



Iowa's Evolving Drug Trends

Responding to Health & Safety Concerns

February 2023

Governor's Office of Drug Control Policy

Vision: Safe & healthy Iowans.

Mission: To coordinate substance use related criminal justice resourcing & policy development.

Iowa Headlines

Recent Developments Related to Substance Use

- Ranked 39th in illicit drug use & 47th in OD deaths in U.S., Iowa binge drinking & nicotine use skew higher, & substance-related deaths rose to record levels in 2021.
- Influx of fentanyl & other potentially lethal synthetic opioids/drugs.
- Explosion of counterfeit pills, many laced with fentanyl/synthetic opioids.
- Disproportionate number of Iowa youth dying from drug overdoses.
- Rising alcohol-related deaths affect many more Iowans, especially older adults.
- New or emerging substances quick to market (e.g., synthetic drug spinoffs).
- Increasing polydrug trafficking & use.
- Pandemic-influenced changes in drug-related behaviors & responses.

2023 Iowa Drug Control Strategy

Comprehensive Blueprint for Prevention, Treatment & Enforcement

- Reduce substance-related injuries & deaths.
- Reduce youth use of alcohol, nicotine & marijuana (THC).
- Increase timely access to substance use disorder (SUD) services.
- Increase employment & quality of life for those in or completing SUD treatment.
- Increase accountable alternatives to incarceration for eligible drug-related offenses, & reduce the disproportionate # of minorities referred to the justice system.



Substance Use in Context: How Iowa Compares

Current **Binge Drinking** = 5th (27.13% vs. 23.08% US)

Current **Tobacco Use** = 21st (22.20% vs. 19.88% US)

Current **Cocaine Use** = 23rd (1.89% vs. 1.93% US)

Past Year **Meth Use** = 30th (0.83% vs. 0.82% US)

Past Year **Rx Misuse** = 37th (3.18% vs. 3.44% US)

Current **Marijuana Use** = 37th (9.17% vs. 11.66% US)

Current **Illicit Drug Use** = 39th (10.43% vs. 13.24% US)

Past Year **Heroin Use** (18+) = 48th (0.20% vs. 0.33% US)

Past Year **SUDs** = 28th (14.87% vs. 14.54% US)

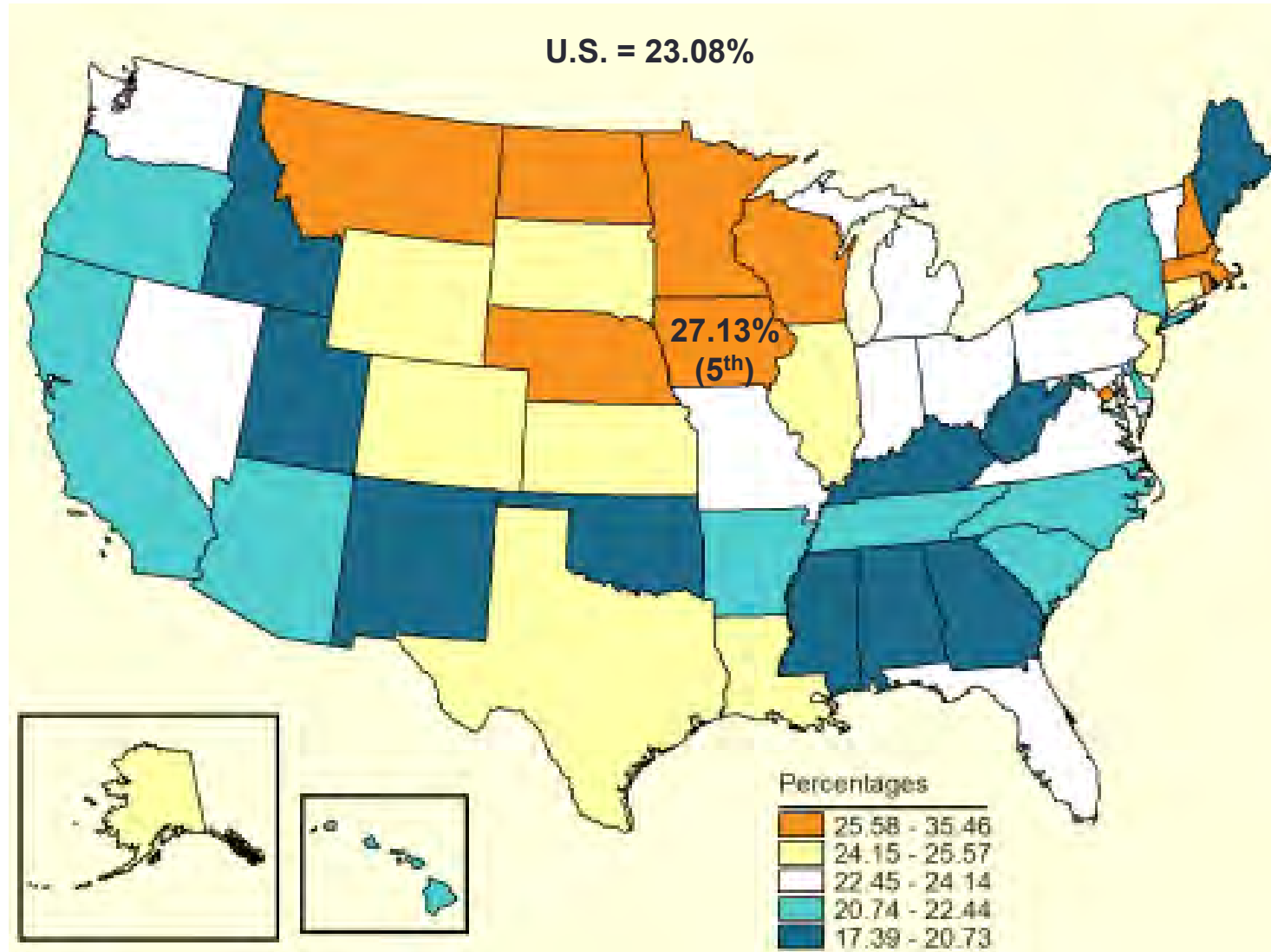
Yearly Rate **Drug OD Deaths** = 47th (14.3 vs. 28.3/100k US)

Most recent 12+ data available. Current = Past 30 days.

National Survey on Drug Use &
Health, 2019/2020 &
Centers for Disease Control, 2020

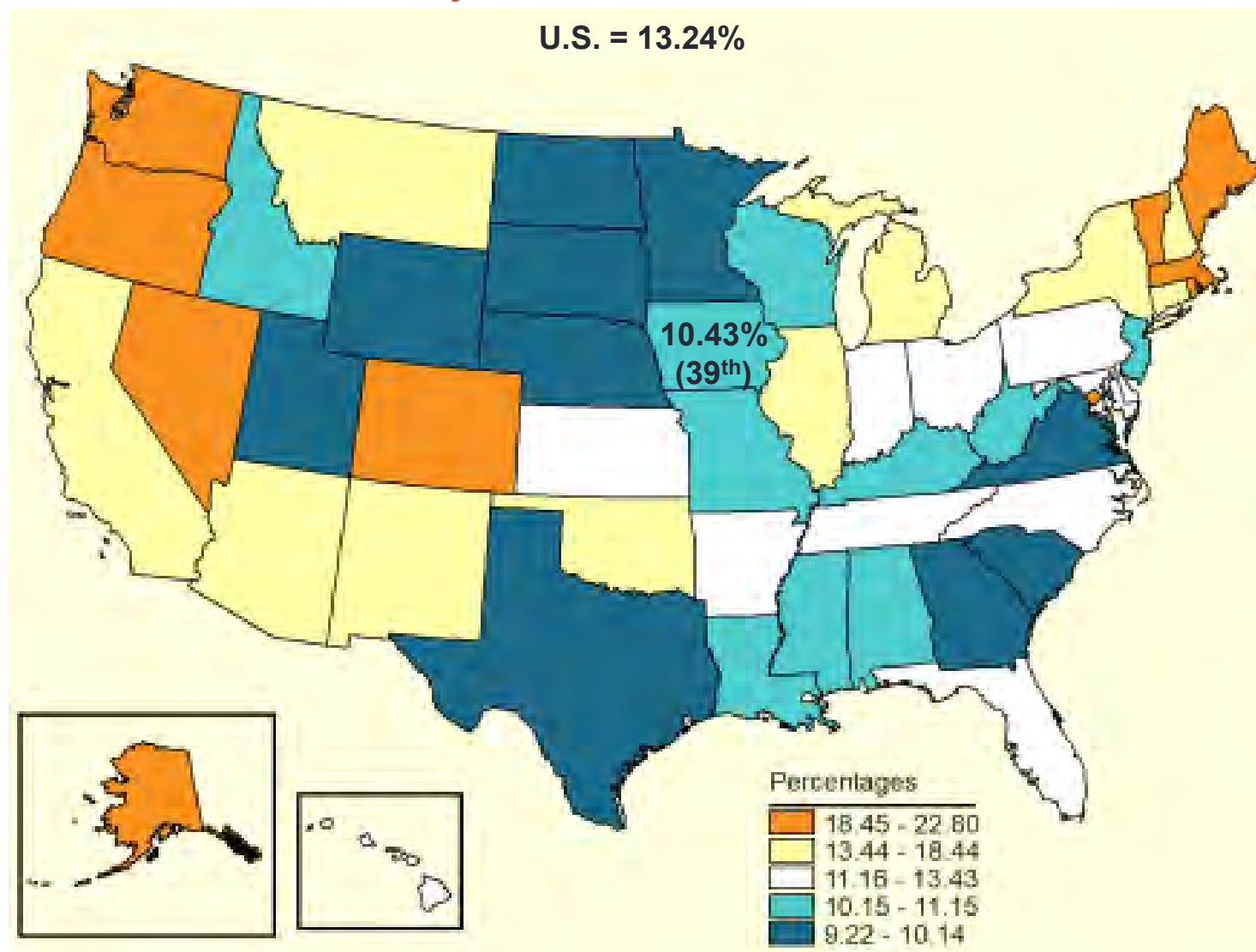
U.S. Binge Drinking, by States

4-5 Alcoholic Drinks on 1 Occasion at Least Once Past Month by 12+ in 2019-2020

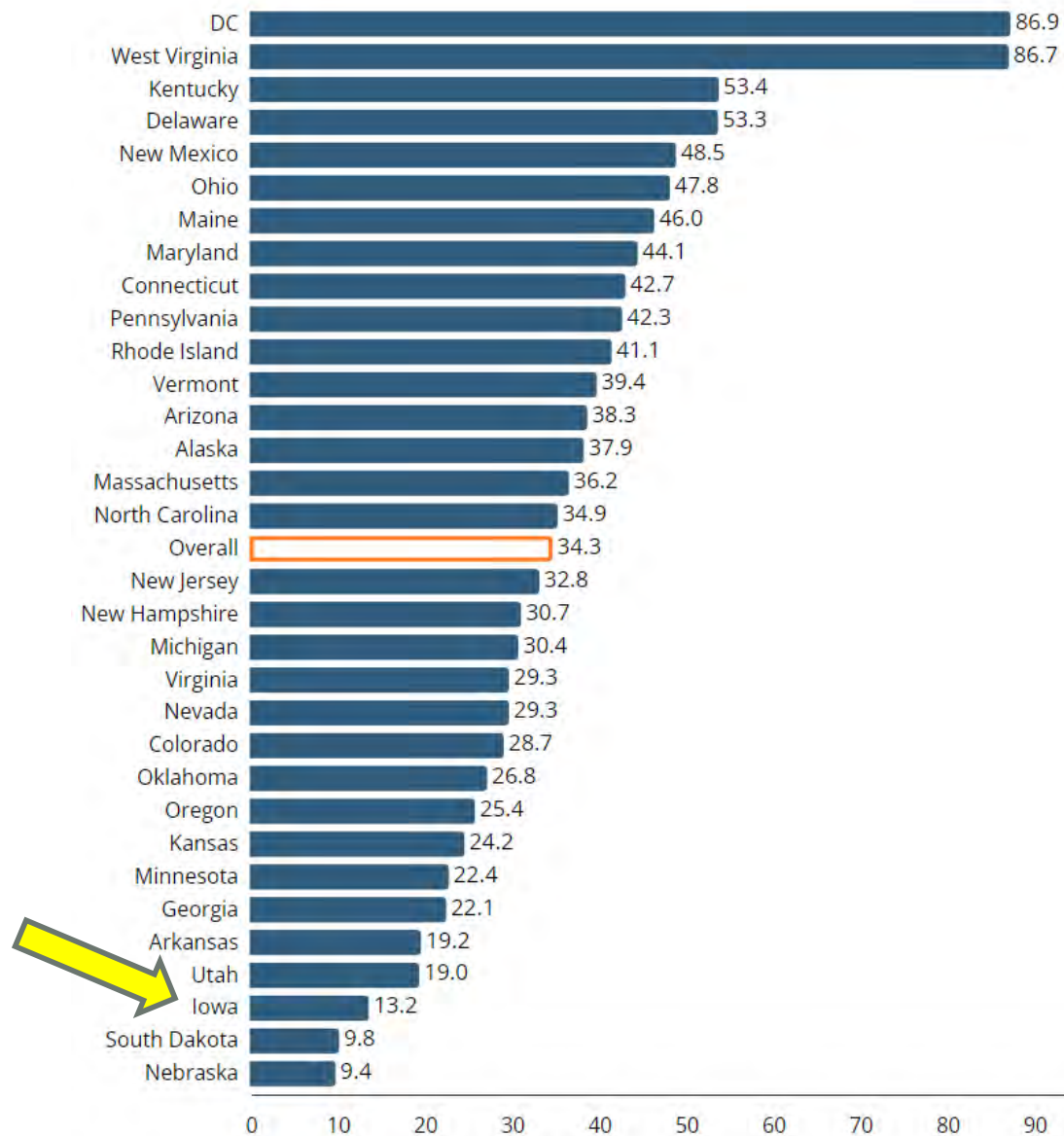


U.S. Drug Use, by States

Any Illicit Drug Use in Past Month by 12+ in 2019-2020



2021 Rate of Drug Deaths by States Reporting (All Drugs)



Most Impactful Evolving Substance Use Challenges

Product Proliferation

More alcoholic beverage choices, synthetic drugs, purchase/access points, etc.

Polysubstance Use

Increasing use of 2 or more substances in mixture or succession (e.g., alcohol with caffeine drinks or marijuana, heroin laced with fentanyl, etc.)...including fake pills consumed by unsuspecting users.

Potency

Rising chemical concentrations and/or purities (e.g., craft beers, nicotine vaping pods, THC levels in marijuana, meth purity, and lethal synthetic opioids).

Pace of Change

New substances (e.g., synthetics) are developed/marketed at faster speeds.

Policy

Some new laws increase product access and others restrict it, but research and regulations struggle to keep pace with product evolutions.

Pandemic

COVID-related stressors have fanned the flames of mental health and substance use disorders.

Fast & Furious: Growing # of Intoxicating Substances

DEA finds New Drug Every 3-4 Weeks & Iowa Crime Lab reports a 5-year 130% Increase

Iowa's Emerging Substance Use Trends & Issues

- Kratom
- THC-A
- THCV
- THCO-Acetate
- THCP
- delta-8 THC
- delta-10 THC
- CBG
- CBG-A
- CBN
- HHC



- Synthetic Opioids:
Fentanyl & 10 analogs (e.g., *para-Fluoro Furanyl fentanyl, counterfeit pills...*)
- Synthetic Cannabinoids:
31 (e.g., *ADB-FUBINACA...*)
- Synthetic Cathinones:
17 (e.g., *N-methyl tryptamine...*)
- Phenethylamines:
8 (e.g., *2,5C-NBOMe...*)
- Counterfeit Pills
Fentanyl+?
- Others (liquid meth, THC vapes/edibles, Xylazine, Promethazine, Psilocybin, etc.)

Substance Use Rises with Pandemic Stressors



Americans are using alcohol to cope with pandemic stress: Nearly 1 in 5 report 'heavy drinking'

~40% of rural Iowans report much worse mental health and relationships during pandemic, ~20% with signs of depression and 15% anxiety.
Iowa State University, 2021



Issue brief: Nation's drug-related overdose and death epidemic continues to worsen

There is an urgent need for policymakers' action to increase access to evidence-based care for substance use disorders...

