



# A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

## STAFF SPOTLIGHT: LINDA MCGINNIS

### INSIDE THIS ISSUE:

STAFF SPOTLIGHT	1
DIRECTOR'S CORNER	1
DIVISION UPDATES	2
RELATED NEWS	3
TRAININGS AND CONFERENCES	4



As a Substance Abuse Prevention Consultant for IDPH, Linda McGinnis appreciates that she experiences so many different aspects of the prevention field. A Certified Prevention Specialist, she is the lead person for the Iowa Youth Survey and for Youth Development, Youth

Mentoring, Prevention Through Mentoring and County substance abuse grants.

Linda grew up in Holly Springs, Iowa. After high school she left the farm for nursing school in Omaha. She loved the work, but before settling into obstetrics as a field of choice she worked for KOIL radio in Omaha and KSTP-TV in St. Paul, MN.

Along the way, with her kids in school, she went back to college and earned a BA in English and Human Resource Management. In the middle of that process, she worked 3 years as

Hospital Chaplain at St. Luke's Medical Center in Sioux City and as a Prevention Specialist for Jackson Recovery Centers.

Linda has 2 children, a son Dennis, his wife Nicola, and 4 grandsons in Colorado Springs. Her daughter Anna and grandson Gabriel live in Omaha so it's not unusual for her to drive to Omaha for a Sunday lunch!

Linda likes hanging out with her ladies group and relaxes by creating one-of-a-kind art dolls. And if you're ever on a walk with her, you know she picks up the craziest things! Her favorite place to be is outside!

## DIRECTOR'S CORNER

Did you remember Recovery Month last month? Maybe you and your family or clients were among the nearly 2000 people with tickets to celebrate at Adventureland? On September 15th, I went to the **Youth and Shelter Services** lunch in Ames, as did First Lady Chris Branstad and a whole bunch of great kids and YSS supporters!

Whether you participated in an event or celebrated recovery by going about your normal daily life, Recovery Month reminds us to stop and consider addiction, the people who hurt, and the people who help.

Here are some facts from SAMHSA's 2011 National Recovery Month resource kit.

### Prevention:

- 80% of Americans have positive feelings about prevention and recovery.

- Those who begin drinking at a later age are less likely to develop a substance use disorder than those who begin before age 21.
- Children who learn about the risks of drugs at home are up to 50% less likely to use drugs.

### Substance Use/Misuse:

- Children of alcohol-dependent parents have a 50% chance of developing their own dependence.
- Only a third of parents discuss the risks of abusing prescription medicines with their kids.
- Half of all adults over age 18 know someone in recovery from addiction.

### 2009 Statistics:

- 2.6 million people aged 12 or older received

specialized treatment for substance use disorders in the U.S.

- Nearly 20.9 million people aged 12 or older (8.3% of the population) needed but did not receive treatment.
- For every \$1 invested in treatment, taxpayers save at least \$7.46 in costs to society.

According to IDPH data, about 47,000 Iowans receive substance abuse treatment each year. Many more participate in prevention services. And more than 1,700 Iowans select services through Access to Recovery.

So there are some facts about addiction and the people who hurt. What about the people who help? Next month, let's talk about you. Thanks, Kathy

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Kathy Stone is Director of the Division of Behavioral Health

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### Brain Injury Workgroup and Mental Health Redesign

Following passage of Senate File 525 by the 2011 Iowa General Assembly, DHS established six workgroups that began meeting in late August to develop recommendations to redesign Iowa's mental health system. The Brain Injury (BI) Workgroup is co-chaired by Megan Hartwig, program manager for IDPH brain injury services and staff support to the Governor's Advisory Council on Brain Injuries.

The BI Workgroup includes representatives from DHS, service providers, counties and advocacy groups, as well as brain injury survivors and family members. The BI Workgroup is reviewing best practices used in other states and identifying new approaches for publically-funded services that meet the needs of persons with brain injury. The workgroup keeps co-occurring disorders and the Olmstead State Plan in mind during discussions.

Workgroup meetings are open to the public and comment is welcome, both at meetings and in writing. The meeting schedule and a feedback email address can be found at: <http://www.dhs.iowa.gov/Partners/MHDSRedesign.html>.

If you have questions or would like to know more about the BI workgroup, please contact Megan Hartwig at [megan.hartwig@idph.iowa.gov](mailto:megan.hartwig@idph.iowa.gov).

### Provider Spotlight — House of Mercy

*Thanks to Todd Beveridge, Executive Director of the House of Mercy, for this article.*

A goal of House of Mercy's vision to be a pre-eminent provider of health, wellness, and human services, is to provide research-based, best practice care. An example of this can be seen in House of Mercy's focus on the use of Eye Movement Desensitization and Reprocessing (EMDR) in treating individuals who have experienced trauma. In September 2010, House of Mercy held its first EMDR training,

sponsored by the EMDR Humanitarian Assistance Program (HAP). The training included six House of Mercy clinical staff and therapists from Iowa and Minnesota. After a second training in January 2011, all six House of Mercy staff became EMDR-certified.

