

UNIVERSITY OF IOWA ADDICTION AND RECOVERY COLLABORATIVE

Report for January 2023 through June 2024

SUPPORTING RECOVERY THROUGH MULTI-DISCIPLINARY COLLABORATION

The University of Iowa Addiction and Recovery Collaborative is a multi-disciplinary unit within the Department of Psychiatry that seeks to help individuals with substance use disorders on their recovery journey. We do this in the following ways:

- Provide a full array of clinical programs and services for those seeking care and treatment.
- Conduct funded projects, including those that:
 - support people with substance use disorders (SUD).
 - increase the number of lowans receiving treatment for SUD.
 - provide education and training to health care providers, schools, law enforcement personnel, and others across the state.
 - screen and treat lowans with SUD for infectious diseases.
- Train physicians and advanced practice providers through our Fellowship Programs in Addiction Medicine and Integrated Substance Use Disorder Treatment.
- Collaborate with Iowa Communities and Organizations to increase awareness around substance use disorders and harm reduction, reduce stigma, and prevent overdose deaths.

1,404

HOSPITAL CONSULTATIONS

4,704

MAT CLINIC APPOINTMENTS

1,573

THERAPY SESSIONS

\$2.8 M

FUNDED PROJECTS IN FY 2024

CLINICAL SERVICES and PROGRAMS

JANUARY 2023 - JUNE 2024

The University of Iowa Addiction and Recovery Collaborative (UI ARC) provides a full range of programs and services for those seeking care and treatment for a substance use disorder.

Medication for Addiction Treatment (MAT) Clinics

Our MAT Clinics provide simple access to medications that help people with substance use disorders stay in treatment and avoid substance misuse. We opened our MAT Walk-In Clinic in 2023 and our MAT Mobile unit in 2024. Including our regular MAT clinic at UIHC, we served 929 patients from January 1, 2023 - June 30, 2024.

Inpatient Consultation Service

UI ARC's multi-disciplinary team provided consultation services for 1,109 patients hospitalized at University of Iowa Health Care for a medical, surgical, obstetrical, or psychiatric health condition that may be co-occurring with, or complicated by substance use.

Intensive Outpatient Program

Outpatient treatment and support three evenings per week so patients can maintain a job and live at home. 152 patients participated from January 1, 2023 - June 30, 2024.

Partial Hospital – Dual Diagnosis Program

Structured therapy programming from 9:00 to 3:00 every weekday for those with a mental health diagnosis as well as a substance use disorder. We helped 147 patients transition to community life and less structured outpatient programming.

Extended Outpatient Program

Provided comprehensive evaluations and therapy options (individual, group, family, pharmacotherapy) for 177 individuals that focus on addiction challenges, relapse prevention, and coping skills. Individuals learn about the physical, psychological, and spiritual aspects of addictive behaviors.

Employee Assistance Program (EAP)

The EAP supports any university of Iowa faculty or staff member who is struggling with a substance use disorder.

Professional Programs

These programs are offered to meet the needs of professionals with addictions, including help managing professional licensing board requirements.

Recovery Coaching and Peer Support

Recovery Coaches have lived experience with substance use and recovery. They support patients one-on-one through their recovery.

Individual Therapy

Licensed therapists provided 1,573 psychotherapy sessions to individuals with substance use disorders.

Legal and Non-Legal Evaluations

UI ARC provided 483 legal, or court ordered substance use evaluations for individuals, and 214 non-legal substance use evaluations to understand an individual's substance use and to develop appropriate treatment plans.

PROJECTS

The University of Iowa Addiction and Recovery Collaborative (UI ARC) offers programs to help provide support to Iowans recovering from a substance use disorder, and to educate those in our communities about substance use disorders, preventing overdose, and other health promotion strategies.

Bridge Projects

Funded by Iowa's Health and Human Services (HHS) and the Substance Abuse and Mental Health Services Administration (SAMHSA), these programs support people with opioid or stimulant use disorders who are re-entering their communities after incarceration, or those on probation or parole. We help navigate and coordinate care, provide consistent peer support, and remove barriers to recovery by providing resources like housing assistance, clothing, and employment support. The Bridge Projects have supported 211 Iowans since inception, with one year remaining in this six-year project.

