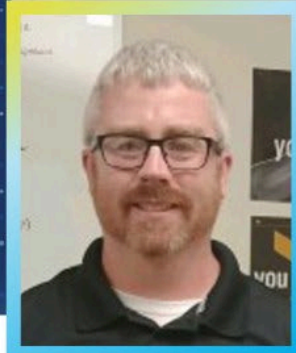


Recovery: Housing is the Start

September 7 | 10:45 A.M. - Noon



ANDREW ALLEN
YSS



CODY CRAWFORD
Iowa Department of
Health And Human Services



MELISSA VINE
The Beacon



MARLENA HEMPHILL
The Beacon



DALE WOOLERY
Office of Drug Control Policy





Iowa's Evolving Drug Scene

Building Safer & Healthier Communities

HousingIowa Conference

September 7, 2023

Dale Woolery: Office of Drug Control Policy, Iowa Department of Public Safety

Vision: Safe & healthy Iowans.

Mission: To coordinate substance use related criminal justice resourcing & policy development.

Most Impactful Evolving Substance Use Challenges

Product Proliferation

More alcoholic beverage choices, synthetic drugs, ease of access & purchase points, etc.

Polysubstance Use

Increasing use of 2 or more substances in mixture or succession (e.g., alcohol + caffeine or marijuana, heroin or meth + fentanyl, fentanyl + xylazine)...including fake pills consumed by unsuspecting users.

Potency

Rising chemical concentrations &/or purities (e.g., craft beers, nicotine vaping pods, THC levels in marijuana/edibles, meth purity, & lethal synthetic opioids & combinations).

Pace of Change

New substances (e.g., synthetics) developed & marketed at faster speeds via social media/delivery, etc.

Policy

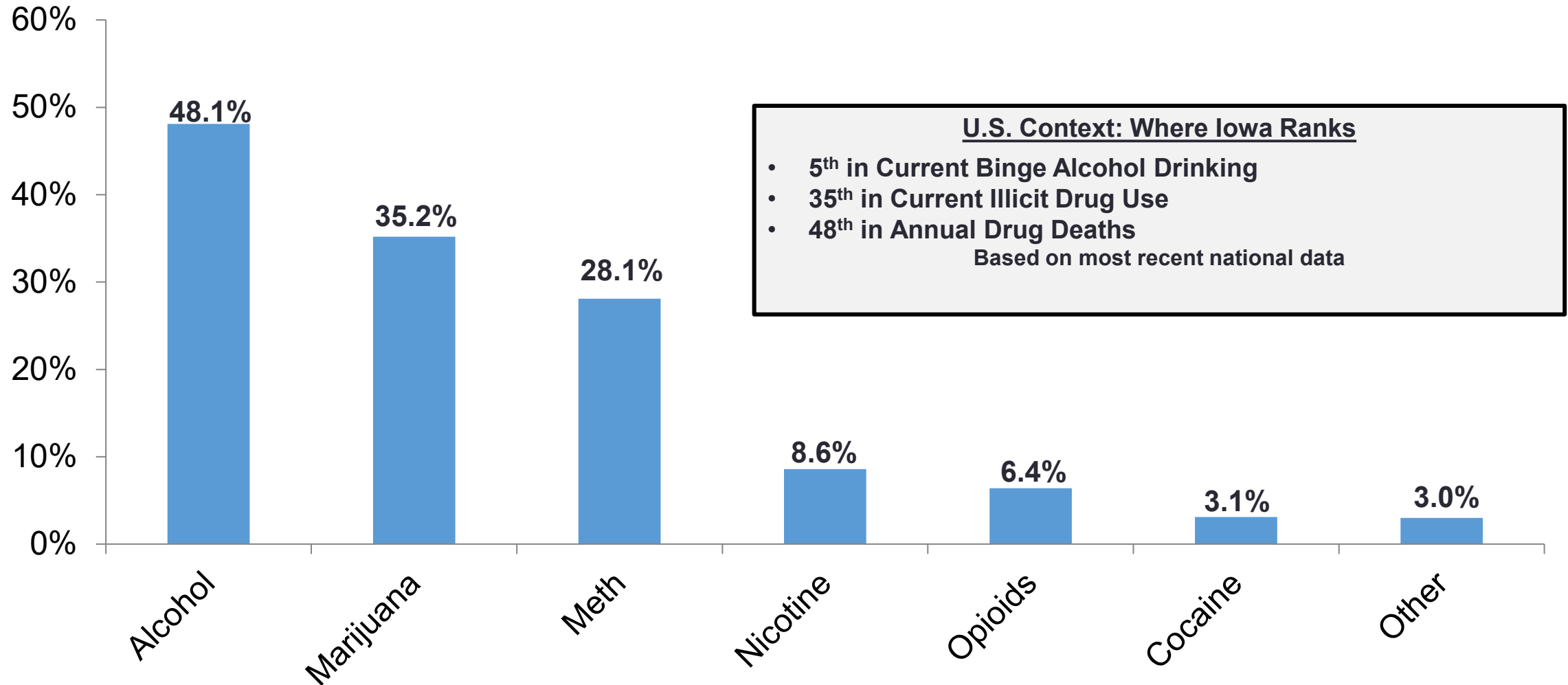
Some new laws increase product access and others restrict it, but scientific research & regulations struggle to keep pace with product evolutions.

Pandemic

COVID-related stressors have fanned the flames of mental health & substance use disorders.

Substance Use by All Iowans Entering Treatment

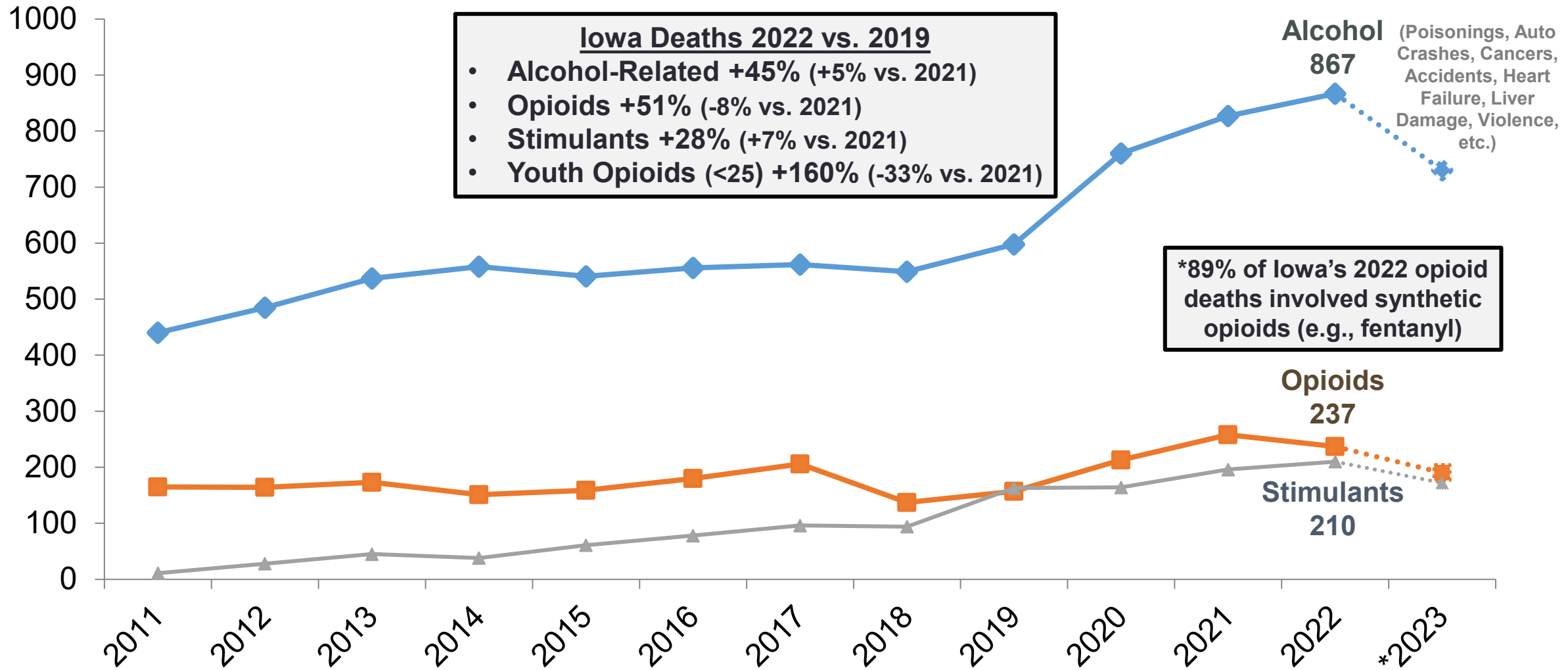
Past 30-Day Use Cited by Those Admitted to Substance Use Disorder (SUD) Treatment



