



# A MATTER OF SUBSTANCE: AT-A-GLANCE

SEPTEMBER 2013

A PUBLICATION OF IDPH  
DIVISION OF BEHAVIORAL HEALTH

## DIVISION QUICK FACTS

**Block Grant Public Comments Requested:** IDPH funds substance abuse prevention and treatment state-wide through State dollars and the SAMHSA Substance Abuse Block Grant. The Iowa General Assembly determines IDPH substance abuse funding during its annual legislative session. There is also an annual process for the Block Grant. Between September and December each year, IDPH develops and submits a Block Grant application to SAMHSA. The application consists of three sections: (1) reporting on substance abuse prevention and treatment activities over the prior three years, (2) planning for prevention and treatment goal priorities for the next two years, and (3) reporting on compliance with youth access to tobacco requirements, known as the Synar Act.

**Your input is needed for the planning section of the 2013 Block Grant application.** By October 1<sup>st</sup>, please consider the goal priorities listed below and send your comments to [robyn.harris@idph.iowa.gov](mailto:robyn.harris@idph.iowa.gov). (Please specify "Block Grant Comment" in the Subject line of your email.)

### 1. Addictions Service System Transition

In 2009, IDPH initiated a transition to an integrated resiliency- and recovery-oriented system of care for addictive disorders that spans substance abuse and problem gambling education, early intervention, prevention, treatment, and recovery support and encompasses co-morbid mental and physical health disorders. IDPH will continue this transition, specifically related to State and national health care reform.

### 2. Complex Capacity Development

IDPH will continue to build the capacity of prevention organizations and treatment programs to meet the complex needs of their communities, clients, and families. Efforts will range from promising practices to reduce underage and binge drinking to expansion of medication assisted treatment.

### 3. Surveillance Expertise

IDPH will enhance its substance abuse prevention and treatment surveillance expertise and provide resources related to alcohol and drug use trends and emerging drugs of interest.

### 4. Substance Using Pregnant Women and Women with Dependent Children

IDPH will continue contractual requirements for programs receiving Block Grant funding to provide services to pregnant women and women with dependent children.

### 5. Persons who are Intravenous Drug Users

IDPH will continue contractual requirements for programs receiving Block Grant funding to provide services to injecting drug users to conduct outreach activities that encourage injecting drug users to enter substance abuse treatment and participate in indicated ancillary health services.

### 6. Individuals with Tuberculosis

IDPH will continue to require services for persons with tuberculosis.

Past Block Grant applications are posted at [http://www.idph.state.ia.us/bh/block\\_grant.asp](http://www.idph.state.ia.us/bh/block_grant.asp). Goal priorities are in FY 2012 Planning Application, Table 2 Step 3: Prioritize State Planning Activities.

**September is Recovery Month:** For more information, see page 2.

## UPCOMING EVENTS

### Substance Abuse Counselor and Social Work Ethics

9:00 am - Noon, October 10  
Regency Best Western Inn, Marshalltown  
Contact SATUCI at 641/752-5421.

### DSM V: Overview and Diagnosing for Substance Abuse

Counselors 1:00 - 4:00 pm, October 10  
Regency Best Western Inn, Marshalltown  
Contact SATUCI at 641/752-5421.

### 2013 Protecting Families Fall Conference

October 11  
Sioux City Convention Center, Sioux City  
To register, go to [www.mercysiouxcity.com/classes-events](http://www.mercysiouxcity.com/classes-events)

### 2013 Iowa Adverse Childhood Experiences Summit

October 14  
Sheraton West Des Moines  
To register, go to [www.iowaaces360.org](http://www.iowaaces360.org).

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

SEPTEMBER 2013

A PUBLICATION OF IDPH  
DIVISION OF BEHAVIORAL HEALTH

## DIVISION QUICK FACTS

### September is National Recovery Month:

SAMHSA, the Substance Abuse and Mental Health Services Administration in the U.S. Department of Health and Human Services, has promoted [National Recovery Month](#) each September since 1989. National Recovery Month is intended to honor prevention, treatment, and recovery service providers; educate others about how substance abuse and mental health services help individuals live healthy, rewarding lives; and applaud those Americans who are in personal recovery.

In 2011, SAMHSA and the Food and Drug Administration's Office of Women's Health began promoting the third week of September as [National Wellness Week](#) as a way to support resiliency and recovery by also supporting overall health through the [Eight Dimensions of Wellness](#).

In past years, the IDPH Division of Behavioral Health has supported a single, statewide Recovery Month celebration in Des Moines, primarily through Access to Recovery funding. This year, IDPH is supporting both Recovery Month and National Wellness Week by funding local events.

For more information on National Recovery Month and National Wellness Week, as well as the Eight Dimensions of Wellness, click on the links above -- they'll take you to SAMHSA's web pages where you can find a wide range of resources and information that support their connected, positive messages:

**Behavioral health is essential to health.**

**Prevention works.**

**Treatment is effective.**

**People can and do recover.**

Watch future editions of the Matter of Substance newsletter for spotlight articles on how local organizations celebrated resiliency, recovery and wellness in September -- ***and thank you for all you do!***

## CONGRATULATIONS!!

**Congratulations to Kermit Dahlen!:** Behavioral Healthcare magazine has selected Kermit Dahlen, CEO, Jackson Recovery Centers, as one of this year's five Behavioral Healthcare Champions for 2013. The Champions were selected from among dozens of outstanding nominees and will be honored at an awards luncheon in September at the National Conference on Addiction Disorders. ***Way to go Kermit!***