

2012 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, 145 substance abuse treatment facilities were included in the 2012 N-SSATS, reporting that there were 8,663 clients in substance abuse treatment on March 30, 2012. The survey response rate in Iowa was 97.5%.

Facility Operation

	Facilities		Clients in Treatment on March 30, 2012			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	110	75.9	7,773	89.7	933	96.2
Private for-profit	25	17.2	609	7.0	30	3.1
Local, county, or community government	3	2.1	76	0.9	7	0.7
State government	3	2.1	84	1.0	--	--
Federal government	2	1.4	87	1.0	--	--
Dept. of Veterans Affairs	2	1.4	87	1.0	--	--
Dept. of Defense	--	--	--	--	--	--
Indian Health Service	--	--	--	--	--	--
Other	--	--	--	--	--	--
Tribal government	2	1.4	34	0.4	--	--
Total	145	100.0	8,663	100.0	970	100.0

Primary Focus of Facility

	Facilities		Clients in Treatment on March 30, 2012			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Substance abuse treatment services	93	64.1	6,439	74.3	534	55.1
Mental health services	6	4.1	95	1.1	33	3.4
Mix of mental health and substance abuse treatment services	40	27.6	2,002	23.1	386	39.8
General health care	3	2.1	71	0.8	--	--
Other	3	2.1	56	0.6	17	1.8
Total	145	100.0	8,663	100.0	970	100.0

Substance Abuse Problem Treated

	Facilities ^{1,2}		Clients in Treatment on March 30, 2012			
			All Clients ³		Clients ³ per 100,000 Pop. Aged 18 or Older	
	No.	%	No.	%		
Clients with both alcohol and drug abuse	137	94.5	4,513	52.1	168	
Clients with drug abuse only	128	88.3	1,917	22.1	73	
Clients with alcohol abuse only	133	91.7	2,234	25.8	86	
Total	145		8,663	100.0	327	

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: 0.

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

Type of Care							
	Facilities ¹		Clients in Treatment on March 30, 2012				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients per Facility	No.	%
Outpatient	128	88.3	7,878	90.9	25	846	87.2
Regular	124	85.5	5,717	66.0	19		
Intensive	87	60.0	1,429	16.5	8		
Day treatment/partial hospitalization	21	14.5	139	1.6	3		
Detoxification	5	3.4	73	0.8	--		
Methadone maintenance	4	2.8	520	6.0	104		
Residential (non-hospital)	32	22.1	712	8.2	14	121	12.5
Short term (<30 days)	24	16.6	432	5.0	13		
Long term (30+ days)	26	17.9	269	3.1	10		
Detoxification	5	3.4	11	0.1	3		
Hospital Inpatient	8	5.5	73	0.8	3	3	0.3
Treatment	4	2.8	17	0.2	4		
Detoxification	7	4.8	56	0.6	3		
Total	145		8,663		25	970	100.0

¹ Facilities 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	520	98.5
Buprenorphine	--	--
Clients in Facilities without OTPs		
Buprenorphine	8	1.5
Total	528	100.0

¹ Percentage of all OTP facilities that are in the United States.

Facility Payment Options		
	Facilities ¹	
	No.	%
Cash or self-payment	139	95.9
Private health insurance	126	86.9
Medicare	45	31.0
Medicaid	126	86.9
State-financed health insurance	88	60.7
Federal military insurance	64	44.1
No payment accepted	2	1.4
Access to Recovery (ATR) vouchers ²	87	60.0
IHS/638 contract care funds	2	1.4
Other payments	5	3.4
Sliding fee scale	99	68.3
Treatment at no charge for clients who cannot pay	50	34.5

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, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, UT, WA, WI, and WY.

Facility Licensing, Certification, or Accreditation		
	Facilities ¹	
	No.	%
Any listed agency/organization	143	98.6
State substance abuse agency	117	80.7
State mental health department	44	30.3
State department of health	108	74.5
Hospital licensing authority	14	9.7
The Joint Commission	19	13.1
Commission on Accreditation of Rehabilitation Facilities	28	19.3
National Committee for Quality Assurance	--	--
Council on Accreditation	9	6.2
Other state/local agency/organization	6	4.1

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

Facility Funding		
	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	93	64.1