(IHHS reporting changed in 2022. Previous trend data showed declining use of alcohol, rising use of meth, & nearly steady use of other substances.)

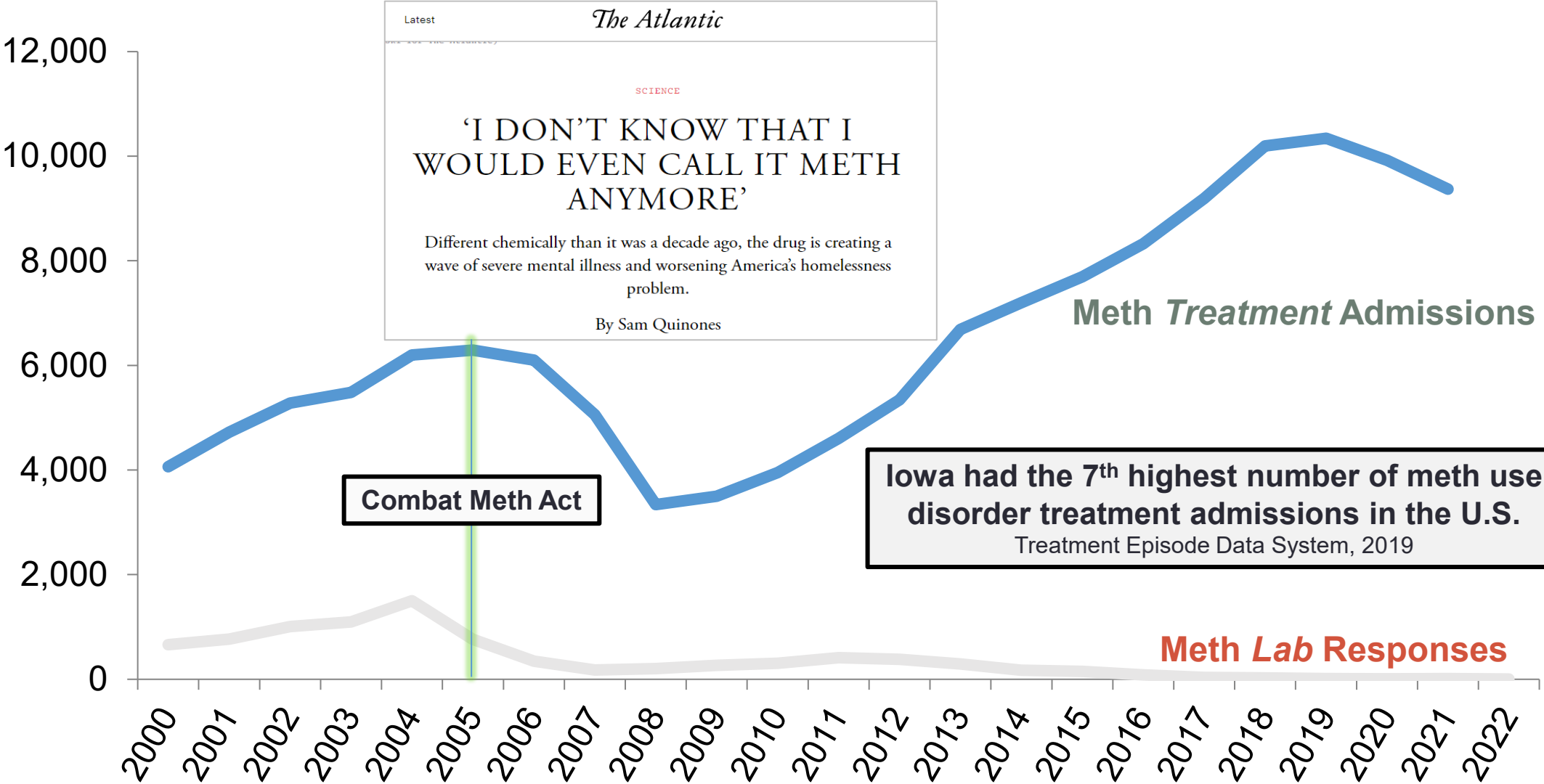
Substance-Involved Deaths in Iowa

Alcohol, Opioids (including powerful combos) & Psychostimulants (e.g., Meth)



*2023 Projections via Preliminary Data through 6-30-23 (ME reports may lag)

