

2017 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). The N-SSATS collects data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (public and private) throughout the 50 states, the District of Columbia, U.S. territories, and other jurisdictions.

More information on the methodology used is available in the 2017 N-SSATS report:

<https://www.samhsa.gov/data/all-reports>

In Iowa, 163 substance abuse treatment facilities were included in the 2017 N-SSATS, which reported a total of 11,631 clients in substance abuse treatment on March 31, 2017. The survey response rate in Iowa was 97.7 percent.

Facility operation, by number and percent

	Facilities		Clients in treatment on March 31, 2017			
			All clients		Clients under age 18	
	No.	%	No.	%	No.	%
Private non-profit	128	78.5	8,621	74.1	536	77.9
Private for-profit	27	16.6	2,427	20.9	147	21.4
Local, county, or community government	2	1.2	105	0.9	5	0.7
State government	2	1.2	159	1.4	—	—
Federal government	2	1.2	283	2.4	—	—
Tribal government	2	1.2	36	0.3	—	—
Total	163	100.0	11,631	100.0	688	100.0

Substance abuse problem treated, by number and percent

	Facilities ¹		Clients in treatment on March 31, 2017		
			Clients ²		Clients ² per 100,000 pop. age 18 or older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	128	96.2	5,420	46.6	208
Clients with drug abuse only	101	75.9	3,476	29.9	138
Clients with alcohol abuse only	104	78.2	2,735	23.5	107
Total			11,631	100.0	453

¹ Numbers of facilities may sum to more than the total, and percentages may sum to more than 100 percent, because facilities may be included in more than one category.

² States report *substance abuse problem treated* in terms of percentages of clients, from which the numbers of clients in this table are derived; their sum may not agree with the total due to rounding.

Type of care, by number and percent

	Facilities ¹		Clients in treatment on March 31, 2017					
			All clients				Clients age < 18	
	No.	%	No.	%	Median no. of clients per OTP facility	Median no. of clients per non-OTP facility	No.	%
Outpatient	149	91.4	10,894	93.7	116	36	609	88.5
Regular	142	87.1	8,318	71.5	61	35		
Intensive	95	58.3	1,175	10.1	75	8		
Day treatment/partial hospitalization	20	12.3	54	0.5	—	7		
Detoxification	8	4.9	5	*	—	5		
Methadone maintenance	18	11.0	1,342	11.5	87	21		
Residential (non-hospital)	33	20.2	706	6.1	—	14	71	10.3
Short term (<30 days)	29	17.8	347	3.0	—	14		
Long term (30+ days)	27	16.6	356	3.1	—	10		
Detoxification	7	4.3	3	*	—	2		
Hospital inpatient	8	4.9	31	0.3	—	4	8	1.2
Treatment	4	2.5	8	0.1	—	8		
Detoxification	8	4.9	23	0.2	—	4		
Total	163		11,631	100.0	116	36	688	100.0

¹ Facilities may provide more than one type of care.

Opioid treatment programs (OTPs), by number and percent

	No.	%
Facilities with OTPs¹	7	0.5
Clients in facilities with OTPs²		
Any MAT	1,350	0.3
Methadone	1,200	0.3
Buprenorphine	147	0.5
Naltrexone	3	0.1
Clients in facilities without OTPs²		
Any MAT	224	0.2
Buprenorphine	178	0.2
Naltrexone	46	0.2

¹ Percentage of all OTP facilities in the U.S. ² Percentage of all methadone, buprenorphine, or naltrexone clients in the U.S. See 2017 N-SSATS report for details.

Facility payment options, by number and percent¹

	No.	%
Cash or self-payment	158	96.9
Private health insurance	148	90.8
Medicare	38	23.3
Medicaid	145	89.0
State-financed health insurance	121	74.2
Federal military insurance	62	38.0
No payment accepted	2	1.2
Access to Recovery (ATR) vouchers ²	93	57.1
IHS/Tribal/Urban (ITU) funds	4	2.5
Other payments	—	—
Sliding fee scale	114	69.9
Treatment at no charge for clients who can't pay	65	39.9

¹ Facilities may accept more than one type of payment.

² Available in AK, AR, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MA, MD, MI, MO, MT, NC, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, WA, WI, and WY.

