

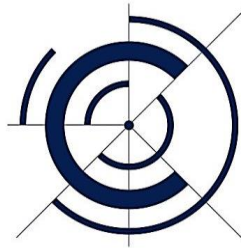
# MEDICATION ASSISTED TREATMENT

## PRESCRIPTION DRUG AND OPIOID ADDICTION

**THE IOWA CONSORTIUM FOR SUBSTANCE ABUSE RESEARCH AND EVALUATION**

**Year Two  
Annual Evaluation Report  
September 2017**

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Iowa Department of Public Health,  
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Center for Substance Abuse Treatment,  
Grant Number TI026143**



**THE IOWA  
CONSORTIUM**  
FOR SUBSTANCE ABUSE RESEARCH AND EVALUATION

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

## **MAT IOWA**

### **Year Two Annual Evaluation Report September 2017**

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

## EXECUTIVE SUMMARY

In August 2015, the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) awarded a three-year grant to the Iowa Department of Public Health (IDPH) 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 July 31, 2017.

### **Project Goals**

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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 Fiscal Year One and 120 clients in Fiscal Year Two. As of July 31, 2017, 257 clients have been admitted to the grant: 85 clients were admitted in Year One and 172 clients admitted in Year Two.

### **Description of Clients in MAT Iowa**

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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 characteristics of the 257 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 257 clients:

- One hundred forty-six clients (56.8%) are male and 111 clients (43.2%) are female.
- Clients ranged from 19 to 69 years of age at grant admission, with a median age of 33 years.
- The majority of clients are White, just under 5% are African American, 3.5% reported other races including American Indian/Alaska Native, Asian, Native Hawaiian/Other Pacific Islander, and multi-racial. Hispanic or Latino ethnicity was reported by just under 3% of clients.
- Nearly three-quarters of clients reported use of alcohol or illegal drugs in the 30 days prior to grant admission. Heroin was the most common substance used by one-third of clients. Just over one-quarter of clients reported illegal use of other opioids (not heroin). Alcohol was the next most common substance reported by just under one-quarter of clients.



- Over one-third of clients indicated they injected drugs in the 30 days prior to grant admission. Nearly 40% of clients reporting they injected drugs indicated they had shared needles or paraphernalia with someone else in the past 30 days.
- Of the 257 clients admitted to the MAT Iowa grant:
  - One hundred eighty-two clients (70.8%) were prescribed buprenorphine.
  - Seventy clients (27.2%) were prescribed naltrexone.
  - Three clients (1.2%) were prescribed acamprosate.
  - Two clients (0.8%) were prescribed disulfiram.
- The MAT Iowa grant has provided many services to clients including:
  - Over 1,100 appointments with physicians.
  - Over 350 appointments with nurses.
  - Over 1,500 treatment and case management services (including assessments and care coordination).
  - Over 800 alcohol and drug tests conducted with clients.

## Follow-Up Interview

The GPRA is administered to clients when possible approximately six months post-admission (follow-up interview). Of the 257 clients receiving grant services, 222 clients are or have been eligible to complete the follow-up interview. As of July 31, 2017, follow-up interviews were completed with 139 clients. During the follow-up interview, providers also administer a client satisfaction survey. The results of the follow-up interviews and client satisfaction surveys with clients support that MAT Iowa is making a positive difference in the lives of individuals. Of the 139 clients with completed follow-up interviews:

- There was over a twofold reduction in the number of clients with past 30-day use of alcohol or illegal substances at follow-up compared to grant admission, from 91 to 39 clients.
- There is a statistically significant decrease in heroin use from admission to follow-up. Forty-one clients (29.5%) reported heroin use in the 30 days preceding grant admission and six clients (4.3%) reported heroin use in the 30 days prior to the follow-up interview.
- There is a statistically significant decrease in injection drug use, it was cut by approximately one-quarter from admission to follow-up (from 39 clients to nine clients).

Many favorable comments were made by clients about MAT Iowa.

What Services Have Been Most Helpful?
<p>When having pain or high stress, the shot takes the ability to get high off the table so that in itself helps tremendously with cravings.</p> <p>Wow, this place is a godsend. I could not do it, I just couldn't until I took Suboxone. Thank you for everything.</p>
Client Comments
<p>I am in awe how much this program has helped us. It has helped to save our lives, I really have no words. I am so thankful.</p> <p>I like the program. The Suboxone gives me hope that I'll be able to have a long recovery. I believe this whole program/agency saved my life, but I also believe you have to want it and work it.</p> <p>This program has helped very much with my sobriety. If it wasn't for this program, I would be in horrible shape, possibly even dead. I will honestly say the staff and doctors are very helpful and friendly. They're also willing to work with and help me 24/7.</p>



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## OVERVIEW

In August 2015, the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) awarded a three-year grant to the Iowa Department of Public Health (IDPH) 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 four substance use disorder treatment providers in some of the highest need counties in Iowa 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 July 31, 2017. Due to rounding, percentages in this report may not add up to exactly 100%.

## 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 and 120 clients in Year Two. Clients were admitted to the grant beginning December 2, 2015. As of July 31, 2017, 257 clients have been admitted to the grant: 85 clients were admitted in Year One and 172 clients admitted in Year Two as shown in Table 2.

**Table 2. Admissions by Grant Year**

Admissions by Grant Year	N=257
Year One (Aug 2015 – July 2016) (Year One Goal: 100)	85
Year Two (Aug 2016 – July 2017) (Year Two Goal: 120)	172



## Description of Clients at Admission

One hundred forty-six clients (56.8%) are male and 111 clients (43.2%) are female as shown in Table 3. Five clients (1.9%) indicated they are bisexual; two clients (0.8%) reported their sexual orientation as lesbian and two clients (0.8%) indicated they are gay.

**Table 3. Sex, Gender, and Sexual Orientation**

Sex, Gender, and Sexual Orientation		All Clients percent (N=257)
Sex	Female	43.2 (111)
	Male	56.8 (146)
Gender	Female (Years One and Two Goal: 96)	43.2 (111)
	Male (Years One and Two Goal: 123)	56.8 (146)
	Transgender (Years One and Two Goal: 1)	0.0 (0)
Sexual Orientation	Lesbian (Years One and Two Goal: 4)	0.8 (2)
	Gay (Years One and Two Goal: 9)	0.8 (2)
	Bisexual (Years One and Two Goal:1)	1.9 (5)

The 257 clients ranged from 19 to 69 years of age at grant admission, with a median age of 33 years. Figure 1 presents the number of males and females in five age categories. Clients are most frequently between the ages of 25 and 34 at grant admission. For all age categories, there were more males than females.

**Figure 1. Age and Sex**

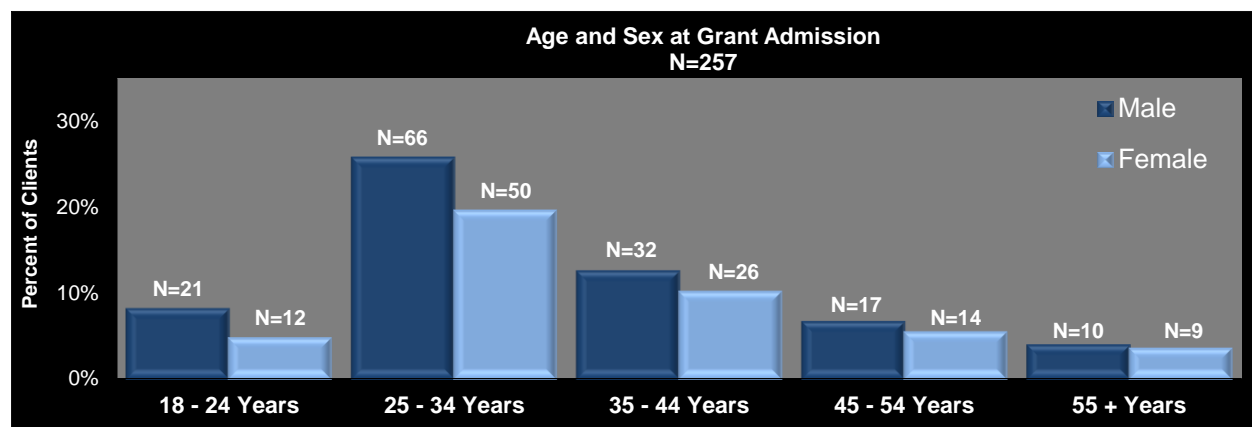




Table 4 presents race and ethnicity reported by clients. Two hundred thirty-two clients (90.3%) indicated they are White; twelve clients (4.7%) reported African American; five clients (1.9%) indicated American Indian/Alaskan Native; two clients (0.8%) reported Asian; one client (0.4%) indicated Native Hawaiian/other Pacific Islander; one client (0.4%) reported more than one race; and data for race are missing for four clients (1.6%). Hispanic or Latino ethnicity was reported by seven clients (2.7%).

**Table 4. Race and Ethnicity**

Race and Ethnicity		All Clients percent (N=257)
Race	White (Years One and Two Goal: 194)	90.3 (232)
	African American (Years One and Two Goal: 13)	4.7 (12)
	American Indian/ Alaska Native (Years One and Two Goal: 2)	1.9 (5)
	Asian (Years One and Two Goal: 2)	0.8 (2)
	Native Hawaiian/ Other Pacific Islander (Years One and Two Goal: 2)	0.4 (1)
	Multi-Racial (Years One and Two Goal: 2)	0.4 (1)
	Missing Data	1.6 (4)
	Ethnicity	Hispanic/Latino (Years One and Two Goal: 5)
Not Hispanic/Latino		97.3 (250)

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 counties.<sup>1</sup> As shown in Table 5, when admitted to the grant, 246 clients (95.7%) resided in urban counties and 11 clients (4.3%) resided in rural counties in Iowa.

**Table 5. County of Residence**

Rural or Urban County of Residence	All Clients percent (N=257)
Rural	4.3 (11)
Urban	95.7 (246)

## **MAT Medications and Substances of Use**

Treatment providers may offer a selection of the following five MAT medications.

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

Table 6 shows the MAT medications prescribed by substance of use for the 257 clients in the grant. Nearly half the clients (121 clients, 47.1%) in the grant identified heroin as their substance of use and over one-third (96 clients, 37.4%) reported opioids other than heroin.

**Table 6. Substances Used and MAT Prescribed**

Substance of Use	percent (N=257)	MAT Medication Prescribed	
		Medication	N=257
Heroin	47.1 (121)	Buprenorphine	98
		Naltrexone	23
Heroin and Opioids	0.8 (2)	Buprenorphine	1
		Naltrexone	1
Opioids	37.4 (96)	Buprenorphine	81
		Naltrexone	15
Alcohol	14.4 (37)	Acamprosate	3
		Buprenorphine	1
		Disulfiram	2
		Naltrexone	31
Alcohol and Opioids	0.4 (1)	Buprenorphine	1

<sup>1</sup> As defined by the Office of Management and Budget, February 2013 delineations.



Table 7 shows the planned initial route of administration for each type of MAT medication prescribed. Of the 257 clients admitted to the MAT Iowa grant, over two-thirds (182 clients, 70.8%) were prescribed buprenorphine, just over one-quarter (70 clients, 27.2%) were prescribed naltrexone, three clients (1.2%) were prescribed acamprosate, and two clients (0.8%) were prescribed disulfiram.

**Table 7. MAT Prescribed and Planned Initial Route of Administration**

MAT Medication Prescribed at Grant Admission	% (N=257)	Planned Initial Route of Administration	(N=257)
Acamprosate	1.2 (3)	Tablet	3
Buprenorphine	70.8 (182)	Injection	0
		Sublingual	182
Disulfiram	0.8 (2)	Tablet	2
Naltrexone	27.2 (70)	Injection	18
		Tablet	52

## OUTCOMES

The treatment providers administer the Government Performance and Results Act Client Outcome Measures Instrument (GPRA) to all clients at grant admission and attempt to again administer approximately six months following grant admission (follow-up interview). Adhering to GPRA guidelines, providers may conduct follow-up interviews with clients within a time frame of 30 days before and up to 60 days after the six month post-admission date.

As of July 31, 2017, 222 of the 257 clients receiving grant services are or have been eligible to complete the follow-up interview (within the five to eight month post-admission period). Providers entered GPRA follow-up data for 139 completed follow-up interviews. Of the 222 clients eligible for interview, 198 clients had reached the six month post-admission time frame used to calculate the follow-up rate, resulting in a follow-up rate of 70.6%<sup>2</sup> shown in Table 8 on the following page. The follow-up rate calculation excludes one client who was deceased at the time the interview was due.

<sup>2</sup> Follow-up rate = (number of follow-up interviews completed/number of clients six months post-admission minus one deceased client) \* 100. (139/197) \* 100 = 70.6%.



