

**Mental Health Planning Council**  
**November 15, 2023, 9:00 am to 3:00 pm**  
**via Zoom**  
**Meeting Minutes – DRAFT**

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**MENTAL HEALTH PLANNING COUNCIL MEMBERS PRESENT:**

Teresa Bomhoff	Katie McBurney
Rachel Cecil	Mary McKinnell
Linda Dettmann	Todd Noack
Jen Gomez	Hannah Olson
Lorien Harker	Brad Richardson
Kyra Hawley-Preston	Jennifer Riley
Theresa Henderson	Kristin Roof
Vienna Hoang	Dr. Shad Swim
Michael Kaufman	Monica Van Horn
Todd Lange	Patricia Whitmarsh
Megan Marsh	Edward Wollner
Christina Maulsby	

**MENTAL HEALTH PLANNING COUNCIL MEMBERS ABSENT:**

Sen. Claire Celsi	Rep. Ann Meyer
Jenn Day	Ed Murphy
Jim Donoghue	Nina Richtman
Rep. Bob Kressig	Lorraine Uehling-Techel

**OTHER ATTENDEES:**

Rob Aiken, Iowa HHS	Randy Hoover, Freedom Pointe
Jacob Appel, Senate Democratic Caucus	Mary Issah, NAMI Johnson Co.
Theresa Armstrong, Iowa HHS	Patti Manna, Iowa HHS
Amy Berg-Theisen, Amerigroup	Stephanie Millard, First Resources Corp.
Kelly Carr, Henry Co. Public Health	Martha Peterson, Mt. Pleasant CSD
Wendy DePhillips, Iowa HHS	Libby Reekers, Tama Co.
Rachel Fletcher, Iowa Specialty Hospital	Flora Schmidt, IBHA

**Materials Referenced:**

*October 19, 2023, AM IMHPC Meeting Minutes – DRAFT*  
*October 19, 2023, Joint MHDS Commission & IMHPC Meeting Minutes - DRAFT*  
*ISHC Presentation*  
*Family Fun Fair Presentation*  
*IRSH Presentation MHPC 11.15.2023*  
*SWOT Analysis – IMHPC 10.2.23*  
*IMHPC Strategic Plan – DRAFT 11.6.2023*

**Welcome**

Teresa Bomhoff called the meeting to order at 9:02 am. Quorum was established with 20 members.

**Review and Approval of Meeting Minutes**

Teresa Bomhoff entertained a motion to approve both the October 19, 2023, AM meeting minutes and the October 19, 2023, joint meeting minutes with the MHDS Commission. Todd Noack motioned to approve the minutes. Kristin Roof seconded the motion. There was no discussion, the motion passed, and both sets of minutes were approved.

## **Nominations Committee Report**

Jen Gomez noted that the Nominations Committee reached out to the ten Council members whose term was set to expire at the end of 2023 to inquire if they wished to be reappointed to another three-year term. These members include Jim Donoghue, Lorien Harker, Kyra Hawley-Preston, Michael Kaufmann, Todd Lange, Katie McBurney, Ed Murphy, Dr. Shad Swim, Monica Van Horn, and Patricia Whitmarsh. Ed Murphy declined to be reappointed for another three-year term and will end his term after today's meeting. All other members indicated that they would like to be reappointed.

Teresa Bomhoff entertained a motion to approve reappointment of the nine members to another 3-year term. Jen Gomez motioned to approve and was seconded by Todd Noack. The motion passed and reappointments were approved.

There was a question about if there were any members at risk of being removed from the Council due to lack of attendance. It was noted that Lorraine Uehling-Techel's seat would be declared vacant if she missed today's meeting. Lorraine is under the category of a parent or guardian of a child with SED. It was also noted that with Ed Murphy leaving the Council after today's meeting that there would be a vacancy for a person with lived experience/in recovery, family member of adult with SMI/SUD as well as the two "Other" vacancies that are open.

Jen Gomez noted that the Nominations Committee reached out to the Council for nominations for the Council Chair, Vice Chair and Secretary leadership positions. The nominations received were Teresa Bomhoff for Chair, Brad Richardson and Todd Noack for Vice Chair, and Kyra Hawley-Preston for Secretary. The Nominations Committee set up a poll which was sent to all Council members to vote on these leadership positions. Voting was concluded on November 1<sup>st</sup>. The IMHPC leadership for 2024 will be Teresa Bomhoff, Chair; Brad Richardson, Vice Chair, and Kyra Hawley-Preston, Secretary.

The Nominations Committee currently has an opening. Teresa asked if anyone would like to volunteer to fill that opening. Patricia Whitmarsh volunteered to serve on the Nominations Committee to replace Leslie Carpenter who has resigned from the Council.

