

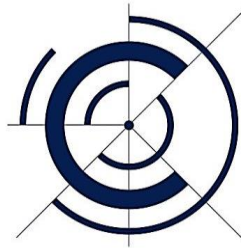
**MEDICATION ASSISTED
TREATMENT - PRESCRIPTION
DRUG AND OPIOID ADDICTION**

MAT IOWA

THE IOWA CONSORTIUM FOR SUBSTANCE ABUSE RESEARCH AND EVALUATION

**Year One
Biannual Evaluation Report
March 2016**

**With Funds Provided By:
Iowa Department of Public Health,
Division of Behavioral Health;
Substance Abuse and Mental Health
Services Administration,
Center for Substance Abuse Treatment,
Grant Number TI026143**



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Year One Biannual Evaluation Report March 2016

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Citation of references related to this report is appreciated. Suggested Citation:

Hedden, S., Lancianese, D., & Arndt, S. (March 2016). Medication Assisted Treatment - Prescription Drug and Opioid Addiction, MAT Iowa. Year One Biannual Evaluation Report; (Iowa Department of Public Health, Division of Behavioral Health; Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment, Grant Number TI026143). Iowa City, IA: Iowa Consortium for Substance Abuse Research and Evaluation.

<http://iconsortium.subst-abuse.uiowa.edu/Iconsort.html>

EXECUTIVE SUMMARY

In August 2015, the Iowa Department of Public Health (IDPH) was awarded a three-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) under the Targeted Capacity Expansion: Medication Assisted Treatment-Prescription Drug and Opioid Addiction (MAT-PDOA) program. The purpose of this grant is to broaden treatment services and infrastructure for evidence-based medication assisted treatment (MAT) services in Iowa. In November 2015, IDPH contracted with the following four substance use treatment providers in the highest need counties in Iowa.

- Area Substance Abuse Council, Linn County located in east central Iowa.
- Jackson Recovery Centers, Woodbury County located in northwest Iowa.
- Mercy Turning Point Treatment Center, Dubuque County located in northeast Iowa.
- United Community Services, Inc., Polk County located in central Iowa.

The Iowa Consortium for Substance Abuse Research and Evaluation (Consortium) conducts the evaluation for the MAT Iowa project. This report presents results through January 31, 2016.

Project Goals

The MAT Iowa project attempts to obtain the following goals:

- 1) Coordinate expansion and enhancement of MAT services.
- 2) Increase the number of individuals receiving MAT services.
- 3) Decrease illicit drug use and improve client outcomes.

MAT Iowa intends to serve 340 new clients during the three-year grant, with the goal of admitting 100 clients in Year One. As of January 31, 2016, 18 clients have been admitted to the grant.

Description of Clients

The Government Performance and Results Act (GPRA) instrument is administered to all clients at grant admission. GPRA admission data were analyzed and the following are common characteristics of the 18 individuals in MAT Iowa at grant admission. GPRA questions and responses refer to activity in the past 30 days and are self-reported by clients.

Of the 18 clients:

- Twelve clients are male and six clients are female.
- Clients ranged from 21 to 62 years of age at grant admission, with a median age of 34 years.
- All clients are white and non-Hispanic or Latino.
- Half of the clients are parents.
- All, except two clients, had a high school diploma or equivalent or had continued their education or training after high school.
- Half of the clients were working full or part-time when admitted to the grant.
- Twelve clients reported use of alcohol or drugs in the 30 days prior to grant admission and six clients reported abstinence from alcohol and illegal substances in the previous 30 days.
 - Eight clients reported alcohol use.
 - Ten clients reported illegal drug use.
 - Seven clients reported heroin use.
 - Three clients reported use of OxyContin or oxycodone.