**Table 8. Follow-Up Interview Rate**

Follow-Up Interviews	
Due for Interview	198*
Completed Follow-Up Interview	139
Follow-Up Rate	70.6%**

\*The number of grant admissions for which six months has passed; clients eligible for interview who are in the five to six month post-admission period are excluded.

\*\*The follow-up rate calculation excludes one client deceased at the time of the follow-up interview.

## Description of Clients with Completed Follow-Up Interviews

Table 9 shows 71 of the 139 clients (51.1%) who completed follow-up interviews are male and 68 clients (48.9%) are female. One hundred thirty-four clients (96.4%) reported they are heterosexual, four clients (2.9%) are bisexual, and one client is gay (0.7%). The majority of clients (124 clients, 89.2%) are White and nine are African American (6.5%). Five clients (3.6%) reported other races including American Indian/Alaskan Native, Asian, Native Hawaiian/Other Pacific Islander, and multi-racial; data for race for one client is missing. Two clients (1.4%) with completed follow-up interviews are Hispanic/Latino.

**Table 9. Clients with Completed Follow-Up Interviews**

Demographics of Clients with Completed Follow-Up Interviews		percent (N=139)
Sex	Female	48.9 (68)
	Male	51.1 (71)
Gender	Female	48.9 (68)
	Male	51.1 (71)
	Transgender	0.0 (0)
Sexual Orientation	Heterosexual	96.4 (134)
	Lesbian	0.0 (0)
	Gay	0.7 (1)
	Bisexual	2.9 (4)
Race	White	89.2 (124)
	African American	6.5 (9)
	American Indian/Alaska Native	1.4 (2)
	Asian	0.7 (1)
	Native Hawaiian/Other Pacific Islander	0.7 (1)
	Multi-Racial	0.7 (1)
	Missing Data	0.7 (1)
Ethnicity	Hispanic/Latino	1.4 (2)
	Not Hispanic/Latino	98.6 (137)

Table 10 shows substance of use reported at grant admission and the MAT medication prescribed for the 139 clients with completed interviews. Nearly half of the clients (63 clients, 45.3%) completing follow-up interviews reported heroin was their substance of use when admitted to the grant and over one-third (54 clients, 38.8%) indicated opioids other than heroin. Of the 139 clients who completed follow-up interviews, over two-thirds (95 clients, 68.3%) were prescribed buprenorphine and just over one-quarter (40 clients, 28.8%) were prescribed naltrexone.

**Table 10. Clients with Completed Follow-Up Interviews: Substances Used and MAT Medication Prescribed**

Clients with Completed Follow-Up Interviews			
Substance of Use	percent (N=139)	MAT Medication	
		Medication	N=139
Heroin	45.3 (63)	Buprenorphine	49
		Naltrexone	14
Heroin and Opioids	1.4 (2)	Buprenorphine	1
		Naltrexone	1
Opioids	38.8 (54)	Buprenorphine	43
		Naltrexone	11
Alcohol	13.7 (19)	Acamprosate	2
		Buprenorphine	1
		Disulfiram	2
		Naltrexone	14
Alcohol and Opioids	0.7 (1)	Buprenorphine	1

Tables 11 through 34 on the following pages present GPRA data collected from clients receiving services through MAT Iowa at grant admission and at the follow-up interview. Admission responses are for the 257 clients admitted to the grant and follow-up responses are from 139 clients who completed follow-up interviews. Data are presented from individual questions in 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 and the follow-up period refers to the 30 days preceding the follow-up interview. The first column in the tables describes the responses or categories of responses for the GPRA question. The second column presents the responses of 257 clients at grant admission. The third and fourth columns provide comparisons on individual variables by presenting the responses for 139 clients at admission and at follow-up. Admission and follow-up GPRA data are self-reported by clients. It is important to note that 120 of the 139 clients (86.3%) were still receiving grant services at the time their follow-up interview was conducted.



## Drug and Alcohol Use

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When the GPRA is administered, clients are asked to report all substances used in the past 30 days. Table 11 on the following page shows of the 257 clients receiving MAT Iowa grant services, nearly three-quarters (185 clients, 72%) reported use of alcohol or at least one illegal substance in the 30 days prior to grant admission; 72 clients (28%) reported abstinence from alcohol or illegal substances in the 30 days preceding grant admission. Illegal drug use was reported by nearly two-thirds of the clients (161 clients, 62.6%). Heroin was the most common substance used in the 30 days prior to grant admission reported by one-third of the clients in the grant (86 clients, 33.5%). Over one-quarter reported use of marijuana (69 clients, 26.8%) and nearly one-quarter reported use of alcohol (62 clients, 24.1%) in the past 30 days. Over one-quarter of clients (68 clients, 26.5%) reported illegal use of other opioids (not heroin).

Of the 139 who completed follow-up interviews, nearly two-thirds (91 clients, 65.5%) reported use of alcohol or illegal drugs in the 30 days prior to grant admission. This decreased to just over one-quarter clients (39 clients, 28.1%) reporting use at follow-up.<sup>3</sup> Heroin use in the past 30 days reduced from 41 clients (29.5%) at admission to six clients (4.3%) at follow-up interview.<sup>4</sup>

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<sup>3</sup> McNemar's Test,  $p < 0.0001$ .

<sup>4</sup> McNemar's Test,  $p < 0.0001$ .



**Table 11. Substance Use**

Substance Use in Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Opioids:			
Heroin	33.5 (86)	29.5 (41)	4.3 (6)
OxyContin/Oxycodone	13.2 (34)	15.1 (21)	0.7 (1)
Dilaudid	7.4 (19)	7.2 (10)	0.0 (0)
Morphine	5.1 (13)	3.6 (5)	0.7 (1)
Percocet	4.3 (11)	5.8 (8)	0.0 (0)
Codeine	2.7 (7)	2.2 (3)	0.0 (0)
Tylenol 2,3,4 (with codeine)	1.6 (4)	2.2 (3)	0.7 (1)
Non-prescription Methadone	1.2 (3)	1.4 (2)	0.0 (0)
Alcohol	24.1 (62)	22.3 (31)	10.1 (14)
Marijuana/Hashish	26.8 (69)	23.0 (32)	11.5 (16)
Cocaine/Crack	5.8 (15)	5.8 (8)	2.9 (4)
Benzodiazepines	8.9 (23)	10.1 (14)	1.4 (2)
Methamphetamine	12.1 (31)	8.6 (12)	5.8 (8)
Hallucinogens/Psychedelics	0.8 (2)	0.0 (0)	0.0 (0)
Ketamine	0.8 (2)	0.0 (0)	0.0 (0)
Barbiturates	0.4 (1)	0.0 (0)	0.0 (0)
Other Illegal Drugs	2.3 (6)	1.4 (2)	0.0 (0)
No Substance Use in Past 30 Days	28.0 (72)	34.5 (48)	71.9 (100)

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 12, 42 clients, (16.3%) reported binge drinking in the 30 days prior to grant admission and 26 clients (10.1%) reported use of alcohol and illegal drugs on the same day. Among those completing follow-up interviews, there is a statistically significant decrease in binge drinking from 17 clients (12.2%) reporting this at admission to two clients (1.4%) indicating binge drinking at follow-up.<sup>5</sup>

**Table 12. Binge Drinking and Same Day Alcohol and Drug Use**

Binge Drinking and Same Day Alcohol and Drug Use	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Binge Drinking (Five or More Drinks in One Sitting)	16.3 (42)	12.2 (17)	1.4 (2)
Used Alcohol and Illegal Drugs on the Same Day	10.1 (26)	10.1 (14)	2.2 (3)

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

Table 13 shows over one-third of clients (93 clients, 36.2%) in the grant indicated they injected drugs in the 30 days prior to grant admission. Among those completing follow-up interviews, past 30-day injection drug use significantly decreased from 39 clients at admission (28.1%) to nine clients (6.5%) at follow-up.<sup>6</sup>

**Table 13. Injection Drug Use**

Injection Drug Use	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Injected Drugs in Past 30 Days	36.2 (93)	28.1 (39)	6.5 (9)

<sup>5</sup> McNemar's Test,  $p < 0.001$ .

<sup>6</sup> McNemar's Test,  $p < 0.0001$ .



Table 14 shows the substances clients reported injecting in the past 30 days. Among the overall group of 257 clients, over one-quarter (71 clients, 27.6%) reported injecting heroin. For the subset of 93 clients who reported injection drug use in the 30 days prior to grant admission (excluding clients indicating no injection drug use), over three-quarters (71 clients, 76.3%) indicated they injected heroin. Thirty-seven of the 93 clients (39.8%) who injected drugs indicated they had shared needles or paraphernalia with someone else in the 30 days prior to grant admission. The nine clients who reported injection drug use at follow-up indicated they injected heroin, OxyContin/oxycodone, morphine, or methamphetamine; three clients indicated needle or paraphernalia sharing with someone in the 30 days preceding the follow-up interview.

**Table 14. Injection Drug Use Details**

Substances Injected	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
<b>Opioids:</b>			
Heroin	27.6 (71)	23.0 (32)	3.6 (5)
OxyContin/Oxycodone	3.9 (10)	3.6 (5)	0.7 (1)
Dilaudid	3.9 (10)	2.2 (3)	0.0 (0)
Percocet	1.6 (4)	1.4 (2)	0.0 (0)
Morphine	1.9 (5)	1.4 (2)	0.7 (1)
Codeine	0.4 (1)	0.0 (0)	0.0 (0)
Non-prescription Methadone	0.4 (1)	0.7 (1)	0.0 (0)
Cocaine/Crack	2.3 (6)	2.2 (3)	0.0 (0)
Methamphetamine	5.4 (14)	2.9 (4)	2.2 (3)
Hallucinogens/Psychedelics	0.4 (1)	0.0 (0)	0.0 (0)
Not Applicable (No IV Drug Use)	63.8 (164)	71.9 (100)	93.5 (130)
Needle or Paraphernalia Sharing	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Always	4.3 (11)	2.9 (4)	0.7 (1)
More Than Half the Time	1.6 (4)	0.7 (1)	0.0 (0)
Half the Time	3.1 (8)	2.2 (3)	0.7 (1)
Less Than Half the Time	5.4 (14)	4.3 (6)	0.7 (1)
Never	21.8 (56)	18.0 (25)	4.3 (6)
Not Applicable (No IV Drug Use)	63.8 (164)	71.9 (100)	93.5 (130)

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. At grant admission, over one-third of clients reported they were living in their own apartment or house (38.9%) and over one-third indicated they were living with someone else (39.3%). The most common living arrangement reported by the 139 clients at follow-up was living in their own apartment or house, reported by over half of the clients (81 clients, 58.3%).

**Table 15. Housing**

Housing Situation	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Own/Rent Apartment, Room, House	38.9 (100)	41.0 (57)	58.3 (81)
Someone Else's Apartment, Room, House	39.3 (101)	36.0 (50)	29.5 (41)
Institution (Hospital, Jail/Prison)	6.2 (16)	5.8 (8)	6.5 (9)
Halfway House	3.5 (9)	2.9 (4)	3.6 (5)
Shelter	1.9 (5)	2.2 (3)	0.7 (1)
Street/Outdoors	2.7 (7)	1.4 (2)	1.4 (2)
Residential Treatment	5.8 (15)	9.4 (13)	0.0 (0)
Other: Motel, College Residence	1.6 (4)	1.4 (2)	0.0 (0)

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 16 on the following page presents the number of clients who responded “somewhat”, “considerably”, or “extremely” to the three questions.

As presented in Table 16, of the 139 clients with completed follow-up interviews, approximately two-thirds (87 clients, 62.6%) at grant admission indicated experiencing stress in the past 30 days due to current or previous use of alcohol or drugs; this decreased over threefold to 19.4% (27 clients) at follow-up.<sup>7</sup> At admission, 83 clients (59.7%) indicated current or previous use of alcohol or drugs had caused them to reduce or give up activities that were important to them, this reduced approximately fourfold at follow-up to 21 clients, (15.1%).<sup>8</sup> At admission, 81 of the 139 clients (58.3%) reported they had experienced emotional problems in the past 30 days due to current or previous use of alcohol or drugs, 23 clients (16.5%) reported this at follow-up.<sup>9</sup>

**Table 16. 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 percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Experienced Stress Due to Use of Alcohol or Other Drugs in Past 30 Days	68.5 (176)	62.6 (87)	19.4 (27)
Use of Alcohol or Other Drugs Caused Reduction or Giving Up Important Activities in Past 30 Days	65.0 (167)	59.7 (83)	15.1 (21)
Use of Alcohol or Other Drugs Caused Emotional Problems in Past 30 Days	65.0 (167)	58.3 (81)	16.5 (23)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the questions.

