



A MATTER OF SUBSTANCE

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DIVISION OF BEHAVIORAL HEALTH

STAFF SPOTLIGHT: MICHELE TILOTTA

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Michele Tilotta, MPA, BSN, RN, works for the Bureau of Substance Abuse as Project Director for the SAMHSA Screening, Brief Intervention and Referral to Treatment (SBIRT) program. Michele also manages IDPH contracts for the state-funded Child Protection Centers, and is the treatment coordinator for the SAMHSA Access to Recovery (ATR) grant.

In addition, Michele serves as liaison to the Judicial Branch Children's Justice State Council and to the DHS Bureau of Child Welfare and Community Services and Division of Mental Health and Disability Services.

One of Michele's "other duties as assigned" is supporting IDPH grant-writing. Although it sometimes seems all-consuming, Michele enjoys working with co-workers and community partners to design and develop creative services that benefit Iowans. Michele has seen such benefits first hand through SBIRT -- she says she is lucky and humbled to work with amazing partners every day and gets to hear how SBIRT services positively impact many individual lives.

Before coming to IDPH, Michele held a variety of positions in behavioral health and medical settings. Michele graduated from nursing school in 1985. She received a Master of Public Administration degree, with a emphasis in health administration, from Drake University in 2011 (Yes, Go Blue!) Michele is passionate about the work she does and is proud to have been a nurse for 28 years.

When not working, Michele enjoys spending time with her husband Frank, son Hunter, and other family members, as well as with her two Bichons, Pierre and Marcelle. In her free time, Michele takes advantage of the many activities and events Des Moines has to offer -- and makes great cheesecakes!

IOWA DEPARTMENT OF PUBLIC HEALTH

DIVISION OF BEHAVIORAL HEALTH

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Kathy Stone is Director of the
Division of Behavioral Health

DIRECTOR'S CORNER

Have you heard about **OPERATION IMMERSION?**

Over the past several years, the Division of Behavioral Health has worked with the Iowa Army National Guard on a broad range of initiatives including: Access to Recovery (ATR); Screening, Brief Intervention and Referral to Treatment (SBIRT); Service Members, Veterans and Families Policy Academy; and the Strategic Prevention Framework State Incentive Grant (SPF SIG).

To assist providers and others in better understanding military members and the challenges and impacts of deployment, IDPH has

partnered with the Iowa National Guard to present Operation Immersion, a comprehensive 2-day training in military culture and issues unique to soldiers and their families.

The training will be held at **Camp Dodge in Johnston on November 5-6.**

Attendees will participate in multiple learning opportunities such as presentations on substance abuse and mental health disorders; Post-Traumatic Stress Disorder (PTSD); Traumatic Brain Injury (TBI); suicide; and sexual assault. In addition, attendees will have the privilege of hearing personal stories of

deployment and reintegration from National Guard members and their families.

So where does the "immersion" part of the training come in? Well, participants will spend the night in the barracks, get up bright and early for physical training, eat together, and experience morning inspection!

We hope you can attend this great learning opportunity. **OPERATION IMMERSION** is one way to give back to those Iowans who serve on our behalf.

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

DIVISION OF BEHAVIORAL HEALTH UPDATES

Recovery Month Events

As you probably know, SAMHSA has promoted [National Recovery Month](#) each September since 1989 to honor prevention, treatment, and recovery providers; educate others about how behavioral health services help individuals live healthy, rewarding lives; and applaud those in recovery.

On September 19, Governor Branstad signed a proclamation declaring September 2013 as Recovery Month in Iowa.



Governor Branstad and Recovery Month supporters

Below are pictures from two of the many events held across the state.



Pufferbilly Days Parade in Boone



Bridges of Iowa Second Annual Recovery Month Bike Ride/Walk/ Fun Run

SBIRT Trainings Held

On September 18, IDPH held the first of many **Rapid Information Forums** designed specifically for medical professionals. Practitioners had their choice of attending one of three two-hour sessions to increase their knowledge of substance use disorder **Screening, Brief Intervention and Referral to Treatment**. Approximately 55 practitioners were in attendance to learn about SBIRT research, implementation, reimbursement, and practices. More Rapid Information Forums will be conducted in coming months. For more information, contact Michele Tilotta at 515-281-4816.

Program Licensure Standards

Licensure staff continue their final review of substance abuse and problem gambling program licensure standards revisions for presentation to Board of Health Program Licensure Committee at their October 9 meeting. The proposed revisions will then go before the full Board of Health on November 13, followed by the public administrative rules process.

The primary focus of the review has been to update the standards to be consistent with DSM-V and ASAM criteria changes, including specific references to mental and physical health concerns. In addition, redundant language has been removed and the standards, overall, are being streamlined.

While the proposed revisions tighten reapplication timeframes, expand assessment expectations, and clarify private practice qualifications, they are not intended to impose additional burden on programs.

