

2019 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 (collected every other year) 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 2019 N-SSATS report:

<https://www.samhsa.gov/data/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

In Iowa, 187 substance abuse treatment facilities were included in the 2019 N-SSATS report, which reported a total of 8,838 clients in substance abuse treatment on March 29, 2019. The survey response rate in Iowa was 96.0 percent.

Facility operation, by number and percent

	Clients in treatment on March 29, 2019					
	Facilities		All clients		Clients under the age of 18 years	
	No.	%	No.	%	No.	%
Private non-profit	145	77.5	7,299	82.6	603	94.1
Private for-profit	36	19.3	1,196	13.5	34	5.3
Local, county, or community government	1	0.5	13	0.1	—	—
State government	2	1.1	27	0.3	—	—
Federal government	2	1.1	266	3.0	—	—
Tribal government	1	0.5	37	0.4	4	0.6
Total	187	100.0	8,838	100.0	641	100.0

Note: Percentages may not sum to 100 percent due to rounding.

Substance abuse problem treated, by number and percent

	Clients in treatment on March 29, 2019				
	Facilities ¹		Clients ²		Clients ² per 100,000 pop. aged 18 years or older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	92	94.8	4,409	50.5	167
Clients with drug abuse only	86	88.7	2,772	31.7	109
Clients with alcohol abuse only	80	82.5	1,556	17.8	59
Total			8,737	100.0	334

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.

Facility capacity and utilization rate¹

	Residential	Hospital inpatient
Number of facilities	19	4
Number of clients ²	395	46
Number of designated beds	495	52
Utilization rate ³	79.8	88.5
Average number of designated beds per facility	26	13

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 29, 2019.

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

For a symbol key, see the last page of this profile.

Type of care, by number and percent

	Clients in treatment on March 29, 2019							
	Facilities		All clients				Clients under the age of 18 years	
	No.	%	No.	%	Median no. of	Median no. of	No.	%
					clients per	clients per		
				OTP facility	non-OTP facility			
Outpatient	173	92.5	8,094	91.6	101	25	564	88.0
Regular	169	90.4	5,657	64.0	50	25		
Intensive	100	53.5	647	7.3	8	7		
Day treatment or partial hospitalization	22	11.8	57	0.6	—	5		
Detoxification	12	6.4	—	—	—	—		
Methadone/buprenorphine maintenance or naltrexone treatment	42	22.5	1,733	19.6	72	6		
Residential (non-hospital)	34	18.2	690	7.8	—	16	77	12.0
Short term (≤ 30 days)	31	16.6	416	4.7	—	15		
Long term (> 30 days)	28	15.0	258	2.9	—	8		
Detoxification	14	7.5	16	0.2	—	5		
Hospital inpatient	11	5.9	54	0.6	—	4	—	—
Treatment	7	3.7	10	0.1	—	10		
Detoxification	7	3.7	44	0.5	—	3		
Total	187		8,838	100.0	101	28	641	100.0

Note: Facilities may provide more than one type of care.

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

	No.	%
Any listed agency/organization	184	98.4
State substance abuse agency	140	74.9
State mental health department	52	27.8
State department of health	141	75.4
Hospital licensing authority	6	3.2
The Joint Commission	17	9.1
Commission on Accreditation of Rehabilitation Facilities (CARF)	92	49.2
National Committee for Quality Assurance (NCQA)	2	1.1
Council on Accreditation (COA)	12	6.4
Healthcare Facilities Accreditation Program (HFAP)	—	—
Other national organization or federal, state, or local agency	3	1.6

Note: Facilities may be licensed, certified, or accredited by more than one agency/organization.

Facility payment options, by number and percent

	No.	%
Cash or self-payment	184	98.4
Private health insurance	171	91.4
Medicare	62	33.2
Medicaid	172	92.0
State-financed health insurance plan other than Medicaid	120	64.2
Federal military insurance	88	47.1
No payment accepted (free treatment for all clients)	1	0.5
IHS/Tribal/Urban (ITU) funds	13	7.0
Other	—	—
Sliding fee scale	129	69.0
Treatment at no charge or minimal payment for clients who can't pay	88	47.1

Note: Facilities may accept more than one type of payment.