Over half of the clients (51.4%) indicated they had children at grant admission. Of the 132 clients who reported they had children, 15 clients (11.4%) indicated they have children living with someone else due to a child protection court order and eight clients (6.1%) reported they had lost parental rights.

<sup>7</sup> McNemar's Test,  $p < 0.0001$ .

<sup>8</sup> McNemar's Test,  $p < 0.0001$ .

<sup>9</sup> McNemar's Test,  $p < 0.0001$ .

## Education, Employment, and Income

As shown in Table 17, 29 clients (11.3%) reported they had not completed high school at grant admission; their highest education level ranged from 6<sup>th</sup> to 11<sup>th</sup> grade. Just over half of the clients (140 clients, 54.5%) indicated they had a high school diploma or equivalent. Over one-third of the clients (88 clients, 34.2%) had continued their education or training after high school.

**Table 17. Education Level**

Highest Level of Education	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Did not Graduate High School	11.3 (29)	12.9 (18)	8.6 (12)
High School Diploma/Equivalent	54.5 (140)	47.5 (66)	49.6 (69)
Some College/University or Associates Degree	25.3 (65)	29.5 (41)	33.1 (46)
Bachelor's Degree or Higher	7.0 (18)	8.6 (12)	5.0 (7)
Vocational/Technical Program After High School	1.9 (5)	1.4 (2)	3.6 (5)

Clients are asked if they are currently involved in any educational or job training program. Nine clients (3.5%) reported enrollment in school or a job training program, or working on General Education Development (GED) at grant admission. Three clients (2.2%) who reported part-time enrollment in school or a job training program or working on their GED at follow-up did not indicate school or job training enrollment or working on their GED at admission.

**Table 18. Enrolled in School or Job Training Program**

Currently Enrolled in School or Job Training Program	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Enrolled full-time	1.6 (4)	2.2 (3)	0.7 (1)
Enrolled part-time	1.6 (4)	0.7 (1)	2.2 (3)
Other: Working on GED	0.4 (1)	0.0 (0)	0.7 (1)
Not enrolled	96.5 (248)	97.1 (135)	96.4 (134)

Table 19 shows when admitted to the MAT Iowa grant, just over one-third of clients (98 clients, 38.1%) reported full or part-time employment. There is a statistically significant change in employment from admission to follow-up.<sup>10</sup> Of the 139 clients with completed follow-up interviews, 55 clients (39.6%) reported employment at admission. This increased to over half the clients (75 clients, 54%) reporting employment at follow-up

**Table 19. Employment Status**

Employment Status	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Employed Full-Time ( $\geq 35$ hrs/wk)	28.0 (72)	29.5 (41)	36.0 (50)
Employed Part-Time (<35 hrs/wk)	10.1 (26)	10.1 (14)	18.0 (25)
Unemployed, Looking for Work	42.8 (110)	43.2 (60)	30.2 (42)
Unemployed, Not Looking for Work	11.3 (29)	8.6 (12)	5.8 (8)
Unemployed, Disabled	7.0 (18)	7.2 (10)	6.5 (9)
Unemployed, Retired	0.4 (1)	0.7 (1)	0.7 (1)
Other*	0.4 (1)	0.7 (1)	2.9 (4)

\*Included in the "other" category are individuals not working due to injury, lay-offs, students, or clients reporting working side jobs.

<sup>10</sup> McNemar's Test,  $p < 0.01$ .



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 20 outnumber clients. Wages are the income source most frequently reported by clients in the past 30 days at admission and follow-up.

**Table 20. Sources of Income**

Sources of Income Received in the Past 30 Days	All Clients percent (N=257)*	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)*	Follow-Up percent (N=139)*
Wages	33.9 (87)	37.4 (52)	51.8 (72)
Public Assistance	5.1 (13)	7.2 (10)	5.0 (7)
Retirement	0.4 (1)	0.7 (1)	0.7 (1)
Disability	5.4 (14)	5.8 (8)	6.5 (9)
Non-Legal Income	0.4 (1)	0.7 (1)	0.0 (0)
Family/Friends	14.8 (38)	14.4 (20)	7.2 (10)
Other	1.6 (4)	2.2 (3)	0.7 (1)
No Reported Sources of Income	38.1 (98)	7.2 (10)	9.4 (13)

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

\*Data in the table above reflect records of individuals who answered the questions. The number of records in each response category where individuals declined to answer or responded “don’t know” to each question varied.

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 (wages, public assistance, retirement, disability, non-legal income, family and friends, and other sources). Table 21 shows the total amount of money received by clients from various sources in the past 30 days. The median income for the 128 clients at grant admission was \$400 and the median income for this group of clients at follow-up was \$663. There is a statistically significant change in income categories from admission to follow-up.<sup>11</sup> Of the 128 clients with completed follow-up interviews in Table 21, half of the clients (64 clients, 50%) moved from a smaller income category at admission to a larger income category at follow-up. Less than one-quarter (28 clients, 21.9%) reported the same income category at admission and follow-up and 36 clients (28.1%) moved from a larger income category at admission to a smaller income category at follow-up. The number of clients reporting monthly income in the “\$1001 to \$2000” and “over \$2000” income categories increased from 25 clients (19.5%) at grant admission to 39 clients (30.5%) at follow-up.

**Table 21. Total Income Received**

Total Income Received in Past 30 Days	All Clients percent (N=240)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=128)*	Follow-Up percent (N=128)*
None	40.8 (98)	35.2 (45)	31.3 (40)
\$500 or Less	19.6 (47)	21.1 (27)	12.5 (16)
\$501 to \$1000	20.4 (49)	24.2 (31)	25.8 (33)
\$1001 to \$2000	15.8 (38)	15.6 (20)	23.4 (30)
Over \$2000	3.3 (8)	3.9 (5)	7.0 (9)

\*Data in the table above reflect records of individuals who answered the questions in Table 21. Data for 17 clients in the “All Clients” column are excluded from this table due to clients declining to disclose income or clients responded “don’t know” for any income category. Data from 11 clients in the “Clients with Completed Follow-Up Interviews” columns are excluded due to the admission or follow-up records coded as client declines to disclose income or individuals responded “don’t know” for any income category.

<sup>11</sup> Wilcoxon Test,  $p < 0.05$ .

Of those completing follow-up interviews, clients reporting no income from wages in the past 30 days reduced from 82 clients at admission to 64 clients at follow-up. There were increases in the number of clients reporting income received from wages in all income categories except \$500 or less.

**Table 22. Income Received from Wages in Past 30 Days**

Total Income Received from Wages in Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
None	61.5 (158)	59.0 (82)	46.0 (64)
\$500 or Less	5.8 (15)	7.2 (10)	6.5 (9)
\$501 to \$1000	12.1 (31)	13.7 (19)	18.7 (26)
\$1001 to \$2000	12.8 (33)	12.9 (18)	19.4 (27)
Over \$2000	3.1 (8)	3.6 (5)	7.2 (10)
Declined to Answer Question	4.7 (12)	3.6 (5)	2.2 (3)

## Crime and Criminal Justice Status

Eight clients (3.1%) reported being arrested in the 30 days prior to grant admission. One client (0.7%) reported an arrest in the past 30 days at follow-up.

Eleven clients (4.3%) reported spending time in jail or prison in the 30 days prior to grant admission as shown in Table 23. Of clients completing follow-up interviews, five clients (3.6%) reported spending nights in jail or prison in the 30 days prior to both admission and the follow-up interview.

**Table 23. Incarceration**

Nights in Jail or Prison in Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
None	95.7 (246)	96.4 (134)	96.4 (134)
One or More Nights	4.3 (11)	3.6 (5)	3.6 (5)



Similar percentages of clients (just over 20%) at grant admission and follow-up indicated they were on parole or probation.

**Table 24. Currently on Parole or Probation**

Currently on Parole or Probation	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Yes	21.8 (56)	21.6 (30)	20.1 (28)
No	77.8 (200)	78.4 (109)	79.9 (111)
Client Does Not Know	0.4 (1)	0.0 (0)	0.0 (0)

## **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 good or fair health at admission and follow-up. There is a statistically significant change in health status from admission to follow-up.<sup>12</sup> The number of clients reporting excellent or very good health more than doubled (from 17 clients to 36 clients) as shown in Table 25.

**Table 25. Overall Health**

Self Rating of Overall Health	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Excellent	2.7 (7)	2.2 (3)	5.0 (7)
Very Good	8.6 (22)	10.1 (14)	20.9 (29)
Good	37.4 (96)	38.8 (54)	46.8 (65)
Fair	39.7 (102)	40.3 (56)	24.5 (34)
Poor	11.7 (30)	8.6 (12)	2.9 (4)

<sup>12</sup> Wilcoxon Test,  $p < 0.0001$ .

To identify their use of the medical and treatment community, Tables 26 below and Table 27 on the following page provide information regarding clients receiving inpatient, outpatient, and emergency room treatment in the 30 days prior to grant admission.

As shown in Table 26, of the 139 clients with completed follow-up interviews, nearly one-quarter (33 clients, 23.7%) reported receiving inpatient treatment for alcohol or substance abuse in the 30 days prior to grant admission. Nine clients (6.5%) indicated inpatient alcohol or substance abuse treatment in the 30 days preceding the follow-up interview. Fewer than 8% of the clients reported receiving inpatient treatment in the past 30 days for physical issues or mental or emotional difficulties at admission and only one client (0.7%) reported each of these at follow-up.

The majority of clients in the grant indicated they had received outpatient treatment for alcohol or substance abuse in the 30 days prior to grant admission and the 30 days prior to the follow-up interview. Just over one-quarter of the 139 clients with completed follow-up interviews reported receiving outpatient treatment for mental or emotional difficulties at grant admission and follow-up (29.5% and 25.9% respectively).

**Table 26. Inpatient and Outpatient Treatment**

Receiving Inpatient Treatment In Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Physical Complaint	5.4 (14)	5.0 (7)	0.7 (1)
Mental or Emotional Difficulties	7.0 (18)	7.2 (10)	0.7 (1)
Alcohol or Substance Abuse	23.3 (60)	23.7 (33)	6.5 (9)
Receiving Outpatient Treatment In Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Physical Complaint	10.1 (26)	8.6 (12)	11.5 (16)
Mental or Emotional Difficulties	30.7 (79)	29.5 (41)	25.9 (36)
Alcohol or Substance Abuse	88.3 (227)	85.6 (119)	78.4 (109)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the questions.

Of the 139 clients with completed follow-up interviews, 16 clients (11.5%) received emergency room treatment for alcohol or substance abuse reasons in the 30 days prior to grant admission. As shown in Table 27, one of the 139 clients (0.7%) reported an emergency room visit related to alcohol or substance abuse in the 30 days preceding the follow-up interview.

**Table 27. Emergency Room Visits**

Receiving Emergency Room Treatment In Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Physical Complaint	10.9 (28)	12.2 (17)	8.6 (12)
Mental or Emotional Difficulties	7.0 (18)	8.6 (12)	0.7 (1)
Alcohol or Substance Abuse	11.7 (30)	11.5 (16)	0.7 (1)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. 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. Fifty clients (19.5%) reported unprotected sexual contacts in the 30 days before grant admission. As shown in Table 28, 13 clients (5.1%) indicated they had sexual contacts with an individual who was an injection drug user and 18 clients (7%) reported sexual contact with someone who was high on a substance. At follow-up, one client (0.7%) reported sexual contacts with an individual who was an injection drug user and two clients (1.4%) reported sexual contacts with someone who was high on a substance in the 30 days before the follow-up interview.

**Table 28. Unprotected Sexual Contacts**

Unprotected Sexual Contacts	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Individual Who is HIV Positive or Has AIDS	0.0 (0)	0.0 (0)	0.0 (0)
Individual Who is an Injection Drug User	5.1 (13)	4.3 (6)	0.7 (1)
Individual Who is High on Some Substance	7.0 (18)	7.9 (11)	1.4 (2)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the questions.

Clients are asked if they have ever been tested for HIV. At grant admission, just over two-thirds of the clients (68.9%) reported they had been tested for HIV. Of the 139 clients completing follow-up interviews, nearly all (128 clients, 92.1%) indicated they had been tested for HIV at the follow-up interview.

**Table 29. Ever Tested for HIV**

Tested for HIV	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Yes	68.9 (177)	74.1 (103)	92.1 (128)
No	26.8 (69)	23.0 (32)	6.5 (9)
Client Does Not Know	2.3 (6)	2.2 (3)	1.4 (2)
Declined to Answer Question	1.9 (5)	0.7 (1)	0.0 (0)

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. Nearly two-thirds (169 clients, 65.8%) responded they had experienced one or more of the psychological or emotional problems listed in Table 30 on one or more days in the 30 days preceding grant admission. Over half of the clients at grant admission reported experiencing serious depression or anxiety or tension in the 30 days before grant admission; fewer than half reported serious depression or anxiety in the 30 days before the follow-up interview.

