2009 State Profile — Iowa
National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). N-SSATS is designed to collect data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (both public and private) throughout the 50 States, the District of Columbia, and other U.S. jurisdictions.

More information on N-SSATS methodology is available at the following URL: http://oas.samhsa.gov/2k3/NSSATS/NSSATS.pdf

In Iowa, 112 substance abuse treatment facilities were included in the 2009 N-SSATS, reporting that there were 7,892 clients in substance abuse treatment on March 31, 2009. The survey response rate in Iowa was 98.6%.

Facility Operation

	Facilities		Clients in Treatment on March 31, 2009			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	93	83.0	6,868	87.0	758	91.1
Private for-profit	9	8.0	652	8.3	51	6.1
Local government	5	4.5	139	1.8	19	2.3
State government	3	2.7	105	1.3	4	0.5
Federal government	2	1.8	128	1.6	0	0.0
Dept. of Veterans Affairs	2	1.8	128	1.6	0	0.0
Dept. of Defense	0	0.0	0	0.0	0	0.0
Indian Health Service	0	0.0	0	0.0	0	0.0
Other	0	0.0	0	0.0	0	0.0
Tribal government	0	0.0	0	0.0	0	0.0
Total	**112**	**100.0**	**7,892**	**100.0**	**832**	**100.0**

Primary Focus of Facility

	Facilities		Clients in Treatment on March 31, 2009			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Substance abuse treatment services	86	76.8	6,606	83.7	506	60.8
Mental health services	2	1.8	23	0.3	0	0.0
Mix of mental health & substance abuse treatment services	21	18.8	1,135	14.4	326	39.2
General health care	3	2.7	128	1.6	0	0.0
Other/unknown	0	0.0	0	0.0	0	0.0
Total	**112**	**100.0**	**7,892**	**100.0**	**832**	**100.0**

Substance Abuse Problem Treated

	Facilities[1, 2]		Clients in Treatment on March 31, 2009		
			Clients[3]		Clients per 100,000 Pop. Aged 18 and Over
	No.	%	No.	%	
Clients with both alcohol and drug abuse	99	97.1	4,058	51.4	158
Clients with drug abuse only	93	91.2	1,509	19.1	59
Clients with alcohol abuse only	94	92.2	2,324	29.5	91
Total[2]	**102**		**7,892**	**100.0**	**308**

[1] Facilities may be included in more than one category.

[2] Facilities excluded because they were not asked or did not respond to this question: 10

[3] Sum of individual items may not agree with the total due to rounding.

Type of Care	Facilities[1]		Clients in Treatment on March 31, 2009				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients Per Facility	No.	%
Outpatient	**96**	**85.7**	**7,331**	**92.9**	**40**	**738**	**88.7**
Regular outpatient	94	83.9	5,603	71.0	25		
Intensive outpatient	62	55.4	1,039	13.2	10		
Day treatment/partial hospitalization	16	14.3	79	1.0	4		
Detoxification	4	3.6	7	0.1	2		
Methadone/buprenorphine	7	6.3	603	7.6	26		
Residential	**29**	**25.9**	**522**	**6.6**	**13**	**94**	**11.3**
Short term	21	18.8	320	4.1	13		
Long term	20	17.9	192	2.4	7		
Detoxification	5	4.5	10	0.1	<1		
Hospital Inpatient	**9**	**8.0**	**39**	**0.5**	**4**	**0**	**0.0**
Rehabilitation	4	3.6	12	0.2	3		
Detoxification	9	8.0	27	0.3	3		
Total	**112**		**7,892**	**100.0**	**37**	**832**	**100.0**

[1]Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)

	No.	%[1]
Facilities with OTPs	**4**	**0.3**
Clients in Facilities with OTPs		
Methadone	592	98.3
Buprenorphine	10	1.7
Total	**602**	**100.0**

[1] Percentage of all OTP facilities that are in this state.

Facility Payment Options

	Facilities[1]	
	No.	%
Cash or self-payment	109	97.3
Private health insurance	105	93.8
Medicare	37	33.0
Medicaid	104	92.9
Other State-financed health insurance	76	67.9
Federal military insurance	55	49.1
Access to Recovery (ATR) vouchers[2]	0	0.0
No payment accepted	1	0.9
Accepts other payments	1	0.9
Sliding fee scale	78	69.6
Treatment at no charge for clients who cannot pay	48	42.9

[1] Facilities may accept more than one type of payment.

[2] Available only in AK, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MI, MO, MT, NJ, NM, OH, OK, RI, TN, TX, WA, WI, WY .

Facility Licensing, Approval, Certification, or Accreditation

	Facilities[1]	
	No.	%
Any listed agency/organization	111	99.1
State substance abuse agency	94	83.9
State mental health department	31	27.7
State department of health	82	73.2
Hospital licensing authority	16	14.3
The Joint Commision	19	17.0
CARF[2]	26	23.2
NCQA[3]	3	2.7
COA[4]	6	5.4
Other State/Local Agency/Org	3	2.7

[1] Facilities may be licensed by more than one agency/organization.

