



# A MATTER OF SUBSTANCE

MAY 2010

A PUBLICATION OF THE IDPH  
DIVISION OF BEHAVIORAL HEALTH

## STAFF SPOTLIGHT: BINNIE LEHEW

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Binnie LeHew is program coordinator for the Division's Office of Disability, Injury & Violence Prevention. She coordinates programs associated with disability, brain injury, and intentional injuries, including suicide prevention and domestic/sexual violence prevention. Binnie conducts provider training on domestic and sexual violence response and protocols, staffs the Iowa

Domestic Abuse Death Review Team, and manages all federal and state funds related to sexual violence prevention.

Binnie has worked at IDPH since 1997 – the longest job she has ever had. “I am excited about trends in public health that are beginning to recognize the social determinants of health, and the impact that early exposure to violence can have on later health/mental health conditions.” She believes that the public health model is the way to go to address these issues and she is all about building partnerships. Recently, she has been working with staff in the Bureau of Family

Health and with reproductive health providers to promote improved responses to intimate partner violence.

Binnie is a native Kansan who still misses the waving wheat fields near Dodge City, where she was born. She eventually ended up in Iowa to earn her MSW from the University of Iowa. She is married to Ben Zachrich and they have two daughters (Mara and Madison) and a son-in-law (Jon). Two of her favorite activities are going to the annual *free* Woody Guthrie Folk Festival in Okemah, OK every summer and traveling by train — when she has time!

### IOWA DEPARTMENT OF PUBLIC HEALTH

### DIVISION OF BEHAVIORAL HEALTH

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Kathy Stone is the Director of the  
Division of Behavioral Health

Hello. In the November 2009 newsletter, I said our priority during this year's economic difficulties was to protect and preserve direct services to Iowans. We held to that priority in implementing the State's 10% across-the-board funding reduction and we will hold to it for the 2011 fiscal year that starts July 1. While we believe our priority is right, meeting it was not without pain. For example, we funded less training than in past years. We reduced funding for program evaluation. We decreased funding for pamphlets and books and other resource materials. And, where we had no other choice, we reduced funding for direct services.

## DIRECTOR'S CORNER

But there is some good news! Through a supplemental appropriation, the Iowa Legislature restored almost all of our Fiscal Year 2010 funding reduction — and those dollars are going back out wherever possible to the contracts we reduced.

Other legislative actions of interest to the Division:

- Senate File 2201 established parity-level mental health and substance abuse insurance coverage for veterans
- Senate file 2357 prohibits a person who is the subject of a no-contact order or a protective order or who has been convicted of a misdemeanor crime of

domestic violence from possessing, transferring, or selling firearms and ammunition or offensive weapons

- Joint licensure standards were approved for problem gambling and substance abuse treatment programs

And funding? For certain Division activities, funding for Fiscal Year 2011 will be less — generally, about 5% — than what was available for Fiscal Year 2010. That said, our priority remains: we will do our best to protect and preserve direct services to Iowans.

If you have any questions or concerns, let me know.

Thanks, Kathy Stone

## DIVISION OF BEHAVIORAL HEALTH UPDATES

### Dean Austin Retires from IDPH

G. Dean Austin retired on April 29, 2010 after 30 years with the Iowa Department of Public Health and the Iowa Department of Substance Abuse. (The Department of Substance Abuse merged with the State Health Department in 1986 to create the Iowa Department of Public Health.)

Over the years, Dean has seen and experienced many changes — like the adoption and implementation of evidence- and science-based practices by substance abuse prevention and treatment providers, professional growth through regulation and credentialing, and the emergence of recovery-oriented systems of care for those recovering from addictions or coping with mental illness.

Dean thanks the many people who touched his life over the years, both professionally and personally, in the field of addictions and in state and national government, as well as the many professionals and service providers who work each day to assist those in need find their personal path to recovery.

Dean can be contacted by e-mail at [gdasl1@msn.com](mailto:gdasl1@msn.com).

### Change in Program Licensure Inspection Notification

Beginning in January 2010, the Division's licensure team initiated a new procedure for notifying substance abuse and problem gambling treatment programs of impending inspections.

In the past, programs were given 24-hour notice of on-site inspection. As you might guess — or know first hand! — this sometimes created logistical problems for programs because of conflicts with other scheduled activities or the absence of key staff.

