

***COUNTY RURAL OFFICES OF SOCIAL SERVICES
MENTAL HEALTH AND DISABILITY SERVICES REGION***

FY23 ANNUAL REPORT



**SUBMITTED
12/01/2023**

GEOGRAPHIC AREA: *Clarke, Decatur, Lucas, Marion, Ringgold and Wayne*

APPROVED BY ADVISORY BOARD: 11/28/23

APPROVED BY GOVERNING BOARD: 11/28/23

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Introduction

The County Rural Offices of Social Services (CROSS) Region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 225C.57. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2023 Annual Report covers the period of July 1, 2022 to June 30, 2023. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

The FY2023 CROSS Governing Board is comprised of the following membership.

<i>Member</i>	<i>Representing</i>
<i>Austin Taylor</i>	<i>Clarke County Board of Supervisors</i>
<i>Ward Graham</i>	<i>Decatur County Board of Supervisors</i>
<i>Dennis Smith</i>	<i>Lucas County Board of Supervisors</i>
<i>Mark Raymie</i>	<i>Marion County Board of Supervisors</i>
<i>Denny Amos (July 1, 2022-December 31, 2022)</i>	<i>Monroe County Board of Supervisors</i>
<i>Sonny Schroeder (January 1, 2023-June 30, 2023)</i>	<i>Monroe County Board of Supervisors</i>
<i>Randy Taylor</i>	<i>Ringgold County Board of Supervisors</i>
<i>Don Seams</i>	<i>Wayne County Board of Supervisors</i>
<i>Terrance Horn</i>	<i>Adults/Actively involved relative of an adult who utilizes mental health and disability services</i>
<i>Vacant</i>	<i>Parent/Actively Involve Relatives of a Child who utilizes Children's Behavioral health services</i>
<i>Kathleen Hanafan</i>	<i>The Regional Education System</i>
<i>Conni Dunsmoore</i>	<i>Regional MHDS Adult Service Providers</i>
<i>Stacy Haas</i>	<i>Regional Children's Behavioral Health Providers</i>

A. Services Provided and Individuals Served

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	210	833	1043	40
Mental Illness, Intellectual Disabilities	1	1	2	40, 42
Mental Illness, Other Developmental Disabilities	0	2	2	40, 43
Total	211	836	1047	99

Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

FY 2023 Actual GAAP	County Rural Offices of Social Services MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
		Core										
Treatment												
71319	State MHI Inpatient - Per diem charges	5										5
Basic Crisis Response												
44301	Crisis Evaluation	112	60									172
44302	23 Hour Observation and Holding	15										15
44305	24 Hour Crisis Response	39	4									43
44307	Mobile Response	413	122									535
44312	Crisis Stabilization Community Based Services (CSCBS)	44	49									93
44313	Crisis Stabilization Residential Service (CSRS)	108	1									109
Support for Community Living												
32329	Support Services - Supported Community Living			1								1
Support For Employment												
Recovery Services												
Service Coordination												
Sub-Acute Services												
64309	Sub Acute Services (6+ Beds)	6										6
Core Evidence Based Treatment												
32396	Supported Housing	30										30
Core Subtotals:		772	236	1								1009
Mandated												
74XXX	CommitmentRelated (except 301)	106	7									113
75XXX	Mental health advocate	38	2									40
Mandated Subtotals:		144	9									153
Core Plus												
Justice System Involved Services												
25XXX	Coordination services	65										65
46305	Mental Health Services in Jails	86										86
Additional Core Evidence Based Treatment												
Core Plus Subtotals:		151										151
Other Informational Services												
Community Living Support Services												
22XXX	Services management	176	38									214
31XXX	Transportation	71	31		1	1						104
33340	Basic Needs - Rent Payments	3	1									4
33345	Basic Needs - Ongoing Rent Subsidy		1									1
33399	Basic Needs - Other	4										4
41305	Physiological Treatment - Outpatient	96	2									98
41306	Physiological Treatment - Prescription Medicine/Vaccin	12										12
63XXX	RCF 1-5 beds	1										1
Community Living Support Services Subtotals:		363	73		1	1						438
Congregate Services												
64329	Comm Based Settings (6+ Beds) - Supported Community	2										2
64XXX	RCF-6 and over beds	8				1						9
Congregate Services Subtotals:		10				1						11
Administration												
Uncategorized												
Regional Totals:		1440	318	1	1	2						1762

