

Mental Health Planning Council
July 20, 2022, 9:00 am to 3:00 pm
Zoom
Meeting Minutes – Approved 10/20/2022

MENTAL HEALTH PLANNING COUNCIL MEMBERS PRESENT:

Teresa Bomhoff	Kyra Hawley	Donna Richard-Langer
Sen. Nate Boulton	Theresa Henderson	Brad Richardson
Kenneth Briggs	Michael Kaufman	Jennifer Robbins
Rachel Cecil	Anna Killpack	Kristin Roof
Linda Dettmann	Todd Lange	Dr. Shaad Swim
Jim Donoghue	Megan Marsh	Heather Thomas
Jen Gomez	Katie McBurney	Michele Tilotta
Kris Graves	Ed Murphy	

MENTAL HEALTH PLANNING COUNCIL MEMBERS ABSENT:

Mavis Anema
Vienna Hoang
Rep. Bob Kressig
Rep. Ann Meyer
Hannah Olson

OTHER ATTENDEES:

Theresa Armstrong	Randy Hoover	Michael Phillips
Megan Ball	Faraji Hubbard	Dawn Rasmussen
Rachel Barnhart	Karen Hyatt	Libby Reekers
Jenna Briasco	Mary Issah	Cheryl Schatzle
Jody Bridgewater	Mackenzie Juergensen	Flora Schmidt
Bob Chouinard	Sara Knox	Peter Schumacher
Cody Crawford	Julie Maas	Laura Semprini
Jen Day	Devon McClurken	Liz Sweet
Wendy DePhillips	Kellee Thornburn McCrory	Jim Vansteenburgh
Marissa Eyanson	Mike Meyer	Lauren Vorwald
Abbey Ferenzi	Sandra Moniot	Monica Wilke-Brown
Sarah Hambright	Todd Noack	

Materials Referenced:

May 18, 2022, IMHPC AM Meeting Minutes - DRAFT
May 18, 2022, Joint MHDS Commission & IMHPC Meeting Minutes – DRAFT
IMHPC July 20, 2022, Agenda Attachment
Monitoring and Oversight Committee First Episode Psychosis Contract Review
Life Connections PowerPoint Presentation
R Place PowerPoint Presentation
Iowa Peer Network PowerPoint Presentation

Welcome and Introductions

Teresa Bomhoff called the meeting to order at 9:02 am. Teresa led introductions of IMHPC members and attendees. Quorum was established with 22 members.

Review and Approval of Meeting Minutes

Teresa Bomhoff indicated that the Planning Council had to vote on approval of the minutes from the morning portion of May 18, 2022, meeting, and the minutes from the joint meeting with the MHDS Commission in the afternoon portion of the May 18, 2022.

Teresa Bomhoff indicated that she would entertain a motion to approve the morning meeting minutes for May 18, 2022, and the afternoon joint meeting minutes for May 18, 2022. Ken Briggs motioned to approve the minutes. Donna Richard-Langer seconded the motion. The motion passed and the minutes were approved.

Committee and Workgroup Reports

Nominations Committee

Brad Richardson stated that the Nominations Committee met and reviewed the application from Heaven Lorenz to fill one of the vacancies on the Planning Council of an individual with lived experience. Brad noted that the committee voted to approve the nomination of Heaven Lorenz for the Council and reviewed the highlights from her application. Brad indicated that Vienna Hoang, Nominations Committee Chair had reached out to several individuals about the Council's current vacancies but hadn't heard back as of yet. Teresa Bomhoff indicated that she would entertain a motion to approve Heaven Lorenz's application for appointment to the Iowa Mental Health Planning and Advisory Council as an individual with lived experience. Brad Richardson motioned to approve Heaven's application and was seconded by Jen Gomez. The motion passed and Heaven's application was accepted for appointment.

Teresa Bomhoff noted that there were currently eight vacancies on the Iowa Mental Health Planning and Advisory Council, one for an individual with lived experience, three for a parent or guardian of a child with SED, and three openings for individuals in the "other" category. Teresa noted that with the approval of Heaven, the Council was evenly balanced with 50% providers and 50% non-providers, but that per the Council's Bylaws it needs to be at least 51% non-providers.

Monitoring and Oversight Committee

Donna Richard-Langer noted that Kyra Hawley had recently joined the Monitoring and Oversight Committee. Donna provided a brief overview of their review of the First Episode Psychosis (FEP) contracts at their July meeting. It was noted that FEP receives a 10% allocation off the top of the Community Mental Health Block Grant. Donna provided an overview of FEP and the purpose of the contract as well as information from the most recent reports, which was included in their review document. Heather Thomas spoke about the Eyerly Ball FEP program.