**Table 30. Psychological or Emotional Problems**

Psychological or Emotional Problems Experienced In Past 30 Days	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Serious Depression	51.8 (133)	51.1 (71)	38.8 (54)
Anxiety or Tension	51.8 (133)	58.3 (81)	46.8 (65)
Hallucinations	2.7 (7)	2.9 (4)	0.7 (1)
Trouble Understanding, Concentrating, or Remembering	26.5 (68)	28.1 (39)	14.4 (20)
Trouble Controlling Violent Behavior	1.2 (3)	0.0 (0)	1.4 (2)
Attempted Suicide	2.3 (6)	1.4 (2)	0.0 (0)
Taking Prescribed Medication for Psychological/Emotional Problems	42.4 (109)	45.3 (63)	37.4 (52)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the question.

Table 31 presents data for a subset of clients and includes clients who reported experiencing any of the six serious psychiatric symptoms in Table 30 on the previous page. Clients who indicated experiencing one or more of the six psychiatric symptoms or who report taking prescribed medication for psychological or emotional problems are asked how bothersome the symptoms are. At admission and follow-up, nearly all clients who reported symptoms in the previous 30 days were bothered by their symptoms.

**Table 31. How Bothersome Psychological or Emotional Problems Are**

Feelings of How Bothersome Psychological or Emotional Problems Are	All Clients percent (N=176)*	Clients with Completed Follow-Up Interviews	
		Admission percent (N=99)*	Follow-Up percent (N=84)*
Not at All	6.8 (12)	7.1 (7)	11.9 (10)
Slightly	26.1 (46)	28.3 (28)	42.9 (36)
Moderately	29.5 (52)	31.3 (31)	28.6 (24)
Considerably	18.8 (33)	14.1 (14)	13.1 (11)
Extremely	18.2 (32)	18.2 (18)	3.6 (3)
Missing Data	0.6 (1)	1.0 (1)	0.0 (0)

\*Questions are not asked to individuals reporting no psychological or emotional problems and are not taking medications for psychological/emotional problems.

Clients are asked if they have ever experienced or witnessed violence or trauma in any setting during their lifetime. At grant admission, just under half of the 257 clients (127 clients, 49.4%) had an affirmative response to this question. Clients responding 'yes' to experiencing violence or trauma during their lifetime are asked four additional questions. Therefore, Table 32 presents responses for a subset of clients and includes only those who reported violence or trauma during their lifetime. At admission and follow-up, the majority of clients reported experiencing effects as a result of violence or trauma.

**Table 32. Effects of Violence or Trauma**

Effects of Violence or Trauma	All Clients Reporting Violence or Trauma percent (N=127)*	Clients with Completed Follow-Up Interviews	
		Admission percent (N=82)*	Follow-Up percent (N=77)*
Have Had Nightmares or Think About It When Trying Not To	70.1 (89)	72.0 (59)	62.3 (48)
Tried Hard Not to Think About It or Go Out of Way to Avoid Situations That Remind of It	70.9 (90)	73.2 (60)	79.2 (61)
Have Been Constantly on Guard, Watchful, or Easily Startled	63.0 (80)	62.2 (51)	57.1 (44)
Have Felt Numb and Detached from Others, Activities, or Surroundings	63.0 (80)	62.2 (51)	59.7 (46)

Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the questions.

\*Questions are not asked to individuals reporting no violence or trauma during their lifetime.

Six of the 257 clients at admission (2.3%) indicated they had experienced physical violence in the 30 days preceding the interview as shown in Table 33.

**Table 33. Recent Physical Violence**

Recent Physical Violence	All Clients Reporting Violence or Trauma percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Been Hit, Kicked, Slapped, or Otherwise Physically Hurt in Past 30 Days	2.3 (6)	2.9 (4)	2.2 (3)

## 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 or friends who are supportive of their recovery; and if they feel as if they have someone to turn to when having trouble. At follow-up, over one-half of clients (56.1%) had attended a self-help group for recovery in the prior 30 days; nearly all clients (94.2%) reported they had interaction with family or friends who are supportive of their recovery; and all but one client (99.3%) indicated they had someone to turn to when they were having trouble.

**Table 34. Social Connectedness**

Social Connectedness	All Clients percent (N=257)	Clients with Completed Follow-Up Interviews	
		Admission percent (N=139)	Follow-Up percent (N=139)
Attended Any Type of Self-Help Recovery Groups Including Religious/Faith-Based, Non-Religious, or Any Other in Past 30 Days	41.2 (106)	45.3 (63)	56.1 (78)
Interaction With Family/Friends Who Support Recovery	91.1 (234)	92.8 (129)	94.2 (131)
Have Someone to Turn to When Having Trouble	94.9 (244)	96.4 (134)	99.3 (138)

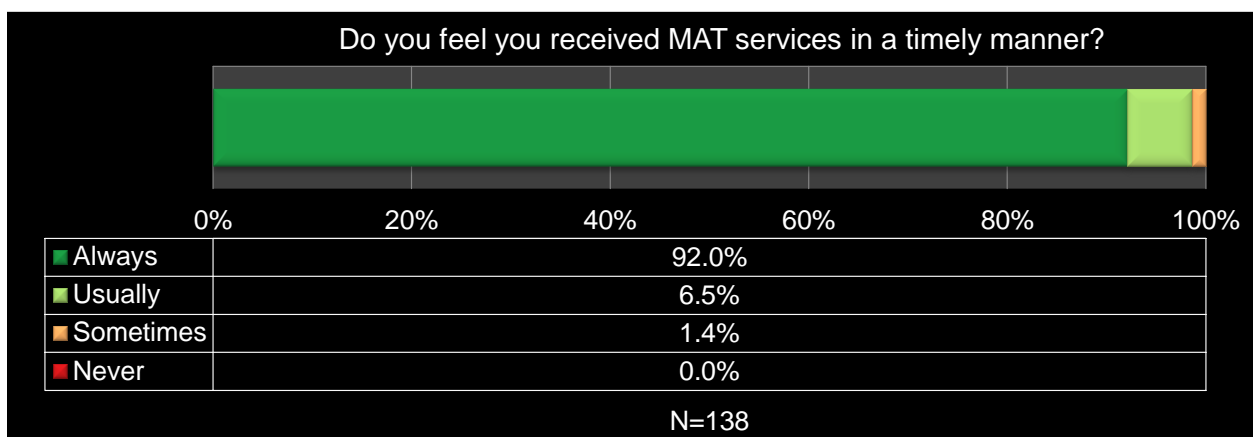
Column totals are not equal to the number of individuals; data are presented for clients who answered affirmatively to each question. Clients may answer affirmatively to more than one of the questions.

## CLIENT SATISFACTION

A client satisfaction survey was developed for the MAT Iowa grant. Providers administer the client satisfaction survey with clients when they conduct the follow-up interview (approximately six months following grant admission). As of July 31, 2017, 138 clients completed the client satisfaction survey. Figures 2 through 13 on the following pages present client satisfaction survey questions and responses. Not all clients answered all questions; therefore the N value for each question varies.

Figure 2 shows nearly all clients (92%) indicated they always felt they received MAT services in a timely manner from providers.

**Figure 2. Received MAT Iowa Services in a Timely Manner**



One hundred twenty-one clients (87.7%) reported there were never delays in receiving the MAT medication prescribed for them as shown in Figure 3.

**Figure 3. Delays in Receiving MAT Medication**

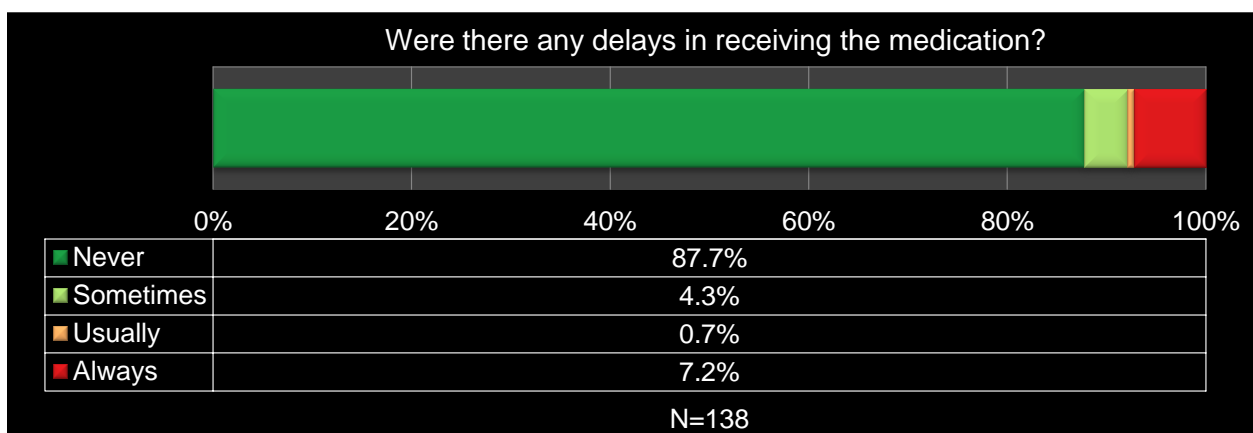
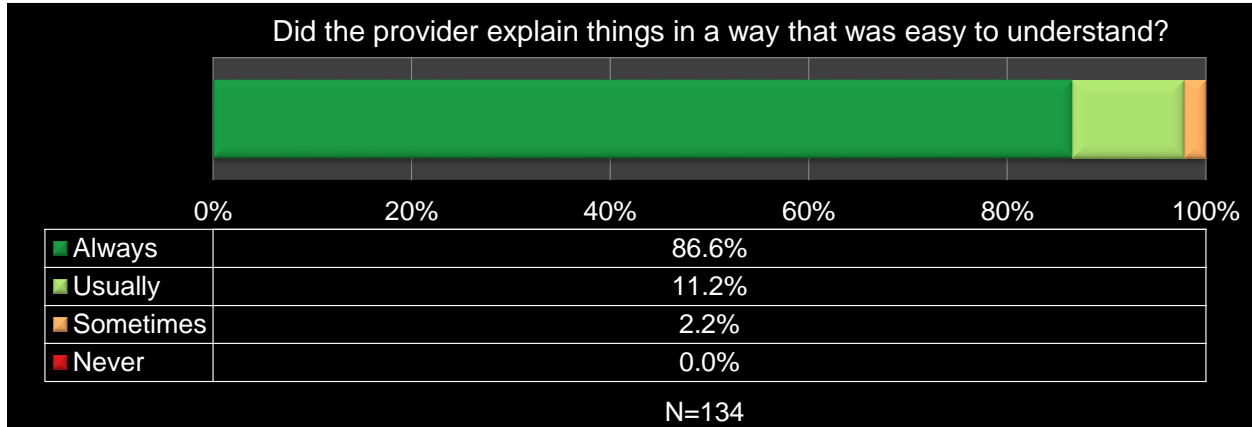


Figure 4 shows 116 of 134 clients (86.6%) felt providers always explained things in an understandable way. Fifteen clients (11.2%) responded that providers usually explain things in a way that was easy for them to understand and three clients (2.2%) felt providers sometimes explain things in a way that was easy to understand.

**Figure 4. Provider Explanations Easy to Understand**



One hundred thirty-two of 138 clients (95.7%) felt staff were always courteous and respectful. Five clients (3.6%) indicated staff were usually courteous and respectful and one client (0.7%) reported staff were never courteous and respectful as displayed in Figure 5.