Data indicate there have been large increases in many kinds of drug use, including alcohol use, since the start of the pandemic.
National Institute on Drug Abuse, 2022

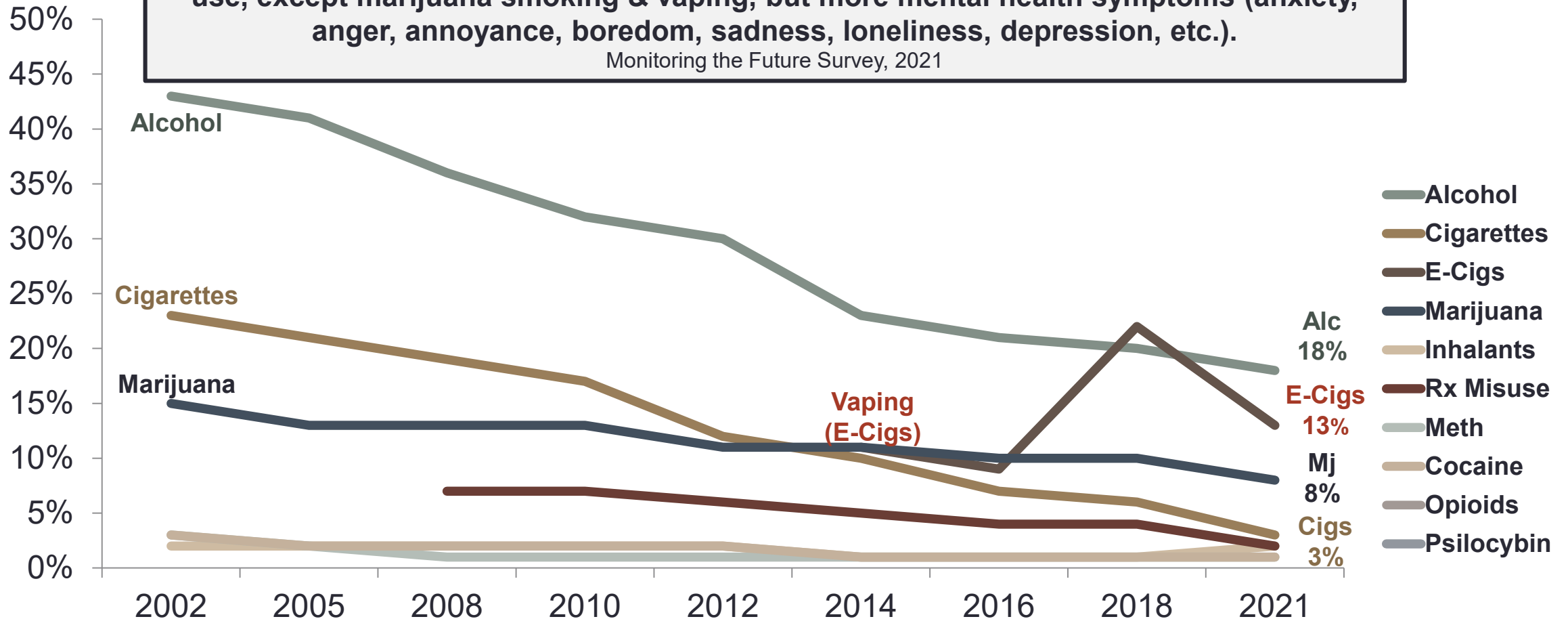
Des Moines Register

Iowa's alcohol related deaths jumped 26% in 2020, fueled by pandemic stress and isolation

Iowa Youth Substance Use

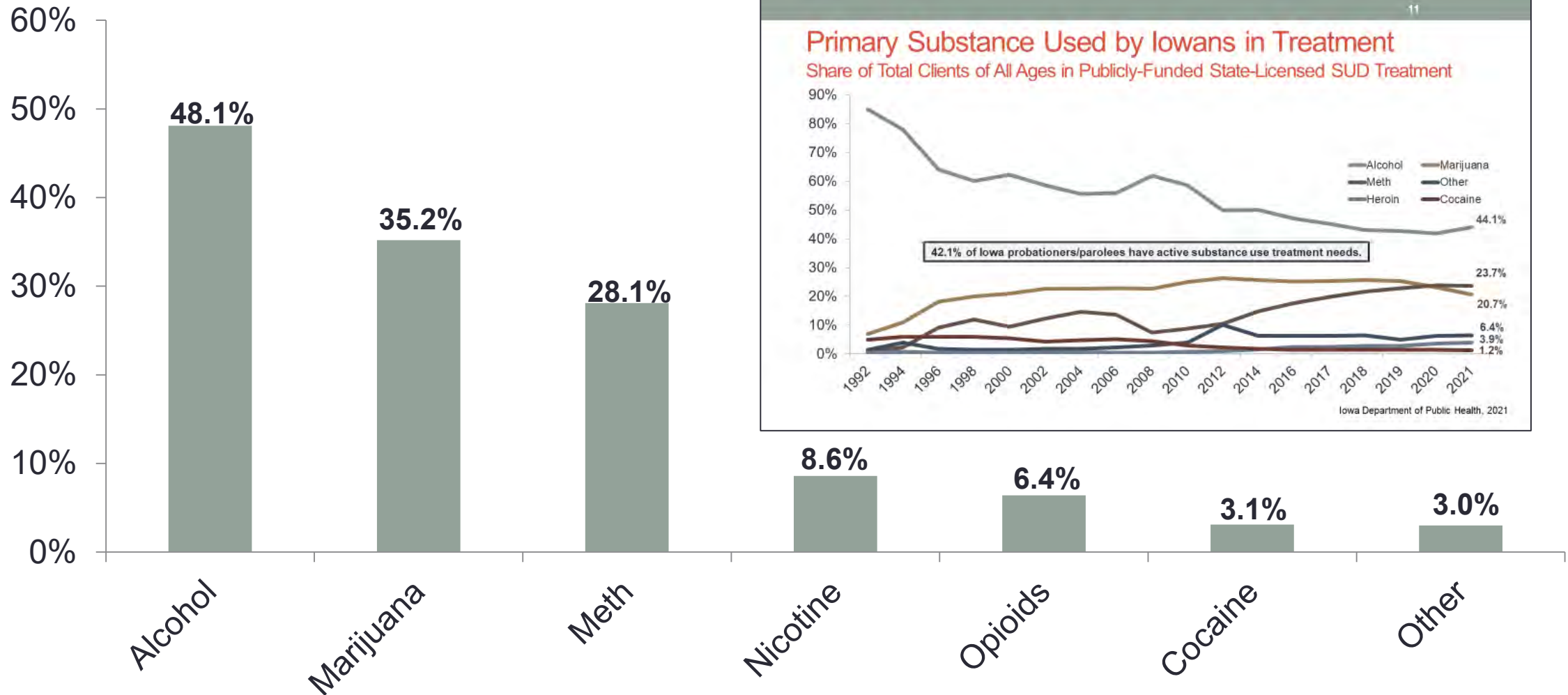
11th Grade Users, Last 30-Days

Since the pandemic's start, U.S. 8th, 10th & 12th graders report level or reduced substance use, except marijuana smoking & vaping, but more mental health symptoms (anxiety, anger, annoyance, boredom, sadness, loneliness, depression, etc.).
Monitoring the Future Survey, 2021



Substance Use by All Iowans Entering Treatment

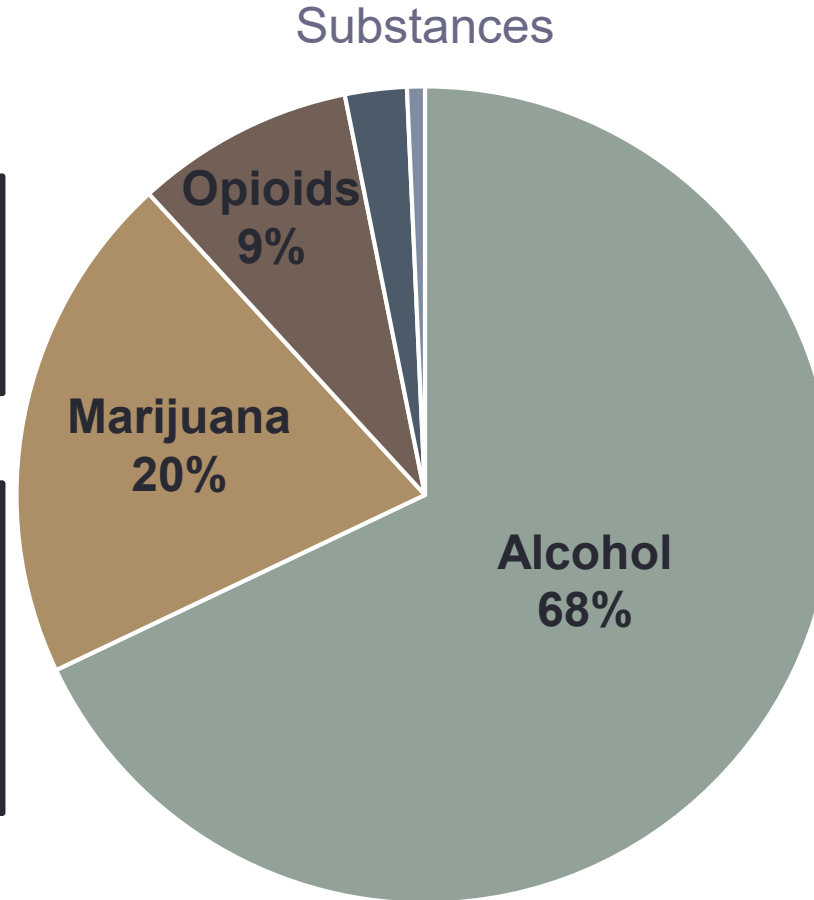
Past 30-Day Use Cited by Those Admitted to Substance Use Disorder (SUD) Treatment



(IHHS reporting changed in 2022. Previous trend data showed declining use of alcohol, rising use of meth, & nearly steady use of other substances.)

Iowa Substance-Related ED Visits & Poison Reports

Some Emergency Department Patients may have Presented Due to Polysubstance Use



Over 50% of Iowa poison exposure calls involved Rx, OTC & herbal drugs, led by pain relievers at #1.
Iowa Poison Control Center, 2022

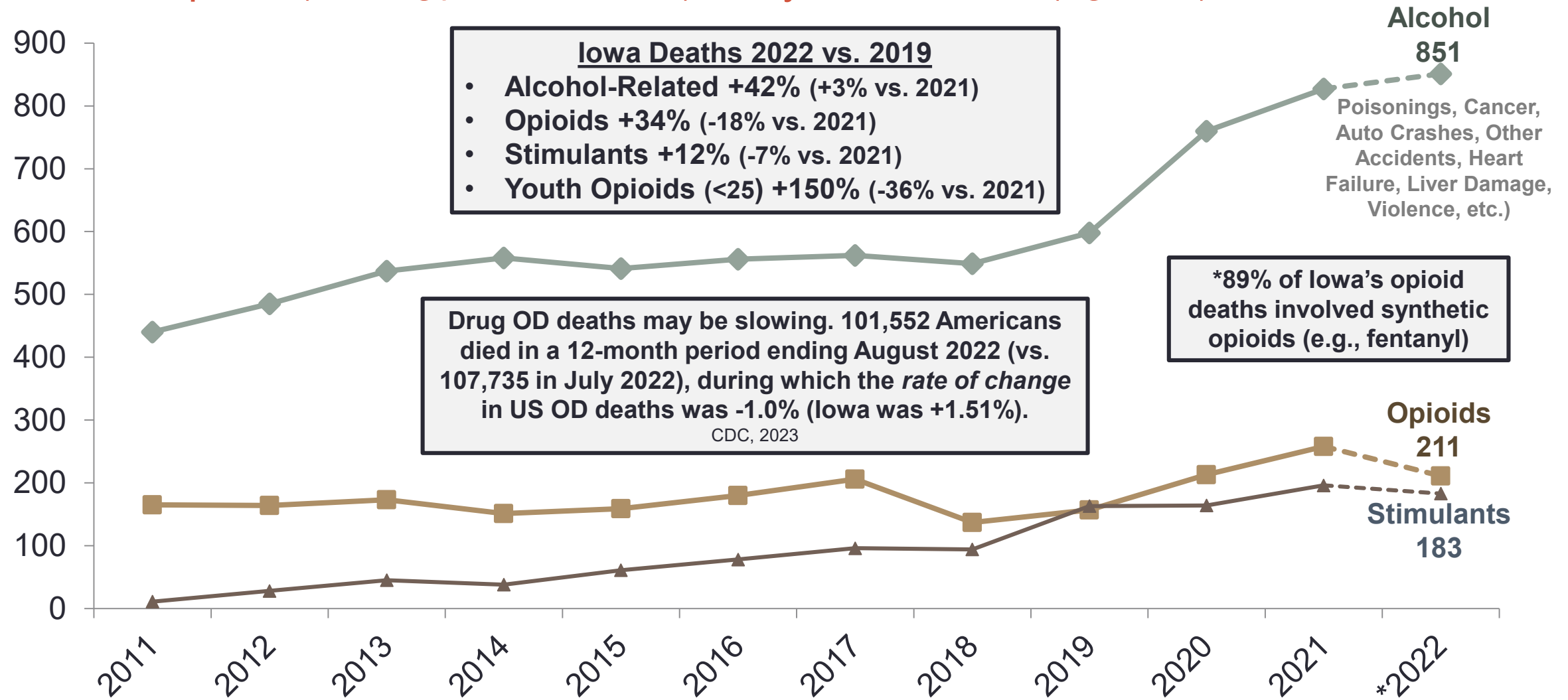
3,054 U.S. children under age 6 accidentally consumed marijuana edibles in 2021, up 1,375% vs. 2017, with 22.7% needing hospitalization & 8% requiring critical care.
National Poison Data System, 2022

Total Iowa substance-related hospital ED visits in 2021 = 32,120.
(+10.5% overall, +58% for marijuana vs. 2016)

■ Alcohol ■ Marijuana ■ Opioids ■ Cocaine ■ Amphetamines

Substance-Involved Deaths in Iowa

Alcohol, Opioids (including powerful combos) & Psychostimulants (e.g., Meth)



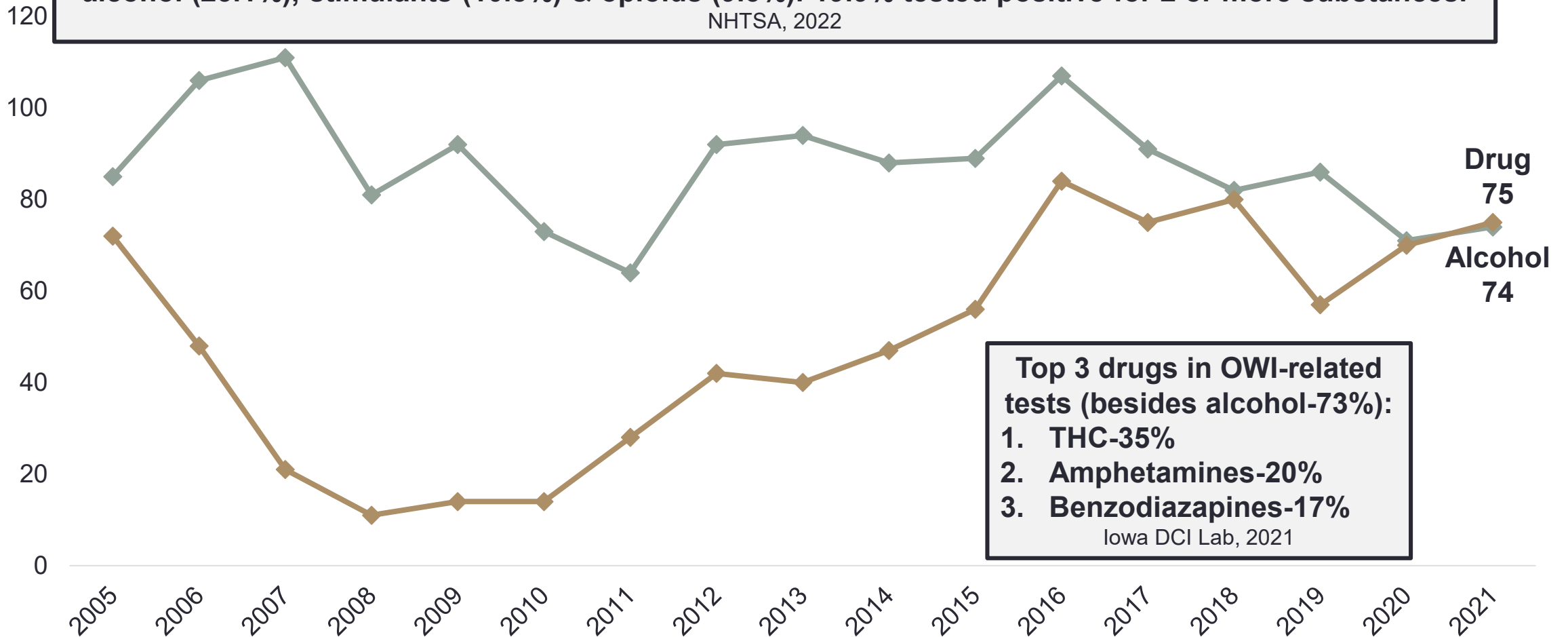
*Preliminary 2022 Data (Note: ME reports may lag)

Iowa Alcohol & Drug-Related Traffic Fatalities

Drug = # Drivers + for 1 or More Drugs (Some with Alcohol) Out of 356 Total Fatalities

Of those killed or injured in U.S. traffic crashes, 55.8% had 1 or more drugs or alcohol in their bloodstream, including 54+% of drivers. Cannabinoids (THC) were most common (25.1%), followed by alcohol (23.1%), stimulants (10.8%) & opioids (9.3%). 19.9% tested positive for 2 or more substances.