Update on Expenditures from Mental Health Block Grant (Regular MHBG, Cares Act or Covid Supplement, and ARPA)

Teresa Bomhoff reviewed the agenda attachment regarding the IMHPC recommendations and allocations. Julie Maas, Iowa Department of Health and Human Services (HHS) provided an update on the Mental Health Block Grant (MHBG) expenditures, specifically those related to the Covid Supplement spending as this block of money must be spent by March 14, 2023. These projects include contracts for the addition of two Systems of Care, four peer-operated organizations, the Center of Excellence for Behavioral Health, technical assistance to determine what would need to be done at the state-level if the state moved forward with certification related to Certified Community Behavioral Health Clinics (CCBHCs), expanding the contract previously held by IDPH, now HHS, with Relias for training

that is offered to the Integrated Provider Network (IPN) to the Community Mental Health Centers (CMHCs), additional supports for Covid Recovery Iowa, now Project Recovery Iowa, and additional activities including trainings for staff of FEP programs. Covid mitigation funds were distributed to the CMHCs for PPE, testing, staff time related to testing, etc.

There was discussion regarding the Bipartisan Safer Communities Act, which was passed federally and signed by Biden. There was discussion regarding 988, the current contracts, its launch on July 16, 2022, 911's collaboration with 988, and the different funding streams currently being used to fund this service. There was discussion regarding how the Relias LMS would be utilized for CMHCs and mental health providers, and where HHS is in the process.

Peer-Run Organization Presentation – Life Connections

Todd Lange provided background information on the development of the HHS contracts for peer-run organizations, including the work of the IMHPC on peer-run organizations and their recommendation to HHS and introduced the first of the peer-run presenters. Ed Murphy, Life Connections, presented on the organization, its current contract with HHS, and the peer respite house, Rhonda's House.

There was discussion regarding transportation and if it was provided for individuals who wanted to stay at Rhonda's House from different areas in the state. There was discussion about the capacity of Rhonda House. It was noted that there was more space in the new house which has allowed for a higher capacity of 3-5 guests at a time versus the previous location which could only hold one guest at a time. There was discussion regarding the continuum of care, and the gap that peer-run respite can help address. There was discussion about peer respites in nearby states and the fact that it is a grassroots movement. There was discussion regarding the peer support committees that meets in the East Central MHDS Region and the Eastern Iowa MHDS Region. The Central Iowa Community Services (CICS) Region has a meeting of the minds quarterly that consists of representatives from the wellness recovery centers in the region. The Iowa Peer Workforce Collaborative in Iowa City also has a peer advisory committee. There was discussion regarding how peer services can support the work being done throughout the state.

Peer-Run Organization Presentation – NAMI Johnson County

Mary Issah, Laura Semprini and Jenna Briasco, NAMI Johnson County introduced themselves and presented on the NAMI Johnson County organization, their current contract with HHS, the expansion of the NAMI program and resources, the creation and use of remote peer support during the pandemic and moving forward, and their peer wellness center, R Place.

There was discussion regarding the offering of holistic modalities (yoga, sound healing, etc.) at the peer wellness center, R Place. There was discussion regarding the hours available for remote peer support and that it was available to anyone statewide. There was discussion regarding support after hours, and if remote peer support was available. It was noted that the Abbe Center Warm Line (844) 775-9276 is recommended for individuals outside of regular hours as it is available 24/7 365 days a year. If it is more urgent, they are recommended to the Access Center or to Your Life Iowa. There was discussion regarding if they had seen an increase in the last year or so of people utilizing remote peer support and R Place. There was discussion regarding the monthly reports from the peer-run organizations and that that information is shared with the Council's Monitoring and Oversight Committee. There was discussion regarding the peer recovery centers in the state and having a presentation and update on the peer recovery centers at a future Council meeting. There was discussion regarding have someone from the Abbe Center Warm Line give a presentation.

Iowa Mental Health Planning and Advisory Council took a break at 11:52 a.m. and reconvened at 12:30 p.m.

Iowa Department of Health and Human Services (HHS) Alignment Update

Marissa Eyanson provided an update on the status of the HHS alignment of DHS and IDPH. As of July 1, 2022, the Iowa Department of Public Health (IDPH) and the Department of Human Services (DHS) are now the Iowa Department of Health and Human Services (HHS). There is a lot of work happening as this transition continues. Current work includes the development of the HHS website. This will be a two-step process with step one being to merge the IDPH & DHS websites and step two to update and modernize the HHS website to be more person-centered, informative, and easier to navigate. HHS will be gathering stakeholder input for this process. Work is also coming along on the branding and logo for the new Department. The new logo is to be representative of who HHS is, what it does and how it wants to be represented. Staff input was gathered through surveys and the number one take away was that HHS is a trusted partner. There will be staff townhall meetings at the end of July to provide updates and information to HHS staff including the introduction of the new branding and logo as well as a table of organization (TO) broken down by programs and services. There are still no names connected to the TO at this point.

