

## 2013 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, 144 substance abuse treatment facilities were included in the 2013 N-SSATS, reporting that there were 9,731 clients in substance abuse treatment on March 29, 2013. The survey response rate in Iowa was 99.4%.

#### Facility Operation

	Facilities		Clients in Treatment on March 29, 2013			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	106	73.6	7,726	79.5	823	89.9
Private for-profit	28	19.4	783	8.1	86	9.4
Local, county, or community government	3	2.1	115	1.2	4	0.4
State government	3	2.1	106	1.1	--	--
Federal government	3	2.1	993	10.2	2	0.2
Tribal government	1	0.7	^	^	--	--
<b>Total</b>	<b>144</b>	<b>100.0</b>	<b>9,723<sup>1</sup></b>	<b>100.0</b>	<b>915</b>	<b>100.0</b>

<sup>1</sup> Due to confidentiality concerns, some client counts were suppressed and will not match total client counts.

#### Substance Abuse Problem Treated

	Facilities <sup>1,2</sup>		Clients in Treatment on March 29, 2013		
			All Clients <sup>3</sup>		Clients <sup>3</sup> per 100,000 Pop. Aged 18 or Older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	132	96.4	4,692	48.2	176
Clients with drug abuse only	117	85.4	2,395	24.6	92
Clients with alcohol abuse only	121	88.3	2,644	27.2	105
<b>Total</b>	<b>137</b>		<b>9,731</b>	<b>100.0</b>	<b>373</b>

<sup>1</sup> Facilities may be included in more than one category.

<sup>2</sup> Facilities excluded because they were not asked or did not respond to this question: 7.

<sup>3</sup> Sum of individual items may not agree with the total due to rounding.

Type of Care							
	Facilities <sup>1</sup>		Clients in Treatment on March 29, 2013				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients per Facility	No.	%
<b>Outpatient</b>	<b>126</b>	<b>87.5</b>	<b>8,946</b>	<b>91.9</b>	<b>30</b>	<b>761</b>	<b>83.2</b>
Regular	123	85.4	6,589	67.7	23		
Intensive	85	59.0	1,605	16.5	9		
Day treatment/partial hospitalization	20	13.9	119	1.2	5		
Detoxification	7	4.9	5	0.1	--		
Methadone/buprenorphine maintenance or Vivitrol®	5	3.5	628	6.5	65		
<b>Residential (non-hospital)</b>	<b>32</b>	<b>22.2</b>	<b>738</b>	<b>7.6</b>	<b>14</b>	<b>152</b>	<b>16.6</b>
Short term (<30 days)	24	16.7	350	3.6	12		
Long term (30+ days)	27	18.8	381	3.9	10		
Detoxification	6	4.2	7	0.1	1		
<b>Hospital Inpatient</b>	<b>8</b>	<b>5.6</b>	<b>47</b>	<b>0.5</b>	<b>5</b>	<b>2</b>	<b>0.2</b>
Treatment	4	2.8	5	0.1	1		
Detoxification	8	5.6	42	0.4	5		
<b>Total</b>	<b>144</b>		<b>9,731</b>	<b>100.0</b>	<b>30</b>	<b>915</b>	<b>100.0</b>

<sup>1</sup> Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)		
	No.	%
<b>Facilities with OTPs<sup>1</sup></b>	<b>5</b>	<b>0.4</b>
<b>Clients in Facilities with OTPs</b>		
Methadone	623	90.0
Buprenorphine	11	1.6
Vivitrol®	--	--
<b>Clients in Facilities without OTPs</b>		
Buprenorphine	58	8.4
Vivitrol®	--	--
<b>Total</b>	<b>692</b>	<b>100.0</b>

<sup>1</sup> Percentage of all OTP facilities that are in the United States.

Facility Payment Options		
	Facilities <sup>1</sup>	
	No.	%
Cash or self-payment	137	95.1
Private health insurance	123	85.4
Medicare	43	29.9
Medicaid	125	86.8
State-financed health insurance	89	61.8
Federal military insurance	66	45.8
No payment accepted	2	1.4
Access to Recovery (ATR) vouchers <sup>2</sup>	90	62.5
IHS/638 contract care funds	2	1.4
Other payments	2	1.4
Sliding fee scale	100	69.4
Treatment at no charge for clients who cannot pay	54	37.5

<sup>1</sup> Facilities may accept more than one type of payment.