NHTSA, 2022



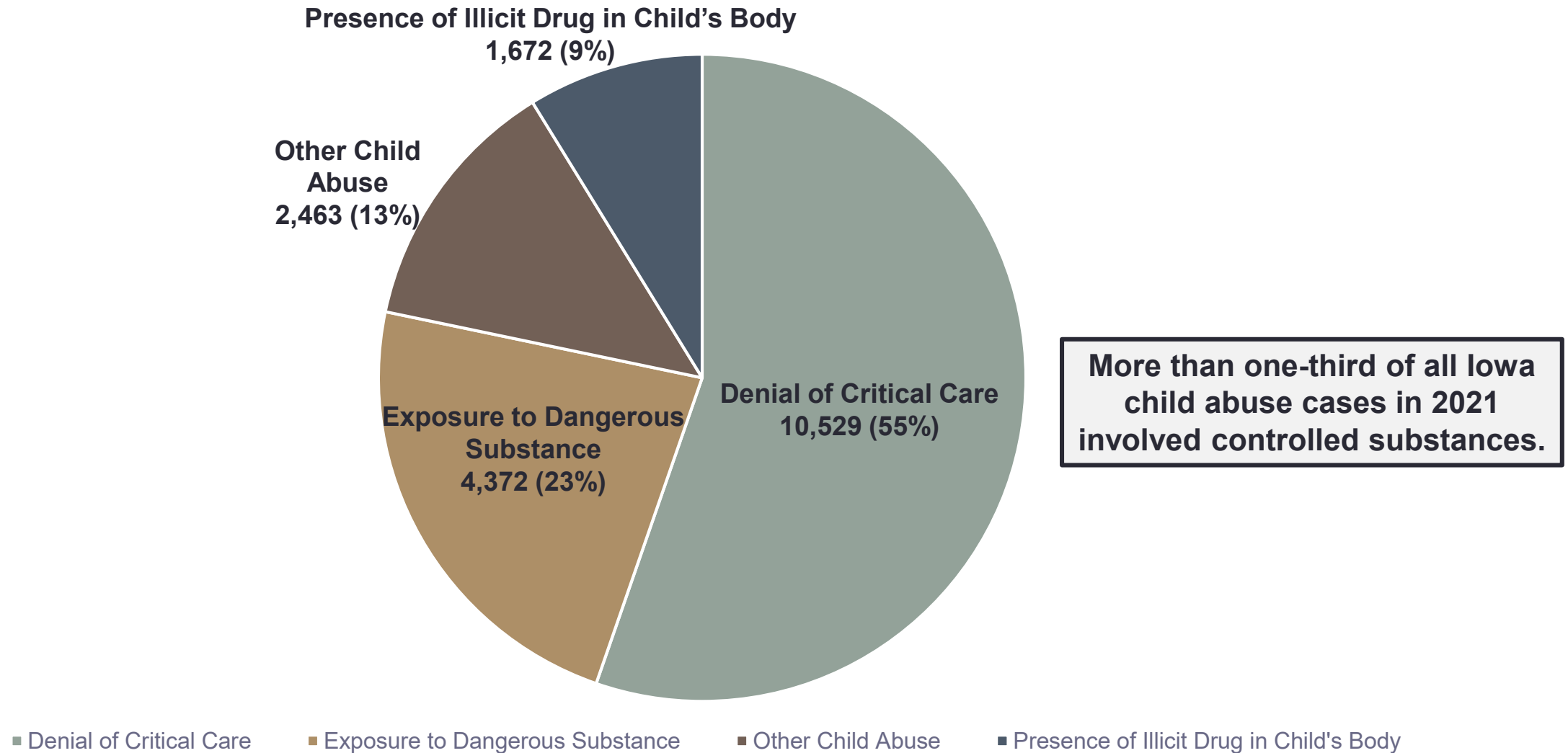
Top 3 drugs in OWI-related tests (besides alcohol-73%):

1. THC-35%
2. Amphetamines-20%
3. Benzodiazapines-17%

Iowa DCI Lab, 2021

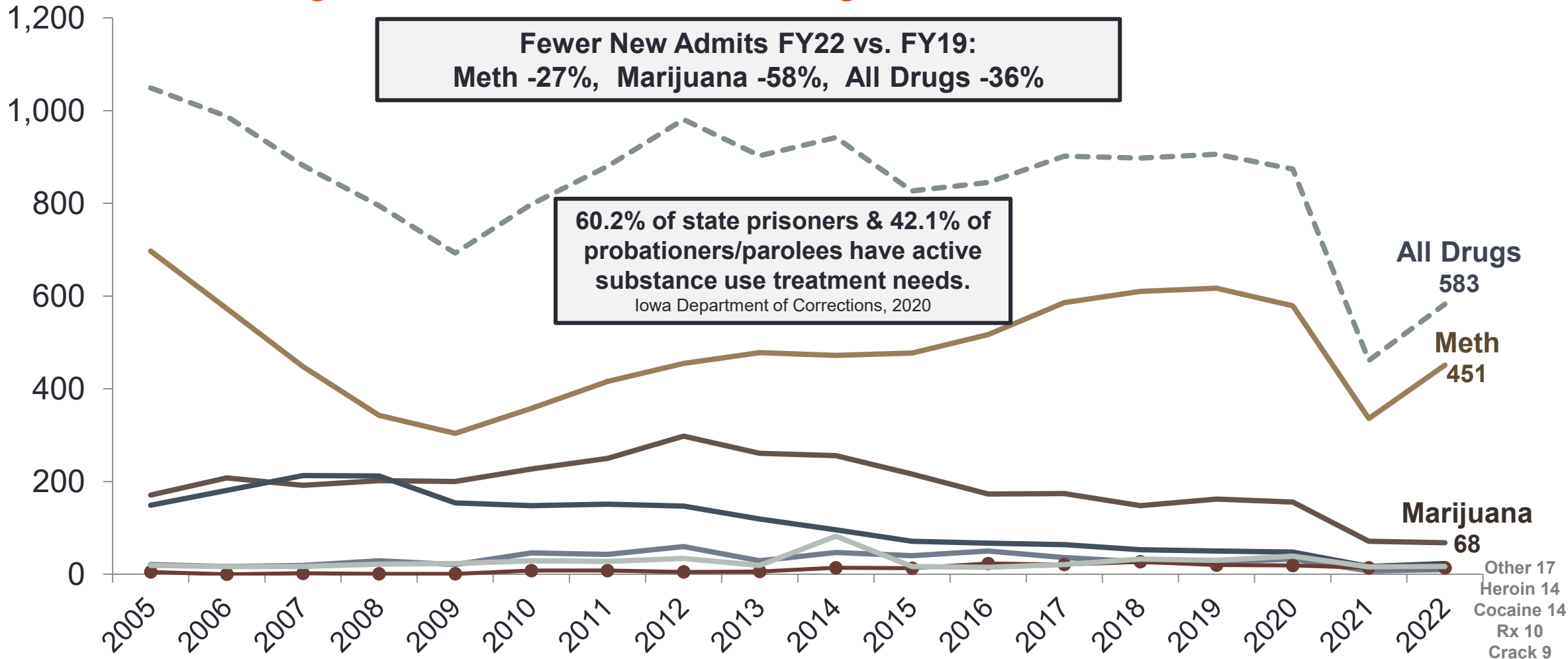
Iowa Child Abuse Cases, by Type in 2021

Confirmed or Founded Cases (Many “Denial of Critical Care” Cases Involve Substances)



Iowa “Drug-Related” Prison Admissions

Most Serious Drug Involved in New Admits through SFY 2022



58% of state prisoners & 63% of jail inmates used drugs vs. 5% of general population.
USDOJ, Bureau of Justice Statistics, 2017

Iowa's Workplace

Sample of Positive Drug Tests Reported 2021 vs. 2001 (% of Total)

The U.S. workforce drug positivity rate hit a 16 year high in 2019, with increases in the Midwest in cocaine, meth & marijuana.

Meth:
Iowa 1.6% vs. US 1.1%

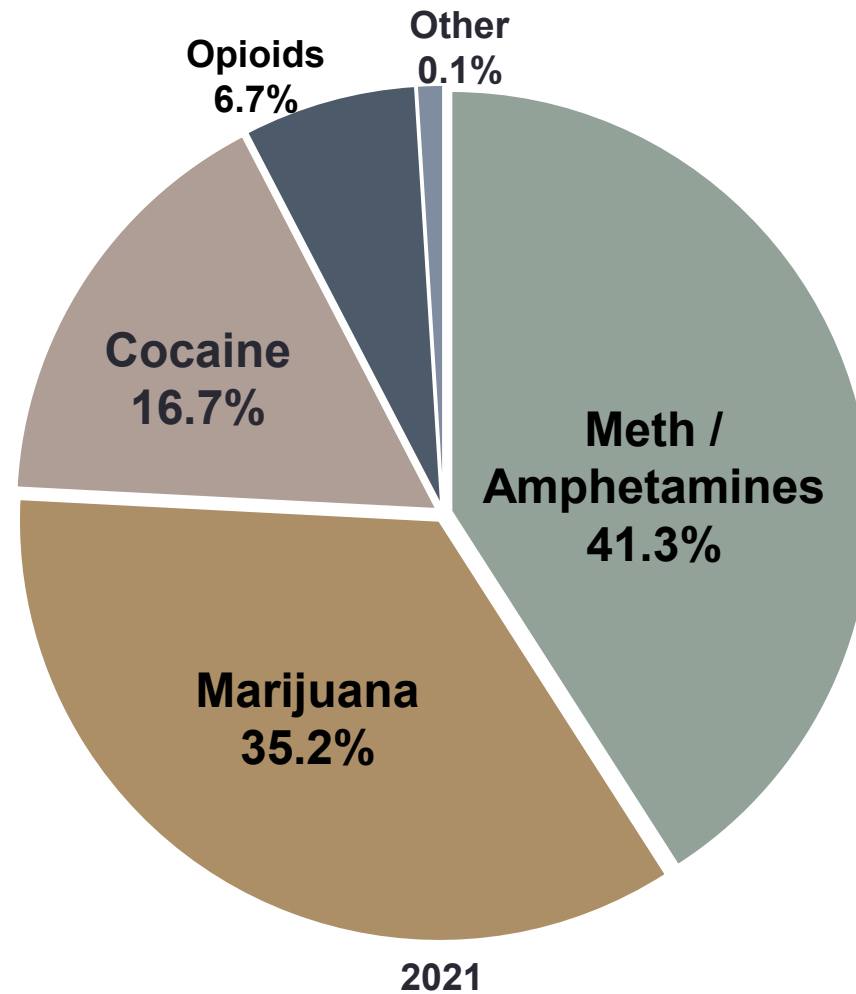
Cocaine:
Iowa 0.16% vs. US 0.26%

Marijuana:
Iowa 1.6% vs. US 2.5%

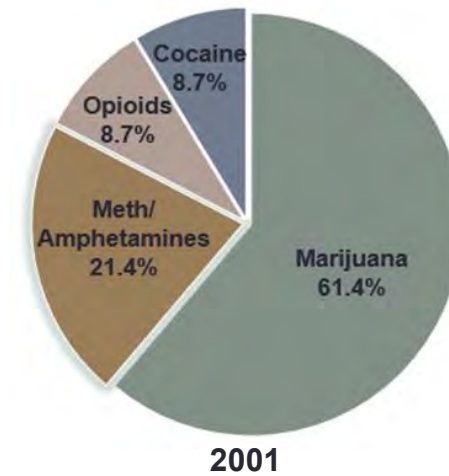
Opiates:
Iowa 0.2% vs. US 0.22%

Overall:
Iowa: 3.9% vs. US 4.5%

2020 Quest Diagnostics



Among employed Americans during the final months of 2021, depression increased 87%, PTSD grew 54% & risk of addiction in men rose 80%.
American Health Policy Institute, et al., 2021

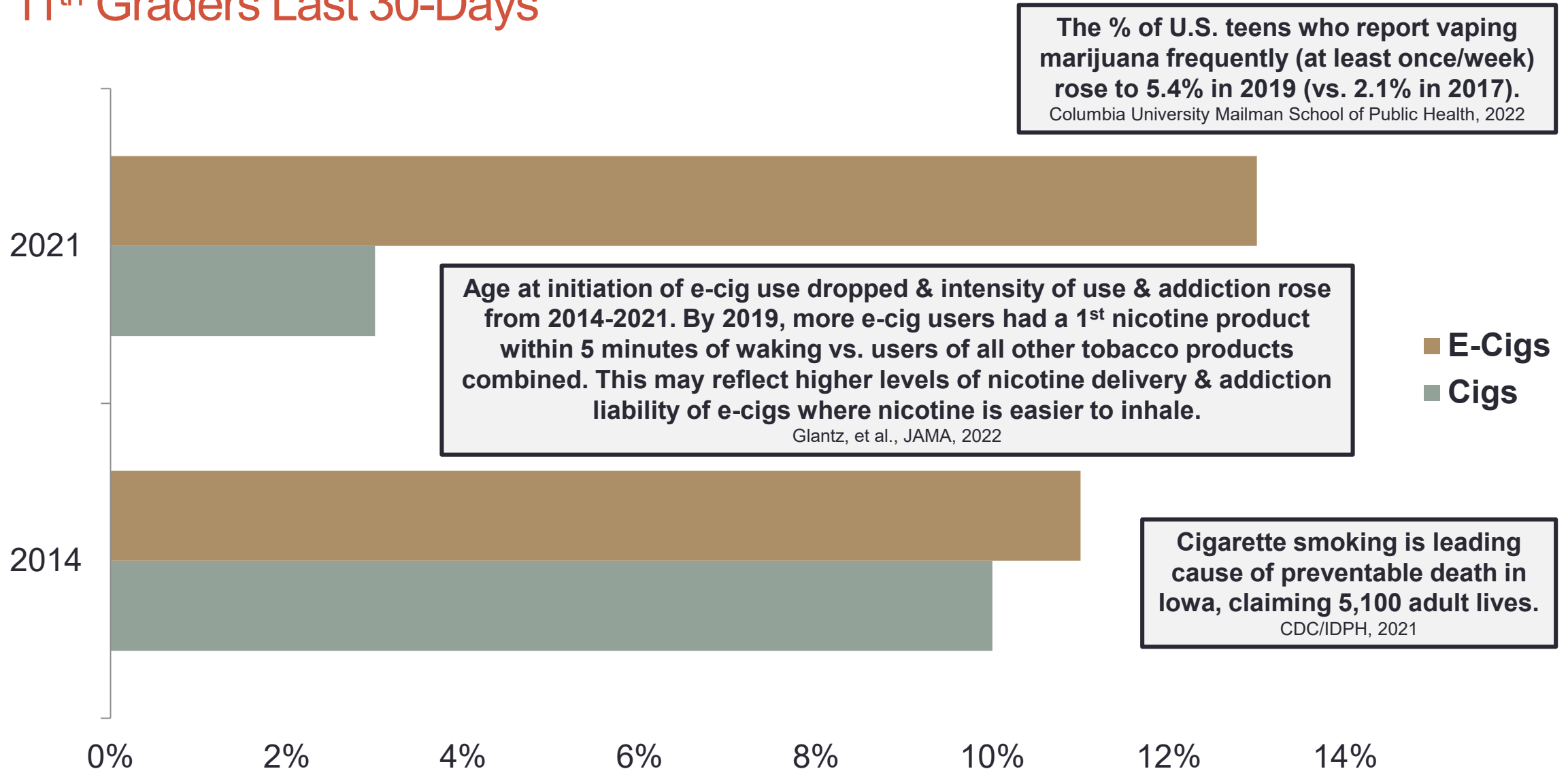


Alcohol & Tobacco/Nicotine



Iowa Youth Cigarette & E-Cigarette Use

11th Graders Last 30-Days

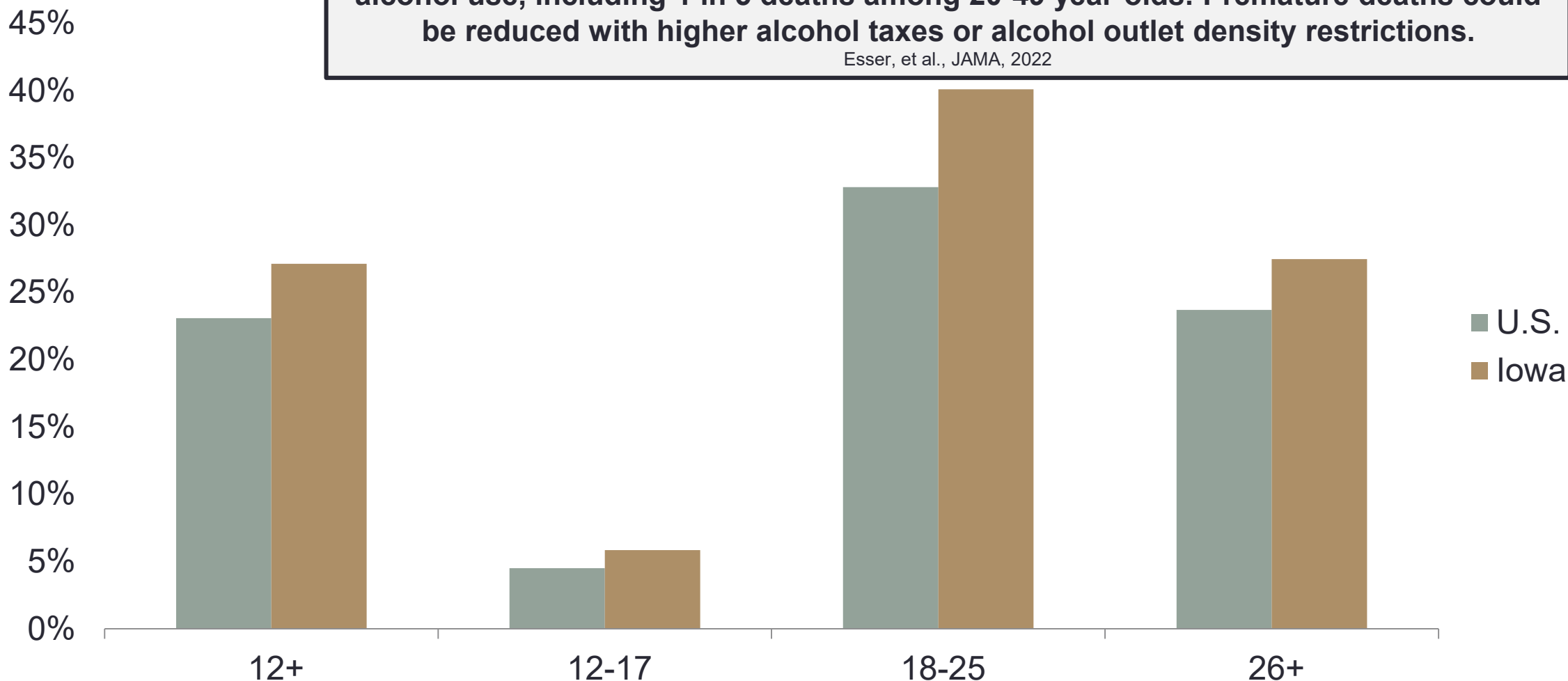


Current Binge Drinking

Last 30-Days

An estimated 1 in 8 total deaths among 20-64 year old US adults was due to excessive alcohol use, including 1 in 5 deaths among 20-49 year-olds. Premature deaths could be reduced with higher alcohol taxes or alcohol outlet density restrictions.