[2] Commission on Accreditation of Rehailitation Facilities

[3] National Committee for Quality Assurance

[4] Council for Accreditation

Facility Funding

	Facilities	
	No.	%
Receives Federal, State, county, or local government funds for substance abuse treatment programs	86	76.8

Types of Services Offered	Facilities No.	Facilities %
Assessment and Pre-Treatment Services	**109**	**97.3**
Screening for substance abuse	102	91.1
Screening for mental health disorders	68	60.7
Comprehensive substance abuse assessment/diagnosis	106	94.6
Comprehensive mental health assessment/diagnosis	32	28.6
Outreach to persons in the community who may need treatment	50	44.6
Interim services for clients when immediate admission is not possible	51	45.5
Testing	**106**	**94.6**
Breathalyzer/blood alcohol testing	73	65.2
Drug or alcohol urine screening	105	93.8
Screening for Hepatitis B	30	26.8
Screening for Hepatitis C	27	24.1
HIV testing	27	24.1
STD testing	20	17.9
TB screening	46	41.1
Counseling	**111**	**99.1**
Individual counseling	110	98.2
Group counseling	106	94.6
Family counseling	94	83.9
Marital/couples counseling	62	55.4
Transitional Services	**110**	**98.2**
Discharge planning	110	98.2
Aftercare/continuing care	99	88.4
Pharmocotherapies	**43**	**38.4**
Medications for psychiatric disorders	31	27.7
Nicotine replacement	21	18.8
Campral®	17	15.2
Antabuse®	17	15.2
Naltrexone	14	12.5
Buprenorphine	7	6.3
Subutex®	1	0.9
Suboxone®	7	6.3
Methadone	7	6.3
Ancillary Services	**110**	**98.2**
Case management services	72	64.3
Social skills development	61	54.5
Mentoring/peer support	37	33.0
Child care for clients' children	7	6.3
Assistance with obtaining social services	56	50.0
Employment counseling or training for clients	28	25.0
Assistance in locating housing for clients	41	36.6
Domestic violence	35	31.3
Early intervention for HIV	16	14.3
HIV or AIDS education, counseling, or support	51	45.5
Health education other than HIV/AIDS	47	42.0
Substance abuse education	109	97.3
Transportation assistance to treatment	34	30.4
Mental health services	46	41.1
Acupuncture	1	0.9
Residential beds for clients' children	4	3.6
Self-help groups	44	39.3

Clinical/Therapeutic Approaches Used Often or Sometimes	Facilities No.	Facilities %
Substance abuse counseling	109	97.3
Relapse prevention	109	97.3
Cognitive-behavioral therapy	98	87.5
12-step facilitation	87	77.7
Motivational interviewing	101	90.2
Anger management	79	70.5

Continued.

Clinical/Therapeutic Approaches Used Often or Sometimes (cont.)	Facilities No.	Facilities %
Brief intervention	79	70.5
Contingency management	57	50.9
Trauma-related counseling	60	53.6
Rational emotive behavioral therapy	53	47.3
Matrix model	52	46.4
Community reinforcement plus vouchers	18	16.1
Other treatment approaches	9	8.0

Facility Capacity and Utilization Rate[1]

	Residential	Hospital Inpatient
Number of facilities	26	1
Number of clients	452	4
Number of designated beds	584	12
Utilization rate (%)	77.4	33.3
No. of designated beds/facility (avg.)	22	12

[1] Excludes facilities not reporting both client counts and number of beds, facilities whose client counts were reported by another facility, facilities that included client counts from other facilities, and facilities that did not respond to this question

Programs for Special Groups

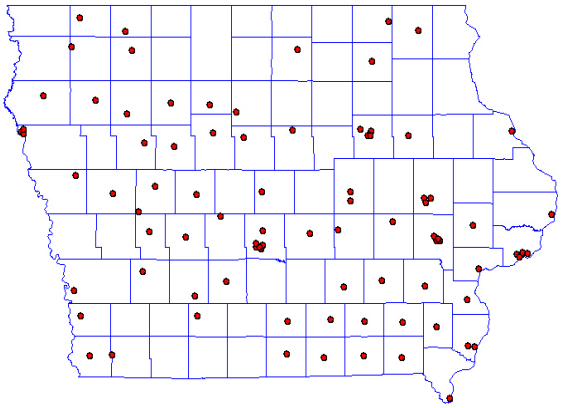
	Facilities No.	Facilities %
Any program or group	86	76.8
Co-occurring disorders	34	30.4
Adult women	30	26.8
Adolescents	40	35.7
DUI/DWI offenders	39	34.8
Criminal justice clients	17	15.2
Adult men	17	15.2
Pregnant or postpartum women	8	7.1
Persons with HIV or AIDS	6	5.4
Seniors or older adults	3	2.7
Gays or lesbians	4	3.6
Other groups	4	3.6

Services for the Hearing Impaired and in Languages Other than English

	Facilities No.	Facilities %
Hearing impaired/sign language	38	33.9
Any language other than English	43	38.4
Services Provided by:		
On-call interpreter	24	55.8
Staff counselor	5	11.6
Both staff counselor and on-call interpreter	14	32.6
Languages Provided by Staff Counselor:[1]		
Spanish	19	100.0
American Indian/Alaska Native languages	0	0.0
Other	1	5.3

[1] Percentages based on the number of facilities providing substance abuse treatment in a language other than English by a staff counselor.

Location of Treatment Facilities



Data are from facilities that reported to N-SSATS for the survey reference date March 31, 2009. All material appearing in this report is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

Access the latest N-SSATS reports at:
http://www.oas.samhsa.gov/dasis.htm#Reports

Access the latest N-SSATS public use files at:
http://www.icpsr.umich.edu/cocoon/SAMHDA/SERIES/00058.xml

Other substance abuse reports are available at:
http://www.oas.samhsa.gov/

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Office of Applied Studies
www.oas.samhsa.gov

- Access N-SSATS profiles for individual States at:
  http://wwwdasis.samhsa.gov/webt/NewMapv1.htm
- For information on individual facilities, access SAMHSA's Treatment Facility Locator at:
  http://findtreatment.samhsa.gov/