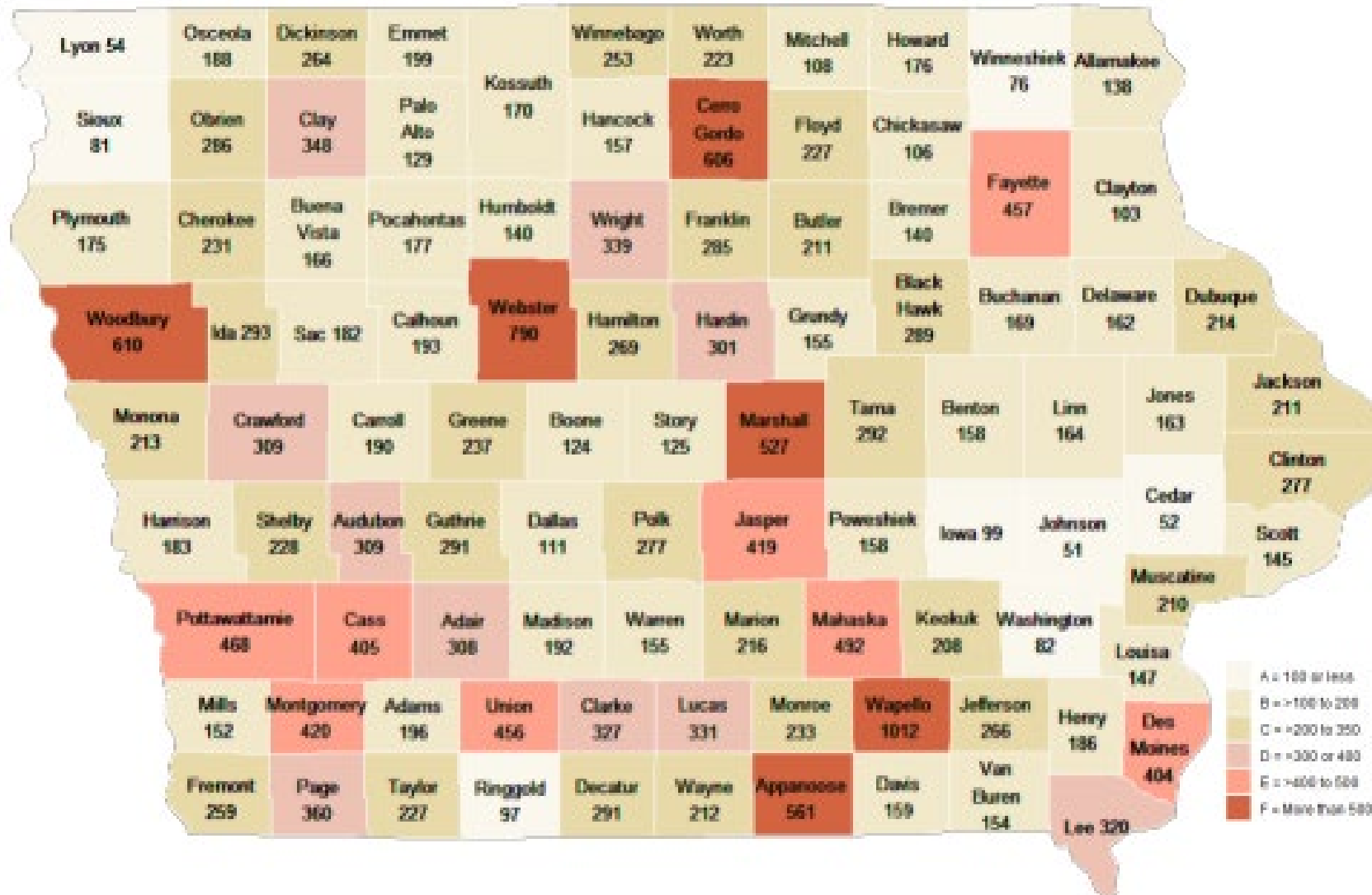
Iowa Meth Trends: External Supplies Fuel More Use



Iowa Departments of Health & Human Services & Public Safety, 2022

Iowa Meth Treatment Admissions

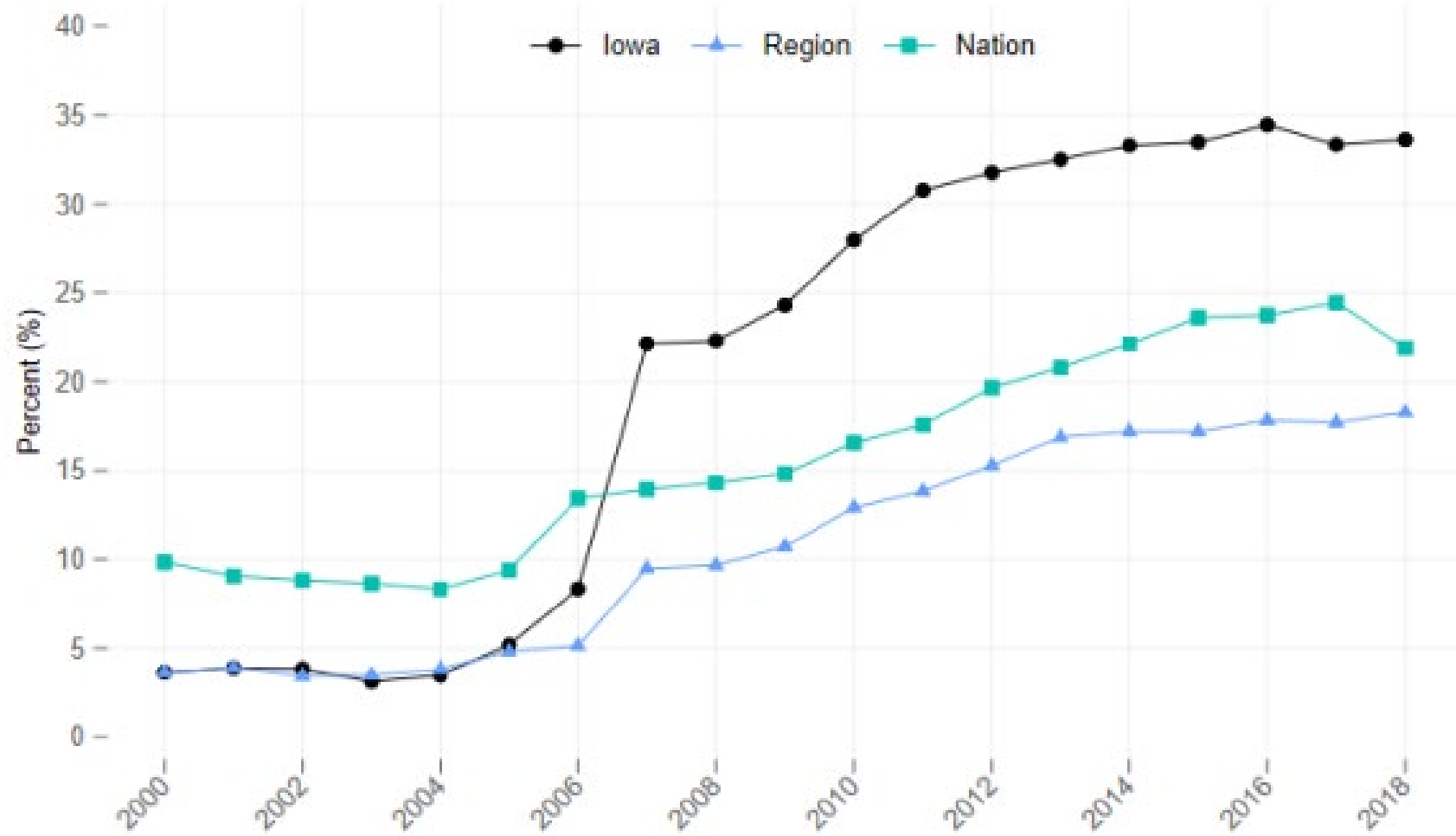
By County over 5 Years



- In 2020, more than 7,800 Iowans were admitted for meth use disorder treatment.
- Iowans aged 25-44 had the highest rates.
- Rates were higher for males than females.
- 1% of Iowa 6th, 8th & 11th graders self report using meth.

