The Iowa Consortium for Substance Abuse Research and Evaluation

Mailing address:
100 MTPA, Suite 102
University of Iowa
Iowa City, IA 52242-5000

Street address:
2662 Crosspark Rd
Coralville IA 52241-5000

Phone: 319.335.4488
Fax: 319.335.4484
Since 1991, the Iowa Consortium for Substance Abuse Research and Evaluation has grown and matured. It began as a combined effort of several departments in state government, the state’s three regent institutions, and community treatment centers. The Consortium office was a single office in the basement of an old building on the U of I campus. With these scanty beginnings and over 20 years later, many things have changed, some have not, and we have all grown a little wiser.

What has changed?
The treatment and prevention fields did not talk too much about evidence based practices. Now it is almost a given that programs and projects use evidence based methods to improve the life of people suffering from substance use disorders and to divert people from ever getting to a problem stage.

Programs had little expectation or the capability to independently monitor their clients’ recovery outcomes or the effects of prevention programs. Now, that is the norm. We assess and monitor programs, especially ones who receive state or federal funding, using objective outcomes. In Iowa, we can say “Approximately, half of those who go to treatment maintain sobriety over a six-month period.” There is a side benefit to this monitoring that is actually extremely important. People who went through a treatment center or program typically had little public voice about their experiences. The monitoring we have done over the last 15 years at the Consortium gives them that voice.

We have also recognized that special groups of people may have special needs. For instance, people with substance use disorders that have co-occurring mental health issues, veterans, women, clients with trauma histories, single parents, our growing minority and elder populations have been identified as needing ancillary care.

Many of these changes have been generated by use of empirical and scientific methods for treatment and prevention. There have been many forces that moved us forward but the communities have willingly accepted the advances. We really do have the same mission - helping to reduce the pain and suffering from drug and alcohol abuse.

All in all, we have made significant advances. I would like to thank the field for the opportunity to see things continue to get better.

Stephan Arndt
Director
MISSION STATEMENT

Substance use disorders including alcoholism have serious medical consequences. The effects can have severe negative financial, legal, and psychological affects on the person, their family, co-workers, and friends.

The Iowa Consortium for Substance Abuse Research and Evaluation (The Consortium) is an alliance committed to strengthening substance abuse prevention and intervention activities through collaborative research.

The Consortium coordinates research and knowledge transfer among researchers, assists professionals in the field, and informs public policy makers in the area of substance abuse.

The Consortium’s Advisory Board includes: representatives from the University of Iowa, the University of Northern Iowa, Iowa State University; Iowa Department of Public Health and the Iowa Department of Public Health and the Iowa Department of Corrections; the Iowa Office of Drug Control Policy; and representatives from local substance abuse service agencies.

The Consortium facilitates collaborative research and the transfer of knowledge among researchers, helping professionals, and public policymakers in the field of substance abuse.
EVIDENCE BASED PROGRAMS:
The Consortium can assist you in selecting or evaluating evidence based prevention or treatment programs for your situation and address the goals of your project. We can also assist you in formulating goals and identifying measurable constructs. We have 20 years of experience with many evidence based treatment protocols in a variety of settings, schools, jails, community treatment centers and community based environmental strategies.

GRANT WRITING ASSISTANCE:
The Consortium can assist you in writing grants for your agency. We regularly survey requests for proposals and can help guide you to agencies that fund programs. Once we have found a match, we can assist you as you seek outside funding. This includes writing a program evaluation section of the grant, assistance with developing the logic model for the grant and the evaluation. Additionally, we can help you develop testable research hypotheses or measurable goals for your project.

PROGRAM EVALUATIONS:
The Consortium has over 20 years of experience in evaluating substance abuse prevention and treatment programs. We have evaluated single and multi-site programs for schools, cities, counties, the State of Iowa, as well as for national agencies such as the U.S. Department of Justice, Substance Abuse Mental Health Services Administration (SAMHSA), and the U.S. Department of Education. Our evaluations often involve outcome evaluations with long-term client in person or telephone follow-ups. Our client follow-up rates are over 80% and as high as 95% for some projects. We also perform process and ecological evaluations.