HAP staff will return to Des Moines this October to provide extended training for House of Mercy staff and the community, focusing on stability and coping interventions. The workshop is open to individuals with prior EMDR training.

For more information on House of Mercy's use of EMDR or the upcoming training, please contact Susan Haines at 515-643-6510.

### SPF SIG Project Update

IDPH received a SAMHSA Strategic Prevention Framework State Incentive Grant (SPF SIG) in July 2009. The priorities selected by the SPF SIG Advisory Council are to reduce underage alcohol use among those under 21 years of age and reducing binge drinking among those 18 years old and older. IDPH is funding 23

"highest need" counties, identified through alcohol use and legal consequences data.

Each of the 23 funded counties has hired a SPF SIG Coordinator, pictured below, to lead their project. Counties are working through the first three steps of the SPF process by completing required deliverables, attending trainings, and engaging local stakeholders through a countywide coalition or Collaboration Council.

Additional information about SPF SIG can be found at the IDPH website at <http://www.idph.state.ia.us/spfsig/default.asp> or the Iowa SPF SIG Workstation at [www.iowaspfsig.org](http://www.iowaspfsig.org). For questions, contact Julie Hibben at [julie.hibben@idph.iowa.gov](mailto:julie.hibben@idph.iowa.gov).

### Congratulations!

To **Ben Khan**, Executive Director of Substance Abuse Management, Inc., and **Julie Shepard**, formerly with the Iowa Behavioral Health Association, on being recognized by Youth and Shelter Services for their advocacy and contribution to substance abuse services in Iowa.



Coordinators and Liaisons at the SPF SIG Coordinator Training on August 18, 2011 at the Midwest Counterdrug Training Center in Johnston.

RELATED NEWS

Take-Back Initiative

Prescription drugs are being abused at alarming rates throughout the United States. As part of the efforts to address this problem, the US Drug Enforcement Administration, will collect potentially dangerous expired, unused, and unwanted prescription drugs for destruction, at sites nationwide on **Saturday, October 29 from 9:00 a.m. to 1:00 p.m.** The service is free and anonymous, with no questions asked. Many Iowans are not aware of the importance of disposing of prescription drugs or of how to properly dispose of unused medicines in their homes. Studies show that a majority of abused prescription drugs are obtained from family and friends. The following substance abuse prevention agencies will participate in local Take-Back Initiatives in their communities:

- **Youth and Shelter Services (YSS) in Ames** — contact Gerri Bugg at [gbugg@yss.ames.ia.us](mailto:gbugg@yss.ames.ia.us)
- **Employee and Family Resources (EFR) and MECCA Services in Polk County** — contact Davi Ellis at [dellis@efr.org](mailto:dellis@efr.org) or Shannon Wagner at [swagner@meccaia.com](mailto:swagner@meccaia.com).
- **Employee and Family Resources (EFR) in Warren County** — contact Davi Ellis at [dellis@efr.org](mailto:dellis@efr.org).

Two take-back events are planned for **November 12: EFR in Jasper County and YSS in Nevada**, as part of the American Medicine Chest Challenge.

In related efforts, the **Governor’s Office of Drug Control Policy** convened an **Iowa Prescription Abuse Reduction Task Force** to study the prescription drug problem in Iowa. A summit is being planned for January 19-20, 2012 in Des Moines.

For more information about the Take-Back Initiative, please contact Debbie Synhorst at [Debbie.Synhorst@idph.iowa.gov](mailto:Debbie.Synhorst@idph.iowa.gov). For information about the Task Force, go to <http://www.iowa.gov/odcp/>.

2011 Outstanding Clinician

Each year, Addiction Professional magazine honors a counselor, a clinical supervisor and a physician, who have been innovators in their programs and communities with the Outstanding Clinician Award. In September, **Kerry Black, Heartland Family Services in Council Bluffs**, was honored with this year’s award for her work as a clinical supervisor. According to **Mary O’Neill**, Behavioral Health Director at Heartland, “Kerry has a positive approach to a very stressful job. She checks in with other staff routinely to ensure they have appropriate self-care, to ensure well-being of the staff and their clients.” Congratulations, Kerry!!

From left to right below, Mary O’Neill and Kerry Black.



National Drug Facts Week!

SAMHSA invites you to participate in the **second annual National Drug Facts Week** sponsored by NIDA — the National Institute on Drug Abuse.

National Drug Facts Week is a health observance to help teens shatter myths about drugs and drug abuse and get factual information through community-based activities.

To help with your event, NIDA provides a [step-by-step toolkit](#), including a [list of suggested activities](#) and the 2011 Drug Facts Booklet. For more information, go to <http://drugfactsweek.drugabuse.gov/>.

Fast Facts from the Consortium

From September to December 2010, IDPH collaborated with schools in Iowa to conduct the **2010 Iowa Youth Survey (IYS)**. The 2010 IYS is the 13th in a series of surveys that have been completed every two - three years since 1975. The survey is conducted with students in grades 6, 8, and 11 attending Iowa public and private schools. The IYS includes questions about students’ behaviors, attitudes, and beliefs, as well as their perceptions of peer, family, school, neighborhood, and community environments.