## **Filling the Gap: Mental Health Care in Iowa Presentation**

Rachel Fletcher, LISW, Behavioral Health Coordinator, Iowa Specialty Hospitals and Clinics introduced herself and provided a presentation on Iowa Specialty Hospital and how and why they grew their organization over the last eight years including expanding their workforce and their behavioral health programs which are in primarily rural areas. Rachel reviewed various areas of their work including outpatient therapy, school mental health, substance use disorders, and obstetrics program.

There was discussion regarding building a connection between Freedom Pointe and Iowa Specialty Hospital in Fort Dodge for resources.

## **Henry County School Equity Project Presentation**

Martha Peterson, Student & Family Advocate, Mount Pleasant Community School District (MPCSD) introduced herself and provided a presentation on the efforts put on by MPCSD to strengthening their crisis protocols and implementing a suicide prevention program by Sources of Strength through Mindwise Innovations. Martha indicated that their first family event, "May It Be Healthy" in May 2022, which focused on having presentations on suicide prevention and social media/internet safety as well as community resources and a panel discussion. The event wasn't as well attended as they hoped. Martha indicated that for the 2023 event they looked at how to make a family event work including looking at the event format, timing, funding, as well as rebranding it as the Family Fun Fair. She reviewed the portions of the original event that were kept including community resources as well as information and resources for parents on the Sources for Strength program as well as information on social media/internet safety. She also discussed the changes made that improved attendance by over 150 additional attendees, approximately. Finally, Martha shared the events keys to success, next steps, objective, and end goals.

There was discussion regarding LifeConnections partnering with MPCSD as one of the community resources for their next event. There was discussion regarding the rebranding of the event to decrease stigma and increase participation and if there was language or labels that are seen as troublesome or seem to reinforce stigma. There was discussion regarding room for growth for this project. There was discussion about a Back-to-School Fair that was hosted by Henry County Public Health that offered several school screenings. There was discussion regarding Mindspring webinars and the possibility of pushing these out to parents in the community.

### **Intensive Residential Service Homes (IRSH) Presentation**

Rob Aiken, Iowa HHS and Stephanie Millard, Director of Mental Health Services, First Resources Corp. provided presentations on IRSH in Iowa and specifically one program in Burlington. Rob Aiken provided information on the definition, history, and access standards for IRSH. Rob reviewed the present status of IRSH in Iowa noting where IRSH programs are currently designated and accepting referrals as well as those in development and waiting designation. Rob reviewed the basics of the IRSH program including admission criteria and next steps moving forward for the MHDS Regions.

Stephanie Millard provided an overview of First Resources Corp.'s IRSH program in Burlington, Iowa. Stephanie provided information on the organizations' admissions including timelines, data points, status of entitlements, as well as stakeholder survey data. Stephanie also reviewed data regarding major incidents. Stephanie shared background on the no eject/no reject policy for IRSH, as well as information about the referral and waitlist process, and an overview of the organization's operations, and successes.

There was discussion regarding the no eject/no reject rules and what all they entail. There was discussion regarding the level of training necessary for therapists serving IRSH. There was discussion regarding how some of the daily skills training offerings were provided and if staff was trained in some of these offerings such as Dialectic Behavioral Therapy (DBT). Info shared in chat that folks can use to see the status of IRSH and who is the best contact for each provider. There was discussion regarding referrals from corrections and what is needed for admissions. There was discussion regarding pay that First Resources offers for their staff.

### **HHS/BH Update**

#### Certified Community Behavioral Health Clinics (CCBHC)

CCBHCs are specially designed clinics that provide a comprehensive range of mental health and substance use services. These clinics are required to serve anyone who walks through their doors, regardless of diagnosis or insurance status. CCBHCs will expand community-based services and evidenced practices for individuals with a serious mental illness (SMI), severe emotional disturbance (SED) and significant substance use disorder (SUD) and improve access to care, integration with medical care, and data collection.

HHS continues to move forward with work related to the CCHBC Planning Grant. A Request for Proposal (RFP) was issued in late September to determine what organizations would be potentially certified by the State as a CCBHC. HHS plans to announce successful bidders on December 5, 2023. Health Management Associates, who contracts for HHS on the CCBHC Planning Grant, is doing a series of technical assistance (TA) trainings related to CCBHCs in November and December. These trainings are more generalized and are open to the public. HHS has posted positions for a Project Coordinator and a Certification Specialist. These two positions will complete the CCBHC Transformation Team along with the Project Director, Laura Larkin.

HHS will be submitting their application to be a Demonstration State in March 2024.