Homelessness More Common among Iowa Meth Users

1/20 - State Meth Use in Treatment by Year, 2000-2018



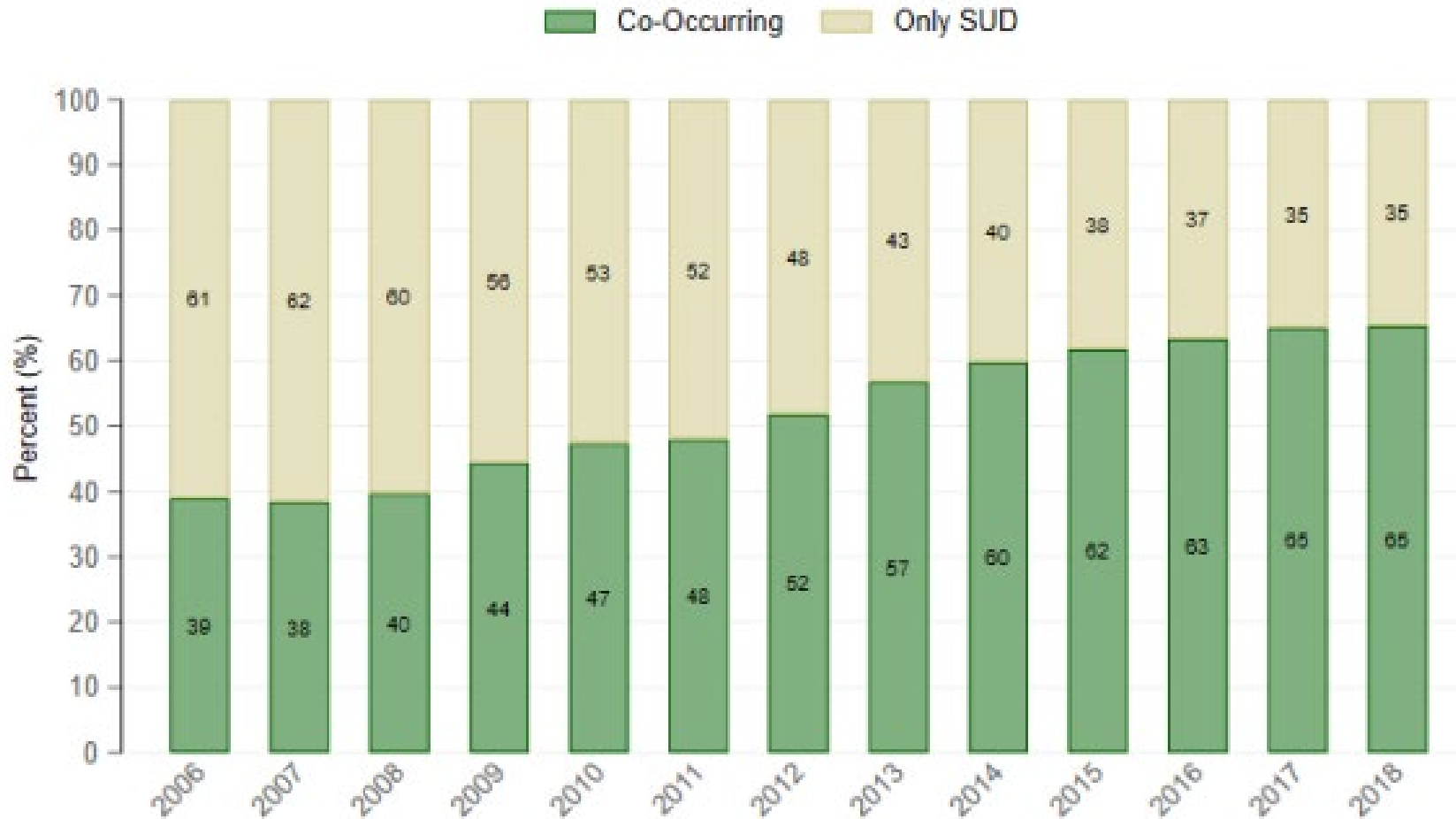
- Some areas (e.g., Clinton, Iowa City & Sioux City) had an especially large increase over the last decade in people experiencing homelessness when entering treatment.
- About 40% of those aged 18-34 who report being homeless also report meth use, up from 25% just 10 years earlier.
- Almost half of Native Americans who were homeless also report meth use.

Note: Region is defined as states that share a border with Iowa, including Illinois, Iowa, Minnesota, Missouri, Nebraska, South Dakota, and Wisconsin.

Source: Treatment Episode Data Set (Admissions), 2000-2018

Meth Use & Mental Health: A 1-2 Punch

More Iowans Using Meth are Diagnosed with Mental Health & Substance Use Disorder



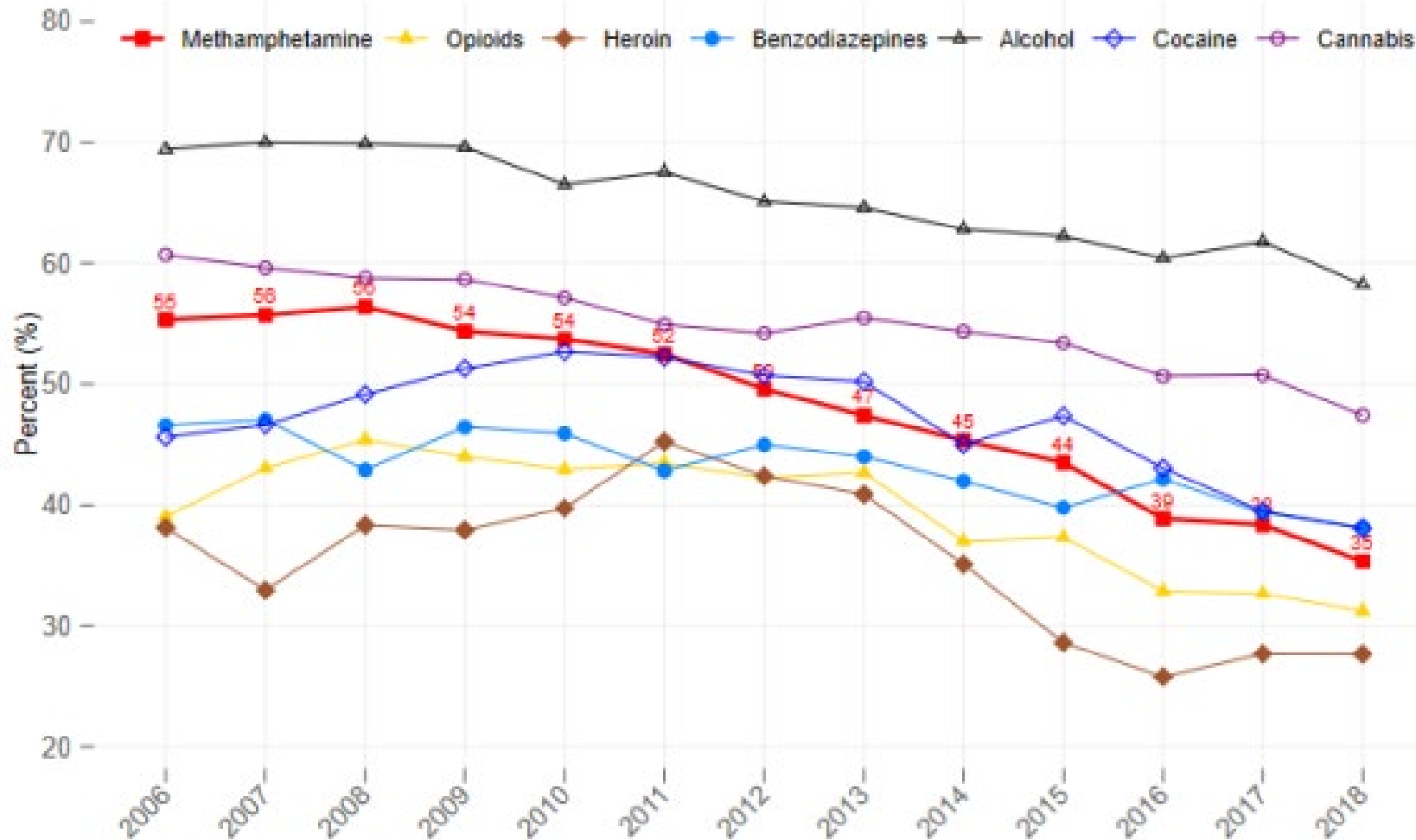
- Dual-diagnosis of meth & mental health disorder are on the rise in Iowa.
- In 2000, 1 in 3 meth users were diagnosed with a mental health & substance use disorder. By 2018, that # had grown to 2 in 3 Iowans with a dual diagnosis.
- Though uncertain, many Iowans with lived experience & treatment providers believe changes in meth's chemical composition are chiefly responsible.