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

<u>Date Designated</u>	<u>Access Center</u>
5/21/2021	<i>Infinity Health, located in Osceola Iowa, serving all CROSS-member counties.</i>

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team’s most recent fidelity score.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
3/31/2020	<i>Resources for Human Development, Knoxville and Leon Offices serving all CROSS-member counties</i>	96

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

<u>Date Designated</u>	<u>Subacute</u>
11/24/2020	<i>Infinity Health, located in Osceola Iowa, serving all CROSS-member counties.</i>

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual’s clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.

- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

A designated IRSH provider shall meet these criteria at initial application and annually thereafter.

Date Designated	<u>Intensive Residential Services</u>
9/14/2022	<i>First Resources Corporation, Burlington Iowa</i>

C. Financials

Table C. Expenditures

FY 2023 Accrual	County Rural Offices of Social Services MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy	20,000.00					20,000.00
42306	Medication prescribing & management						
43301	Assessment, evaluation, and early identification						
71319	Mental health inpatient therapy-MHI	200,092.18					200,092.18
73319	Mental health inpatient therapy						
	Crisis Services						
32322	Personal emergency response system						
44301	Crisis evaluation	61,049.00					61,049.00
44302	23-hour crisis observation & holding	13,633.62					13,633.62
44305	24-hour access to crisis response	5,804.50					5,804.50
44307	Mobile response	97,086.40					97,086.40
44312	Crisis Stabilization community-based services	121,032.51					121,032.51
44313	Crisis Stabilization residential services	153,966.13					153,966.13
44396	Access Centers: start-up / sustainability	901,082.84					901,082.84
	Support for Community Living						
32320	Home health aide						
32325	Respite						
32328	Home & vehicle modifications						
32329	Supported community living		1,460.43				1,460.43
42329	Intensive residential services	13,135.59					13,135.59
	Support for Employment						
50362	Prevocational services						
50364	Job development						

50367	Day habilitation						
50368	Supported employment	38,092.00					38,092.00
50369	Group Supported employment-enclave						
	Recovery Services						
45323	Family support						
45366	Peer support						
	Service Coordination						
21375	Case management						
24376	Health homes						
	Sub-Acute Services						
63309	Subacute services-1-5 beds						
64309	Subacute services-6 and over beds	37,419.40					37,419.40
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	4,450.00					4,450.00
32396	Supported housing	185,000.00					185,000.00
42398	Assertive community treatment (ACT)						
45373	Family psychoeducation						
	Core Domains Total	1,851,844.17	1,460.43	0.00	0.00	0.00	1,853,304.60
	Mandated Services						
46319	Oakdale						
72319	State resource centers						
74XXX	Commitment related (except 301)	57,496.85					57,496.85
75XXX	Mental health advocate	17,495.97					17,495.97
	Mandated Services Total	74,992.82	0.00	0.00	0.00	0.00	74,992.82
	Additional Core Domains						
	Justice system-involved services						
25xxx	Coordination services	33,079.65					33,079.65
44346	24-hour crisis line						
44366	Warm line*	11,940.00					11,940.00
46305	Mental health services in jails	24,910.05					24,910.05
46399	Justice system-involved services-other	104,056.87					104,056.87
46422	Crisis prevention training						
46425	Mental health court related costs						
74301	Civil commitment prescreening evaluation						
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers						
42397	Psychiatric rehabilitation (IPR)	50,000.00					50,000.00
	Additional Core Domains Total	223,986.57	0.00	0.00	0.00	0.00	223,986.57
	Other Informational Services						
03371	Information & referral						
04372	Planning, consultation &/or early intervention (client related)						
04377	Provider Incentive Payment	58,766.00					58,766.00
04399	Consultation Other						