**Figure 5. Staff Courteous and Respectful**

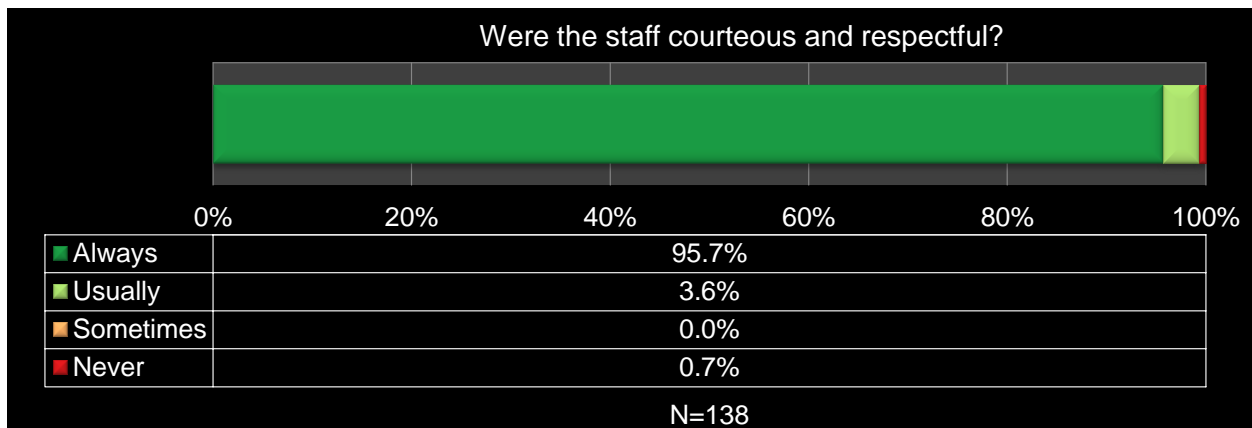
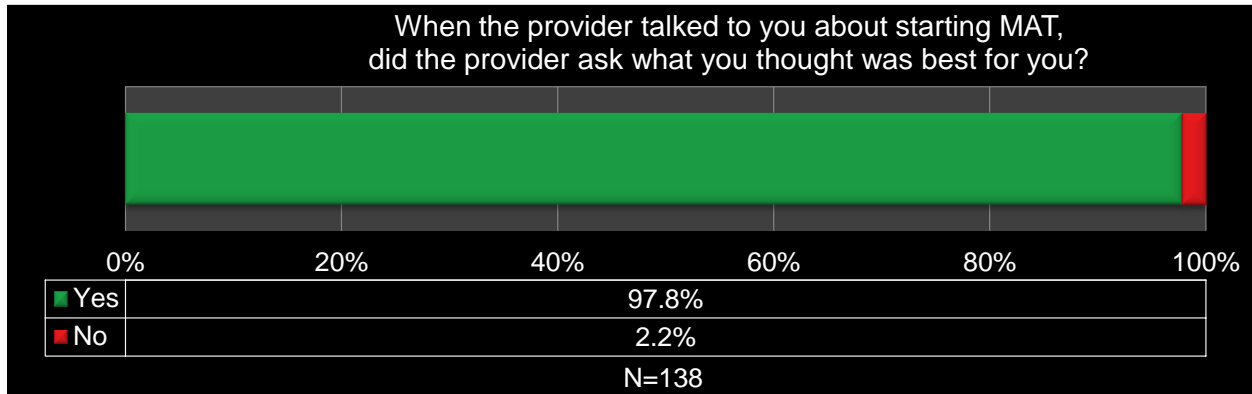




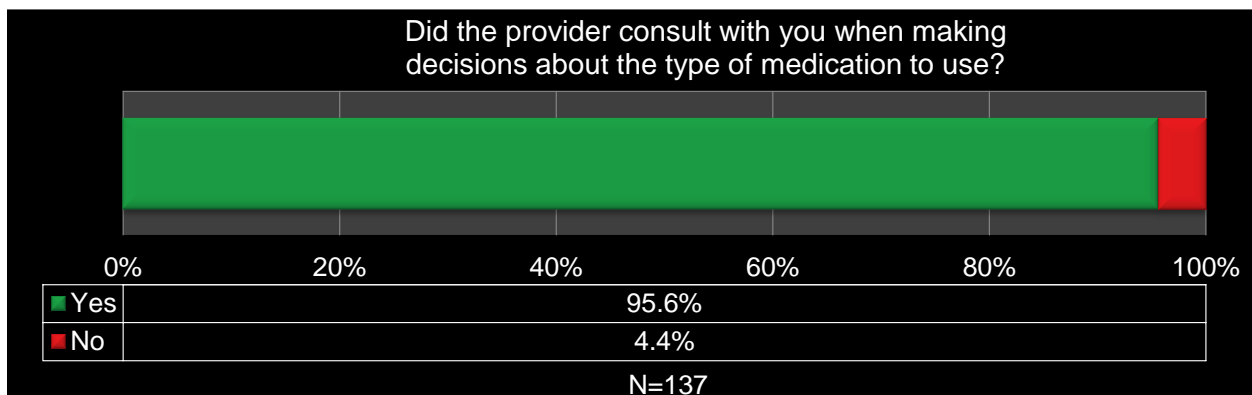
Figure 6 shows all except three clients (135 clients, 97.8%) responded “yes” when asked if providers asked what the client thought was best for them when they began MAT services.

**Figure 6. Provider Asked What Client Thought Was Best**



One hundred thirty-one of 137 clients (95.6%) responded “yes” when asked if the provider consulted with them when making decisions about the type of MAT medication to use as shown in Figure 7.

**Figure 7. Provider Consulted About Decisions**



Clients are asked if the provider discussed the possible side effects of the MAT medication. One hundred twenty-seven of 136 clients (93.4%) responded “yes” as displayed in Figure 8.

**Figure 8. Provider Discussed Side Effects of MAT Medication**

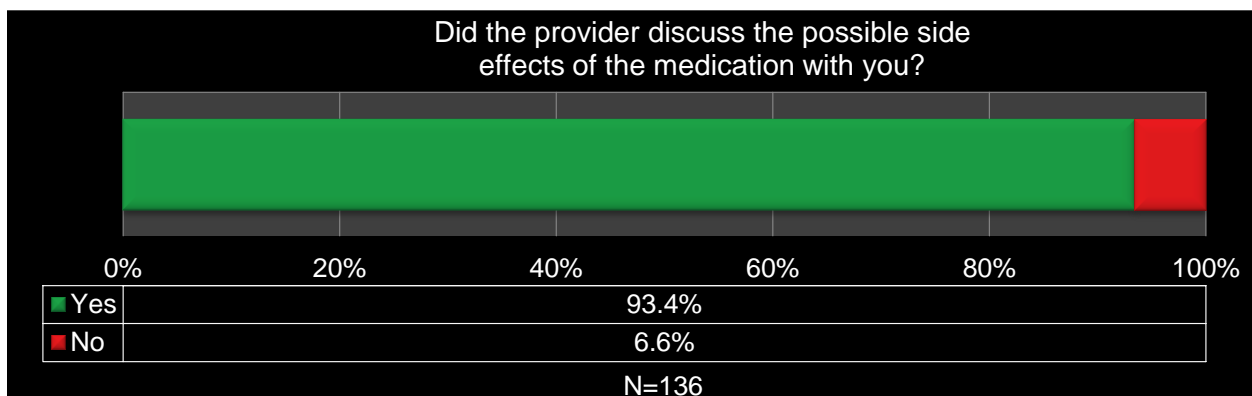
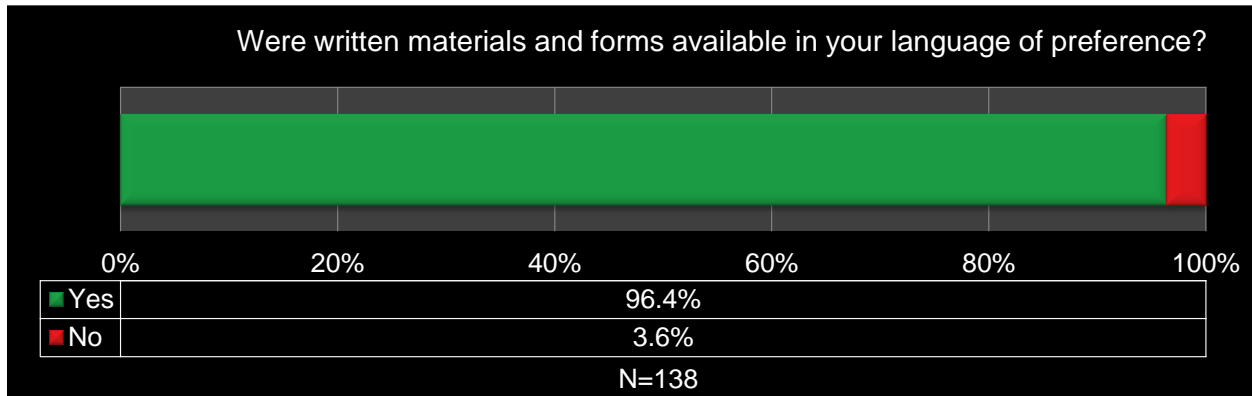


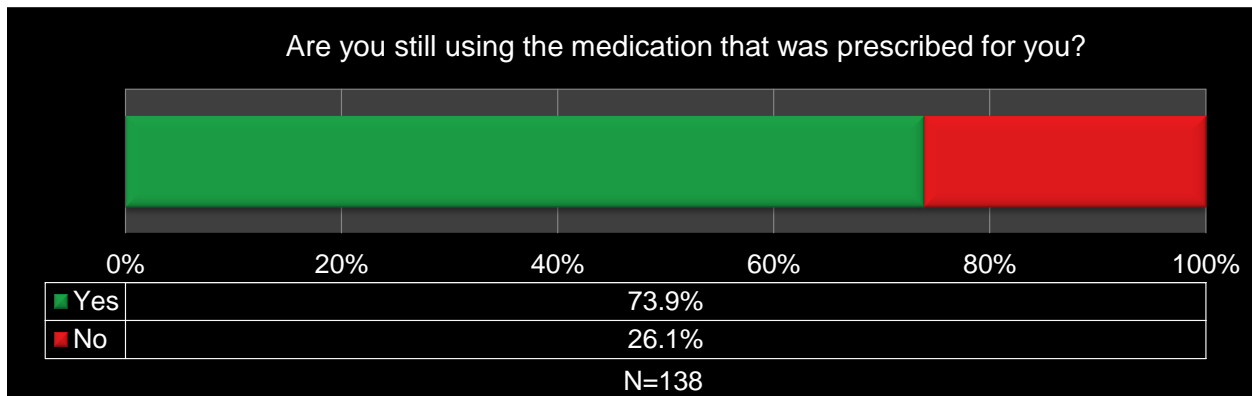
Figure 9 shows all except five clients (96.4%) indicated the written materials and forms they received from providers were available in the clients' language of preference.

**Figure 9. Materials and Forms in Language of Preference**



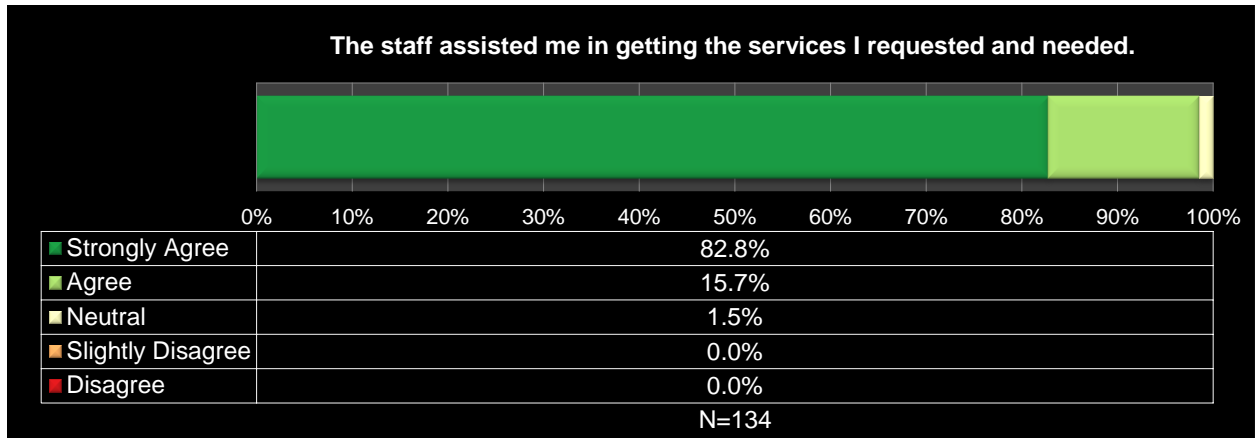
One hundred two of 138 clients (73.9%) reported they were still using the MAT medication prescribed for them at the time of the follow-up interview as shown in Figure 10.

**Figure 10. Using MAT Medication at Time of Follow-Up Interview**



Nearly all clients (98.5%) responded “strongly agree” or “agree” when asked to rate how strongly they agree or disagree with the statement that staff assisted them in getting the services they requested and needed.

**Figure 11. Staff Assistance with Services**



Clients are asked to indicate how strongly they agree or disagree with the statement that the MAT Iowa services they received helped them in their recovery. Figure 12 shows nearly all clients (94.7%) indicated they “strongly agree” or “agree” with the statement.