- Two clients reported use of Dilaudid.
 - Two clients reported use of morphine.
- Seven clients indicated they injected drugs in the 30 days prior to grant admission.
 - Of the seven clients reporting injection drug use, all but one client indicated they injected heroin.
 - Two clients reported injecting multiple substance in the past 30 days
 - One client injected heroin and cocaine/crack.
 - One client injected heroin, cocaine/crack, and morphine.
 - Over half of the seven clients indicated they had shared needles or paraphernalia with someone else in the past 30 days.
- Seven clients reported unprotected sexual contacts in the prior 30 days.
 - Two clients indicated they had sexual contacts with an individual who was an injection drug user.
 - Two clients reported sexual contact with someone who was high on a substance.
- Fewer than half the clients reported they had been tested for HIV.
- Clients are asked to rate their health with response options of “excellent”, “very good”, “good”, “fair”, or “poor”. Half the clients reported only being in fair health at admission.
- Nearly all clients indicated experiencing stress in the 30 days preceding grant admission due to the use of alcohol or drugs; approximately two-thirds of the clients indicated the use of alcohol or drugs had caused them to reduce or give up activities that were important to them in the past 30 days; nearly three-quarters of the clients reported experiencing emotional problems in the past 30 days due to the use of alcohol or drugs.
- The majority of clients at grant admission reported experiencing serious depression and anxiety or tension in the 30 days prior to grant admission and nearly all of the clients who reported psychological or emotional problems in the 30 days prior to grant admission were bothered by their symptoms.
- Just under half of the clients indicated they had experienced or witnessed violence or trauma during their lifetime.
- Nearly half of clients had attended a self-help group for recovery in the 30 days prior to grant admission; all except one client reported they had interaction with family or friends who are supportive of their recovery; and all but one client indicated they had someone to turn to when they were having trouble.

Substances and MAT Medications

Of the 18 clients currently in the MAT Iowa grant, 13 clients (72.2%) were prescribed Buprenorphine, four clients (22.2%) were prescribed Naltrexone, and one client (5.6%) was prescribed Disulfiram.

Substances Used and Planned MAT

Substance Used	% (N=18)	Planned MAT Medication	
		Medication	(N=18)
Heroin	44.4 (8)	Buprenorphine	8
Opioids	22.2 (4)	Buprenorphine	4
Alcohol	27.8 (5)	Disulfiram	1
		Naltrexone	4
Alcohol and Opioids	5.6 (1)	Buprenorphine	1



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OVERVIEW

In August 2015, the Iowa Department of Public Health (IDPH) was awarded a three-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) under the Targeted Capacity Expansion: Medication Assisted Treatment-Prescription Drug and Opioid Addiction (MAT-PDOA) program. The purpose of this grant is to broaden treatment services and infrastructure for evidence-based medication assisted treatment (MAT) services in Iowa. In December 2015, IDPH contracted with the following four substance use disorder treatment providers in some of the highest need counties in Iowa as shown in Table 1.

Table 1. Service Providers and MAT Iowa Start Dates

Provider	Iowa County	Area of State	Date MAT Iowa Services Began
Area Substance Abuse Council (ASAC)	Linn	East Central Iowa	12/16/2015
Jackson Recovery Centers	Woodbury	Northwest Iowa	1/7/2016
Mercy Turning Point Treatment Center	Dubuque	Northeast Iowa	12/3/2015
United Community Services, Inc. (UCS)	Polk	Central Iowa	12/2/2015

The MAT Iowa project attempts to obtain the following goals:

- 1) Coordinate expansion and enhancement of MAT services.
- 2) Increase the number of individuals receiving MAT services.
- 3) Decrease illicit drug use and improve client outcomes.

The Iowa Consortium for Substance Abuse Research and Evaluation (Consortium) conducts the evaluation for the MAT Iowa project. This report presents results through January 31, 2016.

CLIENTS SERVED

MAT Iowa intends to serve 340 new clients during the three-year grant, with the goal of admitting 100 clients in Year One. Clients were admitted to the grant beginning December 2, 2015. As of January 31, 2016, 18 clients have been admitted to the grant. The Government Performance and Results Act (GPRA) instrument is administered to all clients at grant admission. GPRA data were entered into the United States Department of Health and Human Services CSAT – GPRA Services Accountability Improvement System (SAIS) by the evaluator.



