



## POLK COUNTY DECATEGORIZATION

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IOWA DEPARTMENT OF HUMAN SERVICES  
POLK COUNTY – RIVER PLACE OFFICE  
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### **Providers Advisory Minutes**

**Wednesday, May 17, 2017**

**8:30 – 10:00 a.m.**

**Polk County-River Place Office- Conference Room 2**

**Attending:** Teresa Burke, Ellen Overton, Darryle Bohanna, Kerry Williams, Brian Atkinson, Jolene Holden, Katrina Hart, Tamra Jurgemeyer, Nancy Wells, Alejandra Alvarado, Kelly Looney, Stephanie Fholer, Kayla Halterman, Randy Jensen, Katie Kamienski, Ashley Mori, Denise Stadter, Laura Weiler, Kelly Jordan, Marcia Bradley, Pam Gumm, Sue Renfrow, Al Perez, John Douglas, Malcom Blough, Alicia Vermeer, Leslee Cran

**Teresa Burke called the meeting to order at 8:33**

**The meeting started with introductions.**

**Speaker: Brian Atkinson, Prevention Specialist, U.S. Army Reserves**

#### **“Current Drug Trends in Iowa & Nationally”**

When the Iowa Department of Human Services (DHS) uses Pre-Removal Conferences (PRCs) to remove children from their home, the primary reason for removal in many of the cases involve substance abuse.

Americans consume 60% of the world's production of illegal drugs, 23 million abuse marijuana at least 4 times per week, 18 million abuse alcohol, 6 million abuse cocaine and 2 million abuse heroin.

Over 75% of drug abusers are employed and an average of 15-17% of employees in every U.S. company are substance abusers. Substance abusers are 33-50% less productive and abusers are 10 times more likely to miss work and 3 times more likely to be late than non-abusers.

In Iowa, methamphetamine is still a concern even though manufacturing has decreased significantly due to stricter laws on pseudoephedrine purchases and anhydrous ammonia access. Cocaine is a problem in urban areas. Marijuana is readily available. Prescription drug and heroin abuse is rising. I-80 and I-35 provide critical routes for drug traffic.

Drugs referred to in this discussion include any substance that changes one's thinking, feelings, perceptions, and/or behaviors. Everyone has the potential to become addicted to drugs. The risk is based on the choices we make, not on the kind of person we are. When family members or friends are using drugs, the person likely to be exposed to drugs and

being addicted 4 times more. The main problem of using drugs is that the chemical from drugs affects the brain significantly, especially where it involves with logical thinking and planning.

Marijuana is the most commonly used illegal drug and Colorado became first state to allow the sale of this for recreational use. It can be smoked or eaten, and comes in a variety of forms, such as wax/shatter, oils (vaping), and even edibles.

Alcohol is another substance that affects the human brain negatively if overconsumed. It is a central nervous system-depressant. It alters a person's perceptions, emotions, movement, vision, and hearing. The frontal lobe, which is a key for decision making and is involved in a wide range of higher cognitive functions, is not fully developed until age of 24 or 25. Alcohol is socially accepted, but it kills age group 12-24 more than all drugs combined, including OTC drugs. If a youth starts drinking, it will immediately change their decision making process. Alcohol abuse is a huge problem Iowa is encountering. (See the presentation file to check what a standard drink is.)

There is a disturbing new social trend called pharm parties. Pharm is short for pharmaceuticals, or prescription drugs. Teens bring prescription drugs from home, mix them together into a big bowl and grab a handful.

Rate of overdose deaths involving opioids has nearly quadrupled since 1999 and 44 people die everyday. More than half of teens (56%) indicate that it's easy to get prescription drugs from the parent's medicine cabinet. More than a quarter of teens (27%) mistakenly believe that misusing and abusing prescription drugs is safer than using street drugs. Teens need to be encouraged to learned what abuse of prescription drug-opioids can do to their bodies. You can also drop off unused prescription drugs to get them out of the house. Check out <https://www.dea.gov>

### **Question & Answer**

- a. Has anyone followed up how marijuana affects childwelfare? Is there certain entity which collects data on this available? Check out <http://www.nationaldec.org/>
- b. Can you take drugs back to pharmacy? Or can we dispose of this into a toilet bowl? Yes for some drugs but some not. Do not flush down drugs into a toilet bowl because it poisons the water. You might just want to dispose of drugs into garbage can. Check out with your county office for instructions. They might have a permanent site where you can take back drugs.

### **Announcements from the group**

- a. 7th Annual Psychological Trauma & Juvenile Justice, June 6 & 7. Check out Decat CPPC site for the details.

### **Upcoming speakers and topics:**

- a. June 21<sup>st</sup> – Melissa Nordell-Earp, Des Moines Municipal Housing Agency – Bank On Central Iowa
- b. Future meetings: Special session – Mike McInroy & Darin Thompson on current happenings with DHS, Corinne Lambert – Results Based Accountability in the workplace; Jason Allen – DMPS on the African American Males project – B2B; Dr. McCann – recent developments in childhood trauma
- c. Who else would you like to see?

**Adjourn – Teresa Burke 9:57**