Esser, et al., JAMA, 2022

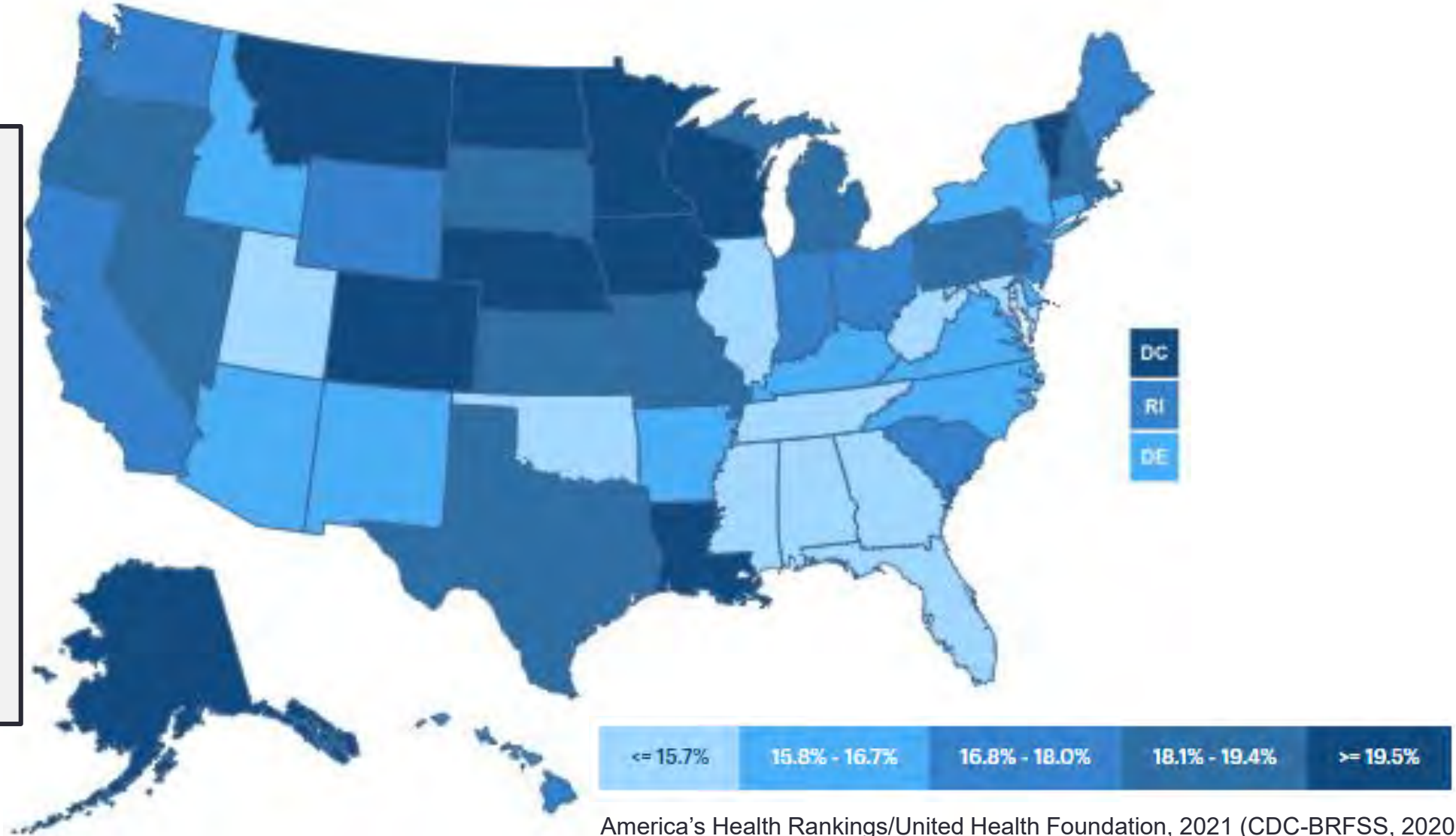


Excessive Drinking: Iowa Ranks 2nd Among U.S. States

22.8% of Iowa Adults Report Binge or Heavy Drinking

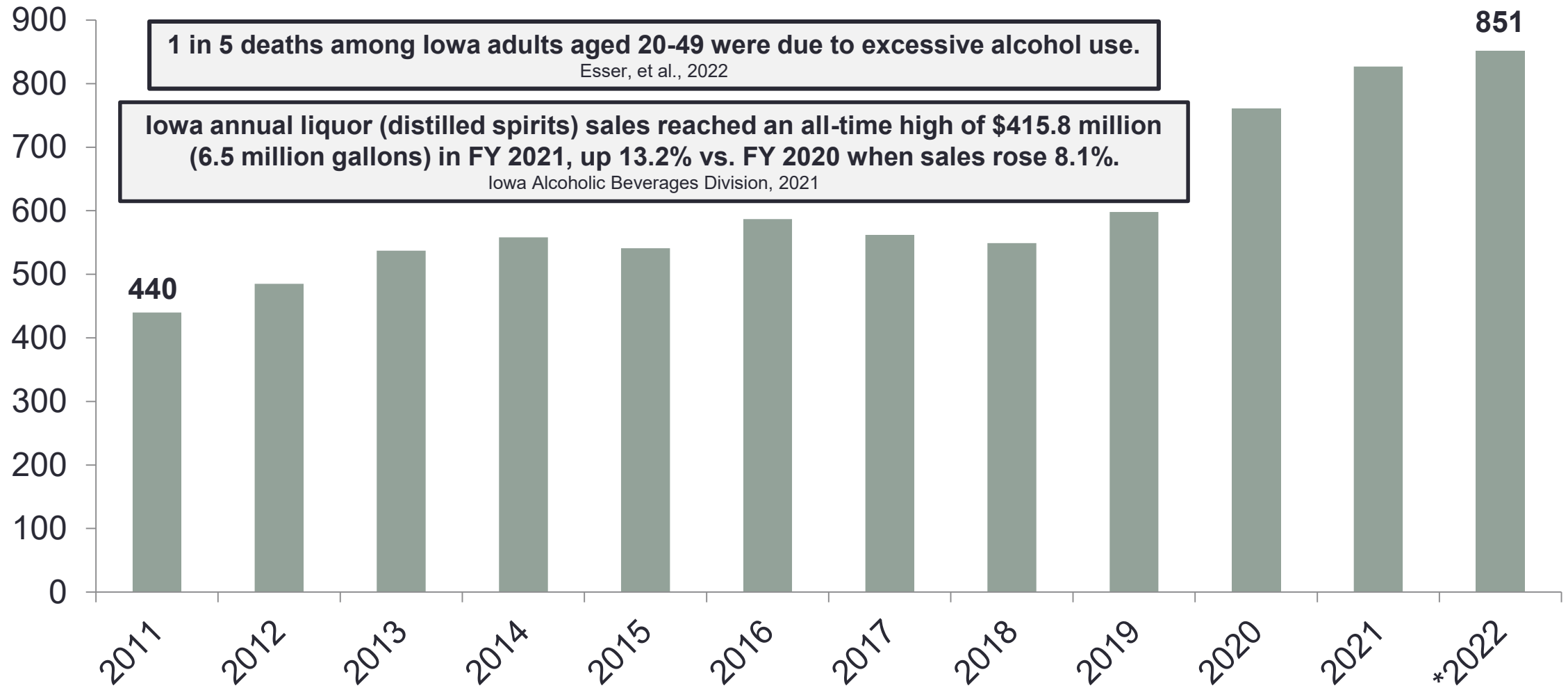
AHR Definitions:

- **Binge:** Multiple drinks on one occasion in last 30 days (4/more for females, 5/more for males).
- **Heavy:** Multiple drinks/week (8/more for females & 15/more for males).



Iowa Alcohol-Related Deaths

As a Contributing Factor



*Preliminary 2022 Data (Note: ME reports may lag)

Iowa Department of Health & Human Services, 2023

Annual Costs of Excessive Alcohol Consumption in Iowa

Estimate based on 2010 CDC National/State Data = \$1.934 billion

Health

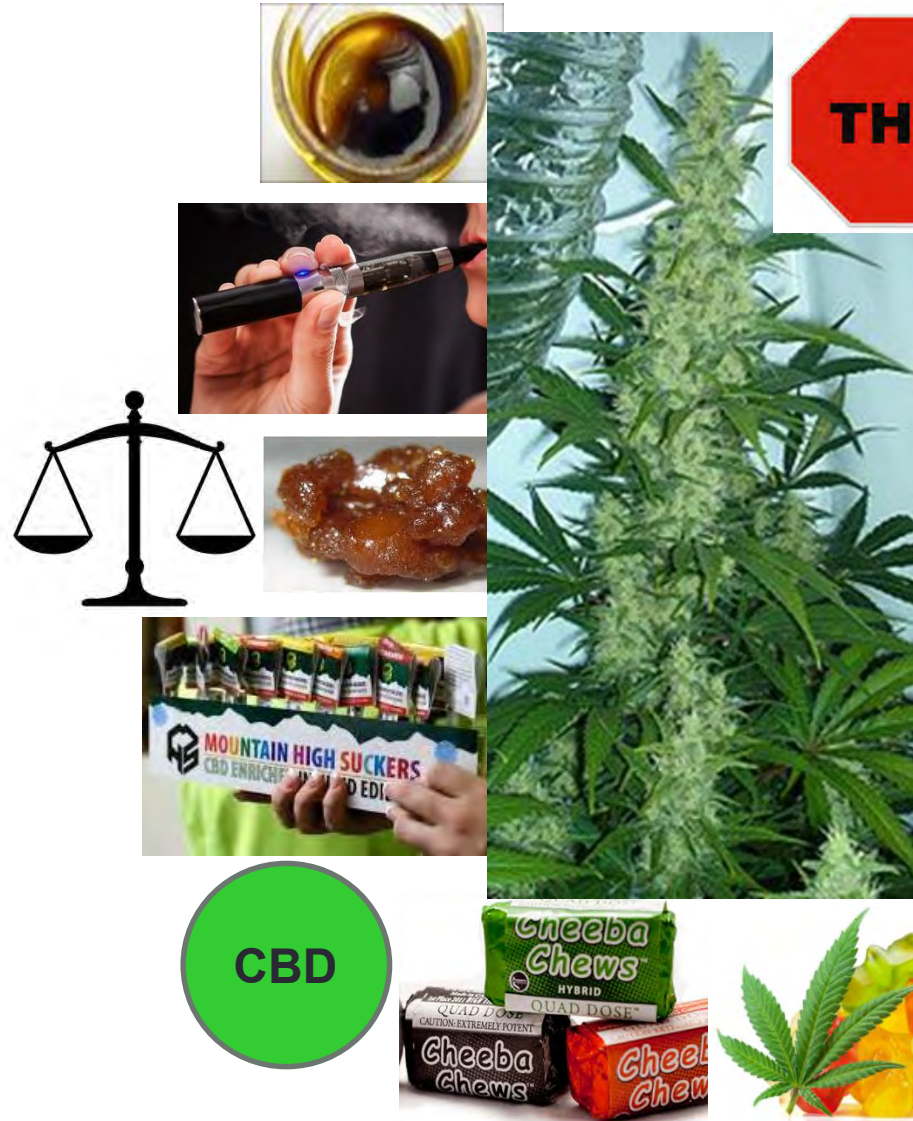
- Hospital, specialty, ambulatory, nursing home care
- Drugs/services
- Fetal alcohol syndrome
- Prevention & research
- Training
- Health insurance administration

Lost Productivity

- Impaired at work, home, hospital care facilities
- Absenteeism
- Mortality
- Incarceration of perpetrators
- Crime victims

Other

- Victim property damage
- Criminal justice/corrections
- Criminal justice/private legal
- Alcohol-related crimes
- Violent & property crimes
- Motor vehicle crashes
- Fire losses
- Special education



THC

Marijuana in Iowa

Health & Public Safety Issues

“Medical”

“Extracts” “CBD, THC, et al.” “Concentrates”

“Cannabis” “Hemp”

“Adult Use”

“Criminalization”

“Legalization”

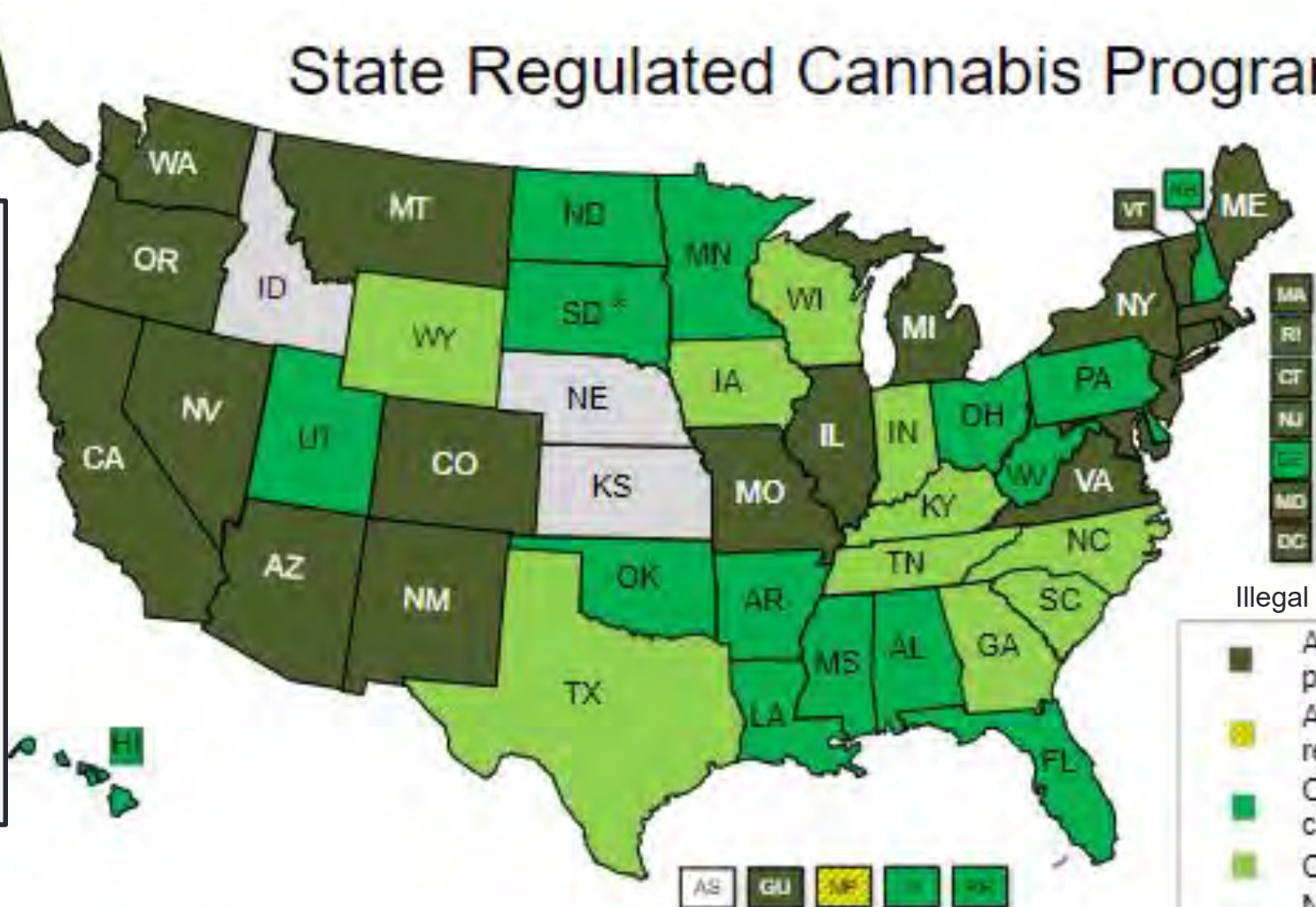
Marijuana Laws Across the U.S.

State Regulated Cannabis Programs

14 of 15 states with highest 12+ past month usage legalized marijuana.
NSDUH/NCSL, 2020/2022

Youth 12-20 were more likely to become cannabis users in legal marijuana states vs. others.
University of California-San Diego, 2022

“Legalization of recreational cannabis in California has likely invited more criminality connected to the production & transportation of the drug.”
ONDCP/HIDTA Report to Congress, 2022



Limited adult possession and growing allowed, no regulated production or sales: DC

Illegal per federal law (except hemp)

November 2022

Legalization Lessons Learned

Via States that Legalized Marijuana, etc.

- More marijuana use among youth.
- Disproportionate harm to lower-income communities & communities of color.
- Not cost-effective.
- Reinforces, does not eradicate, underground market.
- Increases rates of impaired driving.
- Burdens employers & business community.

CA cannabis-related ED visits by those over age 65 rose 1,804% in 2019 vs. 2005, & the highest rate was among Black adults.

Han, M.D., et al., 2023

Opioid deaths increased more where marijuana was legalized, including in all major races/ethnicities, and especially in blacks.

Bleyer, Barnes, Finn/Journal of the National Medical Association, 2022

Residents of legalization states use marijuana 24% more often than those in other states.

University of Colorado, 2022

People who use high-potency marijuana are more likely to experience addiction or psychotic disorders.

The Lancet Psychiatry/University of Bath, 2022

Legalization may be associated with higher alcohol use.

Macha, et al./JAMA 2022

3,054 U.S. children under age 6 accidentally consumed marijuana edibles in 2021, up 1,375% vs. 2017, with 22.7% needing hospitalization & 8% critical care.

National Poison Data System, 2022

Patients with medical cannabis authorization have a higher risk of ED visits or hospitalizations for depression.

Yana, et al., 2023

Traffic crash rates in states after marijuana legalization rose 5.8% for injury crashes & 4.1% for fatal crashes.