Recovery and Empowerment to Combat Opioids by Telehealth and Collaboration Across Iowa (RECOVER-IA)

This program, funded through SAMHSA, increases the number of people receiving medication for opioid use disorder through innovative models of care, including a mobile clinic and telephone-based care. 68 Iowans were served by this program through June 30, 2024. Additionally, this program provides education and training for health care providers and pharmacists about opioid use disorder treatment and harm reduction.

Longitudinal Integration and Virtual Expansion of Rural Substance Use Disorder and Liver Disease in Iowa (LIVER-SUD-IA)

This SAMHSA project integrates substance use treatment and recovery support services for people with co-morbid liver disease in Iowa who receive specialty liver services at the University of Iowa Health Care (UIHC) Liver Clinic.

Integrated Addiction Care Coordination and Essential Support Services (I-ACCESS)

Funded by Iowa's HHS, this is a telehealth network that supports addiction recovery and infectious disease screenings for rural Iowans with opioid use disorder. The project also collaborates with the Iowa Department of Corrections to provide Hepatitis C treatment for those re-entering the community after incarceration.

Iowa Network for Opioid Recovery and Management Project (INFORM)

This collaboration with the Office of the Attorney General of Iowa seeks to expand access to treatment for opioid use disorder by expanding outreach and education efforts to county jails, emergency departments, patients, clinicians, and health care systems across the state.

Maternal Opioid Agonist Therapy (Project MOAT)

This project with Iowa HHS has instituted standardized screening for substance use in the UIHC obstetrics clinics and started the Supporting, Opportunites, Achievements, and Recovery (SOAR) Clinic to support and treat pregnant people with substance use disorder.

Iowa Naloxone Expansion and Training (IA-NEXT)

This project provides training and education about naloxone (Narcan) to public school employees across Iowa, so they are prepared to recognize an overdose and effectively administer naloxone to reverse an opioid overdose.

Training Expansion in Addiction Medicine & Medications for Addiction Treatment at UI (TEAM-MAT-IA)

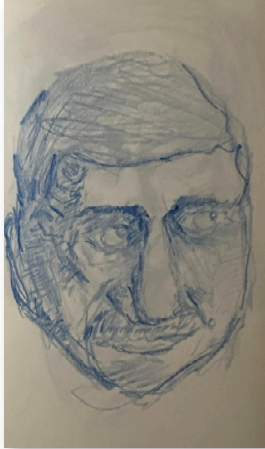
TEAM-MAT is expanding the curriculum in the medical and physician assistant programs at the Carver College of Medicine to increase the number of providers who can provide Medications for Addiction Treatment (MAT).

Centers for Medicare and Medicaid Services (CMS) Value in Treatment for OUD

UI ARC is voluntarily taking part in this CMS program for opioid use disorder (OUD) which provides patients with enhanced OUD treatment services to help in their recovery through a value-based payment model.

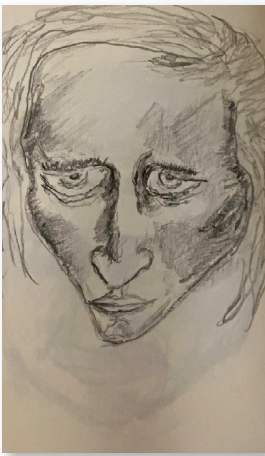
PROGRAM EVALUATIONS

In addition to UI ARC's projects, our experienced staff conduct independent outcome and process evaluations for agencies and organizations across the state of Iowa.