Types of services offered, by number and percent

	Facilities	
	No.	%
Assessment and pre-treatment services		
Screening for substance abuse	181	96.8
Screening for mental health disorders	147	78.6
Comprehensive substance abuse assessment or diagnosis	184	98.4
Comprehensive mental health assessment or diagnosis	87	46.5
Screening for tobacco use	161	86.1
Outreach to persons in the community who may need treatment	131	70.1
Interim services for clients when immediate admission is not possible	123	65.8
Professional interventionist/educational consultant	32	17.1
None of these assessment and pre-treatment services offered	—	—
Testing		
Drug and alcohol oral fluid testing	39	20.9
Breathalyzer or other blood alcohol testing	116	62.0
Drug or alcohol urine screening	174	93.0
Testing for hepatitis B	30	16.0
Testing for hepatitis C	32	17.1
HIV testing	35	18.7
STD testing	33	17.6
TB screening	67	35.8
Testing for metabolic syndrome	2	1.1
None of these testing services offered	11	5.9
Medical services		
Hepatitis A (HAV) vaccination	14	7.5
Hepatitis B (HBV) vaccination	13	7.0
None of these medical services offered	171	91.4
Transitional services		
Discharge planning	182	97.3
Aftercare/continuing care	173	92.5
Naloxone and overdose education	79	42.2
Outcome follow-up after discharge	125	66.8
None of these transitional services offered	4	2.1
Recovery support services		
Mentoring/peer support	87	46.5
Self-help groups (for example, AA, NA, SMART Recovery)	77	41.2
Assistance in locating housing for clients	105	56.1
Employment counseling or training for clients	70	37.4
Assistance with obtaining social services (for example, Medicaid, WIC, SSI, SSDI)	127	67.9
Recovery coach	36	19.3
None of these recovery support services offered	25	13.4
Education and counseling services		
HIV or AIDS education, counseling, or support	86	46.0
Hepatitis education, counseling, or support	64	34.2
Health education other than HIV/AIDS or hepatitis	84	44.9
Substance abuse education	186	99.5
Smoking/ tobacco cessation counseling	110	58.8
Individual counseling	187	100.0

Continued

For a symbol key, see the last page of this profile.

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

	Facilities	
	No.	%
Group counseling	168	89.8
Family counseling	170	90.9
Marital/couples counseling	138	73.8
Vocational training or educational support	11	5.9
None of these education and counseling services offered	—	—
Pharmacotherapies		
Disulfiram (Antabuse®)	46	24.6
Naltrexone (oral)	56	29.9
Naltrexone (extended-release, injectable, for example, Vivitrol®)	46	24.6
Acamprosate (Campral®)	53	28.3
Nicotine replacement	70	37.4
Non-nicotine smoking/tobacco cessation medications (for example, bupropion, varenicline)	46	24.6
Medications for psychiatric disorders	68	36.4
Methadone ¹	11	5.9
Buprenorphine with naloxone (for example, Suboxone®, Bunavail®, Zubsolv®, Cassipa®)	46	24.6
Buprenorphine without naloxone	34	18.2
Buprenorphine sub-dermal implant (Probuphine®)	1	0.5
Buprenorphine (extended-release, injectable, for example, Sublocade®)	10	5.3
Medications for HIV treatment (for example, antiretroviral medications such as tenofovir, efavirenz, emtricitabine, atazanavir, and lamivudine)	6	3.2
Medications for hepatitis C (HCV) treatment (for example, sofosbuvir, ledipasvir, interferon, peginterferon, ribavirin)	7	3.7
Lofexidine	3	1.6
Clonidine	42	22.5
None of these pharmacotherapy services offered	79	42.2
Ancillary services		
Case management services	137	73.3
Social skills development	129	69.0
Child care for clients' children	6	3.2
Domestic violence—family or partner violence services (physical, sexual, and emotional abuse)	75	40.1
Early intervention for HIV	31	16.6
Transportation assistance to treatment	62	33.2
Mental health services	115	61.5
Acupuncture	3	1.6
Residential beds for clients' children	7	3.7
None of these ancillary services offered	10	5.3
Other services		
Treatment for gambling disorder	92	49.2
Treatment for Internet use disorder	28	15.0
Treatment for other addiction disorder (non-substance abuse)	81	43.3
None of these 'other' services offered	55	29.4

¹ Methadone is available only at OTP facilities that are certified by SAMHSA's Center for Substance Abuse Treatment.