Description of Clients at Admission

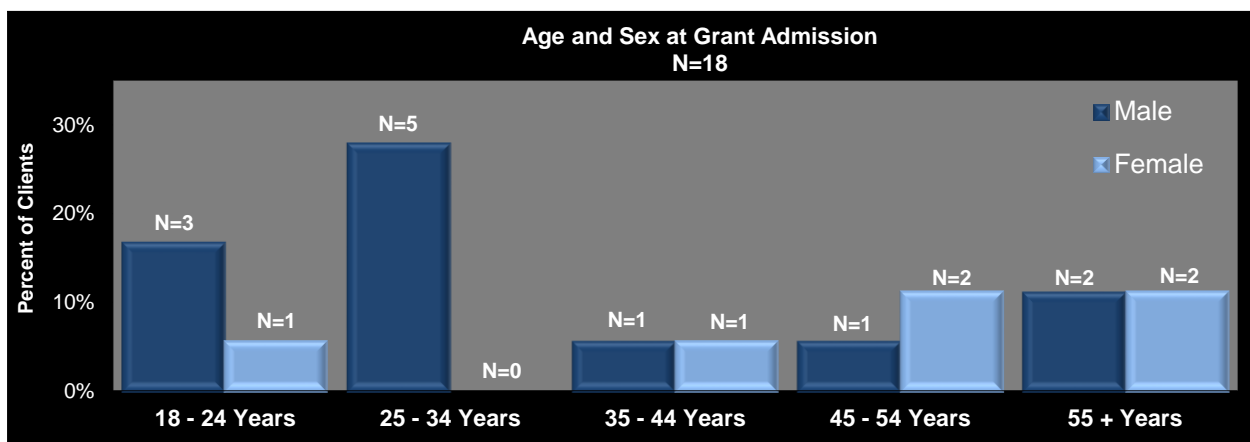
Twelve clients (66.7%) are male and six clients (33.3%) are female as shown in Table 2.

Table 2. Sex, Gender, and Sexual Orientation

Sex, Gender, and Sexual Orientation		All Clients % (N=18)
Sex	Female (Year One Goal: 44)	33.3 (6)
	Male (Year One Goal: 56)	66.7 (12)
Gender	Female	33.3 (6)
	Male	66.7 (12)
	Transgender (Year One Goal: 0)	0.0 (0)
Sexual Orientation	Lesbian (Year One Goal: 2)	0.0 (0)
	Gay (Year One Goal: 4)	0.0 (0)
	Bisexual (Year One Goal: 0)	0.0 (0)

The 18 clients ranged from 21 to 62 years of age at grant admission, with a median age of 34 years. Figure 1 presents the number of males and females in five age categories.

Figure 1. Age and Sex



All 18 clients (100%) in MAT Iowa are white and non-Hispanic or Latino.

Table 3. Race and Ethnicity

Race and Ethnicity		All Clients % (N=18)
Race	White (Year One Goal: 88)	100.0 (18)
	African American (Year One Goal: 6)	0.0 (0)
	American Indian/Alaska Native (Year One Goal: 1)	0.0 (0)
	Asian (Year One Goal: 1)	0.0 (0)
	Native Hawaiian/Other Pacific Islander (Year One Goal: 1)	0.0 (0)
	Multi-Racial (Year One Goal: 1)	0.0 (0)
	Ethnicity	Hispanic/Latino (Year One Goal: 2)
Not Hispanic/Latino		100.0 (18)

Clients report their county of residence when admitted to the grant. Of the 99 counties in Iowa, 38 counties are identified as urban counties and 61 are rural counties¹. Seventeen of the 18 clients (94.4%) reside in urban counties and one client (5.6%) resides in a rural county in Iowa.

Table 4. County of Residence

Rural or Urban County of Residence	All Clients % (N=18)
Rural	5.6 (1)
Urban	94.4 (17)

As defined by U.S. Census Bureau, Population Division, Office of Management and Budget, February 2013 delineations.



Tables 5 through 30 below present GPRA data collected from clients at grant admission. Data are presented from individual questions related to the six sections of the GPRA instrument: drug and alcohol use; family and living conditions; education, employment, and income; crime and criminal justice status; mental and physical health problems and treatment/recovery; and social connectedness. GPRA questions and responses usually refer to activity in the last 30 days: the admission period refers to the 30 days preceding the intake interview. The first column describes the responses or categories of responses for the GPRA question. The second column presents the responses of clients receiving services through MAT Iowa at grant admission. GPRA data are self-reported by clients.