04429	Planning and Management Consultants (non-client related)						
05373	Public education, prevention and education	276,044.10					276,044.10
	Other Informational Services Total	334,810.10	0.00	0.00	0.00	0.00	334,810.10
Community Living Supports							
06399	Academic services						
22XXX	Services management	495,428.48					495,428.48
23376	Crisis care coordination						
31XXX	Transportation	53,334.34	100.00	90.00			53,524.34
32321	Chore services						
32326	Guardian/conservator						
32327	Representative payee						
32335	CDAC						
32399	Other support						
33330	Mobile meals						
33340	Rent payments (time limited)	2,486.51					2,486.51
33345	Ongoing rent subsidy	450.00					450.00
33399	Other basic needs	1,681.00					1,681.00
41305	Physiological outpatient treatment	12,409.56					12,409.56
41306	Prescription meds	727.91					727.91
41307	In-home nursing						
41308	Health supplies						
41399	Other physiological treatment						
42309	Partial hospitalization						
42310	Transitional living program						
42363	Day treatment						
42396	Community support programs						
42399	Other psychotherapeutic treatment						
43399	Other non-crisis evaluation						
44304	Emergency care						
44399	Other crisis services						
45399	Other family & peer support						
46306	Psychiatric medications in jail						
50361	Vocational skills training						
50365	Supported education						
50399	Other vocational & day services						
63XXX	RCF 1-5 beds (63314, 63315 & 63316)	12,271.98					12,271.98
63XXX	ICF 1-5 beds (63317 & 63318)						
63329	SCL 1-5 beds						
63399	Other 1-5 beds						
	Community Living Supports	578,789.78	100.00	90.00	0.00	0.00	578,979.78
Other Congregate Services							
50360	Work services (work activity/sheltered work)						
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	143,984.93		21,464.00			165,448.93
64XXX	ICF 6 and over beds (64317 & 64318)						
64329	SCL 6 and over beds	21,306.61					21,306.61

64399	Other 6 and over beds						
	Other Congregate Services Total	165,291.54	0.00	21,464.00	0.00	0.00	186,755.54
Administration							
11XXX	Direct Administration					329,365.54	329,365.54
12XXX	Purchased Administration					84,652.52	84,652.52
	Administration Total					414,018.06	414,018.06
	Regional Totals	3,483,914.98	1,560.43	21,554.00	0.00	414,018.06	3,666,847.47
(45XX-XXX) County Provided Case Management							
							0.00
(46XX-XXX) County Provided Services							
							0.00
Regional Grand Total						3,666,847.47	

Table D. Revenues

FY 2023 Accrual	XXXX MHDS Region		
Revenues			
	FY22 Annual Report Ending Fund Balance		\$ 3,896,380
	Adjustment to 6/30/22 Fund Balance		
	Audited Ending Fund Balance as of 6/30/22 (Beginning FY23)		\$ 1,431,102
	Local/Regional Funds		\$ 2,560,260
1010	Delinquent Property Tax		
25XX	Other Governmental Revenues	2,422,148	
4XXX-5XXX	Charges for Services	-	
5310	Client Fees	-	
60XX	Interest	75,172	
6XXX	Use of Money & Property	-	
8XXX	Miscellaneous	62,941	
9040	Other Budgetary Funds (Polk Transfer Only)	-	
	State Funds		\$ 867,642
24XX	State/Federal pass thru Revenue	4,300	
2644	State Regional Service Payments	1,485,382	
2644	State Regional Service Payments (Refund to State)	(622,040)	
2643	State Incentive Funds	-	
	Other	-	
	Federal Funds		\$ -
2344	Social services block grant	-	
2345	Medicaid	-	
	Total Revenues		\$ 3,427,902
	Total Funds Available for FY23	\$ 4,859,004	
	FY23 Actual Regional Expenditures	\$ 3,666,847	
	Acceptable Encumbrance	\$ 142,225	
	Accrual Fund Balance as of 6/30/23	\$ 1,049,932	

D. Status of Service Development in FY2023

Intensive Psychiatric Rehabilitation Services (IPRS)

The CROSS Region continued providing startup funding to Central Iowa Recovery for establishment and operations of IPR services in the region. It is projected during FY24 the IPR program will undergo a fidelity review for illness management and recovery.



95

Duplicated individuals served in the IPR program in FY23.