**Figure 12. MAT Services Helped with Recovery**

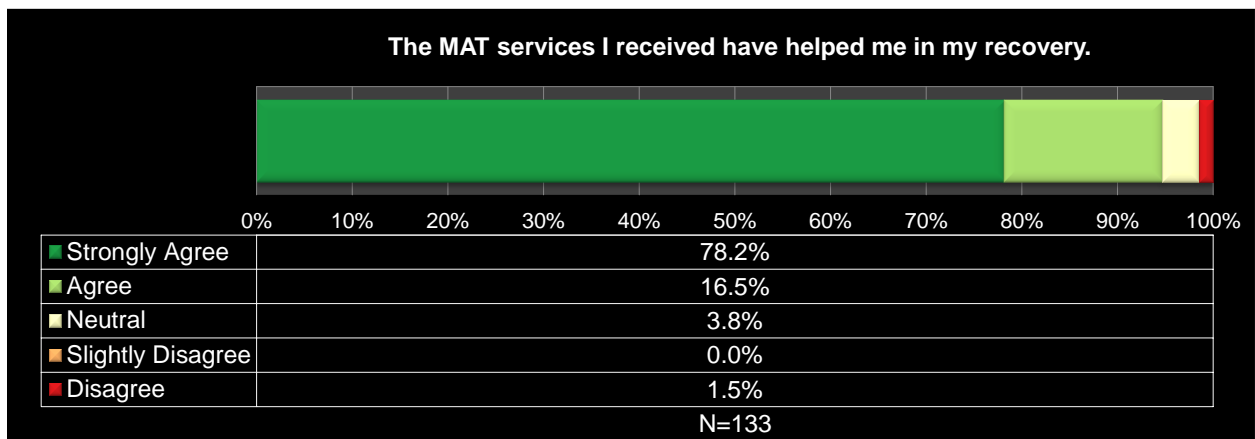
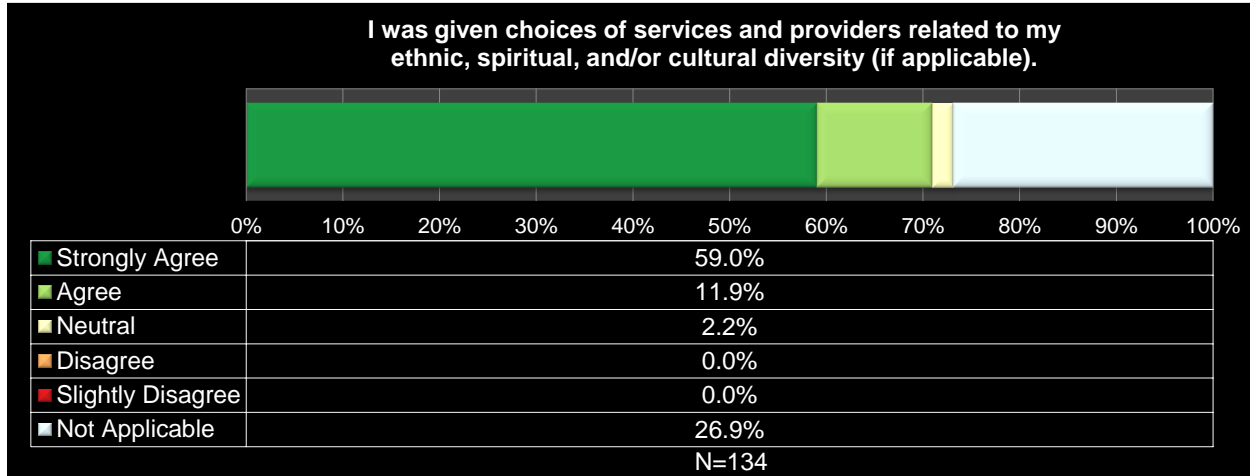


Figure 13 shows nearly three-quarters of clients (95 clients, 70.9%) responded they “strongly agree” or “agree” when asked to indicate if they were given choices of services and providers related to their ethnic, spiritual, and/or cultural diversity in the MAT Iowa grant. Over one-quarter of the clients (26.9%) responded that this question did not apply to them.

**Figure 13. Cultural Competency**



Clients are asked three additional questions on the client satisfaction survey.

- During your involvement with medication assisted treatment, what services have been or were most helpful for you?
- During your involvement with medication assisted treatment, what services would have been helpful for you in your recovery?
- Are there any other comments you would like to make?

Responses to these questions and all comments made by clients are presented in the Appendix on page 42. Clients had many positive comments about MAT Iowa. One hundred thirty of the 139 clients completing follow-up interviews (93.5%) had a response when asked what services were most helpful for them or provided a positive response when asked if they had any other comments to make about the MAT Iowa grant.

## MAT IOWA SERVICES

### Services Provided to Clients

Table 35 shows the services funded by the MAT Iowa grant that were provided to clients through July 31, 2017.

**Table 35. MAT Iowa Services Provided to Clients**

MAT Iowa Services Funded by Grant	All Clients N=257
<b>Medical Services: Number of Appointments</b>	
Physician	1,139
Nurse	362
<b>Treatment and Case Management Services: Number of Sessions</b>	
Assessments	130
Care Coordination	1,360
Other Case Management Services	25
<b>Alcohol and Drug Tests: Number Conducted</b>	810

Table 36 displays the number of treatment sessions clients in the MAT Iowa grant attended through July 31, 2017. Treatment services are not funded by the MAT Iowa grant, however 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 36. Treatment Services**

Treatment Services Provided to Clients	All Clients N=257
Individual Counseling	829
Group Counseling	567
Other Treatment Services*	548

\*Other treatment services reported most commonly include attendance at voluntary recovery support meetings such as Alcoholics Anonymous and Narcotics Anonymous, family therapy, and Access to Recovery services (ATR).



## DISCHARGE AND LENGTH OF STAY

### Discharge Status

There are two discharge categories on the Government Performance and Results Act (GPRA) discharge instrument: completion/graduate (successful discharge) and termination. The Consortium received discharge paperwork for just under half of the clients in the grant (128 clients, 49.8%) who have been discharged from the MAT Iowa grant as shown in Table 37. Discharge information is subject to change as providers submit exception request forms to IDPH when clients return and are approved to re-start MAT.

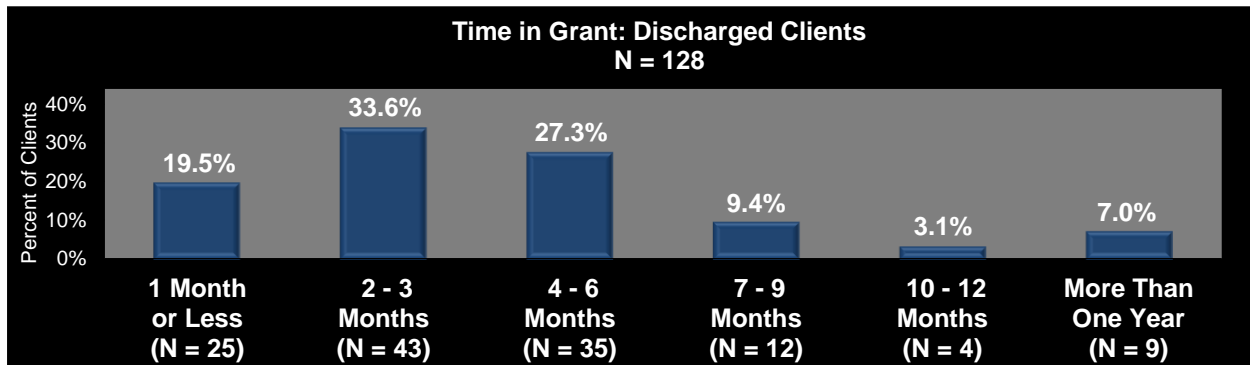
**Table 37. Discharge Status**

Discharge Status	Percent (N=128)
Successful	19.5 (25)
Terminated	80.5 (103)
<i>Reason for Termination</i>	
Client Never Returned	45.6 (47)
Client Discontinued Use of MAT	27.2 (28)
Client Continued Substance Use	7.8 (8)
Client Transferred /Moved	7.8 (8)
Client Incarcerated	6.8 (7)
Health Reasons	2.9 (3)
Prescription Misuse	1.0 (1)
Client Deceased	1.0 (1)

## Length of Stay in MAT Grant

The median length of stay in the grant for the 128 discharged clients was 82.5 days (range was 0 to 498 days). Length of stay is adjusted to reflect only the time grant services were provided for five clients who were discharged, returned to providers for treatment, IDPH granted an exception request for the clients to receive MAT Iowa grant services again, and were later discharged for their readmission. Figure 14 shows the length of time the 128 discharged clients spent in the MAT Iowa grant. The 25 clients who successfully completed the grant received services for a median time of 175 days (range is 61 to 456 days). The median length of stay in the grant for the 103 clients terminated from the program was 65 days (range is 0 to 498 days).

**Figure 14. Length of Time Clients Received Grant Services**



## Clients Discharged from MAT Iowa

Table 38 shows 73 of the 128 clients (57%) discharged from the MAT Iowa grant are male and 55 clients (43%) are female. One hundred nineteen of the discharged clients (93%) are White, three clients (2.3%) are African American, two clients (1.6%) are American Indian, one client (0.8%) is Asian, one client (0.8%) is Hawaiian/Pacific Islander, and one client (0.8%) is multi-racial. Three clients (2.3%) are of Hispanic or Latino ethnicity. Clients discharged from MAT Iowa range from 20 to 63 years of age with a median age of 30 years. There are no significant differences for sex, race (White and non-White), ethnicity, or sexual orientation between the 257 clients admitted to the grant and the 139 clients discharged from the grant.<sup>13</sup>

**Table 38. Description of Discharged Clients**

Demographics of Discharged Clients		percent (N=128)
Sex	Female	43.0 (55)
	Male	57.0 (73)
Gender	Female	43.0 (55)
	Male	57.0 (73)
	Transgender	0.0 (0)
Sexual Orientation	Heterosexual	94.5 (121)
	Lesbian	1.6 (2)
	Gay	0.8 (1)
	Bisexual	3.1 (4)
Race	White	93.0 (119)
	African American	2.3 (3)
	American Indian/Alaska Native	1.6 (2)
	Asian	0.8 (1)
	Native Hawaiian/Other Pacific Islander	0.8 (1)
	Multi-Racial	0.8 (1)
	Missing Data	0.8 (1)
Ethnicity	Hispanic/Latino	2.3 (3)
	Not Hispanic/Latino	97.7 (125)

<sup>13</sup> Chi Square Tests,  $p > 0.05$ .



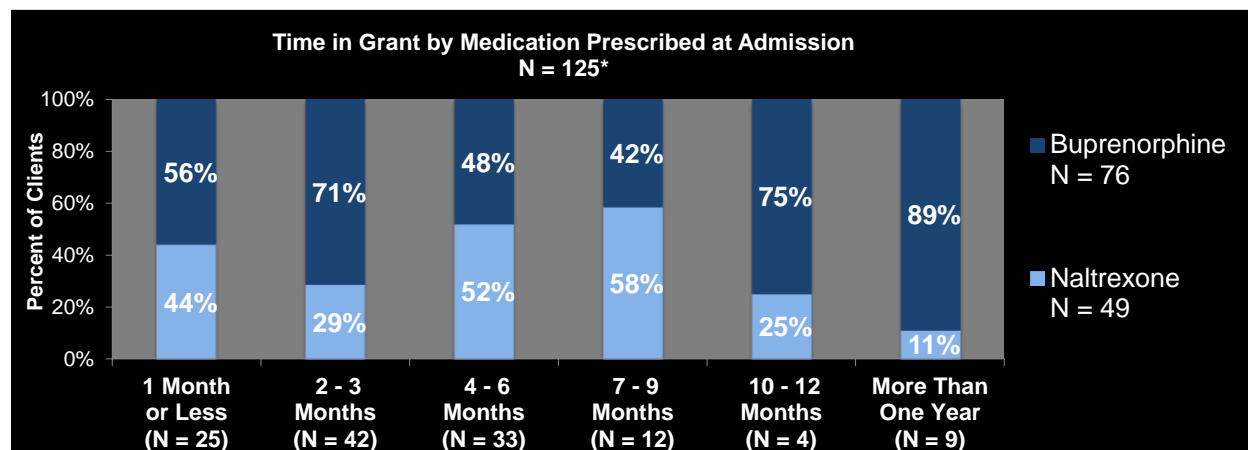
Table 39 shows the substances of use reported at grant admission and the MAT medications prescribed to the discharged clients when they began grant services. Heroin was the substance used by over half of the discharged clients (68 clients, 53.1%).