Drug and Alcohol Use

When the GPRA is administered, clients are asked to report all substances used in the past 30 days. Of the 18 clients represented in Table 5, 12 clients (66.7%) reported use of alcohol or drugs in the 30 days prior to grant admission. Alcohol was the most common substance used in the 30 days prior to grant admission with eight clients (44.4%) reporting use. Illegal drug use was reported by 10 clients (55.6%). Seven clients (38.9%) reported heroin use, three clients (16.7%) reported use of OxyContin or oxycodone, two clients (11.1%) reported use of Dilaudid, and two clients (11.1%) reported use of morphine. Six clients (33.3%) reported abstinence from alcohol and illegal substances in the 30 days preceding grant admission. Of these six clients: three clients were living in shelters, halfway houses, or residential treatment; one client was incarcerated for the majority of the 30 days preceding grant admission; one client was living in his own apartment, room, or house; and one client who was living with someone else was on parole or probation.

Table 5. Substance Use

Substance Use in Past 30 Days	All Clients % (N=18)
Opioids:	
Heroin	38.9 (7)
OxyContin/Oxycodone	16.7 (3)
Dilaudid	11.1 (2)
Morphine	11.1 (2)
Alcohol	44.4 (8)
Marijuana/Hashish	27.8 (5)
Cocaine/Crack	16.7 (3)
Benzodiazepines	11.1 (2)
Methamphetamine	5.6 (1)
None	33.3 (6)

Column totals are not equal to the number of individuals since clients report all substances used in the past 30 days.



As shown in Table 6, slightly over one-quarter of clients (27.8%) reported binge drinking in the 30 days prior to grant admission. Three clients (16.7%) reported use of alcohol and drugs on the same day.

Table 6. Binge Drinking and Same Day Alcohol and Drug Use

Alcohol and Drug Use	All Clients % (N=18)	
	Binge Drinking (Five or More Drinks in One Sitting)	Yes
No		72.2(13)
Used Alcohol and Drugs on the Same Day	Yes	16.7 (3)
	No	83.3 (15)

Table 7 shows seven clients (38.9%) in the grant indicated they injected drugs in the 30 days prior to grant admission.

Table 7. Injection Drug Use

Injection Drug Use	All Clients % (N=18)
Injected Drugs in Past 30 Days	38.9 (7)
No Injection Drug Use in Past 30 Days	61.1 (11)

Of the seven clients who reported injection drug use in the 30 days prior to grant admission, all but one client indicated they injected heroin. Two clients reported injecting multiple substances: one client injected heroin and cocaine/crack and one client injected heroin, cocaine/crack, and morphine. Over half of the seven clients indicated they had shared needles or paraphernalia with someone else in the past 30 days.

Table 8. Injection Drug Use Details

Substances Injected	Clients Who Injected Substances % (N=18)
Heroin	33.3 (6)
Cocaine/Crack	11.1 (2)
Dilaudid	5.6 (1)
Morphine	5.6 (1)
Not Applicable	61.1 (11)
Needle or Paraphernalia Sharing	Clients Who Injected Substances % (N=18)
Always	5.6 (1)
More Than Half the Time	5.6 (1)
Half the Time	5.6 (1)
Less Than Half the Time	5.6 (1)
Never	16.7 (3)
Not Applicable	61.1 (11)

Column totals in the “Substance Injected” portion of the table are not equal to the number of clients who reported injection drug use since clients report all substances injected in the past 30 days.

Family and Living Conditions

Clients are asked where they lived most of the time during the past 30 days. The most common living arrangement clients reported was living in their own apartment or house at grant admission (33.3%), closely followed by living in someone else's apartment or house (27.8%).

Table 9. Housing

Housing Situation	All Clients % (N=18)
Own/Rent Apartment, Room, House	33.3 (6)
Someone Else's Apartment, Room, House	27.8 (5)
Institution (Hospital, Jail/Prison)	11.1 (2)
Halfway House	11.1 (2)
Shelter	5.6 (1)
Residential Treatment	5.6 (1)
Hotel	5.6 (1)

Clients are asked how stressed they have felt in the past 30 days due to their use of alcohol and drugs; if the use of alcohol or illegal substances has caused them to reduce or give up important activities during the past 30 days; and if their use of alcohol or drugs has caused emotional problems during the past 30 days. The response options for these three questions are “not at all”, “somewhat”, “considerably”, and “extremely”. Clients indicating they have not used alcohol or drugs in the past 30 days are still asked the question since previous use of alcohol or drugs could result in an affirmative response to the questions. Table 10 on the following page presents the number of clients who responded “somewhat”, “considerably”, or “extremely” to the three questions.