Under the new process, programs are sent an e-mail notification at least 30 days before their scheduled licensure inspection, informing them of the week the on-site inspection will occur.

Licensure staff contact the program the week of the inspection to coordinate specific dates and times.

The new process works well, with less disruption to programs' day-to-day operations and fewer revisions to the licensure inspection schedule. 30-day notice is consistent with procedures of national accreditation bodies such as CARF and the Joint Commission.

[http://www.idph.state.ia.us/bh/admin\\_regulation.asp](http://www.idph.state.ia.us/bh/admin_regulation.asp)

[http://www.idph.state.ia.us/bh/substance\\_abuse\\_licensure.asp](http://www.idph.state.ia.us/bh/substance_abuse_licensure.asp)

### NIATx Expanded to Substance Abuse Prevention Agencies

The Bureau of Substance Abuse Prevention and Treatment has helped treatment agencies learn and use NIATx process improvement methodologies since 2006. Based on the positive results experienced by the treatment agencies and IDPH, Bureau staff believed prevention agencies could see similar benefits from NIATx.

*NIATx (originally, the Network for the Improvement of Addiction Treatment), was founded by Dr. Dave Gustafson at the University of Wisconsin and has been funded by the Robert Wood Johnson Foundation and by SAMHSA (Substance Abuse and Mental Health Services Administration.) NIATx uses incremental change projects, the Plan/Do/Study/Act model, and other proven techniques to effect large-scale, positive improvements in program operations that support client engagement and retention in services and benefit an agency's financial bottom line.*

In spring 2009, IDPH, **ASAC** (Area Substance Abuse Council, Cedar Rapids) and **Prairie Ridge Addictions Treatment Services** (Mason City) began an innovative NIATx-based project to increase retention among participants in prevention diversion programs that provide substance abuse education to youth under the age of 21 who have been charged with possession of alcohol or marijuana.

• **ASAC** focused on increasing referrals to their diversion class. After implementing NIATx processes,

ASAC saw its education program referrals double.

- **Prairie Ridge** focused on decreasing diversion class no shows and holding the class on a consistent basis. After implementing NIATx, Prairie Ridge increased class attendance and was able to hold all classes with no cancellations.

Because of these successes, IDPH will offer another round of NIATx for prevention. If your substance abuse prevention agency is interested in participating, please contact Julie Hibben at [jhibben@idph.state.ia.us](mailto:jhibben@idph.state.ia.us) or Linda McGinnis at [lmcginni@idph.state.ia.us](mailto:lmcginni@idph.state.ia.us).

### Fast Facts from the Consortium

Do you know these facts about substance abuse treatment?

Clients in the Jail-Based Treatment project (JBT) receive substance abuse services during incarceration and after release from jail.

From November 1, 2008 through December 31, 2009, 641 clients were admitted to JBT programs in four Iowa counties: Polk (**United Community Services**), Scott (**Center for Alcohol and Drug Services**), Story (**Community and Family Resources**), and Woodbury (**Jackson Recovery**). The most common primary substance reported at admission was alcohol.

The Consortium conducts follow-up interviews with clients six months post-admission. Results for the 171 clients interviewed so far show that:

- 88% reported abstinence in the previous six months
- 91% had not been arrested since admission
- 52% were working full or part time

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

## RELATED NEWS

### What is a Recovery Oriented System of Care?

OK, I've heard of it...but what does it mean? According to CSAT Director, Dr. Westley Clark, Recovery Oriented Systems of Care (ROSCs) offer a comprehensive menu of services and supports that can be combined and readily adjusted to meet an individual's needs and chosen pathways to recovery from substance abuse. ROSC principles support person-centered and self-directed approaches that build on personal responsibility and the strengths and resilience of individuals, families and communities.

OK, sounds great...but I'm still not sure I know what it means. How about some Iowa examples? Access to Recovery (ATR) is a type of ROSC model that offers a broad range of services and supports that reduce at least some of the daily barriers people face as they work toward recovery. Women and Children programs are another great Iowa example of ROSC principles in action. Women and Children programs provide treatment as well as a broad range of wrap-around services for women and their dependent children.

One of the keynote speakers at April's Governor's Conference on Substance Abuse, Dr. Ijeoma Achara, spoke on the practical, concrete steps that states and programs and communities can take to assure locally relevant recovery-oriented systems of care, based on her extensive experience in, among other places, the state of Connecticut and in Philadelphia.