### Crisis Services System Evaluation

A request for proposal (RFP) was issued to contract for an evaluation of the current crisis service system and how to shift from a mental health crisis system to a behavioral health crisis system. Health Management Associates (HMA) was awarded as the successful bidder. They are bringing a lot of knowledge and expertise to the table.

HMA will be looking at how to integrate Iowa's crisis response system for both mental health and substance use crisis. HMA will be conducting focused interviews as well as broader stakeholder meetings and a stakeholder survey this winter. Plan to have a report and implementation plan sometime in August.

### Service Delivery Assessment

The State of Iowa continues to move towards systematic alignment. Health Management Associates (HMA) has compiled a report of recommendations summarizing their findings following their community-based services analysis that occurred over the summer, which is in process of review by HHS. This is anticipated to be shared later in the year. The recommendations are anticipated to include options for service delivery, options for funding, and recommendations changes.

### Suicide Prevention

The Division of Behavioral Health has a new Office of Suicide Prevention with Julie Maas named the new Suicide Prevention Director. This office will be implementing a Garret Lee Smith Grant, from SAMHSA which is a five-year grant to fund youth suicide prevention. HHS will be focused on training, education, focus on counties with high prevalence and developing procedures, developing toolkits that can be used by anybody for prevention activities and support local schools, and a Youth Suicide Prevention Summit.

### **Public Comment**

No public comment.

**Planning and Advisory Council took a break for lunch from 12:08 p.m. and returned at 1:00 p.m.**

### **IMHPC Strategic Plan Discussion**

Wendy DePhillips shared IMHPC Strategic Plan Steering Committee's recent work on drafting an updated vision and mission statement. Wendy shared that service values had been added to the mission statement to allow for a more concise statement. She shared a current draft of the overall goal of the strategic plan as well as key steps noted in the executive summary. Wendy noted that Steering Committee developed a SWOT analysis regarding the Planning Council to look at its strengths and opportunities to improve. Wendy offered Council members a poll to vote on areas or items that the Planning Council should look at during the strategic planning process as well as what workgroups/committee should be considered moving forward. Member orientation and member/block grant education had the most votes for both areas to look at as well as consideration to be a workgroup, followed by advocacy (workgroup consideration), and meeting structure (format, length, number of meetings) for areas to consider.

Teresa Bomhoff noted that Steering Committee had developed three action plan steps so far that would need volunteers to complete. The first step was to develop a short-term workgroup to create a member orientation presentation that will be presented at the January 2024 meeting and every January thereafter. This presentation would include information on the Planning Council as well as member roles and responsibilities. It was noted that this workgroup would only be in place to provide the initial orientation presentation. Updates to the presentation will be made on an as needed basis, like what is done for policy or bylaw changes. Todd Lange, Todd Noack and Jen Riley volunteered to participate in this workgroup and provide the presentation in January.

The next step was to form a Block Grant Education Workgroup. This workgroup would analyze and breakup the 2024-2025 Mental Health and Substance Use Prevention, Recovery and Treatment Services Block Grant into three sections that they would then present and review with the full Council during the January, May, and September meetings. This would help to educate members on all aspects of the block grant. Theresa Henderson, Katie McBurney, and Monica Van Horn volunteered to participate in this workgroup. Teresa Bomhoff indicated that she would be a resource for this workgroup for any questions.

The third step was to form a focus group that would look at possible name changes for the Planning Council and committee/workgroups. It was noted that the group should also look at not only the purpose of the workgroup/committee, but also how they should function moving forward including how often they should meet, if they should produce written reports in addition to reporting out at Council meetings, and if the work done by committees and workgroups could help to reduce the length of full Council meetings. Michael Kaufmann, Kristin Rooff, and Lorien Harker volunteered to participate in this focus group. Brad Richardson indicated that he had several possible names that could be considered for the Council and would act as an additional resource for this group. The focus group will report out with their recommendations regarding the new name for the Planning Council as well as which workgroups/committees and how these should function moving forward.

#### **Additional Discussion**

There was discussion regarding the use of block grant funds for peer recovery centers. It was noted the strategic plan was moving the Planning Council from a focus mental health to a behavioral health or mental health and substance use disorder focus and the fact that Iowa HHS will be submitting a combined mental health block grant and substance use prevention, recovery, and treatment services block grant moving forward would enable the Council to make these types of recommendations.

#### **Public Comment**

No public comment.

#### **Adjourn**

Teresa Bomhoff entertained a motion to adjourn the meeting. Brad Richardson motioned and was seconded by Jennifer Riley. There was no discussion and the motion passed. The meeting adjourned at 2:21 p.m.

*Meeting minutes respectfully submitted by Wendy DePhillips.*