The 2010 Iowa Youth Survey contained a section with alcohol, tobacco and other drug use tables. All results in these tables include the percentage of students who participated in the survey and indicated current use (in the past 30 days) as well as students who indicated ever using.

Alcohol Use			
6th Grade	TOTAL	Male	Female
Current	4%	6%	3%
Ever	12%	15%	9%
8th Grade	TOTAL	Male	Female
Current	13%	12%	13%
Ever	27%	28%	25%
11th Grade	TOTAL	Male	Female
Current	32%	32%	31%
Ever	57%	56%	57%

Information on specific counties and other groupings can be found at [www.iowayouthsurvey.org](http://www.iowayouthsurvey.org).

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



## IBHA Appoints new CEO

The Board of Directors of the Iowa Behavioral Health Association recently named Deanna Triplett as their CEO. Deanna previously served as Director of Government Relations for IBHA. She began her tenure as CEO on September 1.

"I am grateful for the chance to lead this organization," said Triplett. "I look forward to continuing the outreach to our member programs and energizing them to advocate for IBHA issues."

Deanna is originally from Bronson, IA. She graduated from Lawton-Bronson High School and the University of Iowa. She previously worked for the Iowa Nurses Association and the State Police Officers' Council.

IBHA is a leading advocate for substance abuse, mental health and problem gambling prevention and treatment programs, with members across Iowa. Its subsidiary, Training Resources, Inc., provides training coordination services for a variety of business needs.

## National HIV/AIDS Strategy

The Bureau of HIV, STD, and Hepatitis recently completed the first HIV prevention grant application in the era of the National HIV/AIDS Strategy.

Iowa is projecting a loss of up to half of the current federal HIV prevention funding over the next five years, as money is redirected to areas of the country with more HIV infection. States with less HIV, like Iowa, are

expected to focus prevention efforts on persons who are already infected.

If you haven't read the recent article by Edward Gardner entitled, [\*The Spectrum of Engagement in HIV Care and its Relevance to Test-and-Treat Strategies for Prevention of HIV Infection\*](#), you will probably hear about it soon. It describes a "cascade" of prevention and care that stretches from being unaware of an infection, through identification of the infection and care, and continues until a person achieves viral suppression (i.e., the amount of virus is too low to be detected by tests). This will form the framework for how states like Iowa will organize prevention and care programs in the future — the essence of Prevention with Positives.

At each step along the cascade, we will work to design strategies to help HIV-positive persons remain engaged in care. The ultimate goal is to have each person achieve an undetectable viral load, and to sustain that undetectable viral load over the course of his or her life. In doing so, we can reduce transmissions of HIV to those who are uninfected and improve health outcomes and life spans for those who are HIV positive.

In November, there will be a [forum](#) in Des Moines to discuss what these strategies will look like in Iowa and other low-morbidity states, and how we will contribute to goals set forth in the [National HIV/AIDS Strategy](#). Consider joining the conversation with federal partners from the Office of National AIDS Policy in the White House. It promises to be an interesting and very important discussion on the future of HIV prevention and care in Iowa.

For more information on the National HIV/AIDS Strategy or the upcoming forum, please contact Randy Mayer at [Randy.Mayer@idph.iowa.gov](mailto:Randy.Mayer@idph.iowa.gov).

## TRAININGS AND CONFERENCES

**2011 Mental Health Conference**  
October 11-12. Ames - Scheman Building. For more information, go to: [www.trainingresources.org](http://www.trainingresources.org)

**Protecting Families Fall Conference**  
October 14. Sioux City - Sioux City Convention Center. For more information, contact: Mercy Medical Center Education Department at 712-279-2507.

**Drs. Minkoff and Cline - Change Agent Training** October 18.  
Johnston - Foxboro Conference Center. For more information, contact: [meredith-field@uiowa.edu](mailto:meredith-field@uiowa.edu)

**Recovery Coaching Academy - Trainer of Trainers**  
October 31-November 4. Sioux City - Peter Waitt Education Center. For more information, contact: [SAnderson-Deck@jacksonrecovery.com](mailto:SAnderson-Deck@jacksonrecovery.com) or [kfischer-culver@siouxlandmentalhealth.com](mailto:kfischer-culver@siouxlandmentalhealth.com).

**2011 Iowa Prevention Conference**  
November 2. Des Moines - Holiday Inn Airport. For more information, go to: [www.trainingresources.org](http://www.trainingresources.org).

**Cultivating Partnerships for County Growth through the Strategic Prevention Framework: Planning**  
November 8, 10, 14 and 17. For more information, go to: [www.trainingresources.org](http://www.trainingresources.org)

**Treating Trauma and Substance Related Disorders / Personality Disorders and Substance Related Disorders** November 10.  
Marshalltown - Regency Best Western. For more information, go to: [www.satu.com](http://www.satu.com).

**Justice in Our Schools**  
November 29, 30, and December 1. Carroll - Carrollton Inn and Conference Center. For more information, contact Nancy Wells at 515-401-9897.

**For more information about the Division of Behavioral Health, visit**  
[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

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