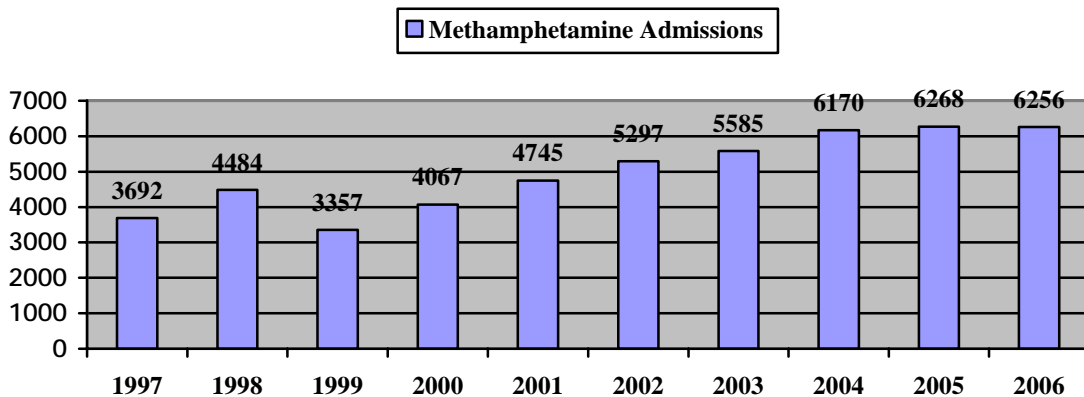


Iowa
2007 NASADAD State Snapshot on Methamphetamine



Iowa providers first began noticing methamphetamine use in their client population in 1997.

2006 Demographics

- 82.93 White
- 57.31% Male
- 34.95% Between the ages of 25-34
- 42.69% Female

Treatment Effectiveness Data

Three studies done in Iowa [[Iowa Adult Methamphetamine Treatment Project – Final Report, 2003](#); [Iowa Outcomes Monitoring System \(IOMS\) Iowa Project, 2006](#); and [Final Report on the Polk County Adult Drug Court, 2001](#)] demonstrate that treatment for addiction is effective. Key findings are below:

Treatment is effective in stopping use: The 2003 report found that 71.2% of the clients using methamphetamine remained abstinent six months after treatment. Of those who were abstinent six months post-discharge, 75.4% were abstinent one year after treatment. The 2006 report found that of those who were interviewed six months after their discharge, 54.6% of methamphetamine users were abstinent, 37.6% of marijuana users were abstinent, and 33.6% of those admitted for alcohol abuse were abstinent.

(Source: Iowa Department of Public Health and Iowa Consortium for Substance Abuse Research and Evaluation)

Treatment helps those in recovery stay out of jail. The 2003 report found that 90.4% of methamphetamine clients had not been arrested six months after treatment and 95.7% of methamphetamine clients interviewed one year after treatment had not been arrested during the previous six months. The 2006 study found that in the six months after treatment, 80.8% of methamphetamine users had not been arrested.

(Source: Iowa Department of Public Health and Iowa Consortium for Substance Abuse Research and Evaluation)

Treatment helps people get back to work. The 2003 report found that 54.8% of the methamphetamine clients were working full time six months after treatment while 66.7% were working full time one year after treatment. The 2006 report found that the percentage of those employed full time increased by 16.4% for all clients.

(Source: Iowa Department of Public Health and Iowa Consortium for Substance Abuse Research and Evaluation)

Should you have any questions, or require additional information, please do not hesitate to contact Robert Morrison, Director of Public Policy, at (202) 293-0090 ext 106 or email: rmorrison@nasadad.org or Barbara Durkin, Public Policy Associate, at (202) 293-0090 ext 111 or email: bdurkin@nasadad.org.

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

While longer treatment periods improve outcomes, results for clients treated for approximately 60 days or less are still impressive. Through interviews conducted six months after treatment, the 2003 study found that clients who had longer lengths of treatment (more than 90 days) were almost one and a third times more likely to remain abstinent and about one and a half times more likely to be employed full time. The 2006 study found that the methamphetamine client was treated for an average of 87.4 days. In general, clients who were treated for longer periods of time were more likely to be abstinent: 30.0% for 31-60 days, 51.6% for 61-90 days, 51.6% for 91-120 days and 57.8% for more than 120 days.

(Source: Iowa Department of Public Health and Iowa Consortium for Substance Abuse Research and Evaluation)

Other State Activities to Note

- Governors Task Force on Methamphetamine – with specific emphasis by the Governor on methamphetamine treatment.
- Since 2000, Iowa has completed a significant amount of training on best practices to include:
 - Motivational Enhancement/Interviewing
 - Matrix Model
 - NIATx STAR-S1 Grant Recipient
 - SAMHSA Best Practice Tool Kit on Co-Occurring Disorders
- Iowa has invested in research related to treatment outcomes and effectiveness.

If **additional resources** were made available to improve services, the areas in most need of assistance would be:

- | | |
|--|-----------------------------|
| ➤ Residential and outpatient capacity | ➤ Wrap-around services |
| ➤ Services for child welfare population or parents of drug endangered children | ➤ Staff training |
| ➤ Transitional housing | ➤ Sharing of best practices |
| | ➤ Co-Occurring Disorders |

For more information, please contact the Iowa Single State Authority for Substance Abuse (SSA):

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