Notes: Includes all people that report methamphetamine use at entry to treatment. SUD = Substance Use Disorder.

Source: Treatment Episode Data Set (Admissions), 2000-2018

Fewer Iowa Meth Users Complete Treatment

Rates at Discharge from Treatment



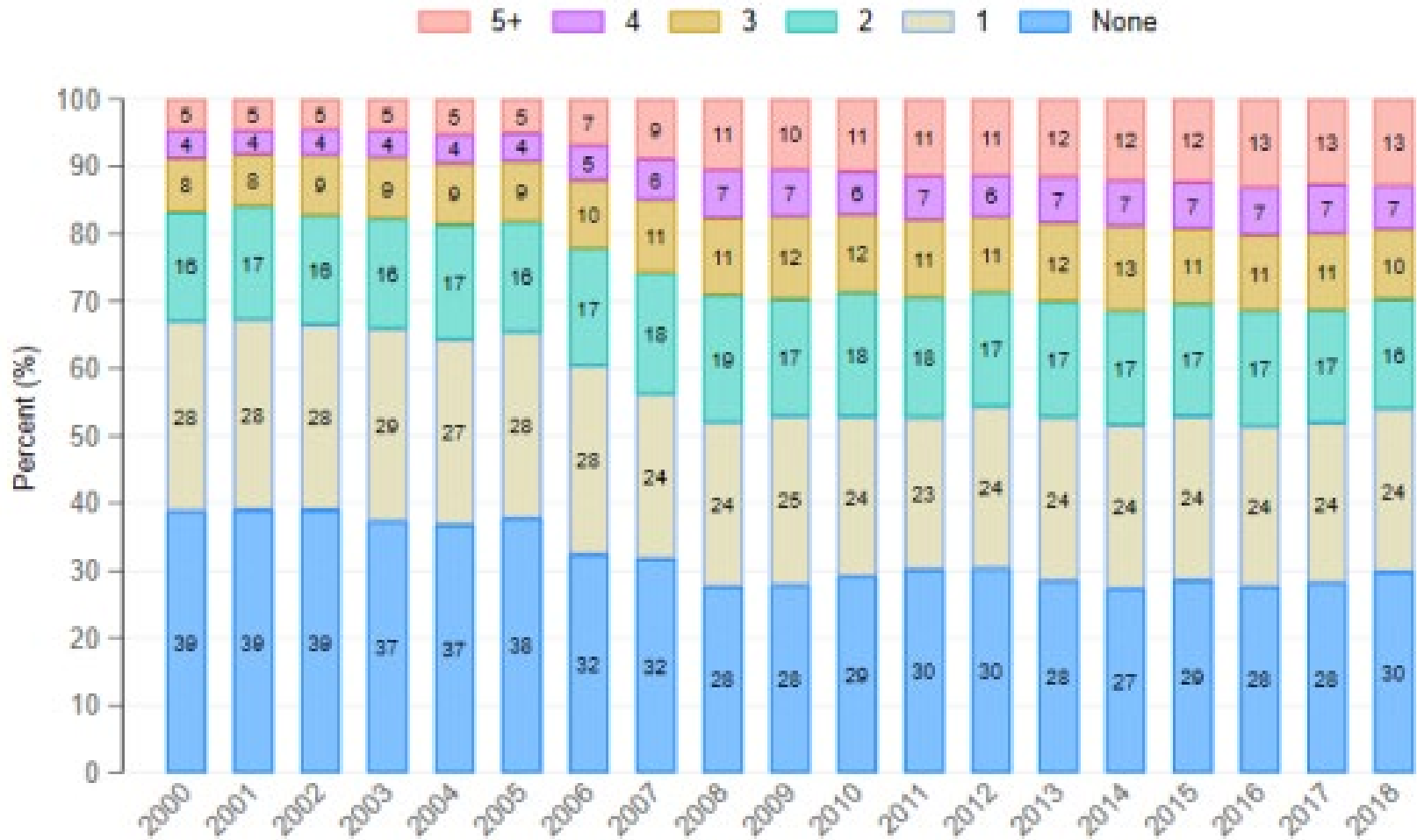
Note: Treatment completion noted if all parts of the treatment plan or program were completed.

Source: Treatment Episode Data Set (Discharges), 2006-2018

- “We want to see a patient have safe housing, employment & a support system.”
- “It can be hard to find affordable housing in a safe area where they’re not going to be exposed to a lot of drug use.”
- “It’s especially hard for women with children. There are a few transitional housing options, but really there’s not a lot of places for people to go & waiting lists are hefty.”

Meth Treatment a Recurring Need for More Iowans

of Prior Treatment Episodes for People Entering Treatment for Meth in Iowa



Note: Includes any methamphetamine use (primary, secondary, or tertiary substances.)

Source: Treatment Episode Data Set (Admissions), 2000-2018

- “Recovery housing is a huge need...someone can be in recovery housing for 2 years & really become stable with support services.”
- “Housing resources have mile long waitlists. Transitional housing is so in need, & effective programming that comes with that.”
- “I’m supposed to be living in a sober community, but all my neighbors upstairs are getting high at the same time.”

Iowa's Evolving Response to Substance Use

Innovative, Promising & Proven Approaches in Action

Make *Prevention* a Priority

- Increase Awareness & Engagement. Empower Parents & Key Influencers.

Expand: Crisis Interventions, Access to *Treatment*, & Recovery Supports

- Pre-Charge Deflection/Diversion & Access Center Handoffs.
- OD Interventions (Naloxone & Good Samaritans).
- Post-Overdose Outreach (MAT & Peer Recovery).
- Co-Response (Law Enforcement & Human Service Teams).
- Capacity Expansion (Drug/Treatment Courts, Telehealth, etc.).
- Recovery Housing & Communities.
- 988 Suicide & Crisis Lifeline, plus YourLifelowa.org.

**...to truly change lives requires
a pathway to treatment, not a
revolving door to drug use.**

Rosenthal Center for Addiction Studies, 2022

**“A disaster in drug OD & alcohol
deaths (109,000 + 101,000).
Cause: Normalization of drug use.”**

Former ONDCP Director Gen. Barry McCaffrey, 2022

Interrupt Illicit Drug Supplies via *Enforcement*

- Data Sharing & Drug Trafficking Interdiction (in & beyond Iowa).

Stay



Iowa Office of Drug Control Policy

For More Info Go To: <https://odcp.iowa.gov>

Get Help 24/7 at: YourLifelowa.org



How does someone in Iowa
end up homeless or in prison?