Programs will see a new category of services for which a program can be licensed. Standards for "Enhanced Program Services" will be available to programs with staff and services that meet the mental and physical health needs of their clients, in addition to problem gambling and/or substance abuse treatment.

For more information, contact Jeff Gronstal at 515-242-6162.

Social Host Successes through SPF SIG

Social host liability is an environmental prevention strategy that holds adults responsible for hosting parties where alcohol is served to underage youth on property the adults control. Social host efforts are one of the strategies local communities have implemented through IDPH's SAMHSA-funded Strategic Prevention Framework State Incentive Grant (SPF SIG). Since the start of the five-year SPF SIG grant, eight funded Iowa counties have passed social host ordinances -- Appanoose, Benton, Clinton, Delaware, Jackson, Jefferson, Monona and Sac. SPF SIG Coordinators from these counties have shared many valuable lessons related to implementation of this strategy, including those listed below.

- Engage key stakeholders - **Maribeth Bousman, Jackson County SPF SIG Coordinator with ASAC**, says that engaging leadership in the change process was key to moving the social host ordinance forward in their county.
- Build relationships with those helping to implement the strategy as well as those who will be impacted. **Chuck Russell, Appanoose County SPF SIG Coordinator with SIEDA**, notes that face-to-face visits were crucial to earning the trust and respect of the county which, in turn, made change in their county more successful.
- Educate key leaders that the social host strategy is part of a larger prevention system which includes a variety of services and strategies to address substance abuse. **Dianne Barry, Sac County SPF SIG Coordinator with New Opportunities**, states that it was important to their County Board of Supervisors that the social host ordinance was a part of a multi-faceted approach to reducing underage alcohol use.

For more information, contact Julie Hibben at 515-725-7895.

RELATED NEWS

Families in Focus

Families in Focus (Focus) is a three-year SAMHSA grant awarded to IDPH to improve treatment and recovery support services for adolescents with substance use or co-occurring substance use and mental health disorders. Other partners in the statewide collaborative implementing Focus include community-based treatment providers and advisory groups and the Iowa Consortium for Substance Abuse Research and Evaluation.

Provider Spotlight - Youth and Shelter Services (YSS) in Ames:

YSS is one of two substance abuse treatment providers designated as Focus Centers. Prairie Ridge in Mason City is the other. **Jason Haglund, Director of Treatment Services at YSS**, sees Focus from a director's perspective as an opportunity to improve adolescent substance abuse treatment services across Iowa. "The Focus project has provided us the tools to engage families and provide services that are more intensively family-focused and in-depth than we have been able to do in the past. It has also provided our staff with fantastic training opportunities and a learning environment."

Katie Sargent, YSS's Focus program coordinator, has a distinctly clinical take on Focus. "The Focus project has provided us with the opportunity to be trained in a highly regarded evidence-based treatment model, Multidimensional Family Therapy (MDFT), which has included intense training and supervision. Focus has allowed us to be on the forefront of disseminating MDFT across our service area and eventually the state of Iowa and it has been an honor to lead the charge."

Year 2 of the project will see two more providers added to the Focus project, six more therapists trained for a total of 12 statewide, and four more trainers credentialed to provide MDFT training to clinicians in Iowa.

For more information contact, Lonnie Cleland at Lonnie.cleland@idph.iowa.gov.

State Board of Health

The Iowa State Board of Health is the policy-making body for the Iowa Department of Public Health. It has the powers and duties to adopt, promulgate, amend and repeal rules and regulations, and advises or makes recommendations to the governor, General Assembly, and the director of Public Health. The Board also holds authority to approve or deny applications for licensure received from substance abuse and gambling treatment programs.

In 2010, the Board formed a subcommittee to focus specifically on substance abuse and problem gambling activities and policy, including treatment program licensure. The Substance Abuse and Problem Gambling Program Licensure Committee meets every month and updates the full Board on key issues at its meetings every other month.

Board of Health membership includes substance abuse prevention and treatment professionals. According to Jay Hansen, Chair of the Substance Abuse and Problem Gambling Program Licensure Committee, "the Robert Wood Johnson Foundation has stated that substance use, including alcohol, tobacco and other drugs, is the nation's number one health problem, costing billions in healthcare costs, lost productivity and emotional suffering. On the eve of healthcare reform, the Board of Health will provide crucial leadership, ensuring that substance use disorders are a priority as a public health issue as Iowans address the triple aims of better care, better cost and better outcomes."

For more information about the Board, and Committee, please visit http://www.idph.state.ia.us/do/board_of_health.asp.

**Fast Facts from the Consortium****Female Veterans and Successful Substance Abuse Treatment Completion**

The number of female veterans is steadily rising and is expected to continue its increase. In one national study, less than half of veteran females hospitalized due to substance abuse issues sought treatment, and only one-third completed treatment successfully.