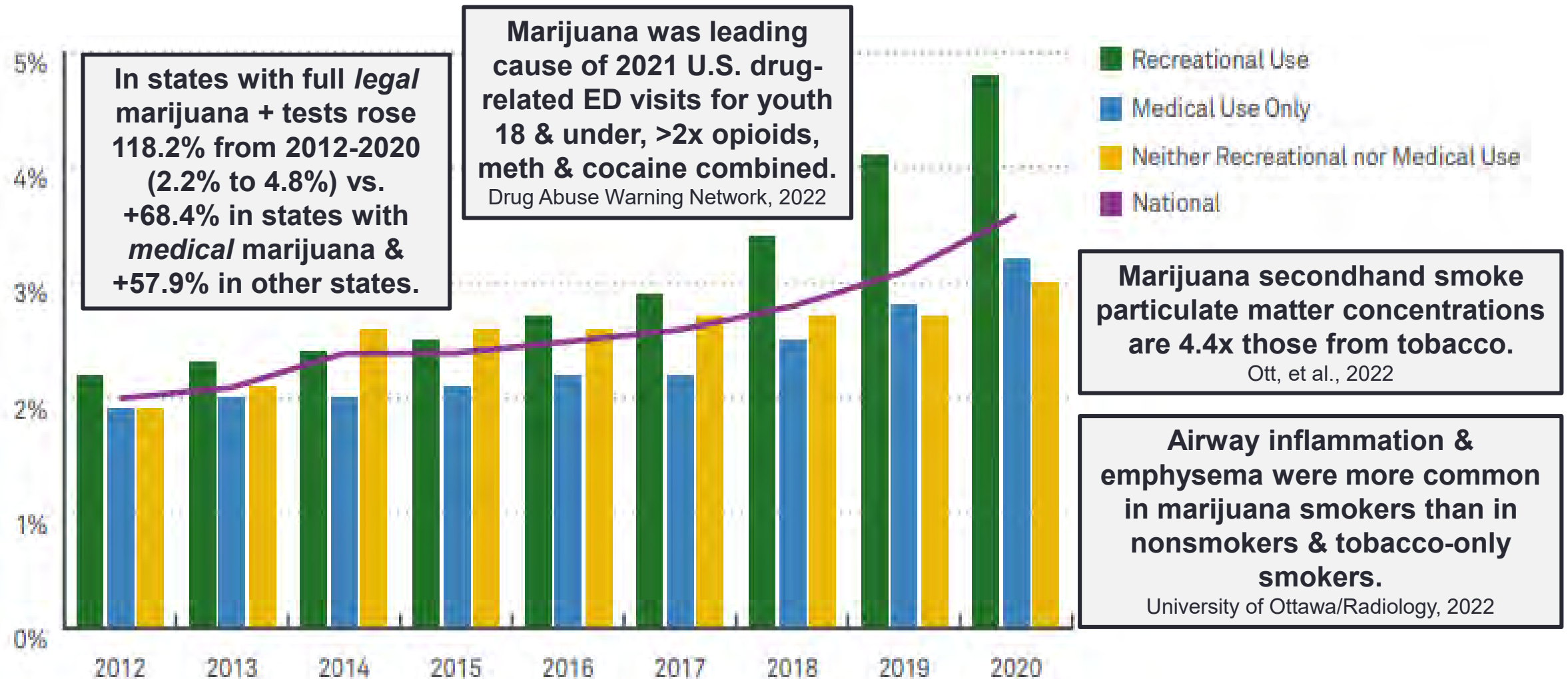
Farmer, et al./Journal of Studies on Alcohol & Drugs, 2022

Perceived parental knowledge reduces risk for initiation of nicotine & cannabis vaping.

Mantey, et al., American Journal of Health Promotion, 2022

Workplace: Marijuana Positivity by State Legal Status

% of 5 Million Drug Tests Among General U.S. Population in 2020



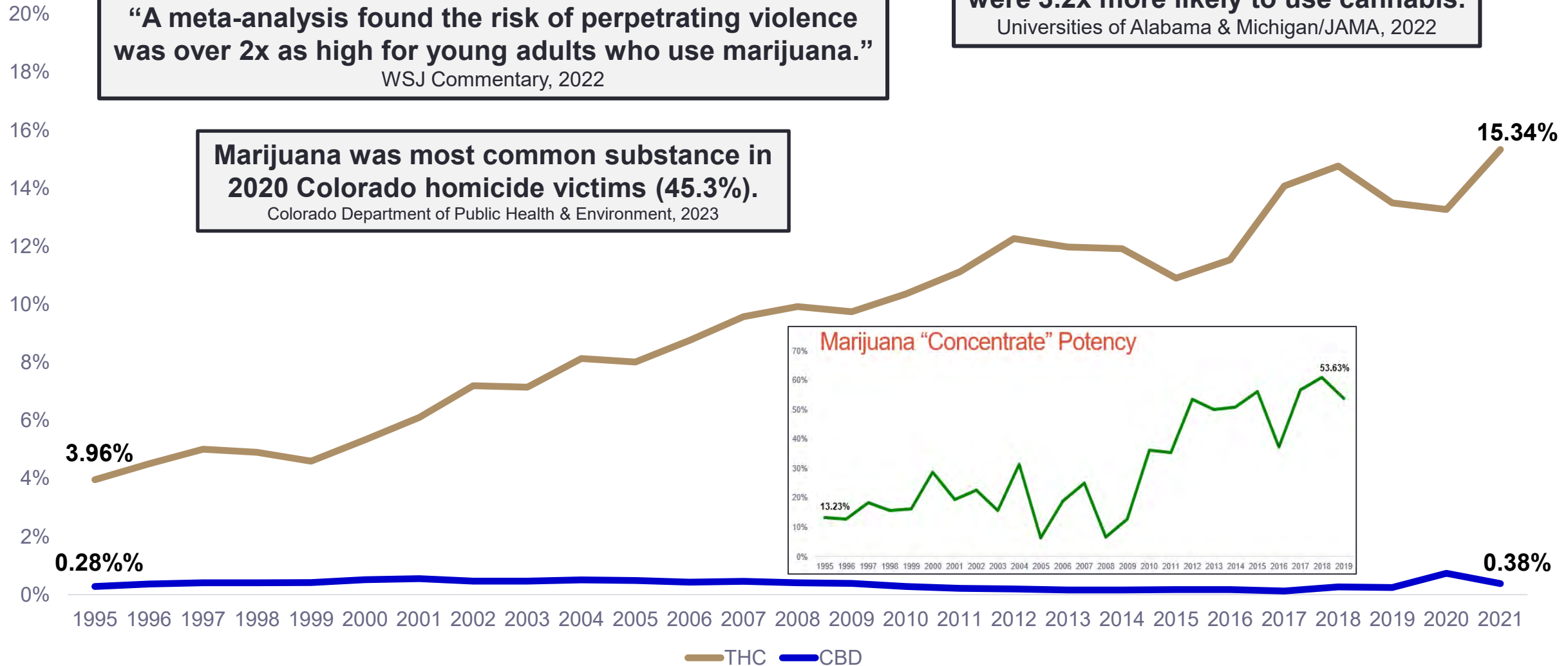
Marijuana's Increasing Potency

Average THC & CBD Levels

“A meta-analysis found the risk of perpetrating violence was over 2x as high for young adults who use marijuana.”
WSJ Commentary, 2022

Teens who vaped or used e-cigarettes were 3.2x more likely to use cannabis.
Universities of Alabama & Michigan/JAMA, 2022

Marijuana was most common substance in 2020 Colorado homicide victims (45.3%).
Colorado Department of Public Health & Environment, 2023



Concentrates: "Not Yesterday's Weed"

Growing # of More Potent Substances & Infused Products (THC, CBD, et al.)



Butane Hash Oil (BHO)

Register HOME NEWS SPORTS USA TODAY JOBS ARCHIVES MORE

Des Moines area man arrested in Nebraska with hundreds of vape cartridges filled with THC oil



FDA Warns Consumers About Accidental Ingestion by Children of Food Products Containing THC



The New York Times More Young Kids Are Getting Sick From Cannabis Edibles

As states legalize cannabis, a growing number of children are inadvertently consuming marijuana-infused foods.



Cannabis "exposure" calls nearly doubled since Illinois legalized marijuana, due mostly to edibles. Illinois Poison Center, 2022

Medical *Derivatives & Extracts* of Cannabis

Marinol, Syndros (Dronabinol) & Cesamet (Nabilone):

FDA-approved synthetic cannabinoids—containing THC & CBD—legally available as prescription pills to treat cancer chemotherapy nausea & appetite loss.



Sativex (mouth spray):

A product with 2 cannabinoids extracted from the cannabis plant failed FDA-authorized tests for cancer pain, but is undergoing clinical study for spasticity & other treatments.



Placebo, possibly influenced by positive media attention & wide dissemination, contributes significantly to pain reduction seen in cannabinoid trials.

Gedin, et al./JAMA, 2022

Epidiolex (oral liquid)

Contains the non-psychoactive cannabis extract Cannabidiol (CBD). Recently approved by the FDA & reclassified as a Schedule V controlled substance by the DEA after clinical trials, this Rx product is now available in pharmacies.



Iowa “Medical Cannabidiol” (mCBD):

State law authorizes products regulated by the Iowa Department of Public Health, in consultation with an advisory board consisting mostly of medical professionals, to be used by qualified patients for eligible conditions.



Other Cannabis Products (ABCs of THC, CBD, et al.)

- 2018: New federal Hemp Act was enacted, legalizing products with less than 0.3% THC content.
- 2019: Iowa Hemp Act was enacted.
- 2020: Iowa Hemp Act was amended to legalize “consumable hemp” products (e.g., OTC CBD) in Iowa, as long as such products are not inhaled.
- 2022: Iowa Hemp THC limits redefined to apply to new cannabinoids too.
- Aside from “hemp” exceptions, the FDA has approved only one CBD product—Epidiolex—available as an Rx to treat 2 forms of severe epilepsy.
- Otherwise, it’s illegal federally to market CBD by adding it to a food, label it as a dietary supplement, or market it with unproven medical claims.

Lab Study: Over 50% of Hemp Delta-9 Products Are Mislabeled, and Get You Higher Than Cannabis

Oracle, April 2022

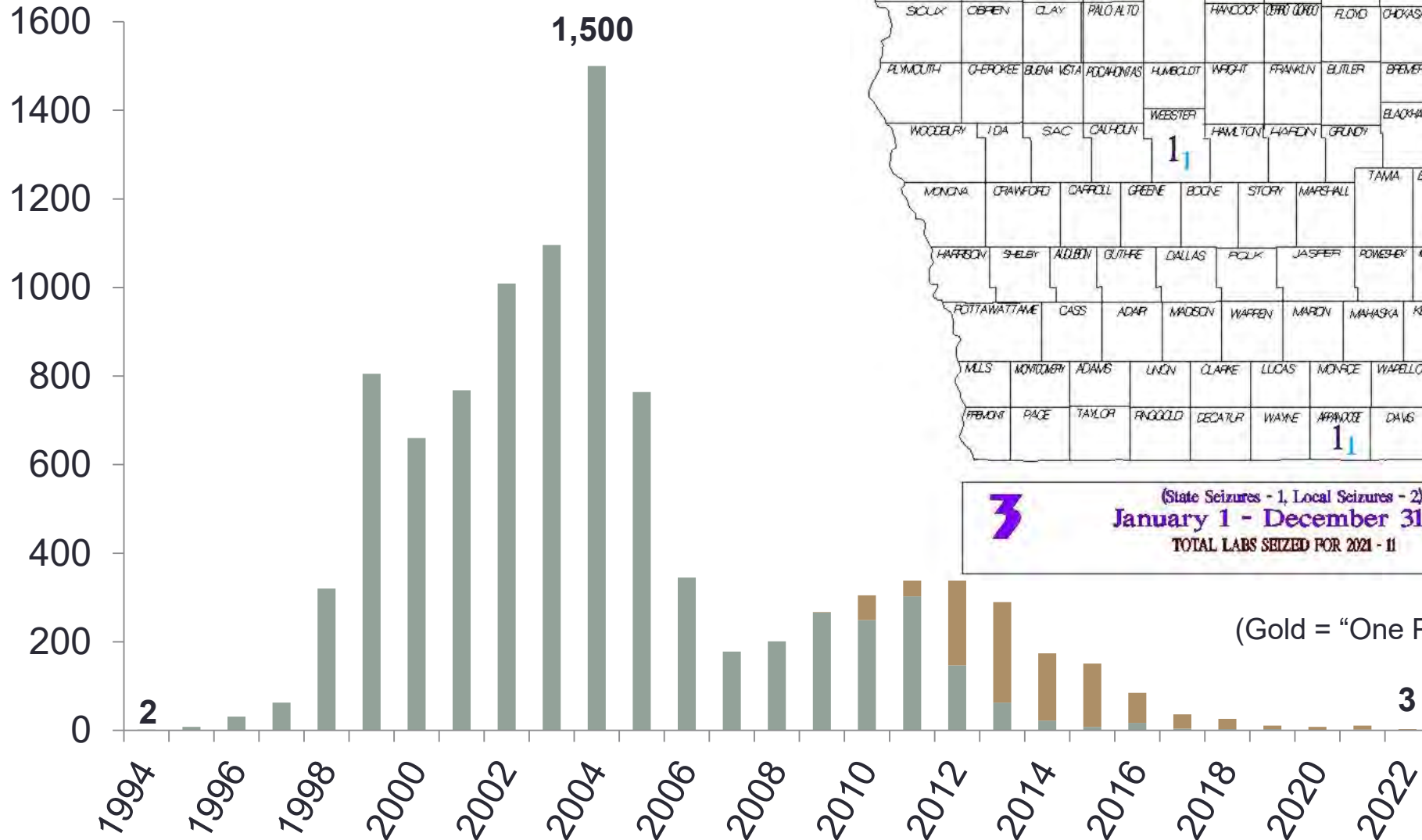
****Other Cannabinoids:***

THC-A, THCV, THCP, Δ-8 & Δ-10 THC, CBG, CBG-A, CBN, CBDP, HHC, THC-O Acetate...

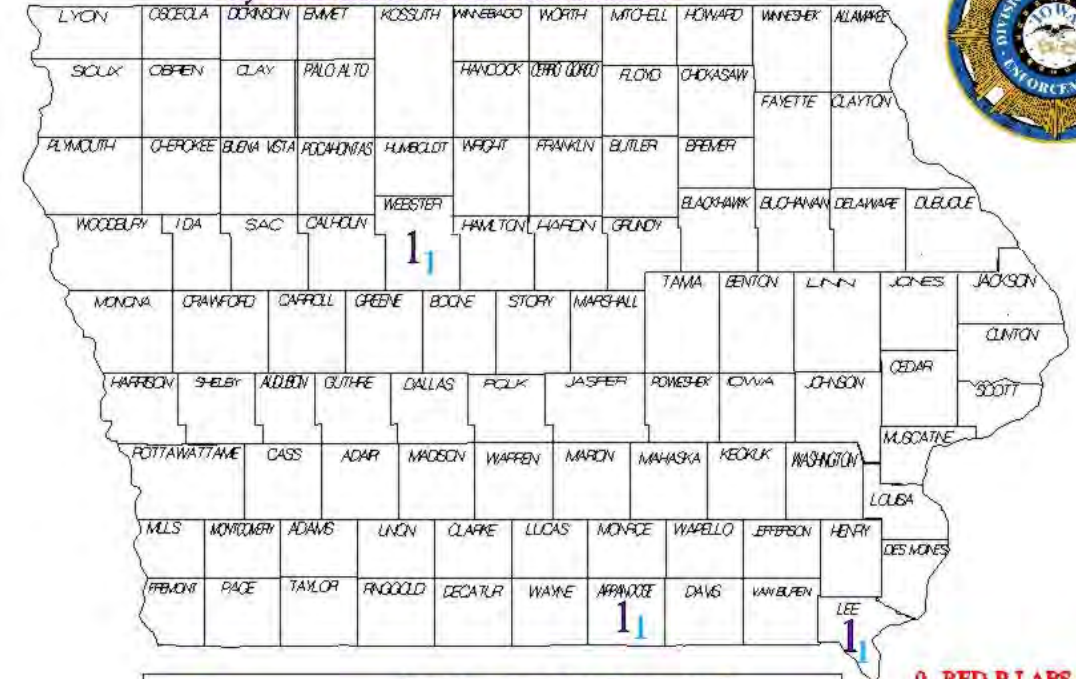
Meth



Iowa Meth Labs



2022
Clandestine Laboratories Seized
By State and Local Law Enforcement



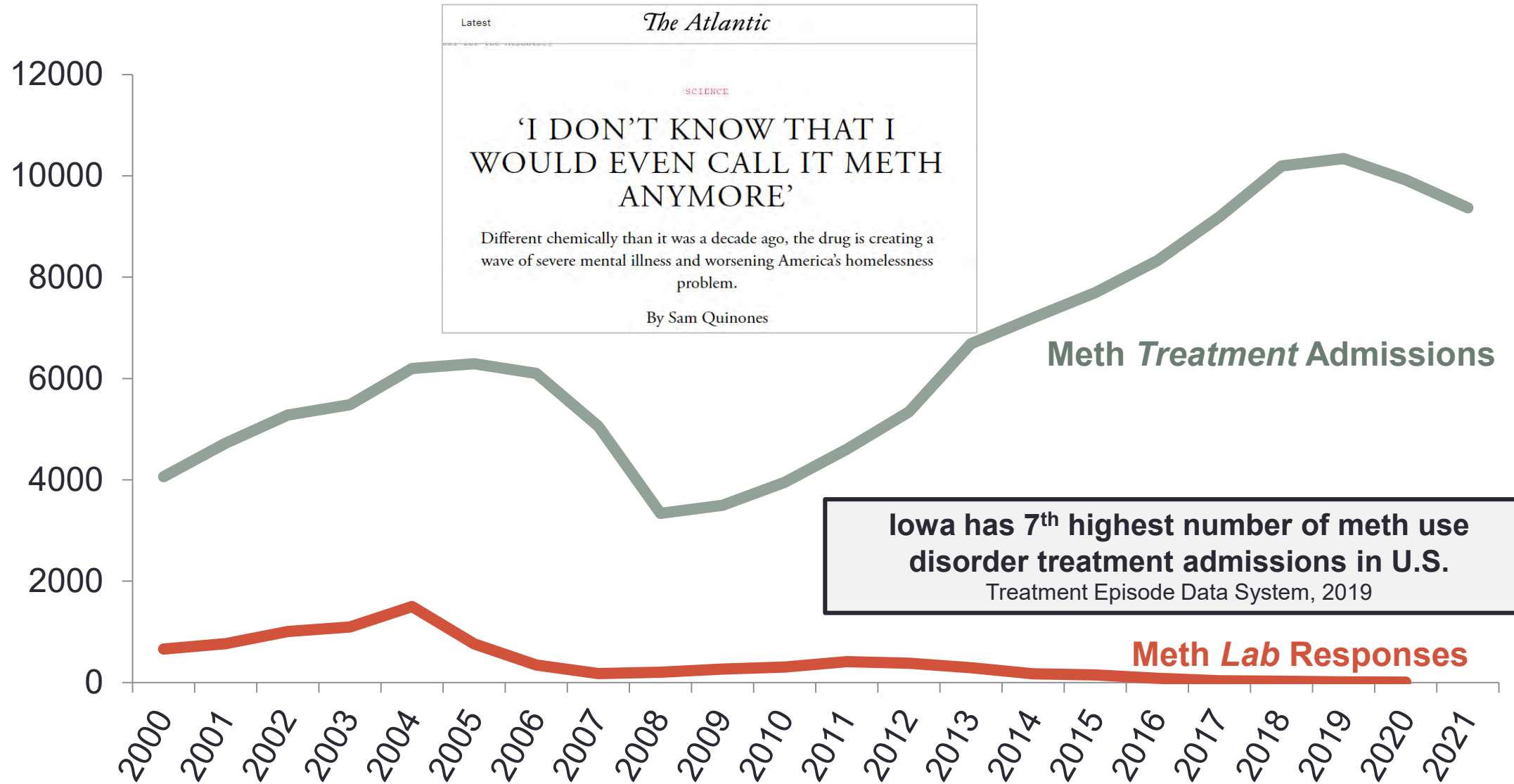
3 (State Seizures - 1, Local Seizures - 2)
January 1 - December 31, 2022
TOTAL LABS SEIZED FOR 2021 - 11



