Substance Abuse Recovery

Division of Behavioral Health
Phone: 515-242-5934
www.idph.state.ia.us/atr

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

Life is better today for Mary. Mary was homeless, unemployed, and facing criminal charges. She had lost custody of her child who was in foster care. She was fighting the disease of alcoholism. Today, after receiving primary treatment and ongoing aftercare through a substance abuse treatment program, Mary rejoices in her successes: over one year of sobriety, stable housing, full-time employment, and reunification with her daughter. During Mary's recovery, Access to Recovery assisted by providing her with transportation so she could get to recovery support services and by purchasing clothing to wear for job interviews.

Over the past three years, the IDPH Division of Behavioral Health has been working to transition addiction services to a Recovery-Oriented System of Care (ROSC). To be effective, this system of care must be a partnership encompassing community partners, prevention and treatment providers, the recovery community, and other stakeholders.

Did you know?

In 2012, nearly 1,500 Iowans attended the National Recovery Month Event at Adventureland Amusement Park near Des Moines.

Why is access to Substance Abuse Recovery important to promoting and protecting the health of Iowans?

- As effective as good prevention is, it can't stop all addiction from occurring. And when addiction does occur, it is a chronic illness that requires a long-term recovery process.
- While substance abuse treatment is effective, additional barriers to recovery may still exist.
- Access to Recovery (ATR) helps people in recovery by reducing these obstacles and funding support services such as:
  - ✓ child care
  - ✓ integrated therapy
  - ✓ sober living activities
  - ✓ transitional housing
  - ✓ transportation
  - ✓ treatment co-pays

Which Iowa Public Health Goals are we working to achieve?

Promote healthy behaviors

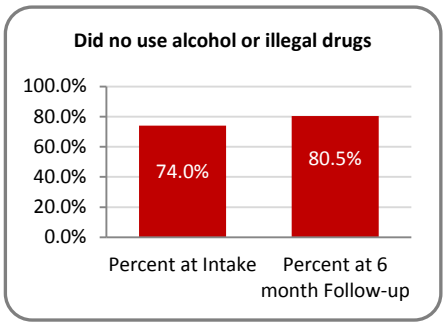
Strengthen the public health infrastructure

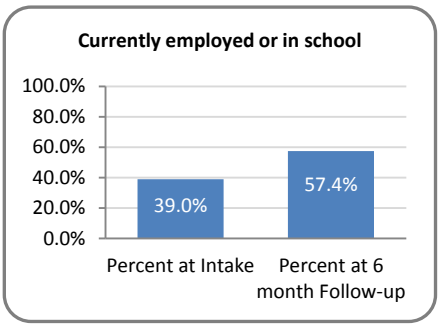
What do we do?

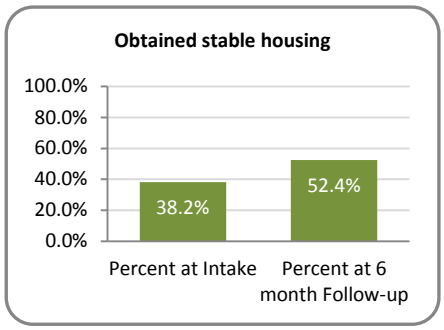
- Over 50 providers across the state participate in the Access to Recovery program, offering recovery support services to eligible Iowans.
- Recovery Peer Coaching is a new and valued service in Iowa. Individuals in recovery are matched with a coach who is experienced with successful recovery techniques and can provide assistance and guidance.
- Recovery-Oriented System of Care trainings are being offered throughout the state.
- Recovery Calls are another form of support offered in Iowa. Individuals working with a recovery program can choose to have Recovery Calls providers contact them each week to check-in and offer support and referral.
- Through a partnership with ATR providers and Iowa Drug Courts, a pilot project has been developed to assist in meeting the recovery needs of this population.
- For the last several years, State and local celebration events have been held for National Recovery Month in September.

How do we measure our progress?

One of the requirements of the ATR project is to complete Government Performance Results Act (GPRA) Interviews. The data collected are extremely valuable in determining the effectiveness of our program. The full GPRA interview process includes an initial interview, which provides a baseline of a client's history and behaviors. As the individual continues involvement in ATR, additional interviews are completed at discharge and during a specific follow-up window of 5-8 months after admission. The following graphs represent three key focus areas from the GPRA interviews in ATR II:







What can Iowans do to help?

1. Learn more about Access to Recovery by going to www.idph.state.ia.us/atr or calling 1-866-923-1085.
2. If you know someone who needs help with alcohol or drug problems, encourage them to get help by calling the Iowa Substance Abuse Information Center's Helpline, 24 hours a day, 7 days a week at 1-866-242-4111.
3. Learn more about Substance Abuse Treatment resources and services at http://www.idph.state.ia.us/bh/substance_abuse.asp.
4. Learn about the dangers of addiction. For more information, go to www.drugfreeinfo.org.

Expenditures

Federal funds: 0153-0130/0218.

	State Fiscal Year 2011 Actual	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Actual
State funds	$0	$0	$0
Federal funds	$2,059,951	$3,138,525	$3,437,450
Total funds	**$2,059,951**	**$3,138,525**	**$3,437,450**
FTEs	2.56	2.67	2.10

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

Iowa Department of Public Health ◆ Division of Behavioral Health ◆ Substance Abuse Recovery
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