11

New referrals in FY23.

9

Individuals discharged in FY23.

Pella Regional Health Center-Crisis Rooms

During FY23, the CROSS Region awarded funding to the Pella Regional Health Center for development of two crisis rooms for patients experiencing a mental health crisis in the emergency department. The rooms were developed specifically to provide a safer and more therapeutic environment for those in crisis. The project began in FY23 and \$142,225.00 were encumbered into FY24 for full completion of the project.

Supported Employment

As reported in the Fiscal Year 2022 annual report the CROSS region had contracted with Optimate Life Services for development of Supported Employment services in the region, specifically starting in Lucas County and once established expanding to other counties in the region. In Fiscal Year 2022 the provider purchased a vehicle, training and curriculum, due to workforce shortages staffing was not successfully put into place in Fiscal Year 2022. The CROSS Region extended this contract into Fiscal Year 2023 and Optimate Life Services was able to successfully interview, hire and employ a job coach and a job developer for the program.

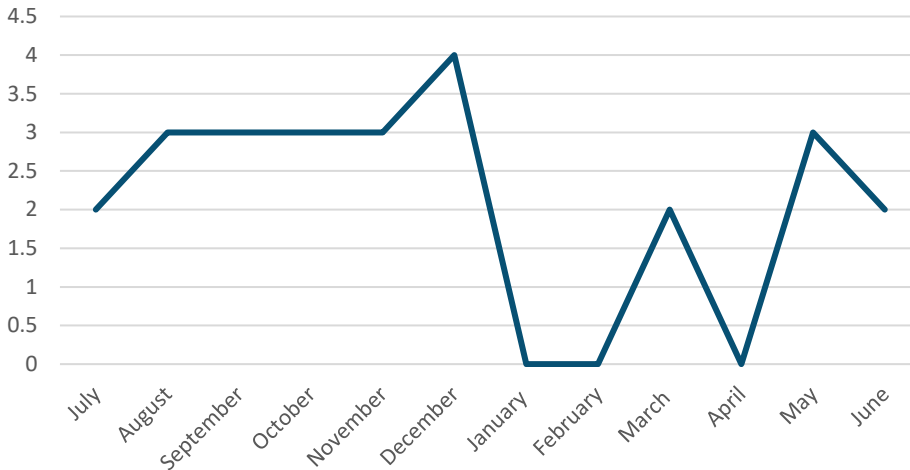


E. Outcomes/Regional Accomplishments in FY2023

Infinity Health 23 Hour Observation and Holding (Adults)

This service became available in the CROSS Region on December 29, 2019. Twenty-three-hour observation and holding means a level of care provided for up to 23 hours in a secure and protected, medically staffed, psychiatrically supervised treatment environment.

23 Hour Observation Admissions

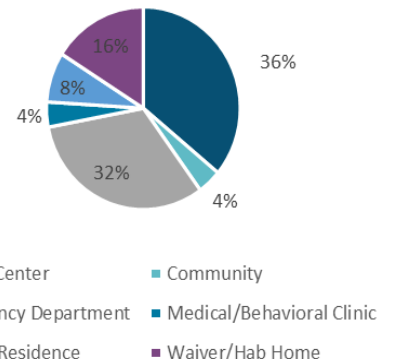


This chart depicts the monthly utilization of 23-hour observation and holding services at the Osceola Access Center operated by Infinity Health in FY23. There was a total of 25 admissions to this service in FY23 for 18 people. A 64% decrease in admissions from FY22 to FY23.

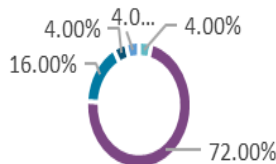
It is noted that service stability appears to begin to drop off and fluctuate month to month mid fiscal year, with multiple months experiencing no individuals receiving this service.

The pie chart to the right visualizes the location the individual was at when referred to 23-hour observation and holding service. It is important to note that 32% of individuals were going to the ED prior to accessing the crisis service. While ED's are certainly welcomed and encouraged to refer individuals to this service it is the goal of the region to divert individuals from seeking mental health care from local ED's by developing a true access center model.