0 RED P LABS
3 ONE POT LABS
3 Child affected by clan labs
(DNE stats only)

(Gold = "One Pot" Labs)

Iowa Meth Trends: Use vs. Production



Latest *The Atlantic*

SCIENCE

'I DON'T KNOW THAT I WOULD EVEN CALL IT METH ANYMORE'

Different chemically than it was a decade ago, the drug is creating a wave of severe mental illness and worsening America's homelessness problem.

By Sam Quinones

Iowa has 7th highest number of meth use disorder treatment admissions in U.S.
Treatment Episode Data System, 2019

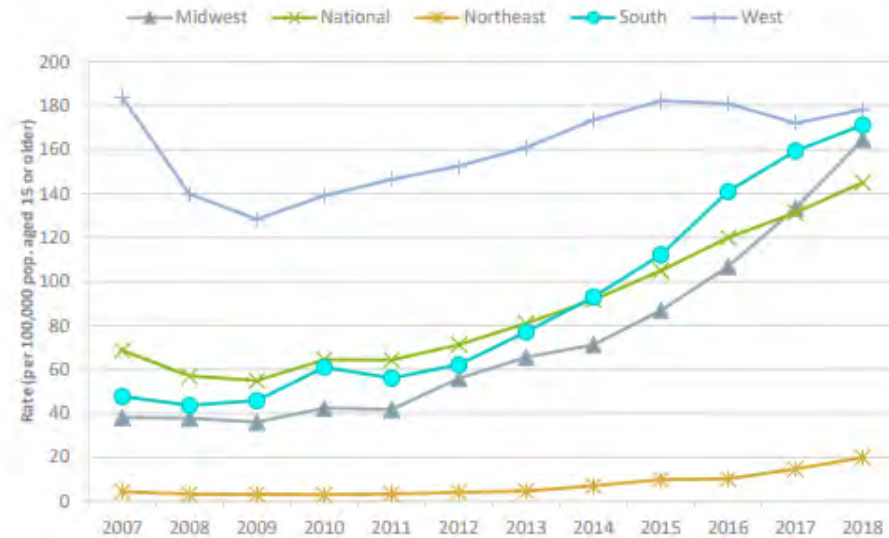
Rising Tide of Meth in U.S.



Oct. 14, 2020: Largest domestic meth seizure in DEA history—2,224 lbs.—announced in LA.

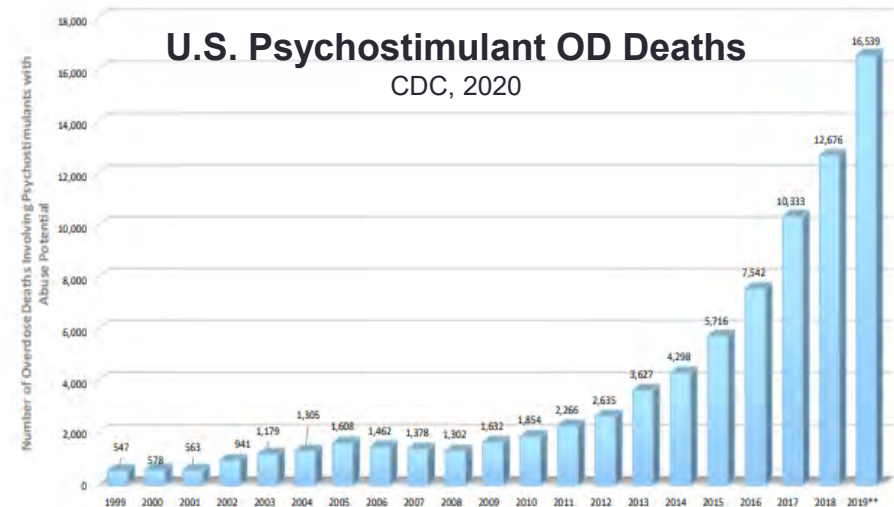
U.S. Law Enforcement Meth Seizures

NFLIS, 2020



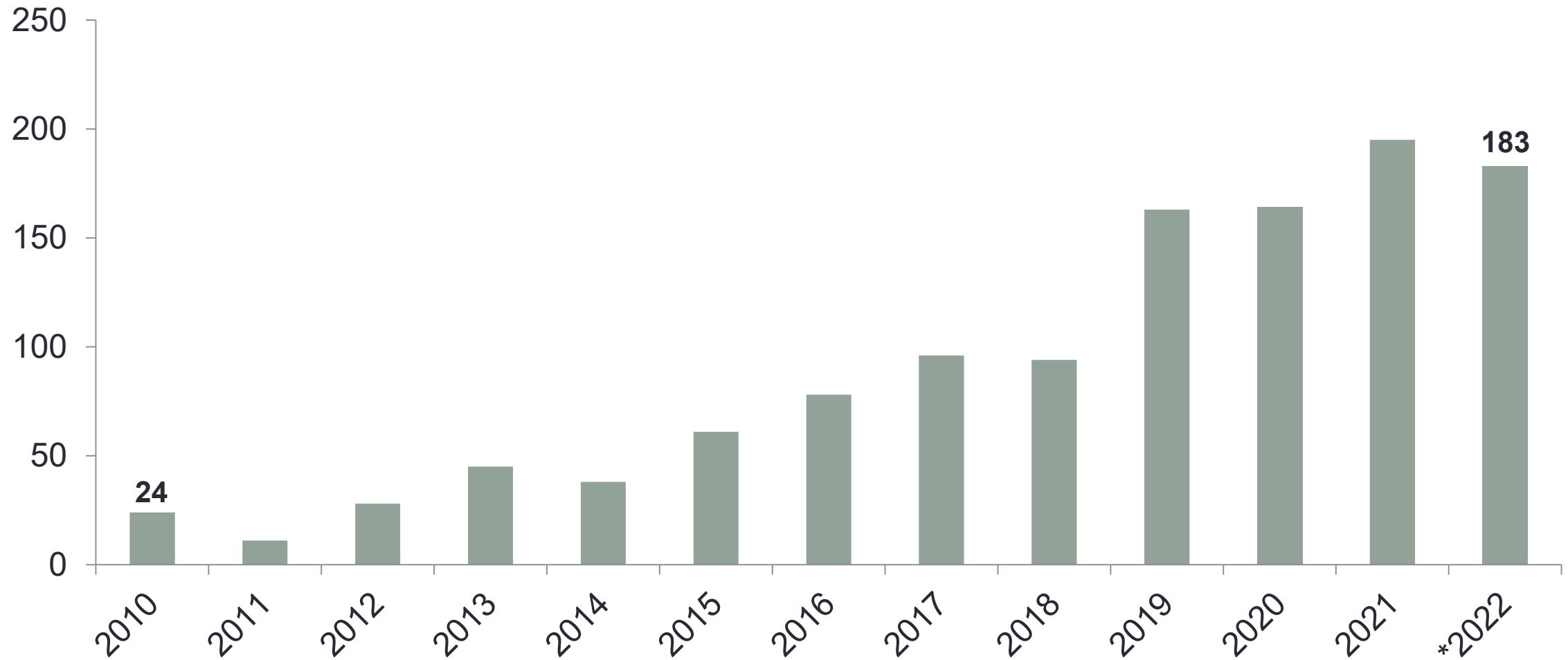
U.S. Psychostimulant OD Deaths

CDC, 2020



Iowa Psychostimulant-Related Deaths

As a Contributing Factor



*Preliminary 2022 Data (Note: ME reports may lag)

Iowa Department of Health & Human Services, 2023

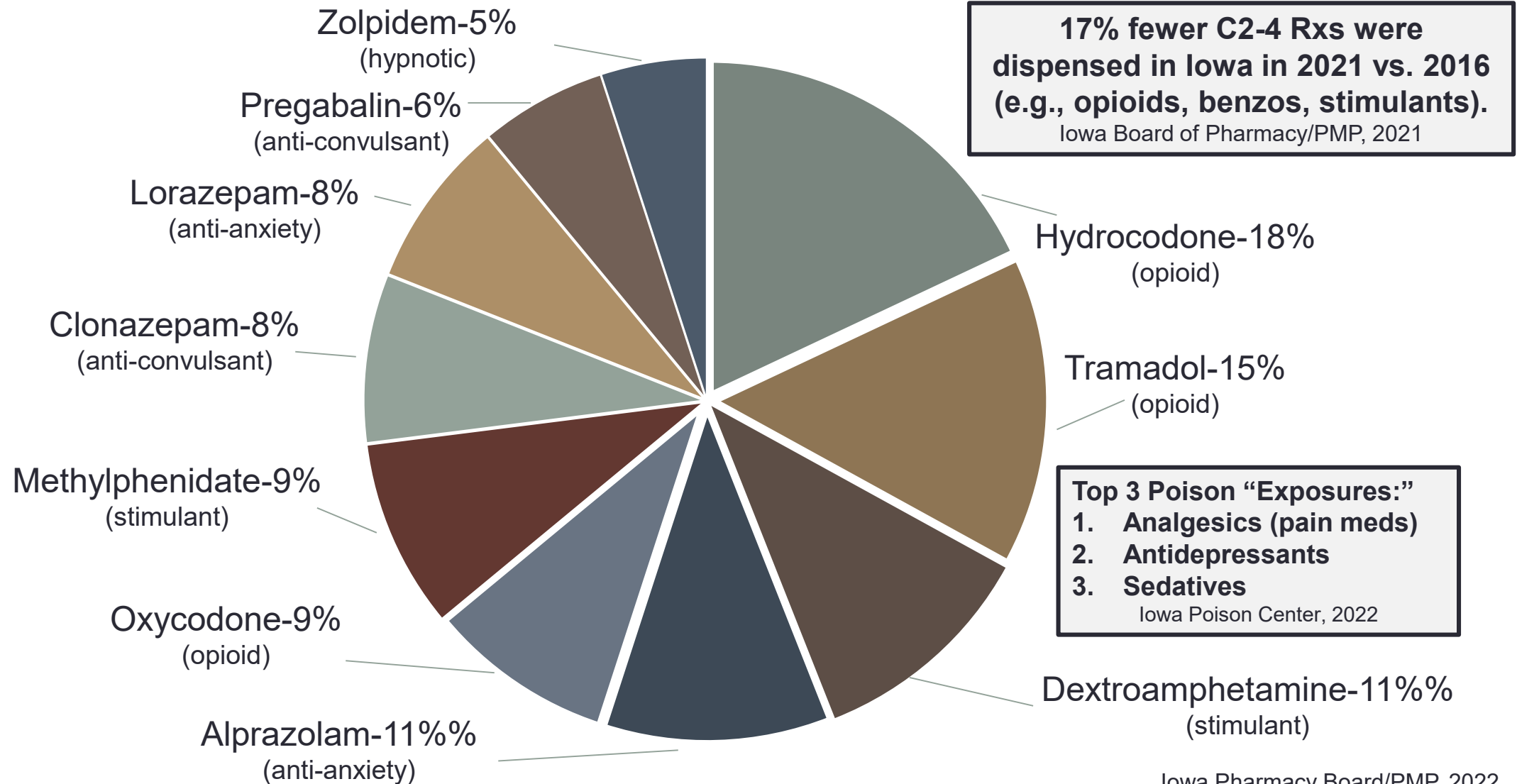
Opioids

- Rx
- Heroin
- **Illicit Synthetics**
(fentanyl analogs, etc.)