**Table 39. Clients Discharged from Grant: Substance of Use and MAT Medication Prescribed**

Discharged Clients			
Substance of Use	percent (N=128)	MAT Medication	
		Medication	N=128
Heroin	53.1 (68)	Buprenorphine	49
		Naltrexone	19
Heroin and Opioids	0.8 (1)	Naltrexone	1
Opioids	28.1 (36)	Buprenorphine	26
		Naltrexone	10
Alcohol	17.2 (22)	Acamprosate	3
		Naltrexone	19
Alcohol and Opioids	0.8 (1)	Buprenorphine	1

As displayed in Table 7 on page 5, the two most commonly prescribed medications for the 257 clients admitted to the MAT Iowa grant are buprenorphine (70.8%) and naltrexone (27.2%). Of the 128 clients discharged, 125 clients were prescribed either buprenorphine or naltrexone (59.4% and 38.3% respectively). It is worth noting, of the 70 clients in the grant prescribed naltrexone, over two-thirds (70%) have been discharged compared to 41.8% of clients prescribed buprenorphine. Figure 15 presents the length of time these 125 discharged clients prescribed either buprenorphine or naltrexone received grant services.

**Figure 15. Length of Time Clients Received Grant Services by MAT Medication Prescribed**



\*Figure 15 excludes three discharged clients prescribed acamprosate.

Table 40 shows the route of administration for each type of MAT medication used by clients. Five of the discharged clients (3.9%) never used the prescribed medication. Over half of the clients used buprenorphine (75 clients, 58.6%) and over one-third used naltrexone (46 clients, 35.9%). Analyses indicate clients utilizing both injection and tablet naltrexone are more likely to complete the grant successfully than clients using only the oral naltrexone.<sup>14</sup> However, the route of administration used by each provider heavily confounds these results. One provider routinely uses one route while other providers use different routes. Great caution is advised interpreting these results and they may change as more clients prescribed naltrexone are discharged.

**Table 40. MAT Medication Used and Route of Administration by Discharge Status**

MAT Medication	% (N=128)	Route of Administration Reported at Discharge	N=128	Discharge Status	
				Successful subgroup % (N=25)	Terminated subgroup % (N=103)
Acamprosate	1.6 (2)	Tablet	2	0.0 (0)	100.0 (2)
Buprenorphine	58.6 (75)	Injection	1	0.0 (0)	100.0 (1)
		Sublingual	74	13.5 (10)	86.5 (64)
Naltrexone	35.9 (46)	Injection	5	20.0 (1)	80.0 (4)
		Tablet	20	10.0 (2)	90.0 (18)
		Both Injection and Tablet	21	57.1 (12)	42.9 (9)
Never Used Medication	3.9 (5)	Not Applicable	5	0.0 (0)	100.0 (5)

## Retention

The retention rate for MAT Iowa is 50.2% as displayed in Table 41.

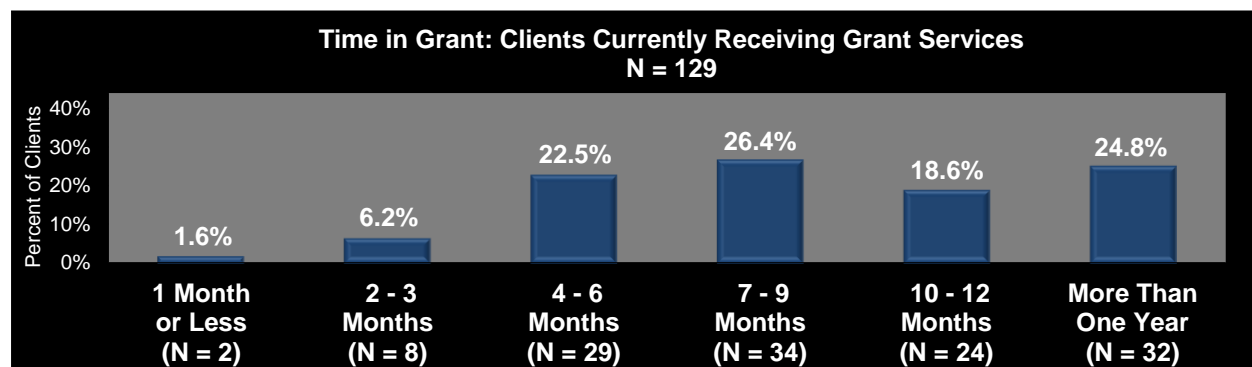
**Table 41. Retention Rate**

Retention Rate	
Admitted	257
Discharged	128
Currently in MAT Iowa	129
<b>Retention Rate</b>	<b>50.2%</b>

<sup>14</sup> Fisher's Exact Test,  $p < 0.05$ .

Figure 16 shows the time the 129 clients currently receiving grant services have spent in the MAT Iowa grant at the end of Year Two. The median length of time in the grant for the 129 clients is 245 days; this calculation utilizes July 31, 2017 as the end date for clients still receiving grant services. The range of time in the grant for the 129 clients is 4 to 607 days. Nearly one-quarter of clients (32 clients, 24.8%) still receiving grant services at the end of Year Two have been involved in MAT Iowa for over one year.

**Figure 16. Length of Time Clients Received Grant Services by MAT Medication Prescribed**



As more clients are discharged from grant-funded services and if there are increased numbers of successful completions, additional analyses of factors associated with discharges will be conducted as appropriate and included in future reports.

## 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:** Upon notification of award, IDPH distributed a Request for Proposals (RFP) to the ten highest-need counties in Iowa. 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 took place nearly each month during Year One and occurred on a bimonthly basis in Year Two. The calls provide an opportunity for staff from all sites to ask questions, discuss obstacles and provide suggestions and solutions, describe marketing and outreach efforts, as well as convey client success stories. IDPH provides notifications of upcoming trainings, updates and reminders regarding billing, contracts, and processes to follow, and the Consortium provides an evaluation update.

## 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. 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 42, when the grant was awarded in August 2015, 486 clients were receiving MAT from providers. The goal of increasing the number of clients receiving MAT services by 10% was exceeded in both years.

**Table 42. Number of Individuals Receiving MAT Services**

Month	Number of Clients Receiving MAT Iowa Grant Services	Number of Individuals Not in the MAT Iowa Grant Receiving MAT Services from Providers
<b>Baseline</b> August 2015	0	486
<b>Clients Receiving MAT After Grant was Awarded</b>		
Year One (August 2015 – July 2016)	85	916
Year Two (August 2016 – July 2017)	172	544
<b>Total</b>	<b>257</b>	<b>1,460</b>

Included in the last column in Table 42 above are 56 individuals receiving MAT services by an agency who was not providing MAT services to clients before the grant began. The provider implemented MAT services as a result of the grant and is now providing MAT services not only to grant clients, but other clients at their agency as well.

## 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 Tables 3 and 4 on pages 2 and 3.

Providers began completing GPRA follow-up interviews with clients in May 2016. Of the 139 clients with completed follow-up interviews, 91 clients (65.5%) reported use of alcohol or illegal drugs in the 30 days prior to grant admission; at follow-up, 39 clients (28.1%) reported alcohol or illegal drug use in the 30 days prior to the interview. The percentage of clients with past 30-day use at follow-up was reduced by over half compared to admission, thus exceeding the goal.<sup>15</sup>

<sup>15</sup> McNemar's Test,  $p < 0.0001$ .



As shown in Table 9 on page 6, similar percentages of males and females completed the follow-up interview (51.1% are male and 48.9% are female). Table 43 shows abstinence at follow-up by sex. Twenty-three of 71 males (32.4%) and six of the 26 females (23.1%) reported use of alcohol or at least one illegal substance in the 30 days prior to the follow-up interview. There are no statistical associations between sex and abstinence at follow-up, thus no evidence of disparity.<sup>16</sup>

**Table 43. Abstinence Rates at Follow-Up by Sex**

Abstinence at Follow-Up	N	Male percent (N=71)	Female percent (N=68)
Substance Use Reported	39	32.4 (23)	23.5 (16)
Abstinent	100	67.6 (48)	76.5 (52)

Table 44 shows race reported at admission by abstinence at follow-up. There are no statistical associations between sex and abstinence at follow-up, thus no evidence of disparity.<sup>17</sup>

**Table 44. Abstinence Rates at Follow-Up by Race**

Abstinence at Follow-Up	N	White percent (N=124)	Race Other than White percent (N=14)
Substance Use Reported	38	26.6 (33)	35.7 (5)
Abstinent	100	73.4 (91)	64.3 (9)

Note: Data are excluded for one non-abstinent client whose race was missing at admission.

Very few racial ethnic minorities (two clients) have completed follow-up interviews. As more follow-up interviews are conducted with clients, data from follow-up interviews will be analyzed for ethnic minorities, sexual orientation, and other outcomes to provide the status of this goal.

<sup>16</sup> Chi Square Test,  $p > 0.05$ .

<sup>17</sup> Chi Square Test,  $p > 0.05$ .

## MAT IOWA INTEGRATION PROCESS

The following information was obtained from provider reports submitted to IDPH, as well as information from provider calls and communication with providers.

### **MAT Integration and How System of Care is Coordinated and Integrated**

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#### **ASAC**

Clients eligible for MAT complete the Alcohol Use Disorders Identification Test (AUDIT), the Drug Abuse Screening Test (DAST), and the Diagnostic and Statistical Manual of Mental Disorders (DSM-V). All clients receive the PHQ9; the Beck Depression and Burns Anxiety instruments are administered to clients in residential treatment. MAT Iowa clients are enrolled in one of the following levels of care: residential, intensive outpatient, extended outpatient, or continuing care. ASAC utilizes Hazelden's Living in Balance curriculum. Motivational Interviewing (MI) is also used to engage MAT Iowa clients. ASAC has an agreement with a local pharmacy to fill prescriptions and bills the cost to ASAC.

#### **Jackson Recovery Centers**

The Clinical Institute Withdrawal Assessment for Alcohol (CIWA) is administered to clients. Jackson Recovery is using the Matrix curriculum for the MAT program. Jackson Recovery developed an agreement with key pharmacy partners; a voucher system was developed for MAT Iowa participants to present a voucher issued by Jackson Recovery Centers for prescriptions to be filled and billed to Jackson Recovery. Weekly case review conferences between medical and therapy staff have been implemented to coordinate care.

#### **Mercy Turning Point**

Prior to the MAT Iowa grant, Mercy Turning Point had a Medical Director, however did not have physicians to actually see patients, provide medical evaluations, and prescribe medications. Therefore, few clients were receiving MAT. Three physicians were hired. Mercy Turning Point provides evidence-based and integrated care including: cognitive behavioral therapy, MI, aggressive case management, and 12-step exposure. Mercy Turning Point uses the DSM-V, American Society of Addiction Medicine criteria (ASAM), the Clinical Opiate Withdrawal Scale (COWS), and the Clinical Institute Withdrawal Assessment of Alcohol Scale (CIWA-Ar). Mercy Hospital inpatient pharmacy and Mercy outpatient pharmacy distribute medications.

#### **UCS**

UCS is Commission on Accreditation of Rehabilitation Facilities (CARF) accredited and is a state licensed opioid treatment program. UCS provides co-located substance use disorder treatment, mental health services, and primary health services on site. Prior to the grant, UCS offered Suboxone and Methadone; MAT Iowa enables them to expand their MAT program to offer naltrexone and Vivitrol. UCS uses the Treatment Assessment Protocol (TAP) which is a biopsychosocial assessment that includes diagnosis for Axis 1 in the DSM-V and ASAM for level of care. They also use the COWS scale to screen and diagnose opioid dependence and for assessment of withdrawal. They have an on-site MAT clinic. They utilize a medical-behavioral approach including cognitive behavioral therapy, MI, group therapy, wellness and recreational activities, and physical care.



## Program Staffing

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**ASAC:** Medical Director, Certified Alcohol and Drug Abuse counselors, care coordinator.

**Jackson Recovery Centers:** Assistant Medical Director, primary therapist who also serves as case manager.

**Mercy Turning Point:** Medical Director, three physicians, MAT Services Coordinator, certified nursing assistant, four counselors.

**UCS:** Medical Director, supervising Nurse/MAT Program Coordinator, Certified Alcohol and Drug Abuse counselor (CADC), four prescribers on staff.

## Trainings and Professional Development Related to MAT

---

Many techniques are used to increase awareness of MAT in Iowa. The following outreach has been conducted to educate and inform individuals in Iowa about opiate dependence, withdrawal, and MAT.

- Development of a MAT Iowa website by the Iowa Department of Public Health:  
<https://idph.iowa.gov/mat>
- Development of printed materials for conferences and various audiences.
- Numerous media interviews including radio, newspaper, and television with staff from IDPH and the providers.
- IDPH and providers have participated on panels for communities and legislators.
- Participation in town hall meetings.
- Joint presentations with the Eastern Iowa Heroin Task Force.
- IDPH and the providers are supplying information and conducting presentations to a variety of audiences including:
  - Other substance use disorder treatment providers.
  - Federally qualified health centers, hospitals, emergency departments, physicians, nurses and nurse case managers, other medical practitioners, free medical clinics.
  - Clinicians who may be aware of someone in need and social workers.
  - The Department of Corrections including probation and parole officers, police and sheriff's departments, jail staff, police departments.
  - Drug Court programs.
  - Drug Task Force.
  - Department of Human Services.
  - Mental health centers.
  - The drug endangered children statewide workgroup.
  - Community centers including a Native American center, Eastern Iowa Health Center, free medical clinics, Dubuque Area Substance Abuse Coalition.
  - Local colleges and universities.
  - Iowa Governor's Conference on Substance Abuse.
  - Iowa Pharmacy Association.
  - University of Iowa Evidenced Based Practice Conference.
  - Julien Dubuque International Film Festival.
  - Legislative Education Meeting.
  - Iowa Public Health "Bus Stop".
  - Chris Herren Event.
  - Iowa Healthcare Collaborative "Opioid Guardianship Project".