Location at Time of Referral



Disposition from 23 Hour Observation



- Client left service
- Discharged - treatment complete
- Discharged to crisis service
- Discharged to ED Medical
- Discharged to inpatient psychiatric

The majority of individuals served complete treatment and are discharged home.

Thursday is the most common day of the week for admission to 23-hour observation.

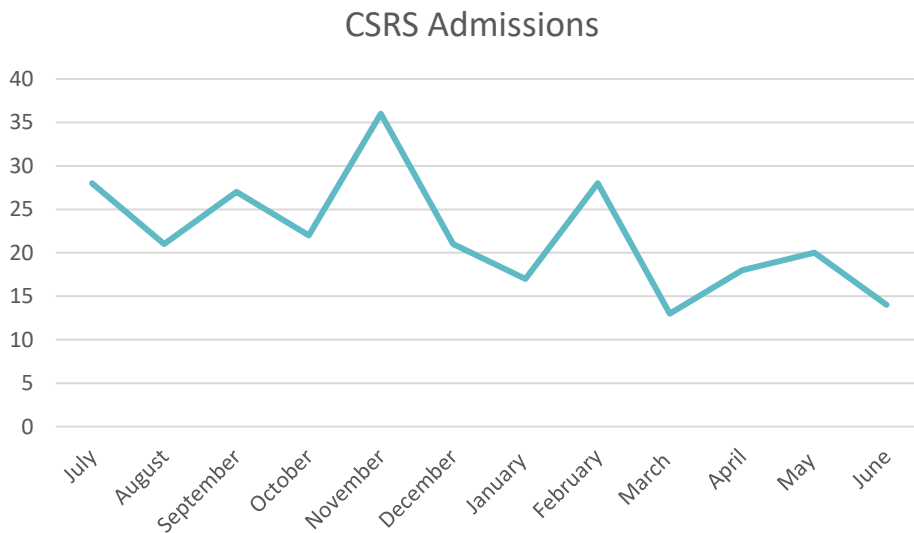
The average length of service is 26 hours.

Infinity Health-Crisis Stabilization Residential Services (Adults)

This service became available in the CROSS Region on December 29, 2019. Crisis Stabilization Residential Services (CSRS) means short term services designed to de-escalate a crisis situation and stabilize an individual following a mental health crisis and is provided in an organization arranged setting of no more than 16 beds.

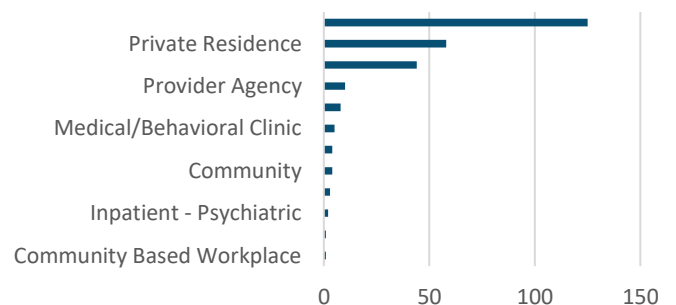
This chart depicts the monthly admissions to CSRS at the Osceola Access Center operated by Infinity Health in FY23. There was a total of 265 admissions to this service in FY23 for 202 people. A 33% decrease in admissions from FY22 to FY23.

Similar to 23-hour observation, it is noted that service stability appears to drop off and fluctuate month to month mid fiscal year, with a continual downward trend in accepted admissions over the fiscal year.

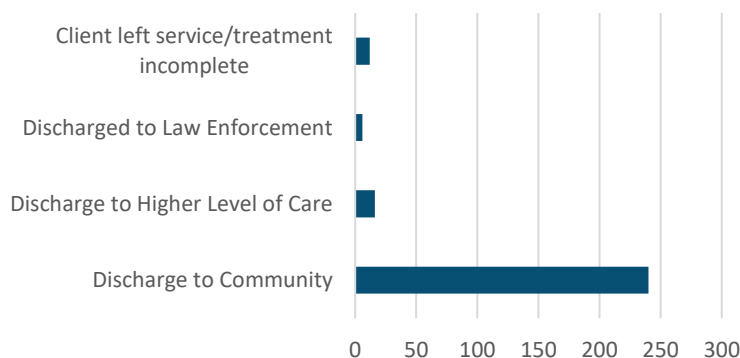


The graph to the right visualizes the location the individual was at when referred to CSRS. It is important to note that 47.17% of individuals were going to the ED prior to accessing the crisis service. While ED's are certainly welcomed and encouraged to refer individuals to this service it is the goal of the region to divert individuals from seeking mental health care from local ED's by developing a true access center model.