Nearly all clients (88.9%) indicated experiencing stress in the past 30 days due to the use of alcohol or drugs. Approximately two-thirds of the clients (66.7%) indicated the use of alcohol or drugs had caused them to reduce or give up activities that were important to them. At admission, nearly three-quarters of the clients (72.2%) reported they had experienced emotional problems in the past 30 days due to the use of alcohol or drugs.

Table 10. Stress, Reduction in Activities, and Emotional Problems Due to Use of Alcohol or Drugs

Stress, Reduction in Activities, and Emotional Problems Due to Alcohol and Drug Use	All Clients % (N=18)
Experienced Stress Due to Use of Alcohol or Other Drugs in Past 30 Days	88.9 (16)
Use of Alcohol or Other Drugs Caused Reduction or Giving Up Important Activities in Past 30 Days	66.7 (12)
Use of Alcohol or Other Drugs Caused Emotional Problems in Past 30 Days	72.2 (13)

Clients may answer affirmatively to more than one of the questions.

Half of the clients (50%) indicated they had children at grant admission. Of the nine clients who reported they had children, two clients indicated they have children living with someone else due to a child protection court order.

Table 11. Children

Children	All Clients % (N=18)	
Have Children	Yes	50.0 (9)
	No	50.0 (9)
Have Children Living with Someone Else Due to Child Protection Court Order	Yes	11.1 (2)
	No	38.9 (7)
	Not Applicable	50.0 (9)



Education, Employment, and Income

As shown in Table 12, 44.4% of the clients in the grant indicated they had a high school diploma or equivalent. Nearly half of the clients (8 clients, 44.5%) had continued their education or training after high school.

Table 12. Education Level

Highest Level of Education	All Clients % (N=18)
Did not Graduate High School	11.1 (2)
High School Diploma/Equivalent	44.4 (8)
Some College/University or Associates Degree	27.8 (5)
Bachelor's Degree or Higher	5.6 (1)
Vocational/Technical Diploma	11.1 (2)

Clients are asked if they are currently involved in any educational or job training program. One client (5.6%) reported enrollment in school or a job training program at grant admission.

Table 13. Enrolled in School or Job Training Program

Currently Enrolled in a School or Job Training Program	All Clients % (N=18)
Enrolled full-time	0.0 (0)
Enrolled part-time	5.6 (1)
Not enrolled	94.4 (17)

Table 14 shows that when admitted to the grant, half of the clients (50%) reported full or part-time employment.

Table 14. Employment Status

Employment Status	All Clients % (N=18)
Employed Full-Time (≥ 35 hrs/wk)	44.4 (8)
Employed Part-Time (< 35 hrs/wk)	5.6 (1)
Unemployed, Looking for Work	33.3 (6)
Unemployed, Not Looking for Work	5.6 (1)
Unemployed, Disabled	5.6 (1)



Clients report their sources of income in the 30 days preceding grant admission. They report the amount of income from each source and may report income from more than one response category. Therefore, sources of income reported by clients in Table 15 outnumber clients. Wages are the income source most frequently reported by clients in the past 30 days at admission.

Table 15. Sources of Income

Sources of Income Received in the Past 30 Days	All Clients % (N=18)
Wages	44.4 (8)
Public Assistance	5.6 (1)
Retirement	5.6 (1)
Disability	5.6 (1)
Non-Legal Income*	5.6 (1)
Family/Friends	33.3 (6)
No Income	22.2 (4)

Column totals are not equal to the number of individuals since clients report income from all sources.

*One client declined to answer the question regarding non-legal income.

Income is considered the amount of money received by the client in the 30 days preceding grant admission. The amount reflects pre-tax individual income and includes total income received by the client from all sources. Table 16 shows the total amount of money received by clients from various sources in the past 30 days.