In our national sample, about 13% of the veterans were women. Once adjusted for relevant covariates, these results indicate that veteran females were less likely to successfully complete treatment than non-veteran females by 4.74 percentage points.

Female veterans who go to treatment differ from other females attending treatment. Some of these differences may provide advantages or challenges for veterans' recovery efforts.

Female veterans reported never being married more often than their civilian counterparts. The support of intimate partners has been linked to greater completion rates.

Veterans were more apt to report no source of income than non-veterans. Greater financial resources have been associated with more favorable treatment outcomes for both men and women.

Homelessness is also a strong independent predictor of substance abuse treatment completion among veterans. Veterans have higher rates of homelessness, and female veterans in particular are three to four times as likely to be homeless as women in the general population. In a recent Annual Homeless Assessment Report to Congress, female veterans were found to be the fastest growing segment of the homelessness.

These results suggest that some factors are hampering the female veterans from fully utilizing their protective factors. Addressing the special needs of female soldiers may substantially improve their ability to be successful in treatment.

Maley, K., Acion, L., Jorge, R., & Arndt, S. (2013) Female veterans and successful substance abuse treatment completion. University of Iowa, Iowa City. Iowa Consortium for Substance Abuse Research and Evaluation.

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

Substance Abuse Prevention and Treatment Block Grant Application Comments

Your input is needed for the reporting section and the tobacco compliance section of the SAMHSA Block Grant application.

By November 1, please consider the reports listed below and send your comments to robyn.harris@idph.iowa.gov. (Specify "Block Grant Comment" in the Subject line of your email.) Past applications and reports are posted at http://www.idph.state.ia.us/bh/block_grant.asp.

Block Grant Reporting Section

Annual Report -

progress on block grant priorities, goals, objectives, strategies, and performance indicators.

Expenditure Reports -

expenditures during the previous three years on treatment and prevention services.

Population and Services Reports -

prevention strategies and treatment utilization.

Performance Indicators and Accomplishments -

prevention and treatment data and statistics.

Annual Synar Tobacco Access Compliance Report

FFY 2013 Compliance Progress -

youth access to tobacco laws, activities, and enforcement and Synar survey methods and results.

FFY 2014 Intended Use -

plans for law enforcement efforts, activities to support those efforts, anticipated changes to youth access to tobacco laws, and challenges faced in complying with Synar regulations.

Appendices -

results of Synar compliance checks, survey sampling methodology, formulas for the sample size, and survey inspection protocols and procedures.

Iowa Medicine TLC

With prescription drug misuse and abuse on the rise, the **Iowa Substance Abuse Information Center (ISAIC)** has launched a new educational campaign entitled **Iowa Medicine TLC**.

More than 70% of people aged 12 and up who misuse prescription medications say they obtained the drugs from a friend or family member.

The purpose of the Iowa Medicine TLC campaign is to educate parents about the dangers of misuse of prescriptions as well as over-the-counter medications. The education campaign provides guidance and resources on how to protect children and others you care about from medication misuse.

So what does the "TLC" stand for in Iowa Medicine TLC?

Talk, Lock, and Connect:

- **Talk** to your children about the proper use of all medications and the risks of misuse
- **Lock** up or store prescription medications in a secure location that can be monitored, and safely dispose of unused medicine
- **Connect** with the Iowa Substance Abuse Information Center for help to prevent medication misuse and abuse.

For more information about Iowa Medicine TLC go to www.iowaMedicineTLC.org.

IDPH funds ISAIC to provide information and resources statewide on prevention and treatment of substance use disorders.

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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or

Julie Hibben (julie.hibben@idph.iowa.gov)

TRAININGS AND CONFERENCES

Substance Abuse Counselor and Social Work Ethics

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

DSM V: Overview and Diagnosing for Substance Abuse Counselors

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

2013 Protecting Families Fall Conference

October 11
Sioux City Convention Center
To register, go to www.mercysiouxcity.com/classes-events.

2013 Iowa Adverse Childhood Experiences Summit

October 14
Sheraton West Des Moines
To register, go to www.iowaaces360.org.

Mind Over Matter: Cognitive Behavior Treatment

October 18. 8:45am - Noon
Peter Waitt Education Center
Sioux City
For more information, go to www.jacksonrecovery.com.

2013 Iowa Prevention Conference

November 13
Hy-Vee Hall-Iowa Events Center
Des Moines
To register, go to www.trainingresources.org.

I-SMART Full Clinical System Training

November 21-22
Hoover State Office Building
Des Moines
To register, go to www.trainingresources.org.

Training Without Travel

Check out the online training courses available at www.trainingresources.org.

IDPH funds Training Resources to provide professional workforce development opportunities statewide.