Location at Time of Referral



Disposition from CSRS



87% of individuals served in the CSRS are discharged to the community.

Tuesday is the most common day of the week for admission to CSRS for adults.

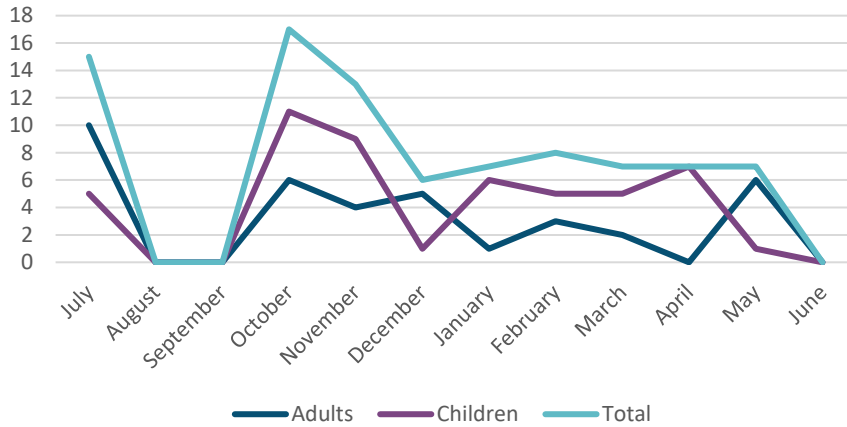
In FY23 the average length of stay in CSRS was 1.9 days. This is viewed to be extremely low. The projected minimum length of stay is 3 days, there is concern that individuals are being prematurely discharged and not stabilized upon discharge.

Crisis Stabilization Community Based Services (Adults and Children)

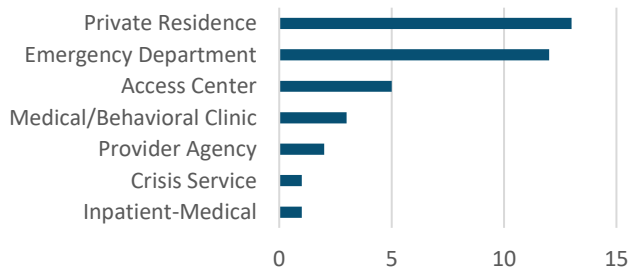
Crisis Stabilization Community Based Services (CSCBS) began in FY21. CSCBS means short term services designed to de-escalate a crisis situation and stabilize an individual following a mental health crisis and provided where the individual lives, works or recreates. As this program provides services to both the adult and children populations the data reported will be broken out accordingly when applicable.

This chart depicts the monthly admissions to CSCBS provided by Infinity Health in FY23. In FY23, 37 adult admissions were completed serving 34 adults, while 50 children’s admissions were completed serving 43 children. Overall, there was a 55% decrease in admissions from FY22 to FY23. As shown with the other crisis services operated by Infinity Health there was not a stability in the census and a major reduction in the amount of services provided in comparison to prior years.

CSCBS Admissions

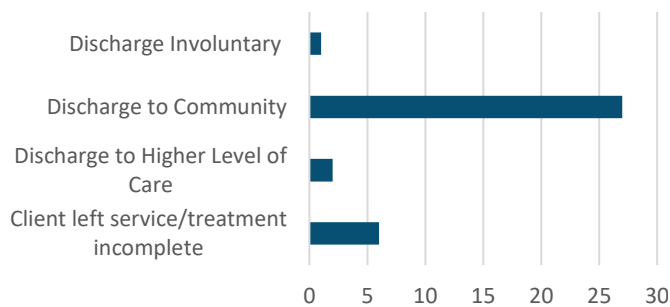


Location at Time of Referral (Adults)



The graph visualizes the location the individual was at when referred to CSCBS. It is important to note that 32% of individuals were going to the ED prior to accessing the crisis service. While ED’s are certainly welcomed and encouraged to refer individuals to this service it is the goal of the region to divert individuals from seeking mental health care from local ED’s by developing a true access center model.