2014

Sam, Jack, Max, & Frank



PHOTICIAN

2022

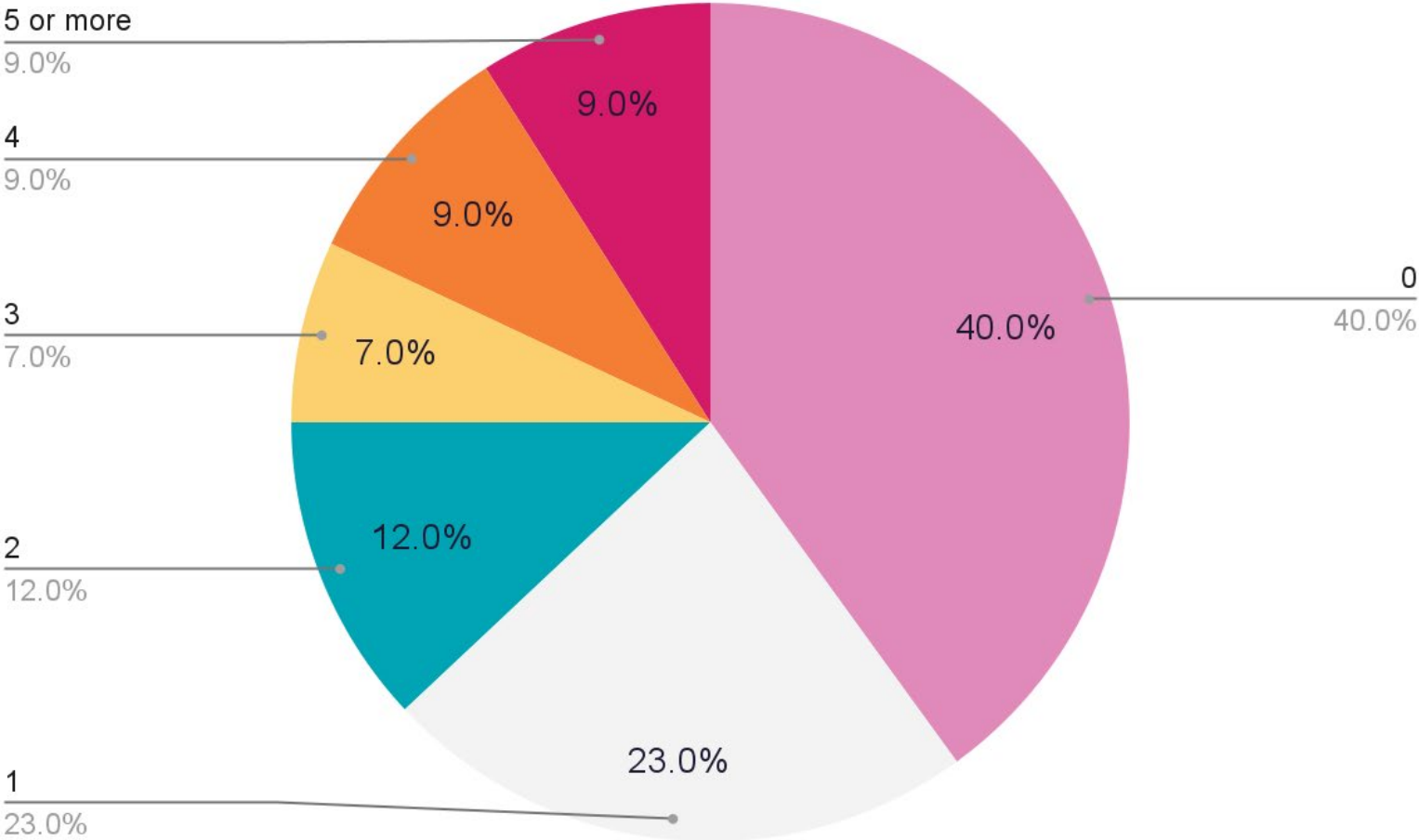
Why didn't I end up
homeless or in prison?

ACEs Test

Make a tally mark every time you answer **yes** to a question.

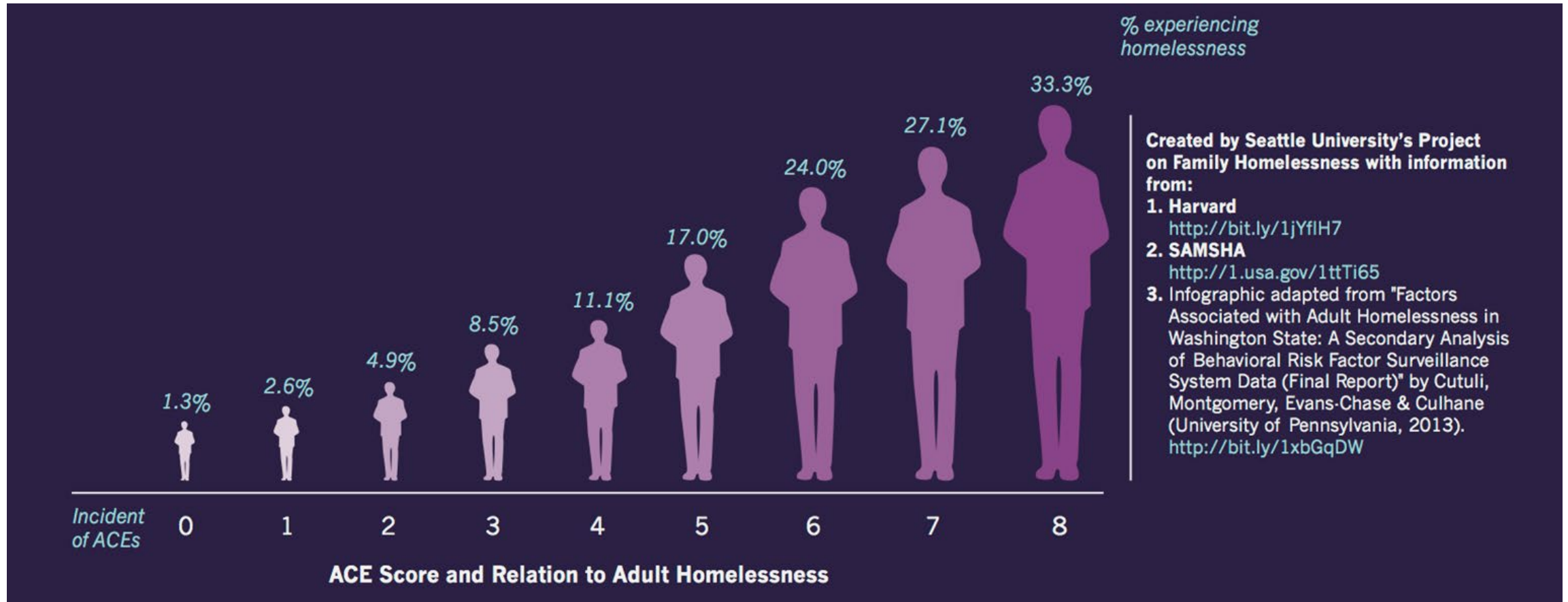
(There are 10 questions total.)