There was discussion regarding the hiring of the new Chief Financial Officer for HHS, Jess Benson, the new Medical Director, Dr. Cruz, and Sarah Reisetter's appointment to Deputy Director and head of the Compliance Division.

MHDS Update

988

988, the National Suicide Prevention Line (NSPL) three-digit number to call for individuals in suicidal crisis or emotional distress, launched on July 16, 2022. Iowans who contact 988 will be connected directly to trained crisis counselors who provide crisis de-escalation and connect individuals to the services and supports they need, when they need it. Iowa has two NSPL Centers, CommUnity and Foundation 2. DHS has contracts with both NSPL Centers to provide 24/7 call, text, and chat, as well as provide follow-up to individuals at-risk of suicide and connection with community-based crisis and behavioral health services and supports. The contracts also indicate that the Centers will provide warm handoffs to mobile response with a target date of December 1, 2022.

The current focus has been building staff capacity and in May the Centers were able to hire 21 FTEs to answer calls, chats, and texts as well as a Program Manager, Program Coordinator and Training Coordinator. The 988 system is designed to complement the 911 system and coordination of the two is vital in the development of a coordinated and comprehensive crisis system.

There was discussion about Your Life Iowa and 988 and their future relationship moving forward. There was discussion about recent legislation that will provide additional funds for 988 implementation.

DOJ Investigation/Community Integration

The final consent decree for the Glenwood Resource Center has not been received yet. However, HHS is aware of key items that will likely be in the consent decree and some of that work has already begun. The second DOJ report dealt primarily with Americans with Disabilities Act (ADA) compliance and noted that Iowa has a large dependence on facility-based care and more community choice is necessary. There has been a lot of discussion on equipping providers who are interested in serving individuals with complex, multi-occurring needs and educating guardians on available services. Taking a closer look at the community at-large including hospitals, crisis providers, mental health providers and MHDS Regions is essential with a focus on better community outreach, specialized, person-centered plans that prepare for mental health crisis, and building relationships before a provider accepts an individual for services.

State Resource Centers

The Woodward State Resource Center (WRC) is in the process of consolidating houses, closing one house, and moving residents to other houses. Ten individuals will be moving from the Glenwood State Resource Center (GRC) to WRC, where they will be living in the same house. GRC is focusing on retaining and hiring additional social worker staff as well as contracting to assist with specific transition work.

There was discussion regarding the settlement agreement for the Boys State Training School and the positive progress happening at the facility.

Project Recovery Iowa

Formerly COVID Recovery Iowa, Project Recovery Iowa (PRI) serves individuals impacted by the pandemic, derecho, and natural disasters. PRI offers free personal support/counseling, support groups, training, and engagement activities through social media (Facebook, Instagram, TikTok, YouTube, etc.). Federal Emergency Management Agency (FEMA) dollars with oversight by the Substance Abuse Mental Health Services Administration (SAMHSA) ended June 10, 2022. Due to the success of the program HHS has decided to use block grant dollars earmarked for projects related to Covid to continue this program through the end of SFY2023.

There was discussion regarding recent Youth Mental Health First Aid opportunities specifically for teens and the overwhelmingly positive reception for this training.

Suicide Awareness Campaign

A new marketing campaign launched about two months ago by the Iowa Department of Public Health and Your Life Iowa to help address the increase in suicide within the state. While applicable for everyone, the campaign is specifically geared toward youth with teen input utilized to ensure the message resonated as well as a focus on marketing in social media (YouTube, TikTok, etc.) and streaming services (Hulu). The state also engaged the Centers for Disease Control (CDC) to assist in a review of Polk County which had seen an uptick in suicide and suicide attempts. The CDC worked with state, local, Polk County and Regional personnel to review available data over a ten-year period. They have provided preliminary information, but plan to have a report with findings and suggested strategies for the state. They have also committed to assisting state epidemiologists in doing similar reviews and analysis.

There was discussion regarding Multicultural Mental Health Month (July), the unique traumas of different cultures and how it effects future generations, and necessity of health equity. There was discussion regarding the Children's Behavioral Health System State Board and the developing relationship between HHS and the Department of Education.

Certified Community Behavioral Health Clinics (CCBHCs)

CCBHCs are a type of provider that are required to provide a set of outpatient mental health and substance use disorder services including care coordination, crisis services and collaboration with regional providers. Iowa currently has twelve CCBHCs through demonstration project grants offered directly to the provider by SAMHSA. SAMHSA recently released two funding opportunities. One for planning, development, and implementation of new CCBHCs with a plan to provide 156 awards with up to \$1M per year. The other funding opportunity is for existing CCBHCs with a plan to provide 156 awards with up to \$1M per year. Iowa had ten additional providers submit proposals, and of the existing CCBHCs ten out of the current twelve Iowa providers were eligible and all ten submitted proposals.