Disposition from CSCBS (Adults)



75% of individuals served in the CSCBS are discharged to the community.

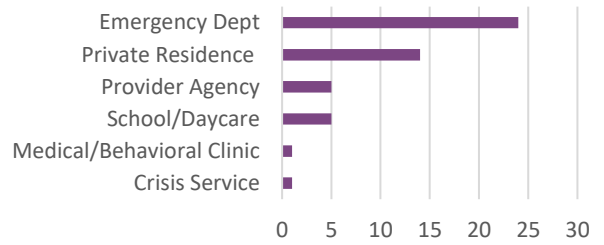
Friday is the most common day of the week for admission to CSCBS for adults.

In FY23, the average length of stay in CSRS was 2.8 days. This is higher than the CSRS length of stay but still on the lower side of length for the service.

Crisis Stabilization Community Based Services (Children)

The graph to the right visualizes the location the child was at when referred to CSCBS. It is important to note that 48% of individuals were going to the ED prior to accessing the crisis service. While ED's are certainly welcomed and encouraged to refer individuals to this service it is the goal of the region to divert individuals from seeking mental health care from local ED's by developing a true access center model.

Location at Time of Referral (Children)

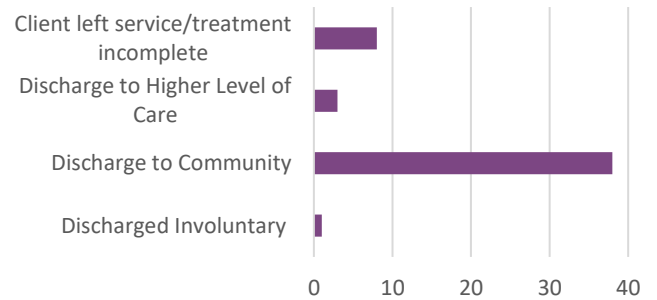


76% of individuals served in the CSCBS are discharged to the community.

Wednesday is the most common day of the week for admission to CSCBS for adults.

In FY23, the average length of stay in CSRS was 3.32 days.

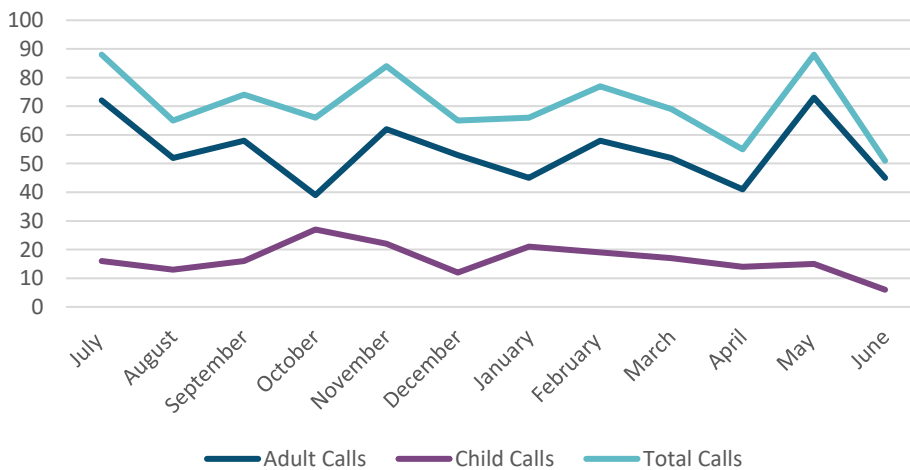
Disposition from CSCBS (Children)



Mobile Crisis Response (Adults and Children)

This service became available in the CROSS Region on December 29, 2019. Mobile response means a mental health service which provides on-site, face-to-face mental health crisis services for an individual's experiencing a mental health crisis. Crisis response staff providing mobile response have the capacity to intervene wherever the crisis is occurring.