ACEs Score: US General Population

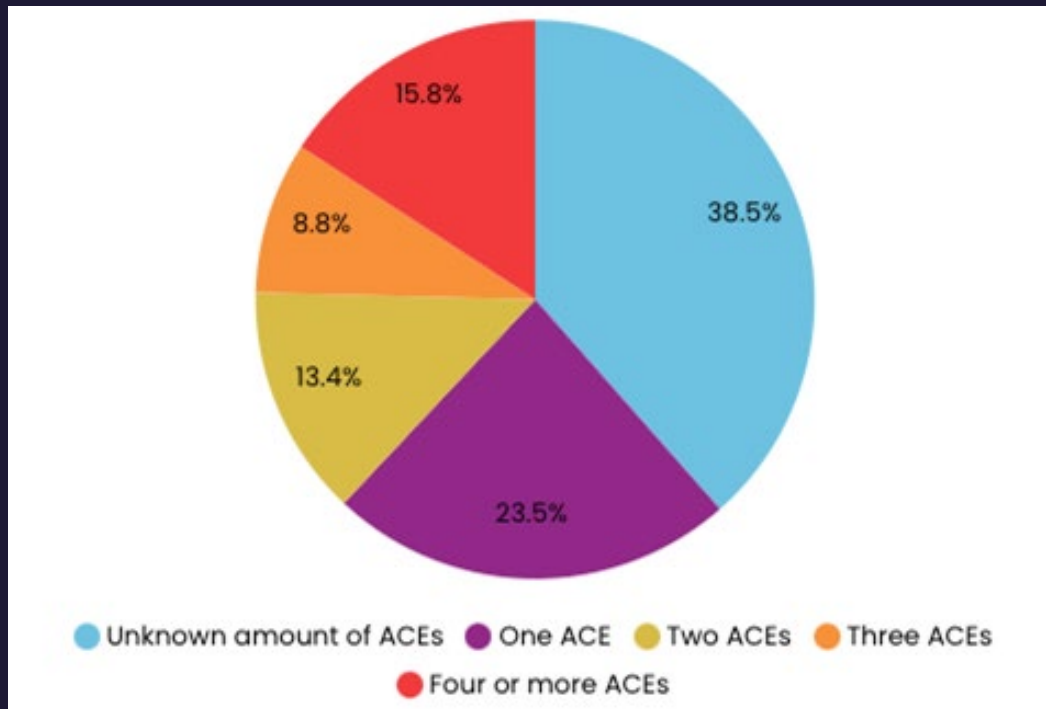


Average in most middle/upper-class rooms: **0 – 1.5**

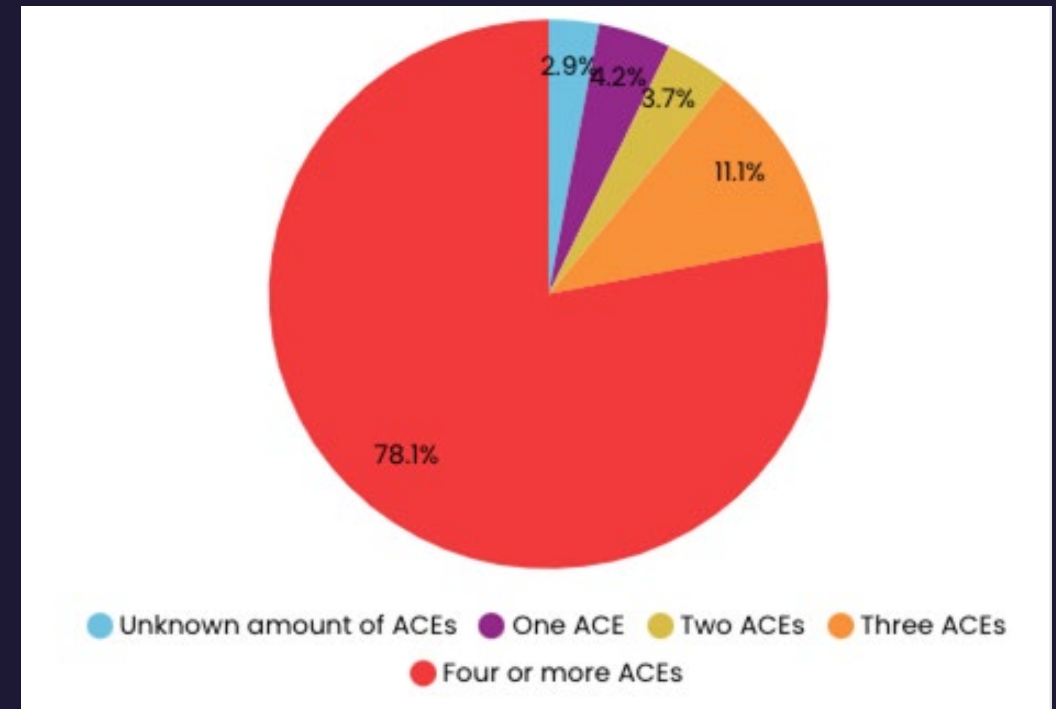
ACEs Score and Homelessness



ACEs Score and Incarceration



Never Been Incarcerated



Been Incarcerated

Health Impacts of a High ACEs Score






Behavior

 <p>Lack of physical activity</p>	 <p>Smoking</p>	 <p>Alcoholism</p>
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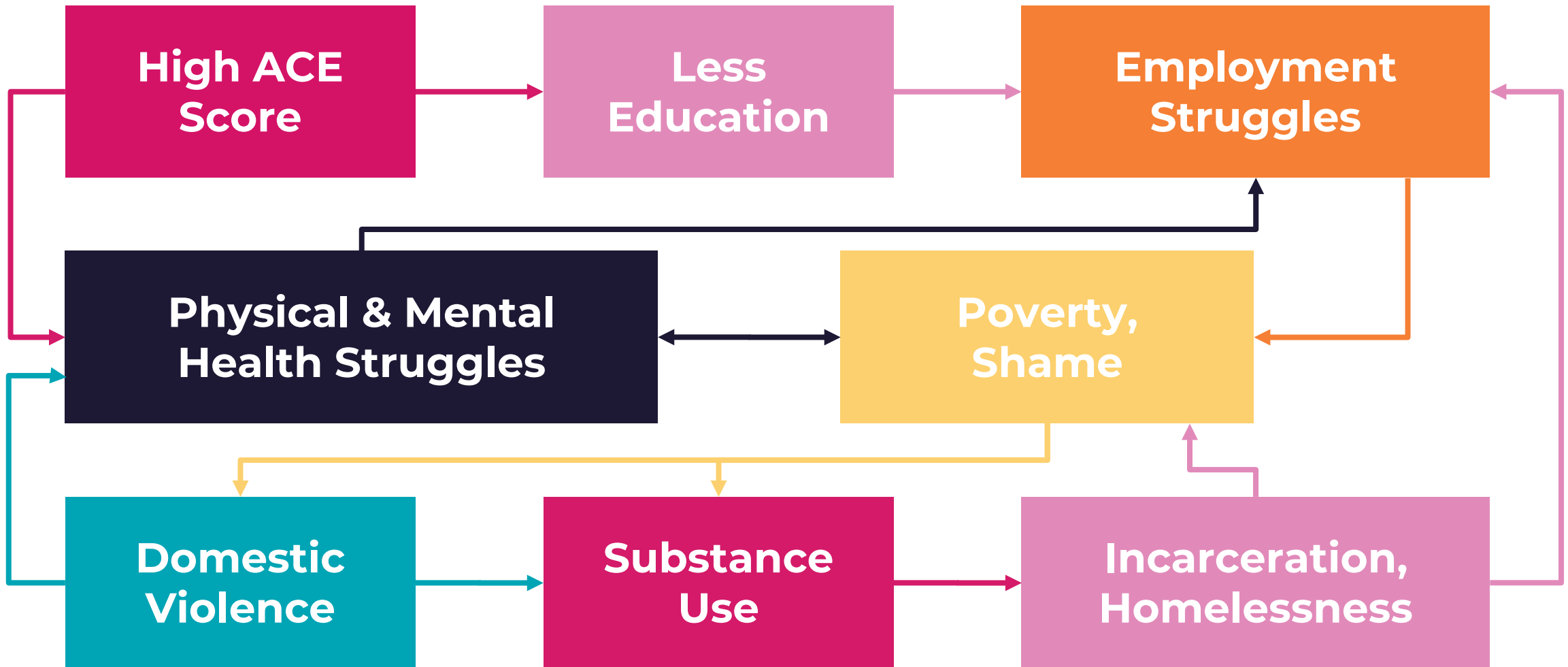
 <p>Drug use</p>	 <p>Missed work</p>
--	---

