinking and marijuana and cocaine use in early adulthood.

While much of the current research looks at substance abuse amongst youth in lower SES, there is reason for concern about those in a higher SES and a need to address prevention activities with this population.

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

“Distance Treatment” Goes Statewide

Problem gambling treatment in Iowa is entering a new era with the statewide roll-out of web-based treatment. On September 16, Iowa providers received training on how to utilize the distance treatment program originally developed by the **Substance Abuse Services Center (SASC)** and **Iowa Solutions**.

Distance treatment isn't for all persons seeking help but it's certainly an additional tool that can address time and travel barriers to traditional treatment.

For more information, contact Mark Vander Linden at mvanderl@idph.state.ia.us.

House File 2310 Update

HF2310 was initiated during the 2008 legislative session and directed the Department of Human Services (DHS), the Iowa Judicial Branch, and the Iowa Department of Public Health (IDPH) to address the needs of families and children who are at the intersection of the substance abuse, juvenile court and child welfare systems.

In implementing HF2310, DHS and IDPH established a stakeholder work group and a series of meetings, trainings, and surveys to develop shared practices and protocols that were piloted in Mahaska, Montgomery, Scott, and Wapello counties. Effective protocols include:

- a multi-party release of information
- a substance abuse evaluation form for DHS child welfare workers to complete and send to the substance abuse treatment provider
- a form for physicians to use to screen children in out-of-home placement for substance use, and
- on-line cross system training.

The shared protocols will soon be available on the DHS and IDPH websites and will be discussed at the

Governors Conference on Substance Abuse in April.

For more information, contact Michele Tilotta at mtilotta@ipdh.state.ia.us.

SPF-SIG Update

IDPH's Strategic Prevention Framework (SPF) State Incentive Grant (SIG) grant focuses on the five-step SPF to develop a comprehensive prevention infrastructure and to support specific local communities in implementing effective programs, policies and practices to reduce substance abuse.

The grant is administered with oversight from the SPF SIG Advisory Council. In late September, the Council approved the Iowa Strategic Plan, a requirement of the grant. The Strategic Plan was submitted to the Center for Substance Abuse Prevention (CSAP) for approval on October 1st. Once approval is received, funding can be distributed to local communities.

For more information, go to www.idph.state.ia.us/spfsig/default.asp.

The **Comprehensive Substance Abuse Prevention** contracts that went into effect July 1, incorporate the SPF model as well as a school district environmental scan. The scan will assess data related to the use of evidence-based K-12 prevention programs.

For more information, contact Debbie Synhorst at dsynhors@idph.state.ia.us.



TRAININGS AND CONFERENCES

Out of the Darkness Walk

October 9
Noelridge Park, Cedar Rapids
For more information, go to <http://afsp.donordrive.com>.

Meth Inside Out Presentation

IDPH is sponsoring **free training on the Meth Inside Out DVD series on October 18th!** Meth Inside Out is a groundbreaking video-based treatment curriculum on methamphetamine addiction and recovery. The series is designed to equip meth users, their families, and the professionals who assist them with a solid understanding of the biological basis of addiction, effective tools for recovery, and, most importantly, hope for the future. The presenter will be Dr. Rick Rawson, an internationally known expert in the field of methamphetamine treatment and the creator of the series.

Meth Inside Out

October 18
Hilton Garden Inn, Johnston
For more information, go to www.trainingresources.org.

Mayo Clinic Nicotine Dependence Workshop

October 27
Ringgold County Hospital, Mount Ayr
For more information, go to www.trainingresources.org.

Iowa Prevention Conference

November 4
Gateway Hotel/Conference Center, 2100 Green Hills Drive, Ames
For more information, go to www.trainingresources.org.

Substance Abuse Prevention Specialist Training

November 9-10
(Part 2 of training started October 6-7)
Camp Dodge, Johnston
For more information, go to www.counterdrugtraining.com.

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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