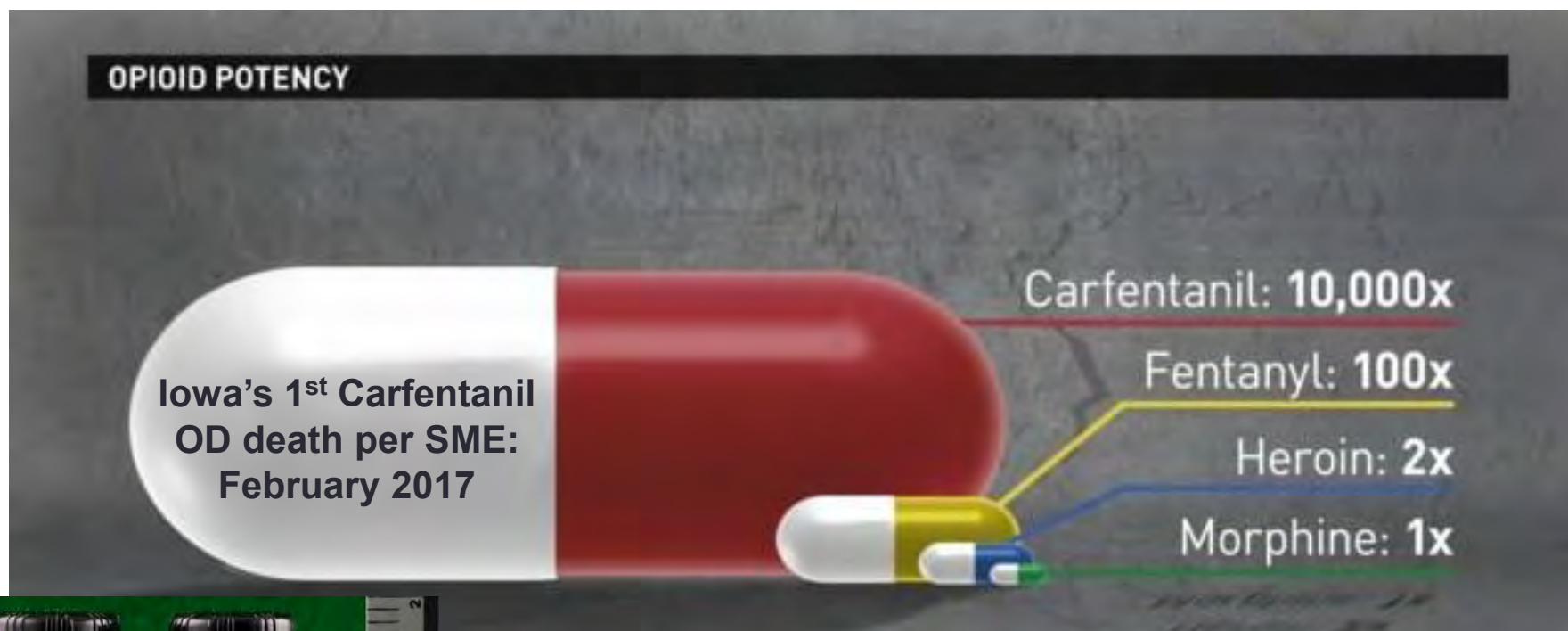


Top 10 Iowa Rx Controlled Substances

CIIs-CIVs per Iowa's Prescription Monitoring Program (PMP) in 2021



Illicit Synthetic Opioids: Less is More

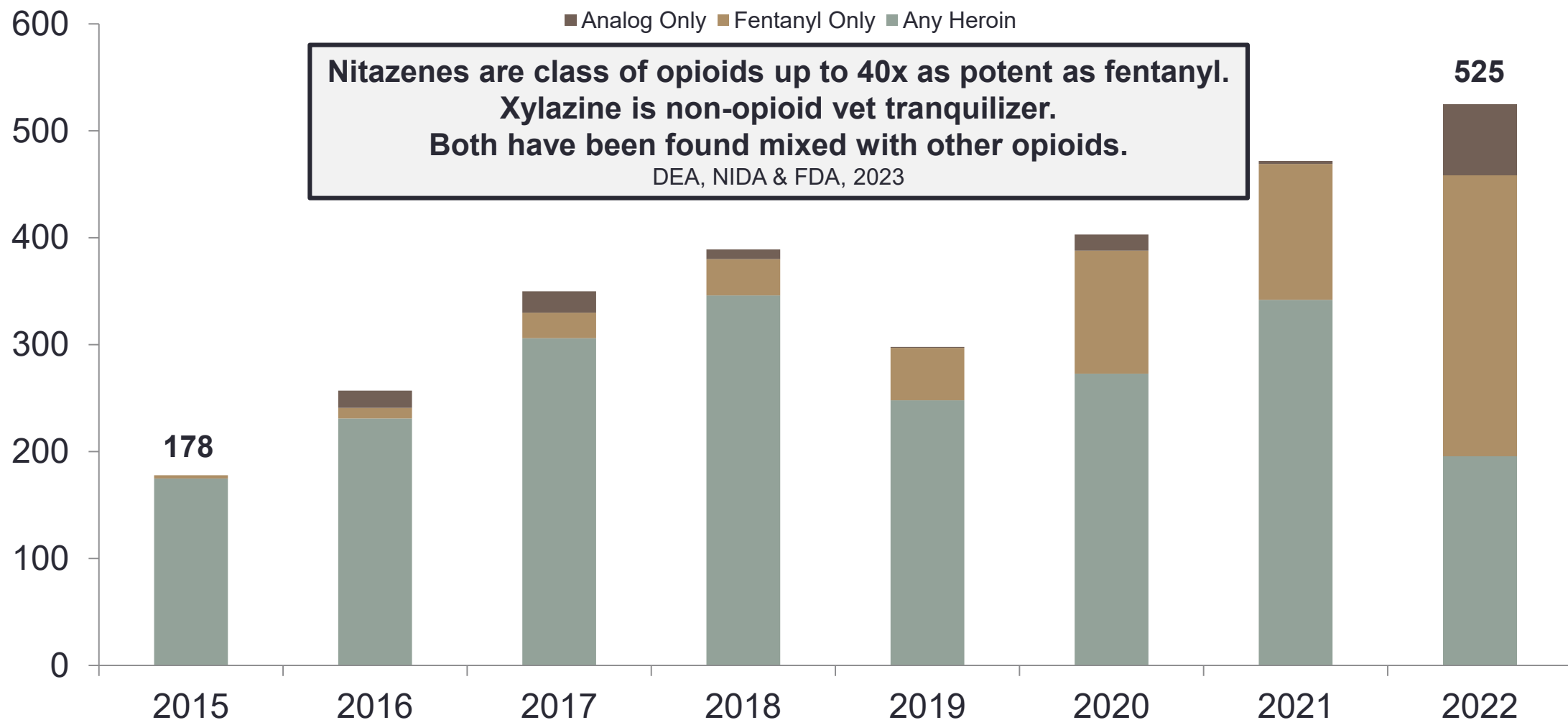


Often mixed with heroin, illicit *synthetic opioids* (e.g., fentanyl analogs)—in tiny amounts—can be much more lethal vs. heroin.



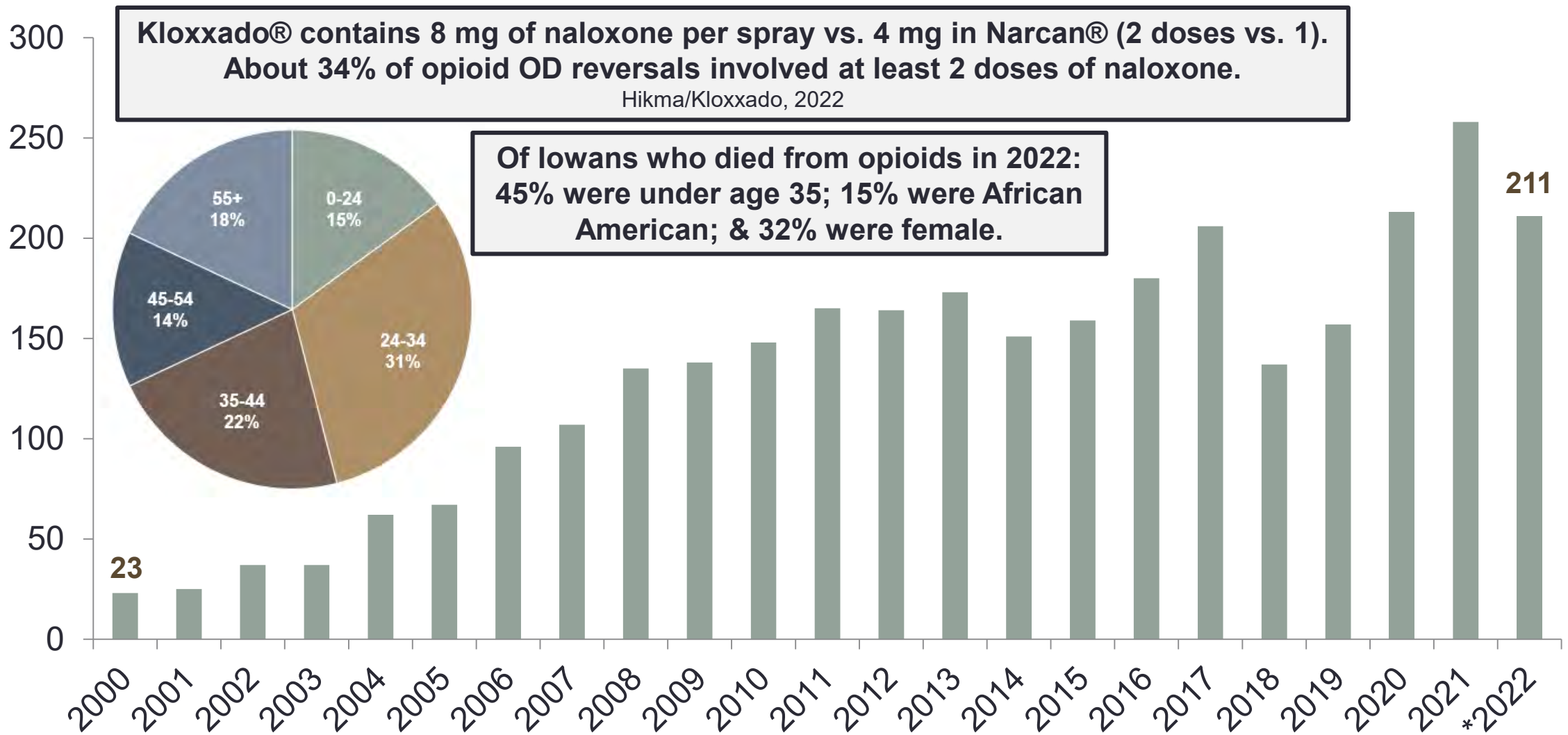
Heroin, Fentanyl & Illicit Opioid Mixtures

Law Enforcement Seizure Cases (heroin, fentanyl, analog, etc.) per Iowa's Crime Lab



Iowa Opioid Deaths

Primary Cause of Deaths vs. Contributing Factor (Related) Deaths

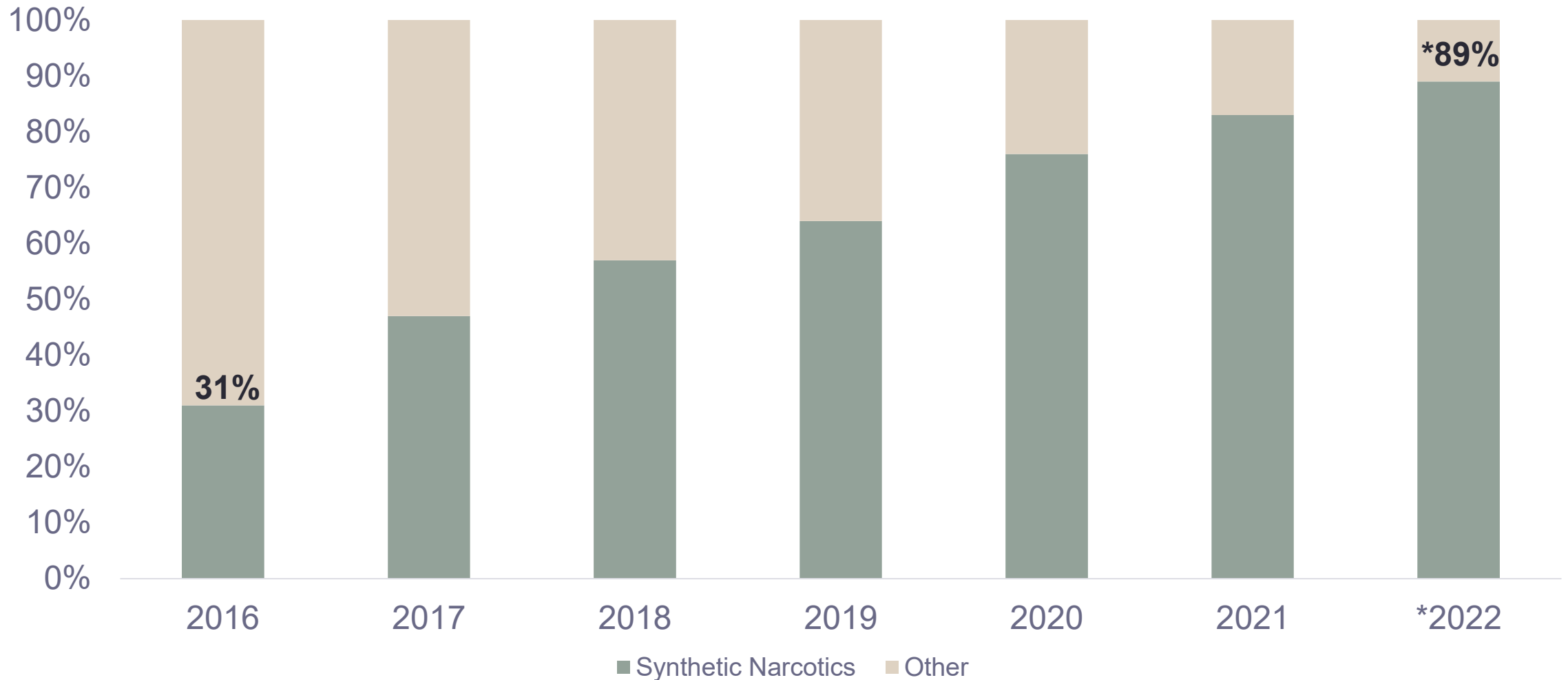


*Preliminary 2022 Data (Note: ME reports may lag)

Iowa Department of Health & Human Services, 2023

Iowa Deaths Involving “Synthetic Opioids” (e.g., Fentanyl)

% of All Yearly Opioid-Related Deaths 2016-2022



*Preliminary Data as of 11-30-22

Iowa Department of Health & Human Services/Bureau of Health Statistics, 2023

Warning: Fentanyl-Laced Counterfeit Pills

ONE PILL CAN KILL

Department of Justice | Drug Enforcement Administration
COUNTERFEIT PILLS FACT SHEET

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT
6X OUT OF EVERY **10** PILLS
WITH FENTANYL CONTAIN A POTENTIALLY
LETHAL DOSE

Counterfeit pills often contain fentanyl and are more lethal than ever before.

DEA officials report a dramatic rise in the number of counterfeit pills containing at least 2 mg of fentanyl, which is considered a deadly dose.

Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse. The Centers for Disease Control and Prevention reports more than 100,000 drug overdose deaths in the United States in the most recent 12-month reporting period, the most ever recorded.

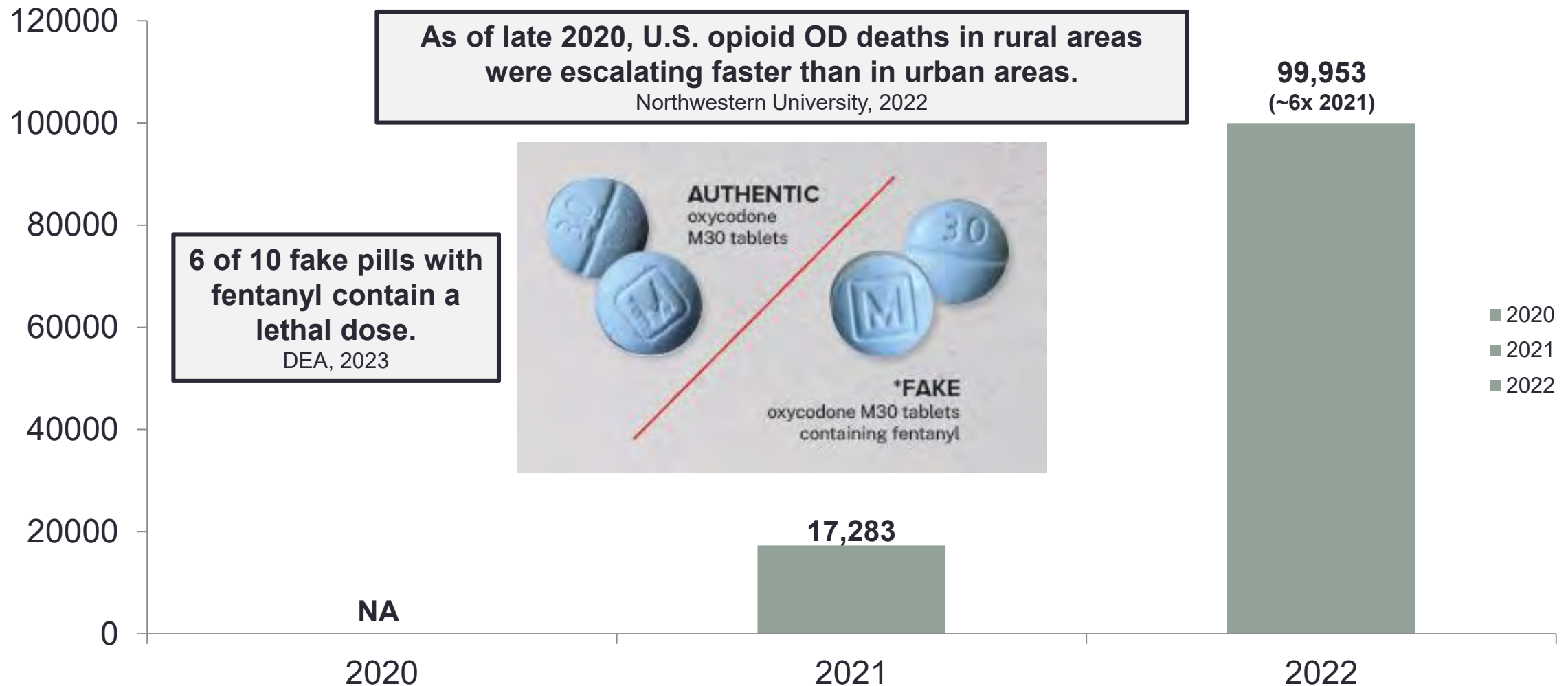
Fentanyl, the synthetic opioid most commonly found in counterfeit pills, is the primary driver in this alarming increase in overdose deaths.




In 2022, the DEA seized over 50.6 million fentanyl-laced, fake Rx pills (more than double 2021) & 10,000 pounds of fentanyl powder...representing 379+ million potentially deadly doses of fentanyl.

Iowa Fake Pills Laced with Illicit Opioids (mostly Fentanyl)

Seized by Law Enforcement & Submitted to Crime Lab



- **Criminal drug networks mass-produce fake pills & falsely market them as legitimate Rx.**
- **Fake pills are easy to purchase, widely available, often contain fentanyl or meth, & can be deadly.**
- **Fake pills are often sold via social media & e-commerce to anyone with a phone.**
- **Many fake pills look like Rx opioids such as oxycodone (Oxycontin®, Percocet®), hydrocodone (Vicodin®), and alprazolam (Xanax®); or stimulants (Adderall®).**

DEA "One Pill Can Kill," 2022

IOWA TIPS

to reduce the threat of fake pills and Fentanyl.

TRUST Trust pills only if prescribed for you and from a reliable legal source (e.g., pharmacy)

INFORM Inform local law enforcement of suspicious pills or activity

PREVENT Prevent poisonings (talk with teens, monitor meds, get naloxone)

SEEK Seek help and stay in the know about counterfeit pills and fentanyl

Private vehicles, the U.S. Postal Service, and commercial parcel/shipping services are the most common methods of drug trafficking.

Midwest HIDTA, 2022

The number of seizures in which mailing services were used to traffic drugs nearly tripled 2019-2021.