Table 16. Total Income Received

Total Income Received In Past 30 Days	All Clients % (N=18)
None	22.2 (4)
\$500 or Less	27.8 (5)
\$501 to \$1000	22.2 (4)
\$1001 to \$2000	27.8 (5)
Over \$2000	0.0 (0)



Crime and Criminal Justice Status

One client (5.6%) reported being arrested one time in the 30 days prior to grant admission.

Table 17. Arrests

Arrests in Past 30 Days	All Clients % (N=18)
None	94.4 (17)
One Time	5.6 (1)

Three clients (16.7%) had spent time in jail or prison in the 30 days prior to grant admission.

Table 18. Incarceration

Nights in Jail or Prison in Past 30 Days	All Clients % (N=18)
None	83.3 (15)
Two Nights	5.6 (1)
Thirty Nights	11.1 (2)

Seven of the 18 clients (38.9%) indicated they were on parole or probation at grant admission.

Table 19. Currently on Parole or Probation

Currently on Parole or Probation	All Clients % (N=18)
Yes	38.9 (7)
No	61.1 (11)

Mental and Physical Health Problems and Treatment/Recovery

Clients are asked to rate their overall health. This includes mental, emotional, and physical health. Clients most commonly reported being in fair health at admission.

Table 20. Overall Health

Self Rating of Overall Health	All Clients % (N=18)
Excellent	5.6 (1)
Very Good	5.6 (1)
Good	33.3 (6)
Fair	50.0 (9)
Poor	5.6 (1)

To identify their use of the medical and treatment community, Tables 21 through 23 provide information regarding clients receiving inpatient, outpatient, and emergency room treatment in the 30 days prior to grant admission.

As shown in Table 21, over one-quarter of the clients (27.8%) reported receiving inpatient treatment for alcohol or substance abuse in the 30 days prior to grant admission.

Table 21. Inpatient Treatment

Receiving Inpatient Treatment In Past 30 Days	All Clients % (N=18)
Physical Complaint	16.7 (3)
Mental or Emotional Difficulties	16.7 (3)
Alcohol or Substance Abuse	27.8 (5)

Clients may answer affirmatively to more than one of the questions.



The majority of clients (83.3%) indicated they had received outpatient treatment for alcohol or substance abuse in the 30 days prior to grant admission.

Table 22. Outpatient Treatment

Receiving Outpatient Treatment In Past 30 Days	All Clients % (N=18)
Physical Complaint	11.1 (2)
Mental or Emotional Difficulties	27.8 (5)
Alcohol or Substance Abuse	83.3 (15)

Clients may answer affirmatively to more than one of the questions.

Clients most commonly received emergency room treatment for a physical complaint in the 30 days prior to grant admission.

Table 23. Emergency Room Visits

Receiving Emergency Room Treatment In Past 30 Days	All Clients % (N=18)
Physical Complaint	22.2 (4)
Mental or Emotional Difficulties	11.1 (2)
Alcohol or Substance Abuse	16.7 (3)

Clients may answer affirmatively to more than one of the questions.

Clients are asked about unprotected sexual contacts they have had in the 30 days prior to grant admission. The intent is to determine unprotected sexual contacts clients may have had with individuals who may be at high risk for human immunodeficiency virus (HIV) infection. Seven clients (38.9%) reported unprotected sexual contacts; two clients (11.1%) indicated they had sexual contacts with an individual who was an injection drug user, and two clients (11.1%) reported sexual contact with someone who was high on a substance.

Table 24. Unprotected Sexual Contacts

Unprotected Sexual Contacts	All Clients % (N=18)
Individual Who is HIV Positive or Has AIDS	0.0 (0)
Individual Who is an Injection Drug User	11.1 (2)
Individual Who is High on Some Substance	11.1 (2)

Clients may answer affirmatively to more than one of the questions.



Clients are asked if they have ever been tested for HIV. Fewer than half the clients (44.4%) reported they had been tested for HIV.