Dr. Achara has been working with Iowa stakeholders to identify ROSC opportunities that encompass substance abuse and problem gambling prevention and treatment along with community- and faith-based services and supports.

As we continue our transition to a statewide, integrated recovery-oriented system of care, you'll hear more about changes the Division is considering and you'll have many opportunities to ask questions and give input!

### ATR Recovery Peer Coaching Update

In the last edition of the newsletter, we shared with you how recovery peer coaching came to Iowa. Access to Recovery (ATR) Recovery Peer Coaching services are an integral component of Iowa's recovery oriented system of care initiative.

Recovery Peer Coaching is a peer-to-peer relationship that builds on the strengths of individuals and families in recovery from addiction. Currently, four substance abuse treatment and recovery support providers — **First Resources** (Ottumwa), **In Jesus Name Services** (Council Bluffs), **Substance Abuse Services Center** (SASC, Dubuque), and **Southern Iowa Economic Development Association** (SIEDA, Ottumwa) — are providing coaching to 25 enthusiastic individuals!

Ten people participated in a special section of ATR's November recovery coaching training to qualify them to "train the trainers". They and the trainings they provide will facilitate statewide implementation and sustainability of recovery coaching. Several trainings are being scheduled in central and western Iowa. Six agencies are planning to send individuals to training and are planning service implementation and roll-out.

For additional information about upcoming trainings, agencies involved, or to contact a "train the trainer" to bring coaching to your community, go to [www.idph.state.ia.us/atr/peer\\_coaching.asp](http://www.idph.state.ia.us/atr/peer_coaching.asp) or contact Kevin Gabbert at [kgabbert@idph.state.ia.us](mailto:kgabbert@idph.state.ia.us) or Michele Tilotta at [mtilotta@idph.state.ia.us](mailto:mtilotta@idph.state.ia.us)

### Process Improvement at IDPH

In November 2009, IDPH sponsored a "kaizen" continuous improvement event to streamline the Department's service contracting process.

One of the key outcomes will be the introduction of an electronic file sharing system to allow easy access to contract-related folders and files.

For contractors, the new system will decrease the time it takes for service contracts to arrive from IDPH, meaning that local partners can begin serving their communities in a more timely manner. You will also be able to submit expenditure reports electronically, reducing turnaround time for payment. Additionally, contractors will no longer have to use registered mail or hand-deliver grant applications to the Lucas Building in Des Moines. Finally, this new system means decreased administrative costs for the state. By being able to access, review, approve, and catalog documents with just a few clicks of a mouse, IDPH will be able to reduce staff time devoted to completing the contracting process.

For more information, please visit the "Quality Improvement" section of our Public Health Modernization site, [www.idph.state.ia.us/mphi/quality\\_improvement.asp](http://www.idph.state.ia.us/mphi/quality_improvement.asp)

### Congratulations!

- **Dean Austin** on his retirement from **IDPH** on April 28!
- **Kermit Dahlen** on 30 years of service with **Jackson Recovery!**
- **Julie Shepard and staff** at **Training Resources** on another terrific Governor's Conference on Substance Abuse.

Congratulations also to the following Governor's Conference award recipients:

- ⇒ **Denise Denton (Youth and Shelter Services)** - ISASA Deb Matthews Award
- ⇒ **Dee Hummel (Powell CDC)** - IBHA Award for Excellence in Substance Abuse
- ⇒ **Patrick Smith (NE Iowa Behavioral Health)** - Tressa Youngbear Above and Beyond Scholarship Award
- ⇒ **State Representative Doug Struyk** (Republican, Council Bluffs) - IBHA Champion Award

## Hepatitis Vaccine Initiative – A Success Story

Hepatitis B is a vaccine-preventable disease that is primarily transmitted through blood (i.e. needle sharing, mother to child, and sexual contact), and can lead to cirrhosis of the liver, liver failure, or liver cancer.

Many people in prison have used illicit drugs and engaged in other behaviors that put them at risk for HBV, such as unprotected sex, sharing of drug equipment, and tattooing at unlicensed facilities. Because combination hepatitis A/B vaccinations require individuals to receive three doses over a six-month period, prisons provide a unique opportunity to ensure completion of the series.