Midwest HIDTA, 2022

www.YourLifeIowa.org



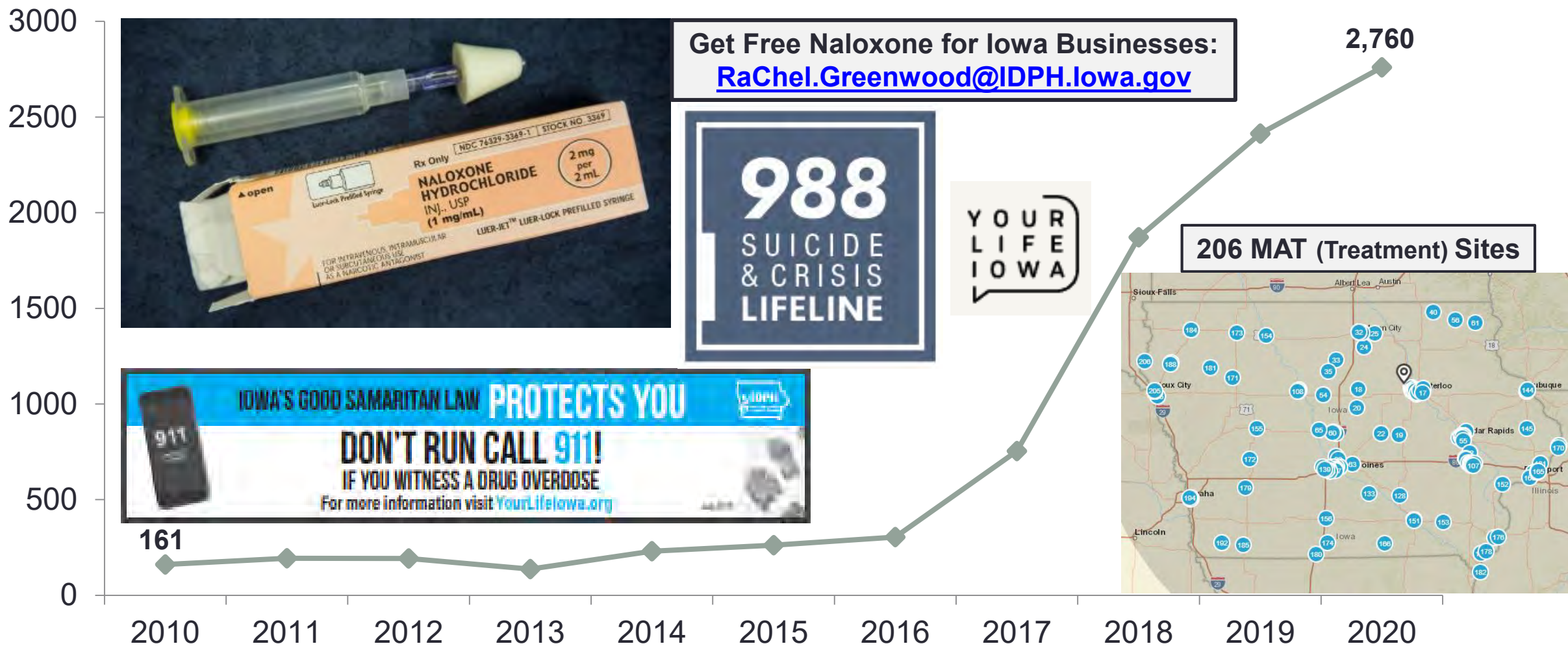
Fentanyl-Related Overdoses

Characteristics of Decedents in Midwest Region 2019-2020

- Gender: 72.1% Male, 27.9% Female.
- Race: 62.9% White, 27.5% Black, 0.9% Hispanic, 8.7% Other.
- Age: 73.4% 25-54, 8.7% 15-24, 17.9% 55+.
- Administration: 26.4% Snort/Smoke/Ingest, 23.9% Inject, 49.6% NA.
- History: 99.3% Previous Drug Use (38.1% Illicit Opioids).
- First Responder Status: 40.3% No Pulse.
- Location of Overdose: 62.6% at Home.
- Good Samaritans: 32.1% with Potential Bystander, but No Response.

Iowa Opioid OD & Addiction Tools

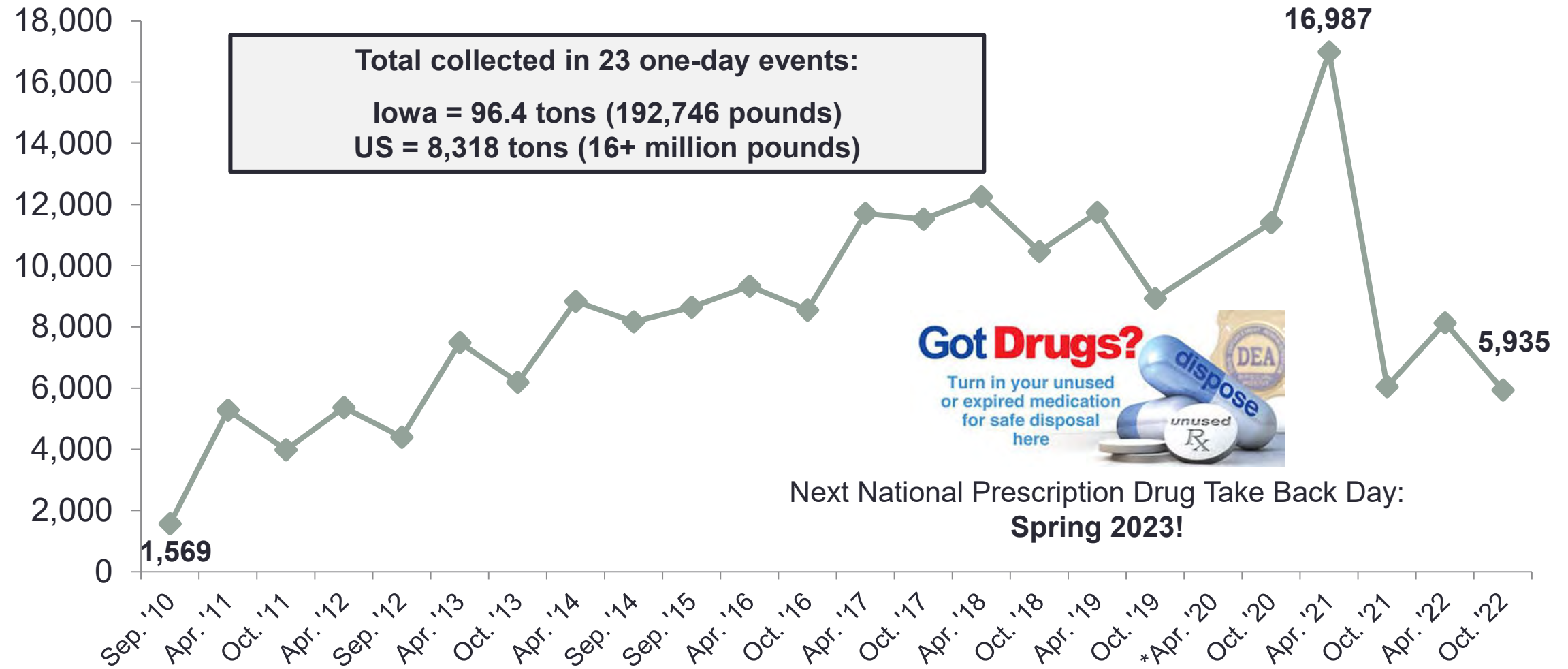
Naloxone Administrations (Doses) by EMS, Good Samaritan Law & MAT



(Reporting changed in 2015. Naloxone administrations not limited to opioid ODs.)

Iowa "Take-Back" Initiative

Amount (in Pounds) of Rx Drugs Collected



(*April 2020 Event Canceled Due to Pandemic)

DEA, 2022

Iowa Rx “Take Back” Sites: Preventing Substance Misuse

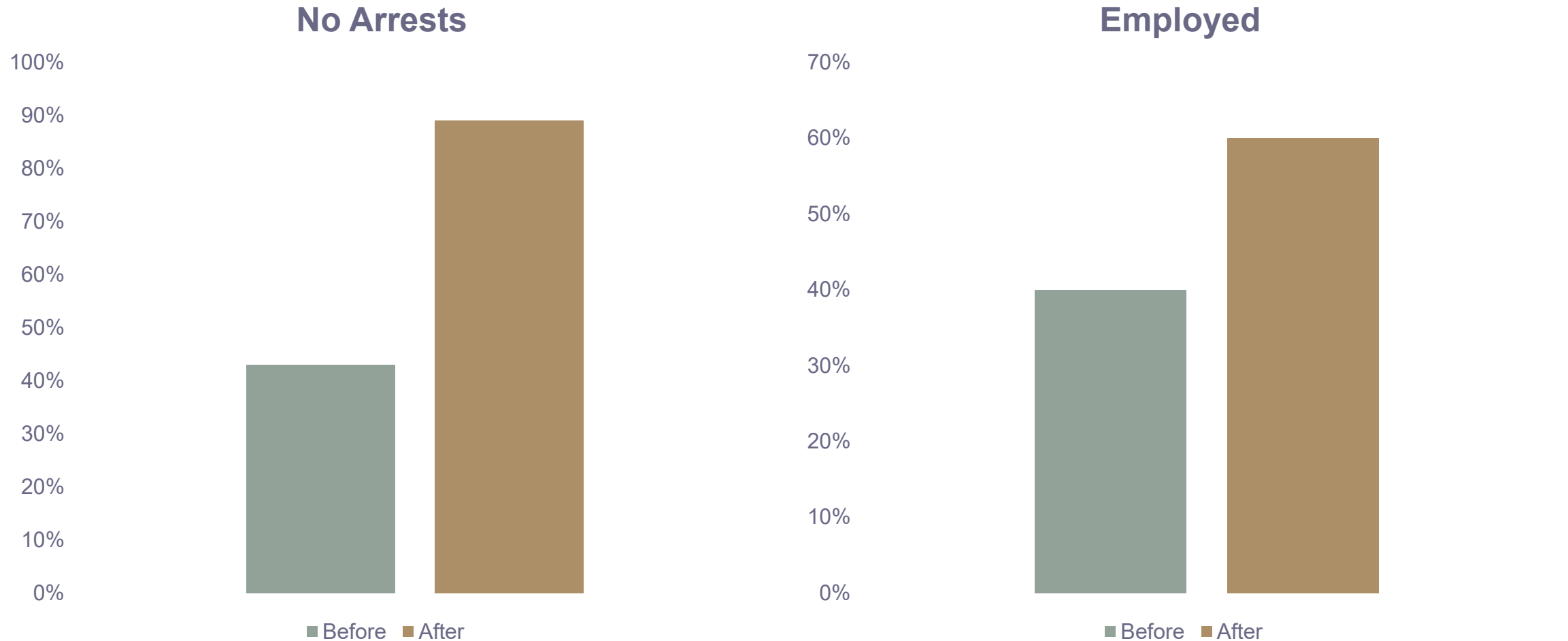
Controlled Prescription Drug Year-Round Disposal Locations



435 Sites Statewide (273 Pharmacies & 162 Law Enforcement Centers) vs. 47 in January 2016

Substance Use Disorder Treatment Works

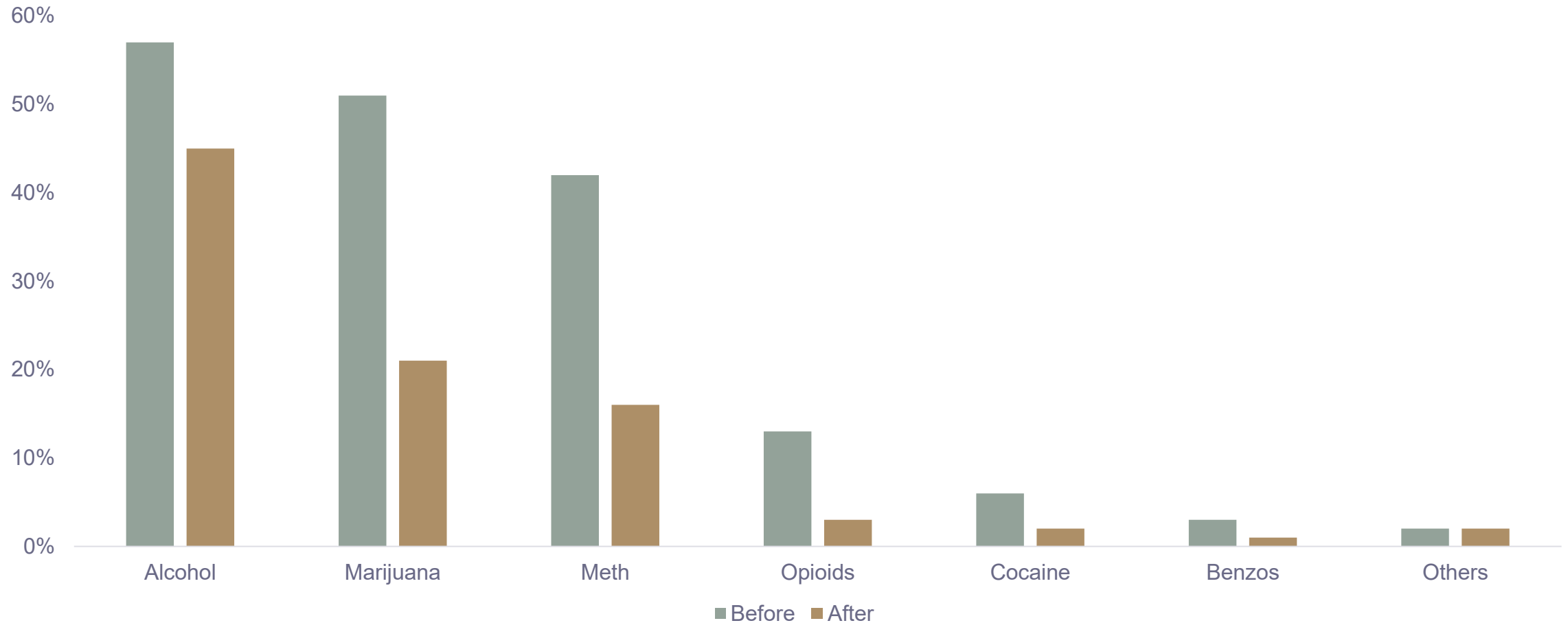
% of Iowans Arrest-Free and Employed Before vs. 6-Months After SUD Treatment



Substance Use Disorder Treatment Works

% of Iowa Clients Using Substances Before vs. 6-Months After SUD Treatment

Substance Use



Iowa's Evolving Response to Substance Use

Innovative & Promising Approaches in Action



Make *Prevention* a Priority

- Increase Awareness & Engagement. Empower Parents & Key Influencers.

Expand Interventions & Access to *Treatment*

- Pre-Charge Deflection/Diversion & Access Center Handoffs.
- OD Interventions (naloxone & Good Samaritans).
- Post-Overdose Outreach (MAT & peer recovery).
- Co-Response (law enforcement & human service).
- Treatment Capacity Expansion (telehealth, etc.).
- 988 Suicide & Crisis Lifeline, plus YourLifelowa.org.

Interrupt Illicit Drug Supplies via *Enforcement*

- Data Sharing & Drug Trafficking Interdiction (in & beyond Iowa).

Technological Advancements:

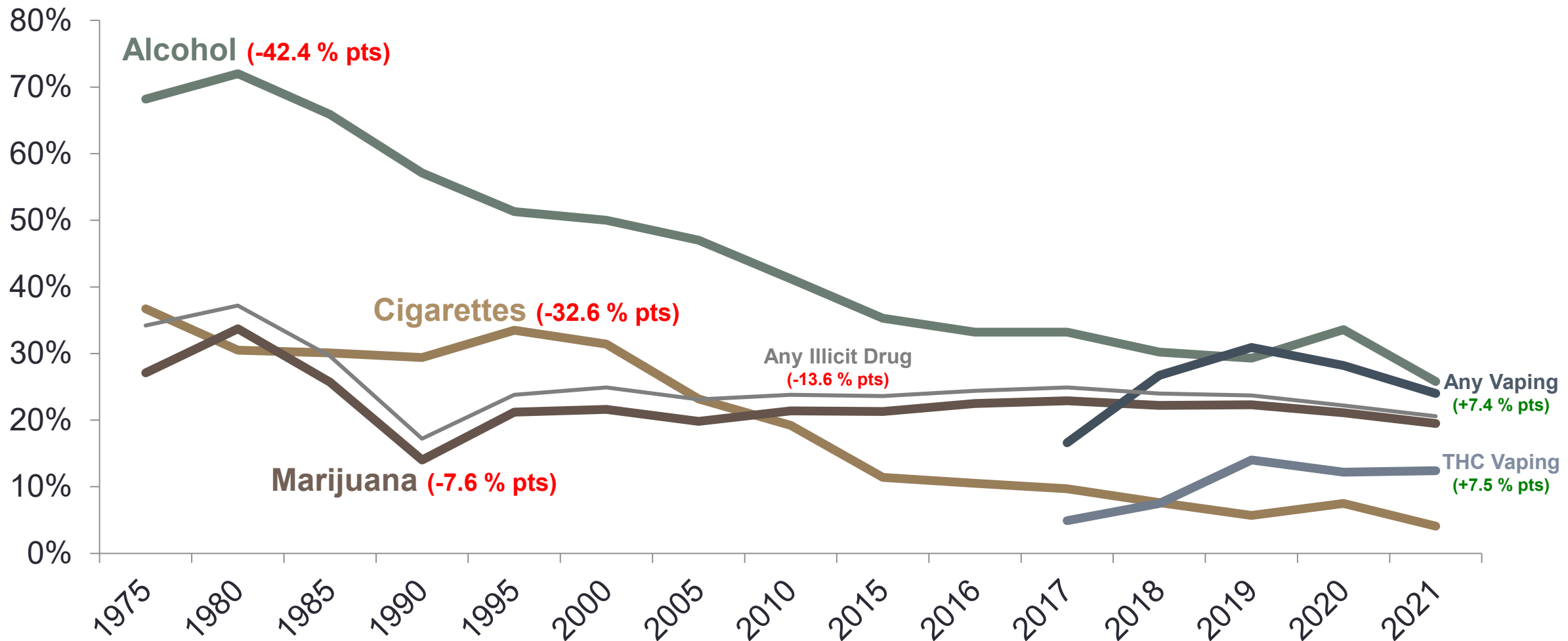
- Fentanyl Vaccine; P6AS Treatment Antidote (Meth & Fentanyl); Smartphone Drug Test; etc.?

...to truly change lives requires a pathway to treatment, not a revolving door to drug use.
Rosenthal Center for Addiction Studies, 2022

“A disaster in drug OD & alcohol deaths (109,000 + 101,000). Cause: Normalization of drug use.”
Former ONDCP Director Gen. Barry McCaffrey, 2022

Youth Substance Use Long-Term Trends

Current Use (past 30 days) Among U.S. 12th Graders over 46 Years



STAY SAFE!



Iowa Governor's Office of Drug Control Policy
For More Info Go To: <https://odcp.iowa.gov>

Get Help 24/7 at: YourLifelowa.org