Table 25. Ever Tested for HIV

	All Clients % (N=18)
Yes	44.4 (8)
No	55.6 (10)

Clients are asked if they have experienced psychological or emotional problems (not due to the use of alcohol or drugs) in the past 30 days. Fifteen of the 18 clients (83.3%) responded they had experienced one or more of the items listed in Table 26 on one or more days in the 30 days preceding grant admission. The majority of clients at grant admission reported experiencing serious depression or anxiety or tension in the 30 days prior to grant admission. Half of the clients (50%) indicated they were taking prescribed medications for psychological or emotional problems.

Table 26. Psychological or Emotional Problems

Psychological or Emotional Problems Experienced In Past 30 Days	All Clients % (N=18)
Serious Depression	61.1 (11)
Anxiety or Tension	61.1 (11)
Hallucinations	0.0 (0)
Trouble Understanding, Concentrating, or Remembering	44.4 (8)
Trouble Controlling Violent Behavior	5.6 (1)
Attempted Suicide	5.6 (1)
Taking Prescribed Medication for Psychological/Emotional Problems	50.0 (9)

Clients may answer affirmatively to more than one of the questions.



As shown in Table 27, nearly all of the clients who reported psychological or emotional problems in the previous 30 days were bothered by their symptoms.

Table 27. How Bothersome Psychological or Emotional Problems Are

Feelings of How Bothersome Psychological or Emotional Problems Are	All Clients % (N=18)
Not at All	11.1 (2)
Slightly	11.1 (2)
Moderately	11.1 (2)
Considerably	33.3 (6)
Extremely	16.7 (3)
Not Applicable	16.7 (3)

Clients are asked if they have ever experienced or witnessed violence or trauma in any setting during their lifetime. Just under half of the clients (44.4%) indicated they had experienced or witnessed violence or trauma during their lifetime.

Table 28. Violence and Trauma During Lifetime

Experienced Violence or Trauma During Lifetime	All Clients % (N=18)
Yes	44.4 (8)
No	55.6 (10)

Clients who report experiencing or witnessing violence or trauma during their lifetime are asked four additional questions. Of the eight clients who responded “yes” in Table 28 above, the majority indicated they have experienced effects from the event(s) as shown in Table 29.

Table 29. Effects of Violence or Trauma

Effects of Violence or Trauma	All Clients % (N=18)
Have Had Nightmares or Think About It When Trying Not To	33.3 (6)
Tried Hard Not to Think About It or Go Out of Way to Avoid Situations That Remind of It	38.9 (7)
Have Been Constantly on Guard, Watchful, or Easily Startled	38.9 (7)
Have Felt Numb and Detached from Others, Activities, or Surroundings	27.8 (5)
Questions Not Applicable	55.6 (10)

Clients may answer affirmatively to more than one of the questions.



Social Connectedness

To help determine whether clients have a social support network, they are asked about attendance at non-professional, peer oriented self-help groups to assist in their recovery; if they have family and friends who are supportive of their recovery; and if they feel as if they have someone to turn to when having trouble. Nearly half of clients (44.8%) had attended a self-help group for recovery in the 30 days prior to grant admission. Nearly all clients (94.4%) reported they had interaction with family or friends who are supportive of their recovery and nearly all clients (94.4%) indicated they had someone to turn to when they were having trouble.

Table 30. Social Connectedness

Social Connectedness	All Clients % (N=18)
Attended Any Type of Self-Help Recovery Groups including Religious/Faith-Based, Non-Religious, or any Other in Past 30 Days	44.4 (8)
Interaction With Family/Friends Who Support Recovery	94.4 (17)
Have Someone to Turn to When Having Trouble	94.4 (17)

Clients may answer affirmatively to more than one of the questions.

TYPES OF MEDICATION ASSISTED TREATMENT

Substance use disorder treatment providers may offer a selection of the following five MAT medications.

- Methadone.
- Acamprosate (Campral).
- Buprenorphine (Suboxone).
- Naltrexone (Revia, Depade, Vivitrol).
- Disulfiram (Antabuse).



Substances and MAT Medications

Of the 18 clients currently in the MAT Iowa grant, 13 clients (72.2%) were prescribed Buprenorphine, four clients (22.2%) were prescribed Naltrexone, and one client (5.6%) was prescribed Disulfiram.