Physical & Mental Health

 <p>Severe obesity</p>	 <p>Diabetes</p>	 <p>Depression</p>	 <p>Suicide attempts</p>	 <p>STDs</p>
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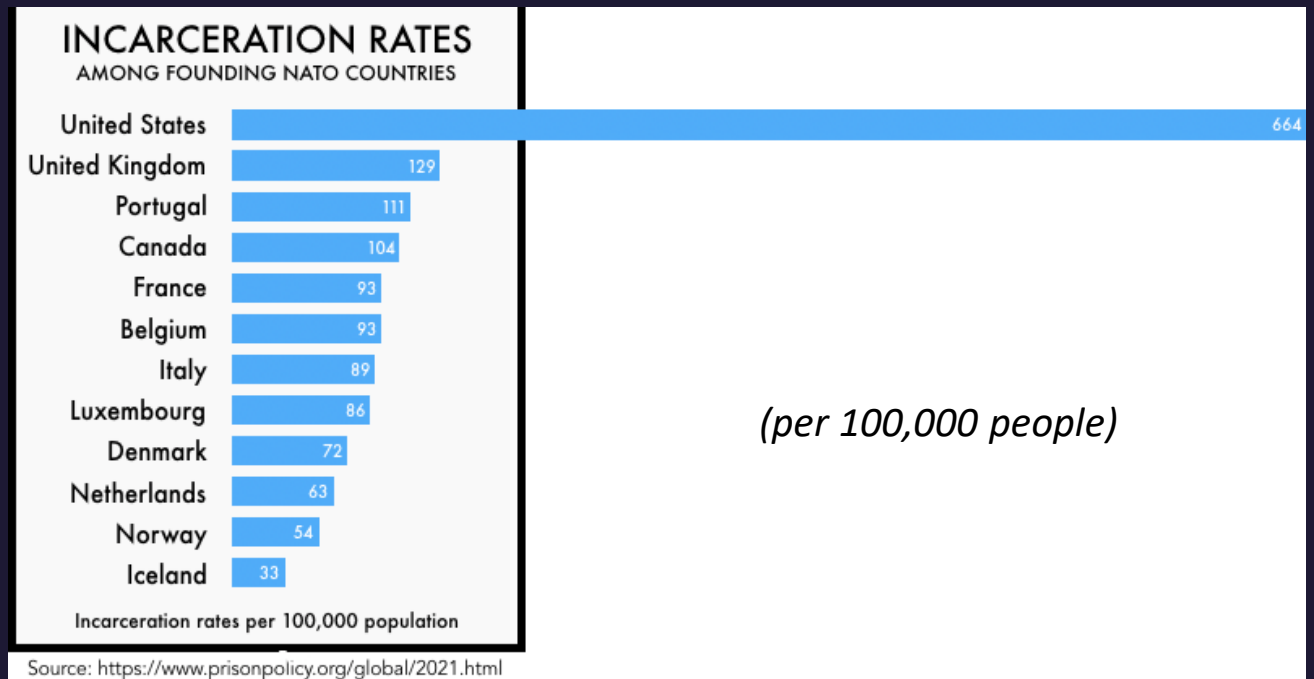
 <p>Heart disease</p>	 <p>Cancer</p>	 <p>Stroke</p>	 <p>COPD</p>	 <p>Broken bones</p>
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Did any of the negative outcomes relate to bad choices or bad character?



Prison as an Industry

- 9 million incarcerated in the world
 - 2 million in the United States
- 13th Amendment
 - Slave Code became Black Code to replace “workforce”
- “Hides” social problems
- “War on Drugs”
 - Impact on women and people of color
- \$414 million budget – just in Iowa



So *why* didn't I end up
homeless or in prison?

What would it look like to
offer ***SUPPORT*** instead of
PUNISHMENT?

A solid orange horizontal bar is located at the bottom of the slide, extending from the left edge to the right edge.



The Beacon

Iowa's 1st Nationally-Certified Recovery House

With programming like case management, substance use recovery meetings, mental health counseling, financial literacy coaching, job placement, and career development.

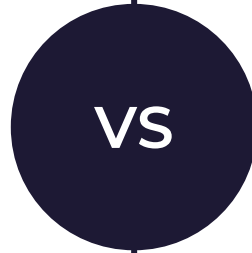




The Beacon

\$26

Cost per day per person
at **The Beacon**



\$106

Cost per day per person
in **Iowa prison**



The Beacon

2022

- Housed 85 women
- 8,493 nights

2023

- Doubling our capacity
- Adding apartments
- 3 years of support post-graduation





Iowa ranks 48th in the country for availability of behavioral health beds.

7,000
Iowa youth
need
treatment each
year but don't
get it.

A light blue icon of a medical bag with a white cross on the front, positioned behind the text.

1 in
6 people
will develop a
substance use
disorder in
their lifetime.

A light orange icon of a person standing, positioned behind the text.

90% of addicts
began using
before age **18**.

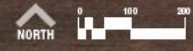
A light green icon of two stylized human figures standing side-by-side, positioned behind the text.

More than
9,000 Iowa youth
experience
abuse or neglect
each year.

A light purple icon of a heart, positioned behind the text.



- LEGEND**
- | | | |
|--|--|---|
| 1 THE LODGE: WELCOME | A WAYFINDING ENTRANCE SIGN / ART | P AMPHITHEATER / GATHERING SPACE |
| 2 THE LODGE: HUB | B NATIVE PRAIRIE RESTORATION, TYPICAL | Q OVERLOOK: MEDITATION LABYRINTH |
| 3 CRISIS STABILIZATION AND EMERGENCY SHELTER CABIN | C PROPOSED TREE, TYPICAL | R CAMPGROUND |
| 4 RESIDENTIAL TREATMENT CABIN | D EXISTING TREES, TYPICAL | S GREENHOUSE - GARDEN PLOTS, SMOKERS ETC. |
| 5 MAINTENANCE / SHOP BUILDING | E LANDSCAPED PRIVACY BERM | T OVERLOOK: COUNCIL RING |
| 6 SHADE SHELTER | F BACKYARD | U PICKLEBALL COURT |
| 7 PARKING | G OPEN GREEN SPACE | V VOLLEYBALL COURT |
| 8 TURNAROUND / BASKETBALL COURT | H TERRACE - OUTDOOR DINING, SEATING, FLEX ACTIVITIES | W RECREATION FIELD |
| 9 DUMPSTER | I STORMWATER MANAGEMENT | X LOW ROPES COURSE |
| 10 20' FIRE LANE | J DETENTION AREA | Y HIGH ROPES COURSE |
| 11 BOARDWALK | K NATURE PLAYGROUND | Z SEPTIC LEACH FIELD (1 ACRE) |
| 12 6" CONCRETE SIDEWALK, TYPICAL | L SENSORY GARDEN | |
| 13 AGGREGATE DRIVE | M BRIDGE, TYPICAL | |
| 14 6" AGGREGATE TRAIL, TYPICAL | N DROP-OFF LOOP | |
| 15 CLEARED OR MOWN TRAIL, TYPICAL | O EARTHEN DAM | |



580TH AVE









Recovery Housing?