Prairie Ridge Integrated Behavioral Healthcare, Mason City, Iowa (serving eight rural counties in North Central Iowa)

We conducted evaluations for Prairie Ridge Integrated Behavioral Healthcare in Mason City for two Substance Abuse and Mental Health Services Administration (SAMHSA) grants. The Certified Community Behavioral Health Clinic (CCBHC) grant expanded the availability and access to mental health and substance use disorder treatment by reducing wait times, addressing transportation issues, expanding services for Veterans, and more. The Community Mental Health Center (CMHC) grant helped restore the delivery of community mental health services that were impacted by the COVID-19 pandemic. Additionally, we are providing evaluation services for their SAMHSA-funded Assertive Community Treatment (ACT) grant, an evidence-based program designed to support community living for individuals with serious mental illness (adults) and emotional disturbance (children and adolescents).



Northeast Iowa Behavioral Health, Decorah, Iowa (serving five rural counties in Northeast Iowa: Allamakee, Clayton, Fayette, Howard, and Winneshiek)

This SAMHSA-funded program seeks to serve individuals living with serious mental illness and co-occurring substance use disorders in rural areas. All ages are being served, with priority for outreach to youth and families.

Iowa Department of Corrections Sixth Judicial District Expanded Intervention Program

The Sixth Judicial District has a program called the Large-Scale Intervention Expansion Project in Community Corrections which provides additional support services for people at risk for incarceration with co-occurring mental health or substance use disorders. Our role is to evaluate the efficacy of this program.

Iowa Sixth Judicial District Department of Correctional Services, Cedar Rapids, Iowa

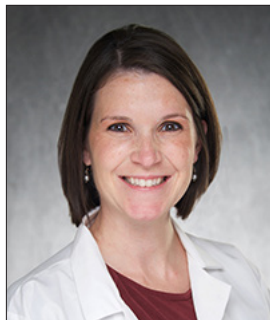
Independent evaluation services were provided for a SAMHSA grant. This project implemented supportive housing services, incorporating the principles of the Housing First model program, to address housing instability and provide needed resources and support for clients in the Linn County Drug Treatment program.

LEADERSHIP

UI ARC's integrated, multi-disciplinary team is composed of physicians, pharmacists, nurses, nurse practitioners, social workers, therapists, case managers, recovery coaches, evaluators, program coordinators, and students. Our team strives to provide high quality care to individuals with substance use disorders. We offer compassionate services and work with patients on their own recovery terms, to deliver recovery support and promote health.



Alison Lynch, MD, MS
Clinical Professor of
Psychiatry and Family
Medicine; UI ARC
Director



**Andrea Weber, MD,
MME**
Clinical Associate
Professor of
Psychiatry and
Internal Medicine;
UI ARC Assistant
Director



Jill Liesveld, MD
Clinical Associate
Professor of Psychiatry;
UI ARC Director of
Intensive Outpatient and
Partial Hospitalization
Programs



Ben Miskle, PharmD
Clinical Assistant
Professor of
Pharmacy Practice
and Science



**Adam Connell, MHA,
MSN, RN, PMH-BC,
NE-BC**
UI ARC Clinical
Operations Manager



Suzy Hedden
Lead Evaluation and
Research Specialist

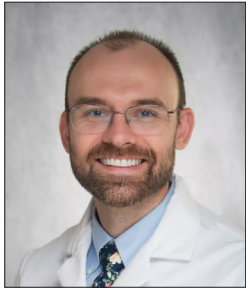


Lowell Yoder, MSW, LISW
Behavioral Health Clinical
Manager


EDUCATION

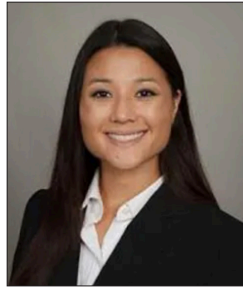
Addiction Medicine Fellowship

This one-year fellowship is supported by a grant from the Health Resources and Services Administration (HRSA) and trains physicians to become specialists in Addiction Medicine.




Christopher Moreau, MD is from Lewisburg, PA, and completed his residency at the University of Iowa Hospitals and Clinics in the Psychiatry program. Dr. Moreau joined the faculty in July 2023 as a Clinical Assistant Professor of Psychiatry.