Table 31. Substances and Planned MAT

Substance Used	% (N=18)	Planned MAT Medication	
		Medication	(N=18)
Heroin	44.4 (8)	Buprenorphine	8
Opioids	22.2 (4)	Buprenorphine	4
Alcohol	27.8 (5)	Disulfiram	1
		Naltrexone	4
Alcohol and Opioids	5.6 (1)	Buprenorphine	1

Services Provided to Clients

Table 32 shows the services funded by the MAT Iowa grant that were provided to clients in December and January.

Table 32. MAT Iowa Services Provided to Clients

MAT Iowa Services Funded by Grant	All Clients (N=18)
Medical Services: Number of Appointments	
Physician	42
Nurse	12
Treatment and Case Management Services: Number of Sessions	
Assessments	8
Care Coordination	16
Alcohol and Drug Tests: Number Conducted	13



Table 33 displays the number of treatment sessions clients in the MAT Iowa grant attended during December and January. Treatment services are not funded by the MAT Iowa grant, but are being monitored to gauge use of best practices, because the combination of medication and treatment has been demonstrated to be more effective than either alone.

Table 33. Treatment Services

Treatment Services Provided to Clients	All Clients (N=18)
Individual Counseling	37
Group Counseling	212
Other Treatment Services	50

STATUS OF PROJECT GOALS

The following provides a summary and examination of the status and progress being made toward achievement of the goals of the MAT Iowa project.

Project Goals

Goal 1. Coordinate expansion and enhancement of MAT services.

Status: When IDPH was notified the grant had been awarded, preparation to distribute a Request for Proposals (RFP) to the ten highest-need counties in Iowa immediately began. The “Notice of Intent to Award” for MAT Iowa was released by IDPH on October 29, 2015. As previously stated, four substance use disorder treatment providers are providing MAT services for the grant as shown in Table 1 on page 1. IDPH hosted the first monthly provider call on November 30, 2015; provider calls have continued each month.

Goal 2. Increase the number of individuals receiving MAT services.

Status: The goal is to increase the number of clients receiving MAT and integrated care by approximately 10%. When the grant was awarded to IDPH in August 2015, two providers contracted to provide MAT services for the grant were already providing MAT services. The grant assists these providers in expanding the type of MAT services they provide to clients. The grant provides resources for the other two providers to begin offering MAT services to clients.

Nine clients were admitted to the grant in December 2015 and nine clients were admitted in January 2016. To assist with measuring this goal, providers submit monthly tracking forms to the evaluator that include the number of new clients receiving MAT services who are not in the MAT Iowa grant. As shown in Table 34 on the following page, when the grant was awarded in August 2015, 486 clients were receiving MAT. Excluding clients in the grant, as of January 31,



2016, 669 clients had received MAT, an increase of 37.7%² from when the grant began in August.

Table 34. Number of Individuals Receiving MAT Services

Month	Number of Clients Receiving MAT Iowa Grant Services	Number of Individuals Receiving MAT Services from Providers Not in the MAT Iowa Grant
Baseline August 2015	0	486
Additional New Clients Receiving MAT After Grant was Awarded		
September 2015	0	39
October 2015	0	36
November 2015	0	32
December 2015	9	43
January 2016	9	33
Total	18	669

Goal 3. Decrease illicit drug use and improve client outcomes.

Status: The intent of this goal is to decrease illicit drug use at six month follow-up by 10% and to reduce disparities for women and other minorities through ongoing analysis of treatment outcomes among sub-populations. IDPH submitted a disparity statement to SAMHSA in November 2015. The target numbers for serving subpopulations are included in Table 2 on page 2. Providers will begin completing GPRA follow-up interviews with clients in May 2016. Data from follow-up interviews will be used to provide the status of this goal.

Future reports will include the following additional information as it becomes available.

- Outcome data from follow-up interviews with clients.
- Grant discharge information and length of stay in the grant.
- Timeline of major accomplishments and milestones, including adherence to original proposed timeline.
- How providers have integrated MAT and how the system of care is coordinated and integrated.
- Program staffing.
- Trainings and professional development related to MAT (workshops, webinars, and material distribution).
- Changes made within agency to increase access by subpopulations.
- Gaps that may remain in the delivery of comprehensive services.
- Other significant accomplishments.

(669 – 486) / 486 = 37.7%.

