

2011 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://www.samhsa.gov/data/2k3/NSSATS/NSSATS.pdf>

In Iowa, 126 substance abuse treatment facilities were included in the 2011 N-SSATS, reporting that there were 8,977 clients in substance abuse treatment on March 31, 2011. The survey response rate in Iowa was 99.3%.

Facility Operation

	Facilities		Clients in Treatment on March 31, 2011			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	112	88.9	8,186	91.2	798	98.4
Private for-profit	6	4.8	235	2.6	9	1.1
Local, county, or community government	3	2.4	86	1.0	4	0.5
State government	3	2.4	103	1.1	0	0.0
Federal government	2	1.6	367	4.1	0	0.0
Dept. of Veterans Affairs	2	1.6	367	4.1	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	126	100.0	8,977	100.0	811	100.0

Primary Focus of Facility

	Facilities		Clients in Treatment on March 31, 2011			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Substance abuse treatment services	89	70.6	5,909	65.8	497	61.3
Mental health services	2	1.6	17	0.2	10	1.2
Mix of mental health & substance abuse treatment services	31	24.6	2,535	28.2	294	36.3
General health care	2	1.6	494	5.5	10	1.2
Other/unknown	2	1.6	22	0.2	0	0.0
Total	126	100.0	8,977	100.0	811	100.0

Substance Abuse Problem Treated

	Facilities ^{1,2}		Clients in Treatment on March 31, 2011		
			Clients ³		Clients per 100,000 Pop. Aged 18 or Older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	112	100.0	4,645	51.7	178
Clients with drug abuse only	99	88.4	1,952	21.7	77
Clients with alcohol abuse only	101	90.2	2,380	26.5	95
Total²	112		8,977	100.0	349

¹ Facilities may be included in more than one category.

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

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

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Type of Care	Clients in Treatment on March 31, 2011							
	Facilities ¹		All Clients			Clients Under Age 18		
	No.	%	No.	%	Median No. of Clients Per Facility	No.	%	
Outpatient	107	84.9	8,062	89.8	31	683	84.2	
Regular	105	83.3	6,489	72.3	23			
Intensive	70	55.6	1,023	11.4	9			
Day treatment/partial hospitalization	19	15.1	60	0.7	1			
Detoxification	1	0.8	0	0.0	0			
Methadone maintenance	4	3.2	490	5.5	97			
Residential (non-hospital)	33	26.2	742	8.3	15	117	14.4	
Short term	25	19.8	379	4.2	11			
Long term	26	20.6	286	3.2	7			
Detoxification	6	4.8	77	0.9	1			
Hospital Inpatient	8	6.3	173	1.9	5	11	1.4	
Treatment	5	4.0	6	0.1	0			
Detoxification	8	6.3	167	1.9	3			
Total	126		8,977	100.0	29	811	100.0	

¹Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)		
	No.	%
Facilities with OTPs¹	4	0.3
Clients in Facilities with OTPs		
Methadone	490	100
Buprenorphine	0	0
Total	490	100

¹Percentage of all OTP facilities that are in this State or jurisdiction.

Facility Payment Options		
	Facilities ¹	
	No.	%
Cash or self-payment	123	97.6
Private health insurance	118	93.7
Medicare	39	31.0
Medicaid	117	92.9
Other State-financed health insurance	85	67.5
Federal military insurance	54	42.9
Access to Recovery (ATR) vouchers ²	87	69.1
Accepts HIS/638 contract care funds	2	1.6
No payment accepted	0	0.0
Accepts other payments	0	0.0
Sliding fee scale	93	73.8
Treatment at no charge for clients who cannot pay	43	34.1

¹Facilities 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.

N/A - Not applicable.

Facility Licensing, Certification, or Accreditation		
	Facilities ¹	
	No.	%
Any listed agency/organization	125	99.2
State substance abuse agency	107	84.9
State mental health department	42	33.3
State department of health	92	73.0
Hospital licensing authority	14	11.1
The Joint Commission	19	15.1
CARF ²	24	19.0
NCQA ³	0	0.0
COA ⁴	3	2.4
Other State/Local Agency/Org	4	3.2

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

²Commission on Accreditation of Rehabilitation Facilities

³National Committee for Quality Assurance

⁴Council on Accreditation

Facility Funding		
	Facilities	
	No.	%
Receives Federal, State, county, or local government funds for substance abuse treatment programs	99	78.6