EPIDEMIOLOGICAL SURVEY:
Agencies frequently need to find the extent and patterns of substance abuse problems in their community. This allows agencies to target precious resources to tackle the biggest problems or to try to prevent arising issues from becoming larger problems. A full scan of substance related issues in terms of measurable indices is called an epidemiological scan. The Consortium can access local, state, and regional data to provide a survey of problems, their levels, and severity. This information can also serve as baseline data for intervention. Repeated at regular intervals, the information can be used for evaluating global outcomes, for instance of a community strategy.

WHAT LEADERS IN TREATMENT AND POLICY ARE SAYING ABOUT THE IOWA CONSORTIUM FOR SUBSTANCE ABUSE RESEARCH AND EVALUATION.

“Knowing that we needed to increase substance abuse research and evaluation in the state, I worked with other state agencies and the University of Iowa to create the Iowa Consortium for Substance Abuse Research and Evaluation in 1991. The research and evaluation they have done since then is essential to Iowa in the submission of grant applications and in improving prevention and treatment through the development of treatment outcomes and evidence based practices.”

Janet Zwick
Deputy Director (retired)
Division of Behavioral Health
Iowa Department of Public Health
President, Zwick Healthcare Consultants LLC

“We rely on the Consortium’s strong research and evaluation skills to support us in our policy, planning and services responsibilities. Consortium staff are experienced and responsive and absolutely diligent in directing their expertise to relevant and highly useable reports and products.”

Kathy Stone
Director
Division of Behavioral Health
Iowa Department of Public Health
The Iowa Consortium for Substance Abuse Research and Evaluation extends its reach to all 99 counties in the State of Iowa as well as into several local states. The Consortium collaborates research efforts with educational, public, private, and governmental agencies.

The program office for the Consortium is located at the University of Iowa’s Oakdale Research Park.

The following are examples of projects the Consortium has participated in during the Fiscal Years of 2012 and 2013.

**TREATMENT PROJECTS:**
- Cultural Competent Treatment Program
- Drug Treatment Court Enhancement
- Families in Focus Mental Health Expansion
- Outcomes Monitoring System (OMS) St. Gregory Retreat Center
- SBIRT: Screening, Brief Intervention, and Referral to Treatment Program
- Treatment Strategy for Alcohol Use Disorder in Veterans with Traumatic Brain Injury