 **2023 Academic Year Class**
July 2022 to June 2023




Brigid Adviento, MD is from San Bernadino, CA. She completed her residency at the University of Iowa Hospitals and Clinics in the Internal Medicine/Psychiatry residency program.

 **2024 Academic Year Class**
July 2023 to June 2024



Nicole Woodson-DeFauw, MD is from Davenport, IA, and completed her residency at the University of Iowa Hospitals and Clinics in the Family Medicine/Psychiatry residency program.


 **2024 Academic Year Class**
July 2023 to June 2024

Integrated Substance Use Disorder Training Program

A one-year training program for nurse practitioners and physician's assistants.



Alix Stalmakov, DNP
Alix is a nurse practitioner from Elk River, MN. She completed her training at the University of Minnesota.

 **2024 Academic Year Class**
July 2023 to June 2024



Laura Norris, MSN, MBA
Laura is a nurse practitioner from Chapin, SC with certifications in Family Medicine and Psychiatry from the University of Iowa.

 **2024 Academic Year Class**
July 2023 to June 2024

OUTREACH EVENTS

Public Health Conference of Iowa | March 28-29, 2023

UI ARC sponsored a table at PHCI 2023 and engaged with conference-goers about ongoing projects, programs, and initiatives. PHCI is the annual meeting for Iowa's public health workforce and professionals and students interested in improving the health of Iowans.



Poster presentation at the Quality & Safety Symposium | April 28, 2023

Drs. Andrea Weber & Ben Miskle presented a poster on the opening of the Walk-In MAT Clinic and the patients who were served during the first year.

International Overdose Awareness Day | August 31, 2023

UI ARC participated in the Carver College of Medicine's Science Thursday with a table dedicated to engaging passersby about UI ARC's services and programs focused on overdose prevention and treatment.

Half Nelson Movie Screening with Community & Family Resources | August 31, 2023

In partnership with Community & Family Resources and the Iowa Harm Reduction Coalition, UI ARC co-hosted a movie screening on International Overdose Awareness Day of *Half Nelson*, a movie about a middle school teacher with a substance use disorder. A panel discussion was held after the movie.

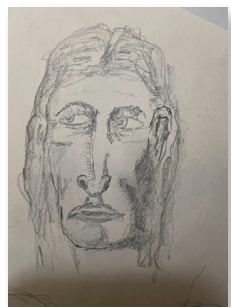
JustUs Film Screening and Discussion | October 11, 2023

UI ARC hosted the screening of *JustUs*, a film documentary centered on Iowa-specific racial disparities in the criminal justice system and grassroots efforts to address these disparities. A facilitated discussion and Q&A session followed the film with the film's directors Cedric B. Theus and Maya Ben-Shahar.



Love in the Time of Fentanyl Harm Reduction Event | October 29, 2023

In partnership with the Addiction Medicine Student Advisory Committee, UI ARC co-hosted a movie screening of *Love in the Time of Fentanyl*, a documentary about a supervised drug injection site in Vancouver, Canada.