Facility licensing, certification, or accreditation, by number and percent

	Facilities ¹	
	No.	%
Any listed agency/organization	162	99.4
State substance abuse agency	125	76.7
State mental health department	46	28.2
State department of health	126	77.3
Hospital licensing authority	9	5.5
The Joint Commission	15	9.2
Commission on Accreditation of Rehabilitation Facilities	62	38.0
National Committee for Quality Assurance	1	0.6
Council on Accreditation Healthcare Facilities Accreditation Program	11	6.7
Other state/local agency/organization	3	1.8

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

Facility funding, by number and percent

	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	107	65.6

Types of services offered, by number and percent

	Facilities	
	No.	%
Assessment and pre-treatment services		
Screening for substance abuse	157	96.3
Screening for mental health disorders	126	77.3
Comprehensive substance abuse assessment or diagnosis	160	98.2
Comprehensive mental health assessment or diagnosis	64	39.3
Screening for tobacco use	131	80.4
Outreach to persons in the community who may need treatment	105	64.4
Interim services for clients when immediate admission is not possible	99	60.7
No services offered	1	0.6
Testing		
Breathalyzer or other blood alcohol testing	98	60.1
Drug or alcohol urine screening	149	91.4
Screening for hepatitis B	22	13.5
Screening for hepatitis C	23	14.1
HIV testing	21	12.9
STD testing	19	11.7
TB screening	59	36.2
No services offered	12	7.4
Counseling		
Individual counseling	163	100.0
Group counseling	154	94.5
Family counseling	151	92.6
Marital/couples counseling	116	71.2
Transitional services		
Discharge planning	160	98.2
Aftercare/continuing care	155	95.1
No services offered	1	0.6
Pharmacotherapies		
Disulfiram (Antabuse®)	19	11.7
Naltrexone (oral)	30	18.4
Extended-release, injectable naltrexone/Vivitrol®	17	10.4
Acamprosate (Campral®)	29	17.8
Nicotine replacement	45	27.6
Non-nicotine smoking/tobacco cessation medications	28	17.2
Medications for psychiatric disorders	50	30.7
Methadone	7	4.3
Buprenorphine with naloxone (Suboxone®)	21	12.9
Buprenorphine without naloxone	17	10.4
Buprenorphine subdermal implant (Probuphine®)	—	—
No services offered	89	54.6
Ancillary services		
Case management services	130	79.8
Social skills development	111	68.1
Mentoring/peer support	86	52.8
Child care for clients' children	7	4.3
Assistance with obtaining social services	107	65.6
Employment counseling or training for clients	54	33.1

Continued

Types of services offered, by number and percent (continued)

	Facilities	
	No.	%
Assistance in locating housing for clients	81	49.7
Domestic violence services	68	41.7
Early intervention for HIV	29	17.8
HIV or AIDS education, counseling, or support	70	42.9
Hepatitis education, counseling, or support	54	33.1
Health education other than HIV/AIDS or hepatitis	74	45.4
Substance abuse education	160	98.2
Transportation assistance to treatment	72	44.2
Mental health services	86	52.8
Acupuncture	3	1.8
Residential beds for clients' children	7	4.3
Self-help groups	73	44.8
Smoking/tobacco cessation counseling	80	49.1
No services offered	—	—
Other services		
Treatment for gambling disorder	58	35.6
Treatment for Internet use disorder	11	6.7
Treatment for other addiction disorder	40	24.5
No services offered	84	51.5

Clinical/therapeutic approaches (used 'always,' 'often,' or 'sometimes'), by number and percent

	Facilities	
	No.	%
Substance abuse counseling	163	100.0
Relapse prevention	157	96.3
Cognitive behavioral therapy	156	95.7
Motivational interviewing	157	96.3
Anger management	141	86.5
Brief intervention	135	82.8
Trauma-related counseling	123	75.5
12-step facilitation	134	82.2
Contingency management/motivational incentives	88	54.0
Dialectical behavior therapy	69	42.3
Rational emotive behavioral therapy	79	48.5
Matrix model	107	65.6
Computerized substance abuse treatment	30	18.4
Community reinforcement plus vouchers	23	14.1
Other treatment approaches	12	7.4

Facility capacity and utilization rate¹

	Residential	Hospital inpatient
Number of facilities	30	3
Number of clients ²	651	15
Number of designated beds	737	34
Utilization rate ³	88.3	44.1
Average number of designated beds per facility	25	11

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.