**SPECIAL PROJECTS:**
- Iowa Youth Survey (all 99 counties)

**PREVENTION AND DIVERSION PROJECTS:**
- Access to Recovery
- Comprehensive Prevention Project
- Jackson County GRAA (Grants to Reduce Alcohol Abuse)
- LEW (Local Epidemiological Workgroup)
- Prevention Through Mentoring
- SPF-SIG Evaluation
- Youth Development
- Reed Hruby Heroin Prevention Initiative Study location: Chicago, Illinois Suburbs
<table>
<thead>
<tr>
<th>TREATMENT FOCUSED PROJECTS</th>
<th>PARTNERS</th>
<th>PROJECT OVERVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Culturally Competent Treatment Programs</td>
<td>Iowa Dept. of Public Health, Area Substance Abuse Council (Cedar Rapids) Jackson Recovery Centers (Sioux City)</td>
<td>The aim of this project is to address barriers to treatment for members of minority groups and to implement culturally competent treatment services. We are evaluating the success rates for minority individuals who receive culturally competent treatment services.</td>
</tr>
<tr>
<td>Drug Treatment Court Enhancement</td>
<td>6th Judicial District Corrections; Goodwill of the Heartland (Cedar Rapids and Iowa City)</td>
<td>This project enhances employment services currently provided to clients in the Drug Treatment Court. The Sixth Judicial District Department of Correctional Services contracted with Goodwill of the Heartland to provide employment services for the clients. We conduct the evaluation component of the project.</td>
</tr>
<tr>
<td>Families in Focus</td>
<td>Iowa Dept. of Public Health, Youth and Shelter Services, (Ames) and Prairie Ridge Addiction Treatment Services (Mason City)</td>
<td>Families in Focus is a project starting with two treatment providers that will implement the evidence-based Multi-Dimensional Family Treatment (MDFT) program. Families in Focus will also implement the Comprehensive Adolescent Severity Inventory (CASI), a standard method for screening all potential adolescents for substance abuse, dependence and mental health needs. We will monitor activities, conduct outcomes and process evaluation for the duration of the project with intent to bring 2 more providers on each project year.</td>
</tr>
<tr>
<td>Mental Health Expansion</td>
<td>Sixth Judicial District Corrections, Area Substance Abuse Council (Cedar Rapids) and MECCA Services (Iowa City)</td>
<td>This project enhances mental health services currently provided to clients in the Drug Treatment Court. We will conduct the evaluation component of the project.</td>
</tr>
<tr>
<td>Outcomes Monitoring System (OMS)</td>
<td>Iowa Dept. of Public Health</td>
<td>OMS gathers data on substance abuse treatment outcomes in Iowa. Randomly selected clients from 23 substance abuse treatment agencies funded by IDPH are contacted for follow-up interviews by the Consortium. The interviews occur 6 months after client’s discharge from treatment.</td>
</tr>
<tr>
<td>SBIRT: Screening, Brief Intervention, and Referral to Treatment Program</td>
<td>Iowa Dept. of Public Health: House of Mercy, United Community Services, Primary Health Care, MECCA (Des Moines); Center for Alcohol &amp; Drug Services, Community Health Care (Davenport); Pathways Behavioral Services, Peoples Health Center (Waterloo); Jackson Recovery Centers, Siouxland Community Health Center (Sioux City); Iowa National Guard (Camp Dodge, Johnston)</td>
<td>SBIRT IOWA is a comprehensive integrated public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Substance abuse agencies are co-located at Federally Qualified Health Centers (FQHCs) in Blackhawk, Polk, Scott and Woodbury counties as well as Camp Dodge, home of the Iowa National Guard. The Consortium is contracted to conduct outcomes and process evaluations for the project.</td>
</tr>
<tr>
<td>St. Gregory Retreat Centers</td>
<td>St. Gregory Centers (Des Moines)</td>
<td>St. Gregory Center monitors treatment outcomes using techniques based on decades of research which are proven to be vastly more successful than traditional approaches.</td>
</tr>
<tr>
<td>Treatment Strategy for Alcohol Use Disorder in Veterans with Traumatic Brain Injury</td>
<td>US Department of Veterans Affairs, University of Iowa (Iowa City and Quad Cities) University of Iowa Dept. of Psychiatry (Iowa City)</td>
<td>This study assesses the effectiveness of sodium valproate as compared to naltrexone in the treatment of alcohol use disorders in veterans with TBI or co-occurring conditions.</td>
</tr>
</tbody>
</table>
Iowa Youth Survey
Iowa Dept. of Public Health
Analyze data provided by the IDPH from 6th, 8th, and 11th grade 2012 Iowa Youth Survey. Students from public and nonpublic schools throughout the state completed the survey.

PREVENTION & DIVERSION FOCUSED PROJECTS
PARTNERS
PROJECT OVERVIEW

Access to Recovery
Iowa Dept. of Public Health
Assist in developing measurable benchmarks to assess needs and service delivery improvements for service members, veterans, and their families.

Jackson County GRAA (Grants to Reduce Alcohol Abuse)
Maquoketa School District
A prevention program in the Andrews, Bellevue, and Preston School Districts. Four prevention school based programs: LifeSkills Training, Project Towards No Drug Abuse, the Leadership and Resiliency Program and Communities Mobilizing for Change on Alcohol are used. We provide analysis of pre- and post-tests for evaluation with youth prevention programs.