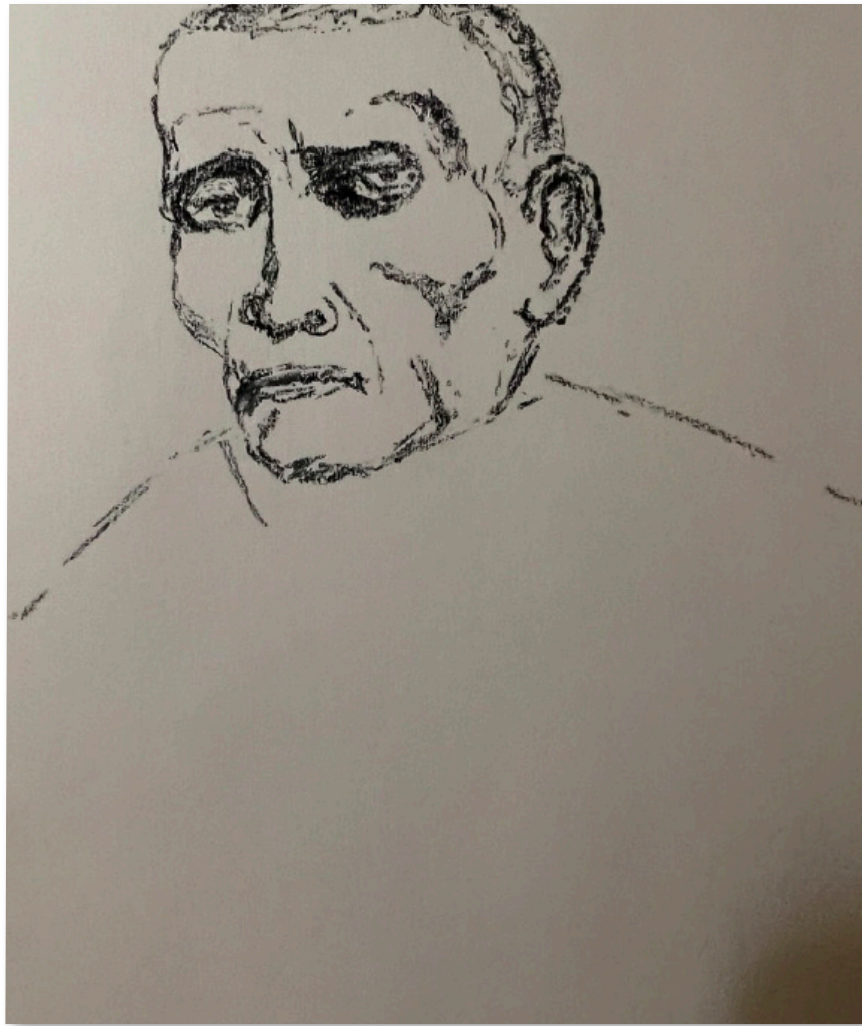
UI Health and Well-Being Fair | November 1, 2023

UI ARC sponsored a table at the UI Health and Well-Being Fair to engage with attendees and to detail the current resources, programs, projects, and initiatives associated with UI ARC. Over 40 organizations and groups gathered to promote mental and physical well-being.

UI ARC COLLABORATIONS

UI ARC collaborates with many community and medical agencies in a variety of ways, including UI ARC members serving on boards and committees, acting as consultants, providing policy recommendations, facilitating education and advocacy, and more.

- Abbe Center for Community Mental Health
- Area Substance Abuse Council and Heart of Iowa
- ASAM State Advocacy Group
- Carver College of Medicine (CCOM)
- Community and Family Resources
- Community Resources United to Stop Heroin (CRUSH)
- GuideLink Center
- Houses into Homes
- Inside Out Reentry Community
- Iowa Attorney General's Office
- Iowa Board of Nursing, Iowa Nurses Assistance Program (INAP)
- Iowa City VA Health System
- Iowa Department of Health & Human Services (IHHS)
- Iowa East Central Mental Health Region
- Iowa Harm Reduction Coalition
- Iowa Medical Society
- Iowa Pharmacy Association (IPA)
- Iowa Psychiatric Physicians Society
- Iowa Vocational Rehabilitation
- Iowa's Maternal Mortality Review Committee
- Iowa's Sixth Judicial District and Iowa Department of Corrections
- Iowans with Lived Experience
- Johnson County Jail
- Johnson County Social Services
- Linn County Jail
- Opioid Response Network (ORN)
- Rural Communities Opioid Response Program (RCORP)
- Rural Opioid Technical Assistance Regional Centers (ROTA-R) Advisory Committee
- Shelter House
- UI College of Education
- UI College of Nursing
- UI College of Public Health



The Art of Recovery

The original art pieces in our report showcase our patients' talents and creativity and celebrate the impact that art can have in the recovery process.

University of Iowa Addiction and Recovery Collaborative

Email: uiarc@healthcare.uiowa.edu

Telephone: (319) 335-6980

IOWA
HEALTH CARE

Changing Medicine.
Changing Lives.®