The Bureau of HIV, STD, and Hepatitis has collaborated with the IDPH Bureau of Immunization and TB and the Iowa Department of Corrections (DOC) since 2008 to increase the number of adults in the nine state correctional centers who are vaccinated against hepatitis A and B. Vaccine for the program is provided by the Centers for Disease Control and Prevention through the Section 317 Immunization Grant program. Prior to this collaboration, the DOC received only enough funds to offer hepatitis vaccinations to offenders who test positive for hepatitis C upon intake. Persons infected with hepatitis C are particularly vulnerable to the effects of additional hepatitis viruses. The DOC processes approximately 6,000 offenders per year and had vaccinated about 1,100 HCV-positive inmates prior to the initiative.

In March 2008, the DOC started administering combination hepatitis A/B vaccines to high-risk offender populations. The Bureau of HIV, STD, and Hepatitis and the DOC determined that vaccine priority should be given to

those offenders with a history of IV drug use or who are women of child-bearing age. (90% of children who acquire hepatitis B from their mothers will develop chronic hepatitis B). Offenders must be incarcerated long enough to complete the series and should be likely to be released back into the community in the future.

From March 2008 through December 2009, the DOC delivered 9,394 doses of combination hepatitis A/B vaccinations to offenders, protecting them, their partners, and their children from possible exposure to hepatitis B.

## From the Iowa Substance Abuse Information Center

### Books

*Betting Their Lives: The Close Relations of Problem Gamblers* by Lome Tepperman

This book is based on first-hand interviews with problem gamblers and discusses how gambling is influenced by and influences relationships with intimate partners — husbands, wives and children.

### DVDs

*Vida en la Comunidad para Todos!* (Life in the Community for Everyone!) This bilingual DVD addresses substance abuse prevention and mental health promotion in Hispanic/Latino communities. It is designed for service providers working with parents. The DVD presents vignettes and expert and community interviews. It reinforces Hispanic traditions and motivates parents to be more involved in protecting their children.

### Patron Favorite DVDs:

- *Cross Addiction: the Back Door to Relapse*
  - *Humor in Treatment*
  - *Reclaim Your Family from Addiction*
- To reserve these items, contact ISAIC at 1-866-242-4111 or go to [www.drugfreeinfo.org](http://www.drugfreeinfo.org).

## Upcoming Trainings

### Iowa Advocates for Mental Health Recovery Annual Conference: Relationships in Recovery

May 17-18 at the Holiday Inn and Suites, Merle Hay Road. For more information, go to [www.iarecovery.org](http://www.iarecovery.org).

### COMPASS Tool Training

May 26, 1:30 pm by conference call at 1-888-346-3950, 546353. Contact Brenda Hollingsworth at [Brenda-Hollingsworth@uiowa.edu](mailto:Brenda-Hollingsworth@uiowa.edu) for an electronic copy of the COMPASS.

### Cognitive Behavior and Motivational Approaches for Treating Pathological Gamblers Webinar

May 27, June 3 and June 10. Participants will log in from their computer for three, two-hour web-based seminars. For more information, go to [www.trainingresources.org](http://www.trainingresources.org).

### Moms off Meth 3rd Annual National Conference

May 28 at the Bridge View Center in Ottumwa. For more information, contact Hailee Sandberg at [hsandberg@iowatelecom.net](mailto:hsandberg@iowatelecom.net).

### Many Faces of Mental Illness

June 10 at the Sioux City Convention Center. For more information, go to [www.siouxlandmentalhealthcenter.com](http://www.siouxlandmentalhealthcenter.com) or contact Gloria at [gmeier@siouxlandmentalhealth.com](mailto:gmeier@siouxlandmentalhealth.com).

### Psychological First Aid

June 10 at the Country Inn and Suites in Northwood. For more information, contact BJ Hoffman at [region2eec@yahoo.com](mailto:region2eec@yahoo.com) or call 515-745-6229

### IDPH Request for Information

Go to <http://www.idph.state.ia.us/IdphGBP/IdphGBP.aspx> to respond to IDPH's RFI on Public Health Information Delivery - Helpline, Materials and Resources, Education and Training.

For more information about the Division of Behavioral Health, visit

[www.idph.state.ia.us/bh](http://www.idph.state.ia.us/bh)

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