LEW (Local Epidemiological Workgroup)
MECCA
We provide a Local Epidemiological Workgroup (LEW) Chairperson for the Johnson County SPF SIG project and perform activities outlined in the SPF SIG LEW Responsibilities and Estimated Time Commitment document the Iowa Dept. of Public Health.

Comprehensive Prevention Project
Iowa Dept. of Public Health
The Comprehensive Substance Abuse Prevention Project provides primary alcohol, tobacco, and other drug (ATOD) prevention services to all counties in Iowa. We develop survey instruments, train site staff on survey administration, monitor data entry, and enter data, as well as analyze and report on project outcomes.

Prevention Through Mentoring
Iowa Dept. of Public Health
Nine substance abuse organizations participate in this project: Big Brothers Big Sisters of Siouxland; Clinton Community School District; Helping Services of Northeast Iowa; Henry County Extension; Serve Our Youth; Community Correction Improvement Association; Mason City Youth Task Force; Big Brothers Big Sisters of Central Iowa; and Compass Point. The Consortium provides analysis of pre- and post tests for evaluation and outcomes.

Reed Hruby Heroin Prevention Initiative
Robert Crown Centers for Health Education
The Robert Crown Centers for Health Education (RCC) is piloting a Heroin Prevention Education Project in 11 Chicago-area middle and high schools during the 2012-2013 school year. Schools are the access point for reaching students, parents, and school staff to educate them on the neuroscience of drug use and abuse, current trends of opioid use and the effect on the brain, risk and protective factors for drug use and abuse, and the importance of conversations to help prevent drug use. We conduct the formative evaluation.

Strategic Prevention Framework State Incentive Grant SPF-SIG
Iowa Dept. of Public Health
SPF-SIG assists the state in developing comprehensive plan for prevention infrastructure and supports selected local communities in implementing effective programs, policies and practices to reduce substance abuse and its related problems. We provide the formative evaluations and outcomes monitoring.

Youth Development
Iowa Dept. of Public Health
Eight substance abuse prevention organizations participate in this project: Area Substance Abuse Council; Henry County Extension; Garner-Hayfield Community School District; Mason City Youth Task Force; Substance Abuse Treatment Unit of Central Iowa; Promise Partners; United Action for Youth; and Kossuth Connections. The Consortium provides analysis of pre- and post tests for evaluation and client outcomes with youth prevention programs.
The Iowa Consortium for Substance Abuse Research and Evaluation is an alliance committed to strengthening substance abuse prevention and intervention activities through collaborative research.

The Consortium coordinates research and knowledge transfer among researchers, assists professionals in the field, and informs public policy makers in the area of substance abuse.

The Consortium’s Advisory Board includes: representatives from the University of Iowa, the University of Northern Iowa, Iowa State University, Iowa Department of Public Health and Corrections, the Iowa Office of Drug Control Policy, and representatives from local substance abuse service agencies.

CONSORTIUM COORDINATING BOARD MEMBERS:
Stephan Arndt, University of Iowa, Consortium Director
Gene Lutz, University of Northern Iowa
Mike Polich, Iowa Behavioral Health Association (Co-Chair)
Lettie Prell, Iowa Department of Corrections
Dick Spoth, Iowa State University
Kathy Stone, Iowa Department of Public Health
Deanna Triplett, Iowa Behavioral Health Association (Co-Chair)
Linda Trudeau, Iowa State University
Dale Woolery, Office of Drug Control Policy
Janet Zwick, Member at Large

CONSORTIUM STAFF:
Stephan Arndt, Director
Julie Palmer, Associate Director
Laura Acion, Associate Research Scientist
Jennifer Collins, Research Assistant
Suzy Hedden, Program Evaluator
Kate Maley, Research Assistant
Patrick McGovern, Program Evaluator
Timothy Smith, Applications Developer
Heather Stark, Administrative Assistant
Kristin White, Program Evaluator