

Community Mental Health Center (CMHC) Designation Recommendation

BURGESS HEALTH CENTER
DECEMBER 1, 2023

HHS recommends that Burgess Health Center be approved for designation as a CMHC for Monona County. Burgess Health Center applied to be designated as a CMHC on September 6, 2022.

Burgess Health Center is a county hospital, but is eligible for CMHC designation, for Monona County, due to the organization's status as a not-for-profit provider, designated by a county, in lieu of a CMHC prior to October 1, 2010, as authorized in Iowa Code 230A.107.2. Burgess Health Center is eligible for CMHC designation due to nonprofit status and Chapter 24 accreditation (through April 1, 2026) for the following services:

- Emergency Services
- Evaluation Services
- Outpatient Psychotherapy and Counseling services

Burgess Health Center meets all CMHC requirements to serve the target population with minimal to no denials in proposed catchment area. This includes:

- Individuals of any age experiencing a mental health crisis
- Individuals of any age who have a mental health disorder
- Adults who have a serious mental illness or chronic mental illness
- Children and youth who are experience a serious emotional disturbance
- Individuals identified above who have a co-occurring disorder

HHS reviewed the self-assessment form completed by Burgess Health Center. The self-assessment demonstrates they are serving children and adults in the current and proposed catchment area. During SFY22, Burgess Health Center reported serving 599 unduplicated individuals in Monona County. Burgess Health Center has worked with the Southwest Iowa region to increase availability of access to individuals seeking outpatient psychotherapy and psychiatry services and recently initiated walk-in clinic services, available on Saturdays from 9 a.m. -12 p.m. each Saturday to serve individuals in need. This has increased availability of appointments on Saturdays for both therapy (each Saturday) and psychiatry/medication management services (Saturday bi-monthly). Psychiatric services are provided in person and via a secure live video telehealth connection by a board-certified psychiatrist and a psychiatric physicians' assistant.

Burgess Health Center, a critical access hospital, provides a broad array of medical and mental health services throughout the community including, consultation and public education, Community Support Services, consultative services at the hospital, medication management, school-based mental health services, Behavioral Health Intervention Services (BHIS), and has an MOU with Heartland Family Services to provide individuals access to ACT services. Burgess

Health Center also has a formal agreement with Heartland for referrals for individuals with a substance use disorder and for consultation and evaluation services as needed. They have the capacity to serve individuals within their catchment area, including office locations in Onawa and Mapleton, Iowa.

Burgess Health Center Medical Center Behavioral Health provides CMHC core services in the following:

- Outpatient Psychotherapy and Counseling Services
- Emergency services
- Day treatment, partial hospitalization, or psychosocial rehabilitation services. Burgess Health Center has a formal agreement with Heartland Family Services for ACT services, which meets the Chapter 24 requirement for psychosocial rehabilitation services. Effective 05/17/23.
- Admission screening for voluntary patients
- Community support services. Effective 06/14/2023.
- Consultation services
- Education services
- Coordination with services provided by other agencies to the target population in the catchment area.

Stakeholder Input

- HHS solicited input from three service providers in the proposed catchment area and received feedback from all three:
 - One provider was positive of the designation of Burgess Health Center as the CMHC for Monona County. The provider identified formal agreements, referrals, and collaboration.
 - One provider expressed concerns about Burgess Health Center's ability to collaborate with, and to provide, the needed CMHC core services.
 - One provider expressed concerns about the capacity to provide all CMHC services and expressed concern regarding wait times for outpatient services.
 - HHS met with the MHDS, Southwest Iowa Region CEO, Suzanne Watson, who expressed support for Burgess Health Center Medical Center Behavioral Health designation request and did not identify any concerns about the ability of Burgess Health Center to meet the CMHC requirements. The MHDS region also provided a formal letter of support for the designation.

Other

- One provider in the Sioux City area emailed HHS staff expressing interest in CMHC designation for Monona County. This information was shared with the Southwest Iowa Region CEO, Suzanne Watson, and she indicated she continued to support the Burgess application for CMHC designation.
- The two stakeholders who shared concerns about the ability of Burgess to provide core CMHC services (CSS) were accurate at the time of their response. Burgess began providing CSS services effective 06/14/2023.