



A MATTER OF SUBSTANCE: AT-A-GLANCE

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DIVISION QUICK FACTS

Drug Facts Week: “[National Drug Facts Week](#)” (NDFW), a week-long health observance, organized by the [National Institute on Drug Abuse](#) (NIDA), part of the [National Institutes of Health](#), takes place Monday, January 27th through Sunday, February 2nd. NDFW celebrates the inquisitive minds of teens by giving them a space (virtual or physical) to ask questions about drugs and to get scientific answers from experts.

About a third of high school seniors across the country report using an illicit drug sometime in the past year, and more than 10% percent report non-medical use of a narcotic painkiller. Information from IDPH’s 2012 *Iowa Youth Survey* indicate that 69% of Iowa 11th graders think it would be easy or very easy to get alcohol, 63% report easy access to cigarettes and 52% say it would be easy/very easy to get marijuana. According to 2013 IDPH data on *substance abuse treatment services*, marijuana is the primary drug most often reported by juveniles, followed by alcohol and then by “Other” drugs — a category that includes prescriptions and over-the-counter medications. NDFW is an opportunity for teens to get honest answers about drugs so they can make good, informed decisions for themselves and share accurate information with friends.



If interested in hosting an NDFW event, go to <http://drugfactsweek.drugabuse.gov/index.php> for sample quizzes, activity ideas, tools to promote NDFW through social media, and more. **Please see Page 2 for more information on National Drug Facts Week.**

Division of Behavioral Health Welcomes New Staff:

- **Patrick McGovern** - Patrick has accepted the Prevention Coordinator position for Iowa’s Youth Suicide Prevention Grant. Prior to coming to IDPH, Patrick had been employed since 2002 by the Iowa Consortium for Substance Abuse Research and Evaluation at the University of Iowa. While at the Consortium, Patrick worked with Dr. Steve Arndt and staff on a variety of IDPH evaluation projects including Families in Focus; Prevention Through Mentoring; Youth Development; the Strategic Prevention Framework State Incentive Grant; the State Epidemiological Outcomes Workgroup; and the Iowa Youth Survey.
- **Becky Swift** - Effective January 31, Becky has accepted the Division’s substance abuse and problem gambling Data Program Manager position previously held by Eric Preuss (who can now breathe a well-deserved sigh of relief and focus on the Gambling Treatment Program!). While Becky has worked most recently on stroke-related services in IDPH’s Acute Disease Prevention Division, she comes to Behavioral Health with an extensive background in substance use disorder issues, particularly prevention, through previous positions with Employee and Family Resources and the Governor’s Office of Drug Control Policy.

Please join us in welcoming **Patrick** and **Becky** to the Division of Behavioral Health!

UPCOMING EVENTS

Motivational Interviewing - Part 1 & 2 February 7
Peter Waitt Education Center, Sioux City
For more information, go to www.jacksonrecovery.com

HIPAA and Billing Compliance Workshop

- February 4 - *Atlantic*
- February 5 - *Storm Lake*
- February 12 - *Riverside*
- February 13 - *Cedar Falls*

For more information, go to www.trainingresources.org.

I-SMART Full Clinical System Training February 20-21
Hoover State Office Building, Des Moines
To register, go to www.trainingresources.org.

SAVE THE DATE: 37th Annual Governors’ Conference on Substance Abuse April 22-23, Des Moines
For more information, watch the Training Resources website at www.trainingresources.org.

Training Without Travel

Check out the online training course at www.trainingresources.org.

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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A MATTER OF SUBSTANCE: AT-A-GLANCE

NATIONAL DRUG FACTS WEEK - PAGE 2

National Drug Facts Week 2014 : Monday January 27th through Sunday February 2nd



What is National Drug Facts Week?

National Drug Facts Week was launched in 2010 by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. To counteract the myths they get from the internet, TV, movies, music, or from friends, NIDA scientists want to stimulate events in communities so teens can learn what science has taught us about drug abuse and addiction.

What happens during National Drug Facts Week?

National Drug Facts Week is an opportunity for teens to shatter the myths about drugs and drug abuse. In community and school events all over America, teens and experts will come together for an honest conversation about how drugs affect the brain, body and behavior. In school assemblies, after school clubs, athletic events, book clubs and other venues, students will be able to ask scientists questions about drugs, or discuss NIDA materials designed for teens.

How can I plan an event for National Drug Facts Week?

Check out the National Drug Facts Week Website (below) for more information. NIDA offers an online toolkit with lots of suggestions on how to plan events and how to find experts who can participate. The site also tells you how to register your event, and how to get free materials for teens, including the National Drug IQ challenge quiz.

Why Celebrate National Drug Facts Week?

About a third of high school seniors report using an illicit drug sometime in the past year; more than ten percent report nonmedical use of potentially addictive prescription painkillers; and more than 20 percent report smoking marijuana in the past month. Many teens are not aware of the risks to their health, to their success in school and the dangers while driving under the influence. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

Who are NIDA's Partners for National Drug Facts Week?

NIDA has many federal, state and local partners working together to get the facts about drugs to teens in communities all over America. Partners within the U.S. Department of Health and Human Services include the Substance Abuse and Mental Health Services Administration and the National Institute on Alcohol Abuse and Alcoholism. Other major federal partners include the White House Office of National Drug Control Policy, the Office of Safe and Healthy Students in the U.S. Department of Education and the Drug Enforcement Administration in the U.S. Department of Justice.

For more information on National Drug Facts Week, or to become a partner visit the Web site

<http://drugfactsweek.drugabuse.gov> or call 301-443-1124.