

UI ARC Insights

University of Iowa Addiction & Recovery Collaborative

Issue 02 - February 2025

Empowering mothers to overcome addiction

Sara Epstein Moninger; Photography Liz Martin and Joey Loboda

University of Iowa efforts to support pregnant women with substance use disorders are helping to deliver vital health care, provide treatment resources, and keep families together.

Amanda Eleazer remembers when she started using drugs. It was 2014, and she was a 25-year-old mother of four living in Tennessee. Her husband was a patient at a local pain clinic, which she now realizes was a “pill mill,” a facility that illegally prescribes opioid painkillers such as oxycodone.

He would offer to share his pills with her, and at first Eleazer declined. But one day, she accepted – and everything changed.

“Taking even a tiny piece of the pill would give me this amazing feeling, like a burst of pure happiness and energy,” she says. “It quickly took over my whole life. Within six months, we were selling vehicles and borrowing thousands of dollars from my mother-in-law. When the government

became strict on pills, we started buying them from people we didn’t know and spending \$40 a pill. Then someone we knew suggested we do heroin because it was cheaper.”

They did, but when Eleazer tried to stop, she would get sick and then start using again to feel better, and the cycle would continue. Hoping for a fresh start, the family moved to Burlington, Iowa, but it wasn’t long before the couple succumbed to their addiction, ultimately leading to Eleazer’s mother-in-law taking custody of their kids in Tennessee. In 2017, her husband was admitted to University of Iowa Health Care for endocarditis caused by IV drug use – and Eleazer learned she was pregnant. This time, she started a treatment program, but when her newborn son was 3 months old, he went down for a nap and never woke up.

The death, attributed to sudden infant death syndrome, plunged Eleazer into an unimaginable darkness.



Amanda Eleazer - a mother and recovery coach who credits UI psychiatrist Dr. Alison Lynch and her team with helping her overcome substance use disorder.

[Read full story...](#)


Stay connected:

New website coming soon!
www.uiarc.uiowa.edu

Subscribe / Contact:
uiarc@healthcare.uiowa.edu

 addiction_arc

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 Addiction and Recovery Collaborative - UI ARC

In case you missed it...

We’re shifting our annual reports from calendar year to fiscal year, so we are presenting a transitional 18-month report.

UI ARC’s “annual” report for January 1, 2023, through June 30, 2024 is available to you now.

Click on the image for access!



In the news

Commentary: "How Should Null Findings be Interpreted?"

February 2025 - American Journal of Geriatric Psychiatry | Stephan Arndt, PhD

An important perspective on a topic that everyone in scientific research – statistician or otherwise—has likely dealt with: null findings. DOI: [10.1016/j.jagp.2024.09.004](https://doi.org/10.1016/j.jagp.2024.09.004)



[READ ARTICLE HERE](#)

Perinatal Naloxone Care Practices: Survey Results From Persons With OUD and Providers

September 2024 - Journal of Addiction Medicine | Nichole Nidey, PhD

Little is known about naloxone care practices for peripartum persons from the patient or provider perspectives. The objective of this study was to survey peripartum persons and providers about naloxone-related practices. DOI: [10.1097/ADM.0000000000001376](https://doi.org/10.1097/ADM.0000000000001376)



[READ ARTICLE HERE](#)

Maternal Perception of Infant Sleep and Bonding in Opioid Use Disorder

September 2024 - Journal of Addiction Medicine | Nichole Nidey, PhD

Infant sleep problems are common in early infancy and can negatively influence maternal-infant bonding. As opioid-exposed neonates are at increased risk of sleep difficulties, we examined the association between maternal perception of infant sleep difficulties and maternal-infant bonding among dyads affected by maternal opioid use disorder (OUD), from birth through 6 months.



[READ ARTICLE HERE](#)

Recovery Day on the Hill January 2025 - Des Moines, Iowa

UI ARC staff traveled to Des Moines to meet with lawmakers for "Recovery Day on the Hill." Staff met with Rep. Elinor A. Levin and Dave Jacoby from Johnson County, Rep. Elizabeth Wilson from Linn County, and Senator Zach Wahls from Johnson County. They presented lived experiences, told lawmakers about the services we provide to people statewide, and asked about funding from the opioid settlement fund. Rep. Elizabeth Wilson (D) is partnering with Rep. Brian Lohse (R - Polk County) on the latter topic and feels confident there will be progress this session!



Welcome!



Nichole Nidey, PhD, has joined the UI ARC team as an Evaluator. Nichole is an assistant professor of epidemiology in the College of Public Health, focusing her research on pregnant people and mothers with substance use disorders.



Sarah Cupp, LISW, is a clinical social worker and therapist in private practice who is joining the team to provide DBT to the women at the ANCHOR Center in Cedar Rapids. These services are supported as part of the Bridge projects, and we're delighted to have Sarah provide these services.