The Bipartisan Safe Communities Act recently signed includes an expansion of the CCBHC program to allow any state or territory the opportunity to apply to participate in the demonstration, while allocating additional planning grant dollars for states to develop proposals to participate. Iowa had applied previously to be a demonstration state but wasn't chosen at that time. This provides another opportunity for the state to apply. Starting in July 2024, and every two years thereafter, ten additional states will be selected to join the demonstration. The eight original demonstration sites are extended including the two newer demonstration states. There was discussion regarding a current map of the CCBHCs. It was commented that the link to the CCBHC locations could be found at:

<https://www.thenationalcouncil.org/wp-content/uploads/2022/03/CCBHC-Location-List-Updated-7.22.21.pdf>

There was discussion regarding MHDS' work with the regions with the change to 100% state funding versus county tax levy, including performance-based contracts with the regions. There was discussion regarding the work regarding community integration and the need to develop a more robust office for the State Director of Developmental Disabilities (DD), as Marissa is currently both the State Mental Health Authority and the State DD Director, and what that work should look like. There was also discussion regarding MHDS becoming part of the new Division of Behavioral Health and Disability Services, which combines the work of MHDS and the substance abuse work at IDPH, and the work being done in the new division.

Peer-Run Organization Presentation – Iowa Peer Network

Sara Knox, Iowa Peer Network, introduced herself and provided a presentation on the Iowa Peer Network including the importance and benefits of peer support and peer recovery specialists, the background on the organization, the need it addresses in assisting with decreasing burnout for peers as well as the current work being done under its contract with HHS. The website for the Iowa Peer Network is www.iowapeernetwork.org and Sara's email address is sara.knox@iowapeernetwork.org.

There was discussion regarding possible future collaborations with Vocational Rehabilitation on some of the employment and skill-building activities. There was discussion regarding the current vacancies on the Iowa Mental Health Planning and Advisory Council, and for those interested they should contact Wendy DePhillips wdephil@dhs.state.ia.us for more information and the application.

Peer-Run Organization Presentation – Freedom Pointe

Todd Lange provided some history of Freedom Pointe, a peer wellness center in Fort Dodge, Iowa, and his work with Randy. Todd introduced Randy Hoover, Director of Freedom Pointe who provided background on the organization and the current work being done under its contract with HHS.

Freedom Pointe currently has eleven staff and are expanding their hours to 8:00 a.m. to 8:00 p.m. six days a week. Under the grant the organization has been able to rent a large space with several rooms in the basement of a church with a stage that allows for entertainment activities (dinner theater, game show performances, etc.), lease space at the LifeWorks building, expand the program into the community by engaging large and small groups, and providing education classes. The grant included expanding the program into Jefferson, in Greene County. Originally they had a simple program in Jefferson, but it has expanded to almost 400 people. Freedom Pointe averages contact with over 1600 people a month. However, there are typically only 50-60 active members downtown.

Randy noted that it seemed like "fun" was missing or unstated within peer support as it typically focuses on therapy, support, and advocacy, so Freedom Pointe tries to address all of these, including fun. Randy spoke about Homeless Haven which works with the homeless population in Fort Dodge. Randy indicated that Freedom Pointe has been called out to 90 active suicide threats, in the five years it has been open. Randy noted that a large portion of them were due to isolation because of covid, but that all

90 are still alive. Randy spoke about the huge benefits of collaboration with other peer-run organizations. Randy spoke about the Georgia Model of peer support, and that it is the modality that Freedom Pointe practices.

There was discussion regarding an urgent case that Freedom Pointe assisted in providing necessary supports to manage the crisis, and its collaboration with HHS. There was discussion regarding the homeless in Fort Dodge and the need for continued communication and collaboration. There was discussion regarding Freedom Pointe's grand opening. Randy indicated that people should contact him at freedompointe16@gmail.com for the date as it hasn't been determined yet. There was discussion regarding the desire to have a meeting of individuals that utilize mental health and behavioral health services to talk about the services they use, what they need, and provide them an outlet for socialization. There was discussion regarding whether Freedom Pointe gets calls to respond to situations involving the aging population.

There was discussion regarding documents that Teresa has found particularly helpful and indicated that she would be sharing those documents to the Council directly.

Public Comment

No public comment

Adjourn

Ed Murphy motioned for the meeting to adjourn. Rachel Cecil seconded the motion. The motion passed and the meeting was adjourned at 2:32 p.m.