Types of Services Offered

	Facilities	
	No.	%
Assessment and Pre-Treatment Services	143	98.6
Screening for substance abuse	135	93.1
Screening for mental health disorders	96	66.2
Comprehensive substance abuse assessment or diagnosis	141	97.2
Comprehensive mental health assessment or diagnosis	50	34.5
Screening for tobacco use	104	71.7
Outreach to persons in the community who may need treatment	80	55.2
Interim services for clients when immediate admission is not possible	76	52.4
Testing	126	86.9
Breathalyzer or other blood alcohol testing	91	62.8
Drug or alcohol urine screening	125	86.2
Screening for Hepatitis B	25	17.2
Screening for Hepatitis C	24	16.6
HIV testing	24	16.6
STD testing	19	13.1
TB screening	50	34.5
Counseling	144	99.3
Individual counseling	143	98.6
Group counseling	138	95.2
Family counseling	130	89.7
Marital/couples counseling	100	69.0
Transitional Services	143	98.6
Discharge planning	140	96.6
Aftercare/continuing care	133	91.7
Pharmacotherapies	59	40.7
Antabuse®	20	13.8
Naltrexone (oral)	20	13.8
Vivitrol® (injectable Naltrexone)	6	4.1
Campral®	20	13.8
Nicotine replacement	35	24.1
Non-nicotine smoking/tobacco cessation medications	22	15.2
Medications for psychiatric disorders	40	27.6
Methadone	8	5.5
Buprenorphine with naloxone (Suboxone®)	12	8.3
Buprenorphine without naloxone	8	5.5
Ancillary Services	145	100.0
Case management services	104	71.7
Social skills development	84	57.9
Mentoring/peer support	60	41.4
Child care for clients' children	7	4.8
Assistance with obtaining social services	70	48.3
Employment counseling or training for clients	35	24.1
Assistance in locating housing for clients	50	34.5
Domestic violence services	40	27.6
Early intervention for HIV	24	16.6
HIV or AIDS education, counseling, or support	66	45.5
Hepatitis education, counseling, or support	54	37.2

Continued.

Types of Services Offered (continued)

	Facilities	
	No.	%
Health education other than HIV/AIDS or hepatitis	67	46.2
Substance abuse education	141	97.2
Transportation assistance to treatment	58	40.0
Mental health services	76	52.4
Acupuncture	1	0.7
Residential beds for clients' children	7	4.8
Self-help groups	66	45.5
Smoking cessation counseling	55	37.9

Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	144	99.3
Relapse prevention	138	95.2
Cognitive-behavioral therapy	140	96.6
Motivational interviewing	141	97.2
Anger management	118	81.4
Brief intervention	118	81.4
12-step facilitation	107	73.8
Trauma-related counseling	92	63.4
Contingency management/motivational incentives	81	55.9
Rational emotive behavioral therapy (REBT)	75	51.7
Matrix Model	83	57.2
Computerized substance abuse treatment	14	9.7
Community reinforcement plus vouchers	23	15.9
Other treatment approaches	16	11.0

Facility Capacity and Utilization Rate¹

	Residential	Hospital Inpatient
Number of facilities	28	--
Number of clients ²	537	--
Number of designated beds	668	--
Utilization rate ³	80.4	--
Average number of designated beds per facility	24	--

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 30, 2012.

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

Programs for Special Groups

	Facilities	
	No.	%
Any program or group	118	81.4
Clients with co-occurring disorders	56	38.6
Adult women	45	31.0
DUI/DWI offenders	54	37.2
Adolescents	55	37.9
Adult men	34	23.4
Criminal justice clients	26	17.9
Persons who have experienced trauma	20	13.8
Pregnant or postpartum women	15	10.3
Persons with HIV or AIDS	7	4.8
Veterans	6	4.1
Seniors or older adults	7	4.8
LGBTQ ¹ clients	13	9.0
Active duty military	5	3.4
Members of military families	3	2.1
Other groups	13	9.0

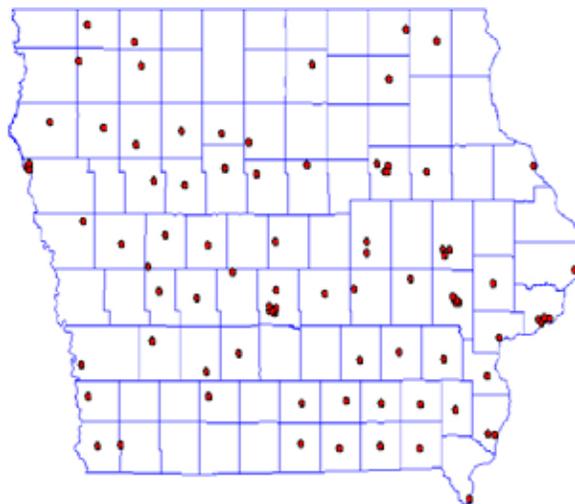
¹ Lesbian, gay, bisexual, transgender, or questioning clients.

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

	Facilities	
	No.	%
Sign language	29	20.0
Any language other than English	45	31.0
Non-English Language Provided by:		
On-call interpreter only	26	57.8
Staff counselor only	6	13.3
Both staff counselor and on-call interpreter	13	28.9
Languages Provided by Staff Counselor:¹		
Spanish	19	100.0
American Indian/Alaska Native languages	--	--
Other	3	15.8

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



Symbol key: -- Quantity is zero. * Less than 0.05 percent. n/a Not applicable.

Data are from facilities that reported to N-SSATS for the survey reference date March 30, 2012. 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/