WE ARE HIRING!

Behavioral Health Coordinator

Licensed Practical Nurse

Medical Assistant II

Program Coordinator

*(Please reach out to
Julianna Lee for information
on this position)*

UI ARC offers training to providers in MOUD

We offer education in medication for opioid use disorder (MOUD), including presentations and trainings.

We can also provide Naloxone and training on how to use it.

Contact us:

uiarc@healthcare.uiowa.edu

Events



UI ARC Year End / Year Beginning Party

We wrapped up 2024 with gifts, food and fun, celebrating our team's achievements! Excited for what 2025 has in store - stay tuned for even more amazing things ahead!

BEGINS MARCH 11th



SMART RECOVERY MEETING

**Every Tuesday
12:00 PM - 1:00 PM**

This group will meet every Tuesday beginning March 11th.
Iowa Memorial Union, 103A – River Room 1

The meeting is open to anyone personally dealing with addiction.

MORE INFO:

If you have any questions, please contact Andy at: andyhartwig@icloud.com or phone: 319-530-6500
See www.smartrecovery.org for details



The **Into Light Project**, a national non-profit, creates public exhibitions of original portraits and individual stories of people who have died from the disease of drug addiction in locations around the country.

**Hanson Humanities
Gallery Old Capitol
Museum**

**Now through
December 19, 2025**

www.intolightproject.org



UI ARC Community & Events Calendar

FEBRUARY

21 Keokuk County Public Health
1303 200th Ave - Sigourney
N <https://keokukcounty.iowa.gov/business/public-health>

23 Church with Pastor Smith
Waterloo, Iowa
N P

25-26 Master Builders of Iowa Annual Winter Conference
Iowa Events Center - Des Moines
N <https://www.mbi.build/events/winter-conference/>

27 Youth Substance Use Prevention day on the Hill
Des Moines
<https://ac4c.org/eventac4c-youth-substance-use-prevention-day-on-the-hill-3/>

MARCH

4 Park Rangers Conference
Coralville, Iowa
N P <https://iapra.org/education/iowa-conference/>

5 Present at Counselor Education Program
Iowa City, Iowa
P

6 Connecting statewide Leaders
Clinton, Iowa

6 Reentry Simulation
Mount Vernon, Iowa
N

8 IA-NEXT ToT at College of Pharmacy
Iowa City, Iowa
N P

18/20 Ministerial Alliance of Sigourney Agape Shop
Sigourney, Iowa
N

19 District 5 EMA County Meeting
Virtual - Zoom
P

25 Iowa Parks and Rec Association Conference
Coralville, Iowa
N P <https://iapra.org/education/iowa-conference/>

27 Kirkwood Safety Conference
Hotel at Kirkwood Center - Cedar Rapids, Iowa
N P <https://www.kirkwood.edu/programs/community/safety-health-conference>

30 St. John Lutheran Church
715 College St. - Cedar Falls, Iowa
N P <https://www.stjohncf.org/calendar>

APRIL

1-2 Public Health conference of Iowa
Holiday Inn - Des Moines Airport
<https://iowapha.org/phconferenceiowa/>

2 Mental Health Day on the Hill
Des Moines
<https://namiowa.salsalabs.org/2025NAMIIowaDayontheHill/index.html>

2-3 Iowa Employment Conference (HR)
Des Moines
P <https://iowaemploymentconference.com/>

8-9 IAAPPA (Energy, construction, etc)
Cedar Rapids
N <https://iaappa.appa.org/conferences/2024-spring-conference/>

8-10 Iowa HHS All Contractors Meeting (iACCESS grant)
Coralville, Iowa

9 52nd Annual Family Medicine Refresher Course Presentation
Virtual
P <https://familymedicine.medicine.uiowa.edu/annual-family-medicine-refresher-course>

10-11 Iowa School Nurses Organization Spring Conference
West Des Moines, Iowa
N P <https://www.isno.org/continuing-education/isno-conference>

13 UI Delta Gamma Greek Life Chapter Meeting
Iowa City, Iowa
N P

22-24 Iowa-Illinois Safety Council
Coralville, Iowa
N P <https://www.iisc.org/training/pdc>

25 UI College of Pharmacy Pharmily Day
Iowa City, Iowa
N P

24-27 ASAM - Denver, Colorado
https://annualconference.asam.org/?gad_source=1&gclid=CjwKCAiA5eC9BhAuEiwA3CKwQh-gSldMRuhe9K39QPLtL44lmXjtlLH8ft8VertmF5HZKvRRmOcwZ0BoCwqcQAvD_BwE

29-30 Child Abuse Prevention Conference
Ankeny, Iowa
N P <https://pcaiowa.org/state-prevention-conference/>

N = Naloxone Distribution

P = Presentation