² Number of clients on March 31, 2017.

³ Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

Clients per 100,000 population in opioid treatment on March 31, 2017

	No.
Any type of medication-assisted therapy	43
Methadone	38
Buprenorphine	5
Naltrexone	†

Services in sign language for the deaf and hard-of-hearing and in languages other than English, by number and percent

	Facilities	
	No.	%
Sign language	37	22.7
Any language other than English	63	38.7
Non-English language provided by		
Staff counselor only	6	9.5
On-call interpreter only	46	73.0
Both staff counselor and on-call interpreter	11	17.5
Languages provided by staff counselor¹		
Spanish	16	94.1
American Indian/Alaskan Native languages	—	—
Other	2	11.8

¹ Numbers and percentages are based on facilities that provide language services through a staff counselor, either exclusively or in conjunction with on-call interpreters.

Specifically tailored programs or groups, by number and percent

	Facilities	
	No.	%
Any program or group	139	85.3
Adult women	82	50.3
Clients with co-occurring disorders	79	48.5
Adult men	72	44.2
Clients who have experienced trauma	51	31.3
Criminal justice clients	44	27.0
DUI/DWI clients	58	35.6
Young adults	48	29.4
Adolescents	77	47.2
Clients who have experienced domestic violence	42	25.8
Clients who have experienced sexual abuse	31	19.0
Pregnant or postpartum women	19	11.7
Seniors or older adults	14	8.6
LGBT ¹	14	8.6
Veterans	13	8.0
Clients living with HIV/AIDS	10	6.1
Members of military families	10	6.1
Active duty military	7	4.3
Other	4	2.5
No program or group offered	24	14.7

¹ Lesbian, gay, bisexual, or transgender clients.

Symbol key

— Quantity is zero; * Less than 0.05 percent; *n/a* Not applicable; ‡ No facilities in this category; † Less than 1 per 100,000 population.

Data in this profile are from facilities that reported to the N-SSATS and are based on the survey's reference date, March 31, 2017. All material in this profile is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

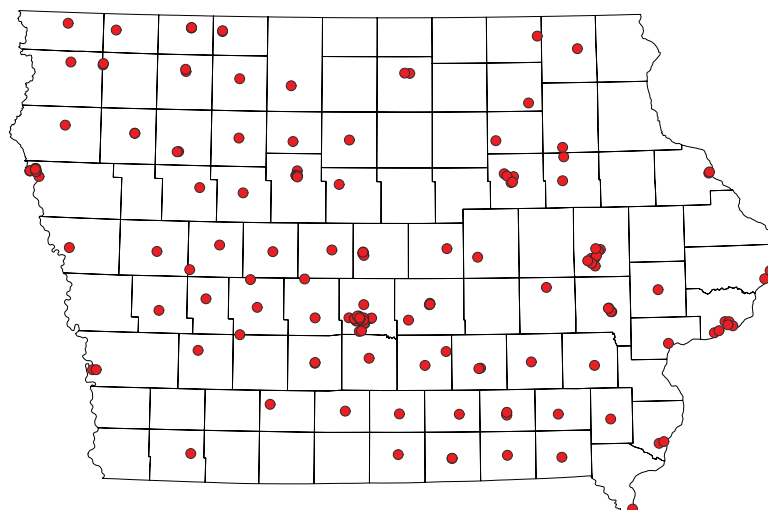
The latest N-SSATS report, and other substance abuse reports, are available at: <https://www.samhsa.gov/data/all-reports>

Access the latest N-SSATS public use files at: <https://datafiles.samhsa.gov>

Access N-SSATS profiles for individual states at: <https://www.dasis.samhsa.gov/>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at: <https://findtreatment.samhsa.gov/>

Location of treatment facilities



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Behavioral Health Statistics and Quality
www.samhsa.gov/data

<https://www.dasis.samhsa.gov/webt/newmapv1.htm>