



# A MATTER OF SUBSTANCE: AT-A-GLANCE

AUGUST 2013

A PUBLICATION OF IDPH  
DIVISION OF BEHAVIORAL HEALTH

## DIVISION QUICK FACTS

**Bath Salts Stimulant could be more addictive than Meth, Study Shows:** According to an article in [Science Daily](#), scientists at The Scripps Research Institute (TSRI) have published one of the first laboratory studies of MDPV, an emerging drug of use, particularly among young people, frequently sold as "bath salts." TSRI researchers confirmed the drug's powerful stimulant effects in rats and found evidence that it could be more addictive than methamphetamine, one of the most addictive substances to-date.

"We observed that rats will press a lever more often to get a single infusion of MDPV than they will for meth, across a fairly wide dose range," said TSRI Associate Professor Michael A. Taffe, principal investigator of the study. In a standard method for evaluating stimulant drugs, animals were able to dose themselves intravenously by pressing a lever. "When we increased how many lever presses a rat would have to emit to get an additional infusion of drug, we observed that rats emitted about 60 presses on average for a dose of Meth but up to about 600 for MDPV," said TSRI Research Associate Shawn M. Aarde. The findings are described by the journal *Neuropharmacology* online ahead of the publication's August 2013 print issue.

**Block Grant Public Comment:** IDPH funds comprehensive prevention and treatment services statewide through a combination of State of Iowa appropriations and the federal Substance Abuse Prevention and Treatment Block Grant. As you know, the Iowa General Assembly determines appropriations as part of its work each spring during the annual legislative session. There is also an annual process for the substance abuse block grant. Between September and December each year, IDPH submits a block grant application to SAMHSA, the Substance Abuse and Mental Health Services Administration of the U.S Dept of Health and Human Services. The application consists of three sections: (1) reporting on IDPH-funded substance abuse prevention and treatment activities over the previous three years, (2) reporting on state compliance with youth access to tobacco requirements (known as the Synar Act), and (3) planning related to substance abuse prevention and treatment priorities for the next two years. **Your assistance and input are requested for the planning section of the 2013 block grant application.** In coming weeks, block grant planning documents will be posted on the IDPH [Behavioral Health](#) webpage and discussed at meetings around the state. We'd greatly appreciate your comments on the priorities you see for substance abuse prevention and treatment in Iowa for the next two years. Talk to us at meetings or email your comments and any questions to [robyn.harris@idph.iowa.gov](mailto:robyn.harris@idph.iowa.gov) -- and please specify "Block Grant Comment" in the Subject: line of your email.

## UPCOMING EVENTS

**I-SMART Full Clinical System Training** August 22-23  
Hoover State Office Building, Des Moines  
To register, go to [www.trainingresources.org](http://www.trainingresources.org).

**Mental Health and Co-Occurring Recovery Conference**  
September 6  
The Meadows Events and Conference Center, Altoona  
For more information, watch the [unitypoint.org/classesandevents](http://unitypoint.org/classesandevents) website. **Please note that this link will not be live until August 5th.**

**Mental Health Conference** October 1-2  
The Meadows Events and Conference Center, Altoona  
To register, go to [www.trainingresources.org](http://www.trainingresources.org).

**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)

**Fundamentals of HIV, Hepatitis & STD Prevention Counseling** October 15-17  
Jessie Parker Building, Des Moines  
To register, go to [www.trainingresources.org](http://www.trainingresources.org).

**Iowa Prevention Conference** November 13  
Hy-Vee Hall, Des Moines  
For more information, watch [www.trainingresources.org](http://www.trainingresources.org).

**Training Without Travel** Online courses at [www.trainingresources.org](http://www.trainingresources.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)