## APPENDIX

The following comments were made by clients in response to additional questions asked on the client satisfaction survey. All comments made by clients are included.

### **During your involvement with medication assisted treatment, what services have been or were most helpful for you?**

*The medication, even though I didn't want to see myself as one of these people, I realized I was a functioning addict. I have gotten more out of the groups.*

*Suboxone and the counseling sessions.*

*1. Medication program. 2. Being involved in treatment. 3. Individual sessions.*

*Suboxone helps with cravings.*

*The groups and structure of all the programs.*

*Suboxone helped with the withdrawal, taking it away.*

*Doctor follow-ups and care coordinations.*

*Suboxone, it helped me focus on recovery.*

*The medication.*

*The Suboxone helped the most; it took away cravings and helped with curbing withdrawal.*

*Being able to talk to knowledgeable staff and being in treatment with others that are taking the same meds.*

*Going through treatment, family sessions, the medication provider, medication provided at no cost.*

*Turning Point outpatient. Group setting, individual settings, medication.*

*Group therapy, ATR program, medication, peer recovery support.*

*Medication, therapy sessions and having the combination.*

*Going to group, meeting with the doctor, and receiving the medication to help with cravings.*

*Getting the Vivitrol injection.*

*Group sessions. Medication would be the biggest.*

*One-on-one counseling and the groups.*

*Group therapy.*

*Close proximity of Suboxone to home treatment sessions.*

*Treatment.*

*The Suboxone was very helpful and the one-on-ones with <staff member name>.*

*Having someone to talk to has been very helpful. I am very thankful for the care.*

*Everything has been helpful, knowing I can call Turning Point anytime. I really appreciate that the counselors are more personal.*

*Assistance in getting the medication. The medication itself.*

*Meeting with the doctors and counselors.*

*The medication. I have been able to hold down a job.*





*My recovery and all the staff have been wonderful. I am happy and proud to be able to count on all the staff here.*

*This treatment center doesn't treat me like a drug addict and I like that.*

*The medication and treatment.*

*Got back on Suboxone when I had no insurance, gave me the option.*

*That the medicine was covered by the grant, otherwise it would be too expensive.*

*Counseling was the most helpful.*

*Voucher for medication and basically everything involved.*

*The groups.*

*Meeting with doctor.*

*Meeting with doctor and meeting with treatment team.*

*The structure and pattern of getting my medicine, the routine.*

*Attending groups.*

*Medication; everything helpful.*

*The medication, talking about problems, and a therapist to talk about everything.*

*Group sessions and counseling. Realizing I'm not alone and being able to open up and feel comfortable.*

*Meeting with doctor and having time to consult with the doctor.*

*Meeting with physician.*

*Individual sessions.*

*Vouchers.*

*Treatment and medication.*

*Whole program.*

*All of them.*

*Medication, treatment.*

*Suboxone took away withdrawal so I could focus and gain employment.*

*Individual sessions.*

*Residential was the most beneficial.*

*ATR, MAT program, vouchers.*

*The Suboxone being paid for.*

*Paying for the Suboxone, otherwise I wouldn't be able to afford it.*

*Individual sessions.*

*Paying for the Suboxone was a huge help.*

*Getting the medicine to help my cravings.*

*Talking with the doctor and counselors. Suboxone.*

*Anytime I need something I can call to get answers or get a call back.*

*Ability to get medication with vouchers.*

*Residential treatment helped get me clean and helped keep me sober.*

*The medication/vouchers.*



*Incentives, meds, vouchers, treatment.*

*Apartment at Heart of IA.*

*Treatment and medications. Medications a lot.*

*Medical, groups, individuals, medication.*

*Adult Residential treatment and their groups.*

*The Suboxone, it took the cravings away; helped me feel normal.*

*The staff always being there to answer any and all questions that I've had/have.*

*The staff and I have discussed future employment options and further treatment options with MAT services.*

*Individual sessions.*

*One-on-one treatment services. Groups also helped.*

*MAT.*

*Living environment, just being here getting a job, counselor, groups, and AA meetings.*

*Helping me get set up with a doctor to continue prescribing Suboxone after I moved here to Iowa.*

*The Vivitrol shot has been my main service and it has been lifesaving.*

*Meeting with Lisa.*

*Heart of Iowa was most helpful.*

*When having pain or high stress, the shot takes the ability to get high off the table so that in itself helps tremendously with cravings.*

*Enrollment of insurance/vouchers.*

*ATR, gas card.*

*Paying for the Suboxone.*

*Counseling going along with the MAT.*

*The shot has helped me so much. I have not had any cravings since getting it.*

*Getting me the medication.*

*Methadone is what works for me. I tried Suboxone, but it didn't take cravings away so now on Methadone.*

*Vouchers, individual sessions, ATR.*

*Staff and medication.*

*Helped me get stable so I could get a job.*

*Having the staff accessible, you guys call me right back which helps if I feel like I'm going to use.*

*One-on-one and groups with Erik.*

*The Suboxone medication and staff.*

*Group sessions, talks with medical staff.*

*Wow, this place is a godsend. I could not do it, I just couldn't until I took Suboxone. Thank you for everything.*

*Meeting with the counselors and doctors. The medicine has helped my cravings.*

*Medicine and staff.*



*Helped me take stress off due to financial assistance.*

*Paying for the Suboxone.*

*Pay for Suboxone and explaining the difference between it and Methadone.*

*Helped so much, paying for medication allowed me to focus on my grandkids and getting a job and a place to live.*

*Paying for medicine.*

*Financially to pay for Suboxone has helped me and my life has 'evened out'.*

*Getting to talk to someone who knows how hard addiction is, and getting the Suboxone paid for.*

*Paying for Suboxone.*

*Paying for the Suboxone really helped.*

*Getting it paid for and the ability to get sober.*

*The fact that the program allowed for me to be on the right dose.*

*Therapy, medication, medical staff. All really.*

*Information on safest medication, and info on going up or down on medication.*

*Residential treatment.*

*The medication, I wouldn't have been able to afford it.*

*The services were great.*

*The medication really helped with the withdrawal.*

*Assistance with getting off the opiates.*

*Pay for medication.*

*Paying for medicine.*

*Financial, paying for medication.*

*Not getting high.*

*Suboxone acts in a way that helps you get into the track of recovery.*

*Paying for medication.*

*Paying for the Suboxone.*

*The counseling.*

*Suboxone, paying for it.*

*Paying for medication.*

*Medication helped with energy.*

**During your involvement with medication assisted treatment, what services would have been helpful for you in your recovery?**

*I think it is a pretty systemic approach to treatment. Maybe extended hours on weekends.*

*Family involvement, like groups, so they could better understand addiction.*

*Finding housing is difficult so that would be helpful.*

*Transportation, I have to get rides since I have no car.*

*Housing is difficult with a criminal history.*



*Possibly seeing a therapist.*

*Groups.*

*Having a discussion about Campral, having quicker access to psychiatrist.*

*Housing assistance.*

*ATR possibly.*

*Attend more meetings (AA, NA).*

*Flexibility regarding work schedule is helpful.*

*Group sessions dealt with AA more than NA. Focus more on substances than alcohol.*

*More individual sessions.*

*Other groups with other people in MAT program. I would have benefited more from other groups, not just halfway house with different staff.*

*Probably ATR.*

*Transportation.*

*I preferred my treatment (IOP) to be longer.*

*If there was a Suboxone provider in Iowa City.*

*Individual sessions with my primary counselor.*

*Maybe more help with getting or finding jobs.*

*More one-on-one sessions, less group.*

*Would like to know when appointment is before Wednesday.*

*Transportation.*

*We have talked about private counseling which I am involved in now.*

*Financial help for housing.*

*Transportation since I don't drive due to physical problems.*

*I feel like I have had access to any services I have needed.*

*Transportation to treatment.*

*I wish I would have never done Methadone in past.*

*AA, Celebrate Recovery, ASAC, mental health provider and therapist and DHS services.*

*Clinic needs to be more flexible. Treatment should be optional.*

*Housing.*

*Stumbled on ATR, counselor could have informed me.*

*Maybe finding a way to get the shot that is closer to home.*

*Transportation, discount on other meds.*

*I think you covered it all.*

*I want to stay for longer sessions.*

*Help with housing.*

*Help with finding housing.*

*It's been pretty thorough and staff are good at listening to my needs.*

*Transitional housing.*



*AA would have been helpful if I had more time to get to meetings.*

*More education to people in DHS, POs, Judges.*

*Weren't willing to work with me on other medications.*

*Would have liked more individual counseling.*

*Housing.*

*Needed to explain side effects better.*

**Clients made the following additional comments at the completion of the client satisfaction survey.**

*Just been awesome. Helped me immeasurably.*

*I wish I could have gotten help with my health issues because I am on disability and have limited income.*

*Thank you to the staff as you have helped me get my life back on track.*

*This has been an awesome experience for me.*

*Overall, I am very satisfied with the MAT services.*

*Class was good, staff nice and friendly.*

*Everyone was so encouraging and helpful.*

*Grateful for chances given and treated amazing here downtown.*

*Having the doctors be able to prescribe other medication.*

*I appreciate the ASAC programs, they were beneficial to my recovery.*

*I am in awe how much this program has helped us. It has helped to save our lives, I really have no words. I am so thankful.*

*I believe this whole program/agency saved my life, but I also believe you have to want it and work it.*

*I have been treated very nice and the doctors have been very nice.*

*I like the program. The Suboxone gives me hope that I'll be able to have a long recovery.*

*I really appreciate that you have worked with me to better my life.*

*I recommend it for anyone going through opioid addiction.*

*I think it has gone very well.*

*I'd like to figure out what is going on with UA's.*

*I'm grateful for the opportunity to get the Vivitrol shot. I have been sober since the second shot I received.*

*It has been very helpful to my recovery in more ways than one.*

*It is a great program. I thought it helped at the time.*

*Sometimes it was hard for me to run into other drug addicts at Turning Point. It really wasn't a trigger, just I didn't want to be around those people anymore.*

*Staff were very genuine and respectful.*

*The medicine has helped me have a better life.*

*The medicine probably saved my life and I am grateful.*

*The Suboxone care has been a godsend. I love coming here.*



*Therapist was awesome.*

*This has been very helpful. I am looking for a job and I have my life back, thank you. All services are excellent and staff are very courteous.*

*I am pregnant now and will do the shot again after the baby is born.*

*Staff were nice.*

*I appreciate all the help.*

*Things finally worked this time.*

*No, you did a good job.*

*Thank you for having Suboxone.*

*This program has helped very much with my sobriety. If it wasn't for this program, I would be in horrible shape, possibly even dead. I will honestly say the staff and doctors are very helpful and friendly. They're also willing to work with and help me 24/7.*

*The staff has gone above and beyond the required treatment options and have assisted with my addiction issues (medication). While serving jail time, excellent service and excellent staff assistance! Above and beyond. Thank you Malissa and Alyssa. Everyone deserves a raise.*

*It really helped me realize it's not all about me. The program helped me to realize how selfish I was.*

*Very helpful in general and really does help keep me sober through tough times.*

*Everyone here is super nice and helpful.*

*I'm very happy and grateful with the program and it's going very well.*

*Good program, I like it.*

*I love the staff.*

*I love it, this saved me. I surely would have died.*

*You guys are saving lives.*

*I am happy where I am.*

*Appreciate incentives.*

*Thank you to everyone who makes this possible. I have my life back.*

*This is a good program.*

*Awesome program.*

*Thank you for giving me some stability.*

*Didn't work for me, Suboxone made me sick, but appreciate the program.*

*Program saved me.*

*Program was very helpful since I had no way to pay.*

*Just thank you.*

*This program saved me. Thank you.*

*Safe place, feel the love, very comfortable here. Professional and caring.*

*Have recommended to other people, start halfway at Prelude soon.*

*It was great.*

*Think people should be told about possible side effects.*



*Listening to NPR, opiate epidemic is worse in other states. Ethical and humane way to approach it Suboxone is the way to go.*

*Thankful it's available and that it helps with the withdrawal.*