Types of Services Offered

	Facilities	
	No.	%
Assessment and Pre-Treatment Services	123	97.6
Screening for substance abuse	117	92.9
Screening for mental health disorders	90	71.4
Comprehensive substance abuse assessment or diagnosis	120	95.2
Comprehensive mental health assessment or diagnosis	40	31.7
Screening for tobacco use	85	67.5
Outreach to persons in the community who may need treatment	61	48.4
Interim services for clients when immediate admission is not possible	71	56.3
Testing	118	93.7
Breathalyzer or blood alcohol testing	88	69.8
Drug or alcohol urine screening	117	92.9
Screening for Hepatitis B	28	22.2
Screening for Hepatitis C	25	19.8
HIV testing	26	20.6
STD testing	20	15.9
TB screening	52	41.3
Counseling	124	98.4
Individual counseling	122	96.8
Group counseling	119	94.4
Family counseling	107	84.9
Marital/couples counseling	86	68.3
Transitional Services	124	98.4
Discharge planning	124	98.4
Aftercare/continuing care	114	90.5
Pharmacotherapies	47	37.3
Medications for psychiatric disorders	36	28.6
Nicotine replacement	21	16.7
Campral [®]	17	13.5
Antabuse [®]	23	18.3
Naltrexone (oral)	16	12.7
Vivitrol [®] (injectable Naltrexone)	5	4.0
Buprenorphine	13	10.3
Subutex [®] or generic	5	4.0
Suboxone [®]	11	8.7
Methadone	8	6.3
Non-nicotine smoking/tobacco cessation medications	16	12.7
Ancillary Services	126	100.0
Case management services	88	69.8
Social skills development	66	52.4
Mentoring/peer support	48	38.1
Child care for clients' children	8	6.3
Assistance with obtaining social services	65	51.6
Employment counseling or training for clients	30	23.8
Assistance in locating housing for clients	42	33.3
Domestic violence	35	27.8
Early intervention for HIV	21	16.7
<i>continued</i>		

Types of Services Offered (cont.)

	Facilities	
	No.	%
HIV or AIDS education, counseling, or support	66	52.4
Hepatitis education, counseling, or support	48	38.1
Health education other than HIV/AIDS or hepatitis	66	52.4
Substance abuse education	122	96.8
Transportation assistance to treatment	39	31.0
Mental health services	59	46.8
Acupuncture	1	0.8
Residential beds for clients' children	6	4.8
Self-help groups	60	47.6
Smoking cessation counseling	23	18.3

Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	121	96.0
Relapse prevention	117	92.9
Cognitive-behavioral therapy	117	92.9
12-step facilitation	97	77.0
Motivational interviewing	119	94.4
Anger management	92	73.0
Brief intervention	105	83.3
Contingency management/motivational incentives	62	49.2
Trauma-related counseling	76	60.3
Rational emotive behavioral therapy (REBT)	67	53.2
Matrix model	70	55.6
Community reinforcement plus vouchers	11	8.7
Other treatment approaches	7	5.6

Facility Capacity and Utilization Rate¹

	Hospital	
	Residential	Inpatient
Number of facilities	29	1
Number of clients ²	625	4
Number of designated beds	686	12
Utilization rate (%)	91.1	33.3
No. of designated beds/facility (avg.)	24	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.

² Number of clients on March 31, 2011.

Programs for Special Groups

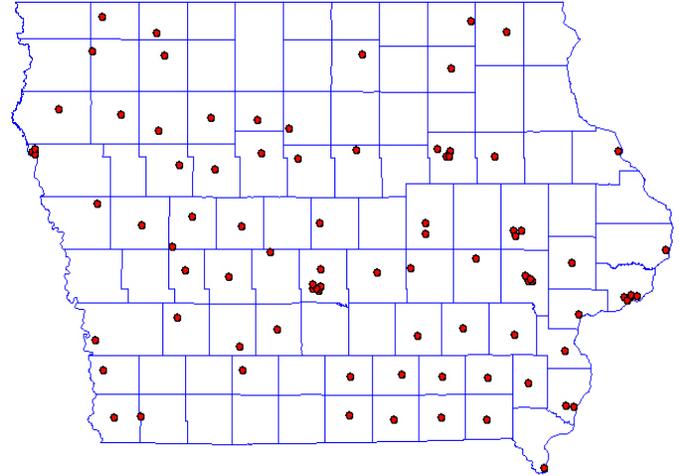
	Facilities	
	No.	%
Any program or group	96	76.2
Co-occurring disorders	47	37.3
Adult women	36	28.6
Adolescents	42	33.3
DUI/DWI offenders	45	35.7
Criminal justice clients	13	10.3
Adult men	20	15.9
Pregnant or postpartum women	10	7.9
Persons with HIV or AIDS	0	0.0
Seniors or older adults	1	0.8
Lesbian, gay, bisexual, or transgender clients (LGBT)	1	0.8
Other groups	8	6.3

Services in Sign Language for the Hearing Impaired and in Languages Other than English

	No.	%
Hearing impaired/sign language	35	27.8
Any language other than English	46	36.5
Non-English Language Provided by:		
On-call interpreter only	27	58.7
Staff counselor only	3	6.5
Both staff counselor and on-call interpreter	16	34.8
Languages Provided by Staff Counselor:¹		
Spanish	19	100.0
American Indian/Alaska Native languages	0	0.0
Other	2	10.5

¹ Percentages based on the number of facilities reporting that they provided substance abuse treatment in a language other than English by a staff counselor only or by both staff counselors and on-call interpreters.

Location of Treatment Facilities



Data are from facilities that reported to N-SSATS for the survey reference date March 31, 2011. 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.samhsa.gov/data/DASIS.aspx#N-SSATS>

Access the latest N-SSATS public use files at:

<http://www.datafiles.samhsa.gov>

Other substance abuse reports are available at:

<http://www.samhsa.gov/data/>

• Access N-SSATS profiles for individual States at:
<http://www.dasis.samhsa.gov/webt/NewMapv1.htm>

• For information on individual facilities, access SAMHSA's Treatment Facility Locator at:
<http://findtreatment.samhsa.gov/>



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/