Clinical/therapeutic approaches used frequently, by number and percent

	Facilities	
	No.	%
Substance abuse counseling	185	98.9
12-step facilitation	125	66.8
Brief intervention	156	83.4
Cognitive behavioral therapy	184	98.4
Dialectical behavior therapy	102	54.5
Contingency management/motivational incentives	97	51.9
Motivational interviewing	183	97.9
Trauma-related counseling	154	82.4
Anger management	154	82.4
Matrix model	113	60.4
Community reinforcement plus vouchers	20	10.7
Rational emotive behavioral therapy (REBT)	84	44.9
Relapse prevention	181	96.8
Telemedicine/telehealth	62	33.2
Other treatment approaches	33	17.6
We do not use any of these clinical/therapeutic approaches	—	—

Specifically tailored programs or groups, by number and percent

	Facilities	
	No.	%
Any program or group	141	75.4
Adolescents	77	41.2
Young adults	51	27.3
Adult women	75	40.1
Pregnant or postpartum women	31	16.6
Adult men	65	34.8
Seniors or older adults	25	13.4
LGBT clients	23	12.3
Veterans	21	11.2
Active duty military	16	8.6
Members of military families	16	8.6
Criminal justice clients (other than DUI/DWI)	58	31.0
Clients with co-occurring mental and substance use disorders	93	49.7
Clients with co-occurring pain and substance use	26	13.9
Clients with HIV or AIDS	19	10.2
Clients who have experienced sexual abuse	37	19.8
Clients who have experienced intimate partner violence, domestic violence	40	21.4
Clients who have experienced trauma	59	31.6
DUI/DWI clients	48	25.7
Other	2	1.1
No specifically tailored programs or groups are offered	46	24.6

DUI/DWI = driving under the influence/driving while intoxicated or impaired; LGBT = lesbian, gay, bisexual, or transgender.

Facility funding, by number and percent

	Facilities	
	No.	%
Receives federal, state, county, or local government funds or grants for substance use treatment programs	112	59.9

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	63	33.7
Any language other than English	70	37.4

Non-English language provided by

Staff counselor only	6	8.6
On-call interpreter only	54	77.1
Both staff counselor and on-call interpreter	10	14.3

Languages provided by staff counselor¹

Spanish	16	100.0
American Indian/Alaska Native languages	—	—
Other	1	6.3

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.

Symbol key (where applicable)

— Quantity is zero; * Less than 0.05 percent;
 † Less than 1 per 100,000; ‡ No facilities in this category.

Data in this profile are from facilities that reported to the N-SSATS and are based on the survey's reference date, March 29, 2019. 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/data-we-collect/n-ssats-national-survey-substance-abuse-treatment-services>

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

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

Clients receiving medication-assisted opioid therapy (MAOT) at facilities with opioid treatment programs (OTPs) and non-OTP facilities, by number and percent

	No.	%
Facilities with OTPs¹	11	0.7

Clients in facilities with OTPs²

Any MAT ³	1,607	0.4
Methadone	1,362	0.3
Buprenorphine	241	0.7
Naltrexone	4	0.1

Clients in facilities without OTPs⁴

Any MAT ⁵	359	0.2
Buprenorphine	308	0.2
Naltrexone	51	0.2

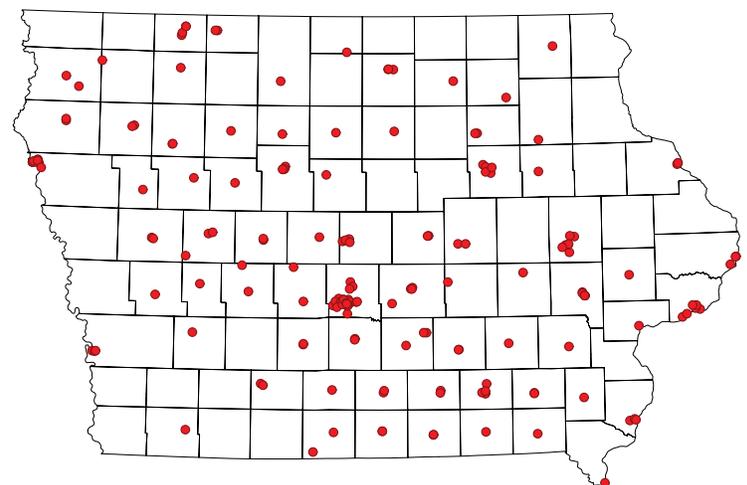
¹ Percentage of all facilities with OTPs in the U.S. ² Percentage of all clients receiving methadone, buprenorphine, or naltrexone at facilities with OTPs in the U.S.; see 2019 N-SSATS report for details. ³ Consists of clients receiving methadone, buprenorphine, or naltrexone. ⁴ Percentage of all clients receiving buprenorphine or naltrexone at non-OTP facilities in the U.S.; see 2019 N-SSATS report for details. ⁵ Consists of clients receiving buprenorphine or naltrexone.

Clients per 100,000 population receiving MAOT in OTP facilities on March 29, 2019

	No.
Any type of medication-assisted therapy ¹	51
Methadone	43
Buprenorphine	8
Naltrexone	†

¹ Includes clients receiving methadone, buprenorphine, or naltrexone.

Location of treatment facilities



<https://www.samhsa.gov/data/quick-statistics>