<sup>2</sup> 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, WA, WI, and WY.

Facility Licensing, Certification, or Accreditation		
	Facilities <sup>1</sup>	
	No.	%
Any listed agency/organization	140	97.2
State substance abuse agency	114	79.2
State mental health department	43	29.9
State department of health	106	73.6
Hospital licensing authority	11	7.6
The Joint Commission	15	10.4
Commission on Accreditation of Rehabilitation Facilities	27	18.8
National Committee for Quality Assurance	1	0.7
Council on Accreditation	11	7.6
Other state/local agency/organization	4	2.8

<sup>1</sup> 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	91	63.2

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

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## Types of Services Offered

	Facilities	
	No.	%
<b>Assessment and Pre-Treatment Services</b>	<b>142</b>	<b>98.6</b>
Screening for substance abuse	137	95.1
Screening for mental health disorders	108	75.0
Comprehensive substance abuse assessment or diagnosis	140	97.2
Comprehensive mental health assessment or diagnosis	56	38.9
Screening for tobacco use	111	77.1
Outreach to persons in the community who may need treatment	85	59.0
Interim services for clients when immediate admission is not possible	81	56.3
No services offered	2	1.4
<b>Testing</b>	<b>126</b>	<b>87.5</b>
Breathalyzer or other blood alcohol testing	93	64.6
Drug or alcohol urine screening	125	86.8
Screening for Hepatitis B	24	16.7
Screening for Hepatitis C	25	17.4
HIV testing	23	16.0
STD testing	19	13.2
TB screening	54	37.5
No services offered	17	11.8
<b>Counseling</b>	<b>144</b>	<b>100.0</b>
Individual counseling	144	100.0
Group counseling	132	91.7
Family counseling	122	84.7
Marital/couples counseling	99	68.8
<b>Transitional Services</b>	<b>143</b>	<b>99.3</b>
Discharge planning	139	96.5
Aftercare/continuing care	134	93.1
No services offered	1	0.7
<b>Pharmacotherapies</b>	<b>60</b>	<b>41.7</b>
Disulfiram (Antabuse®)	17	11.8
Naltrexone (oral)	17	11.8
Vivitrol® (injectable Naltrexone)	6	4.2
Acamprosate (Campral®)	20	13.9
Nicotine replacement	35	24.3
Non-nicotine smoking/tobacco cessation medications	21	14.6
Medications for psychiatric disorders	38	26.4
Methadone	8	5.6
Buprenorphine with naloxone (Suboxone®)	17	11.8
Buprenorphine without naloxone	10	6.9
No services offered	77	53.5
<b>Ancillary Services</b>	<b>144</b>	<b>100.0</b>
Case management services	104	72.2
Social skills development	93	64.6
Mentoring/peer support	60	41.7
Child care for clients' children	8	5.6
Assistance with obtaining social services	75	52.1
Employment counseling or training for clients	35	24.3
Assistance in locating housing for clients	57	39.6

Continued

## Types of Services Offered (continued)

	Facilities	
	No.	%
Domestic violence services	49	34.0
Early intervention for HIV	23	16.0
HIV or AIDS education, counseling, or support	71	49.3
Hepatitis education, counseling, or support	50	34.7
Health education other than HIV/AIDS or hepatitis	67	46.5
Substance abuse education	140	97.2
Transportation assistance to treatment	65	45.1
Mental health services	82	56.9
Acupuncture	3	2.1
Residential beds for clients' children	7	4.9
Self-help groups	68	47.2
Smoking cessation counseling	49	34.0
No services offered	--	--
<b>Other Services</b>	<b>43</b>	<b>29.9</b>
Treatment for gambling disorder	35	24.3
Treatment for Internet use disorder	8	5.6
Treatment for other addiction disorder	28	19.4
No services offered	96	66.7

## Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	142	98.6
Relapse prevention	137	95.1
Cognitive-behavioral therapy	137	95.1
Motivational interviewing	131	91.0
Anger management	109	75.7
Brief intervention	102	70.8
12-step facilitation	101	70.1
Trauma-related counseling	86	59.7
Contingency management/motivational incentives	69	47.9
Rational emotive behavioral therapy (REBT)	64	44.4
Matrix Model	72	50.0
Community reinforcement plus vouchers	26	18.1
Computerized substance abuse treatment/telemedicine	22	15.3
Other treatment approaches	6	4.2

## Facility Capacity and Utilization Rate<sup>1</sup>

	Residential	Hospital Inpatient
Number of facilities	30	2
Number of clients <sup>2</sup>	652	^
Number of designated beds	815	^
Utilization rate <sup>3</sup>	80.0	^
Average number of designated beds per facility	27	^

<sup>1</sup> 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.

<sup>2</sup> Number of clients on March 29, 2013.

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

## Clients per 100,000 Population in Opioid Treatment on March 29, 2013

	No.
Methadone	20
Buprenorphine	2
Vivitrol®	--

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

	Facilities	
	No.	%
Sign language	28	19.4
Any language other than English	40	27.8
<b>Non-English Language Provided by:</b>		
Staff counselor only	7	17.5
On-call interpreter only	18	45.0
Both staff counselor and on-call interpreter	15	37.5
<b>Languages Provided by Staff Counselor:<sup>1</sup></b>		
Spanish	21	95.5
American Indian/Alaska Native languages	--	--
Other	1	4.5

<sup>1</sup> 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.

## Specifically Tailored Programs or Groups

	Facilities	
	No.	%
Any program or group	123	85.4
Adult women	54	37.5
Clients with co-occurring disorders	67	46.5
Adult men	43	29.9
Criminal justice clients	38	26.4
Adolescents	62	43.1
Persons who have experienced trauma	29	20.1
DUI/DWI clients	54	37.5
Young adults	20	13.9
Persons who have experienced domestic violence	20	13.9
Persons who have experienced sexual abuse	15	10.4
Pregnant or postpartum women	13	9.0
Persons with HIV/AIDS	4	2.8
Veterans	5	3.5
LGBT <sup>1</sup>	9	6.3
Seniors or older adults	6	4.2
Members of military families	2	1.4
Active duty military	3	2.1
Other	11	7.6
No program or group offered	54	37.5

<sup>1</sup> Lesbian, gay, bisexual, or transgender clients.

**Symbol key:** - - Quantity is zero. \* Less than 0.05 percent. n/a Not applicable. ^ Data suppressed due to confidentiality issues.  
‡ No facilities in this category.

Data are from facilities that reported to N-SSATS for the survey reference date March 29, 2013. 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/>

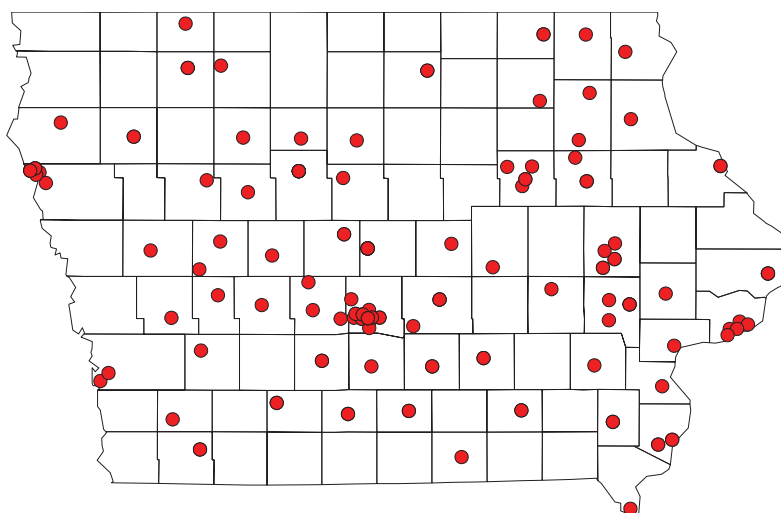
Access N-SSATS profiles for individual states at:

<http://www.dasis.samhsa.gov/webt/NewMapv1.htm>

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

<http://findtreatment.samhsa.gov/>

## Location of Treatment Facilities



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/](http://www.samhsa.gov/data/)