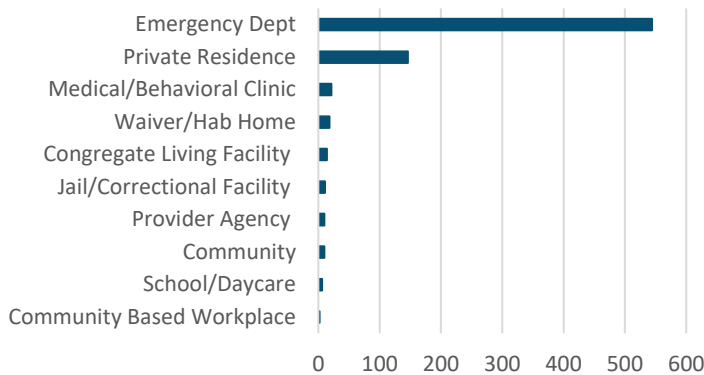
Mobile Crisis Reponse by Month



In FY23, there were 650 mobile responses serving 445 adults and 198 mobile responses serving 149 children. FY23 utilization shows a 9% increase in mobile crisis response services.

Mobile Crisis Response (Adults and Children)

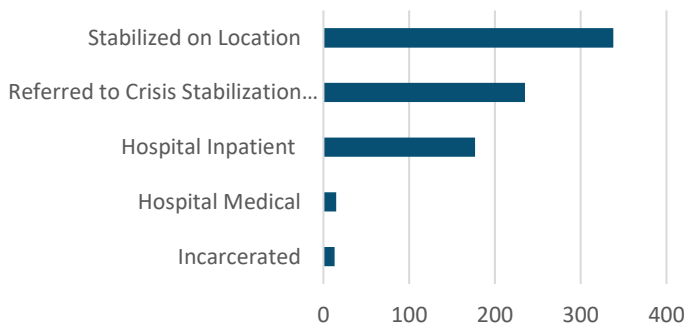
Location at Time of Response (Adults)



The graph to the left shows the location the individual was at when mobile crisis responded. It is important to note that 70% of individuals were going to the ED prior to accessing the mobile crisis service.

It is the goal of the region to divert individuals from seeking mental health care from local Emergency Departments by developing a true crisis continuum and access center model.

Result of Call (Adults)



43% of mobile crisis response calls for adults were stabilized on location.

86% of the time the mobile crisis team was onsite within 60 minutes of request for service.

The Average response time was 37 minutes.

Tuesday is the most common day of the week for request for mobile crisis response services.

The graph to the right shows the location the child was at when mobile crisis responded. It is important to note that 77% of individuals were going to the ED prior to accessing the mobile crisis.

It is the goal of the region to divert individuals from seeking mental health care from local Emergency Departments by developing a true crisis continuum and access center model.

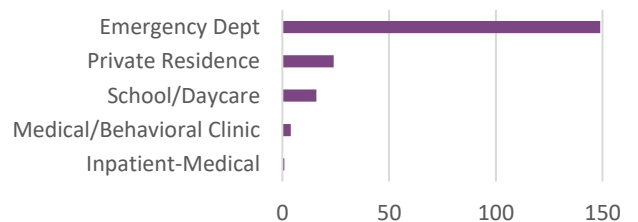
57% of mobile crisis response calls for children were stabilized on location.

83% of the time the mobile crisis team was onsite within 60 minutes of request for service.

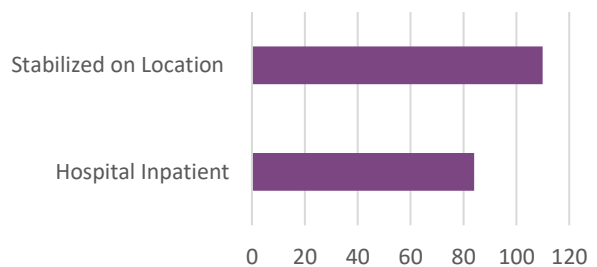
The average response time was 38 Minutes.

Tuesday is the most common day of the week for requests for mobile crisis response services.

Location at Time of Response (Children)



Result of Call (Children)



Subacute

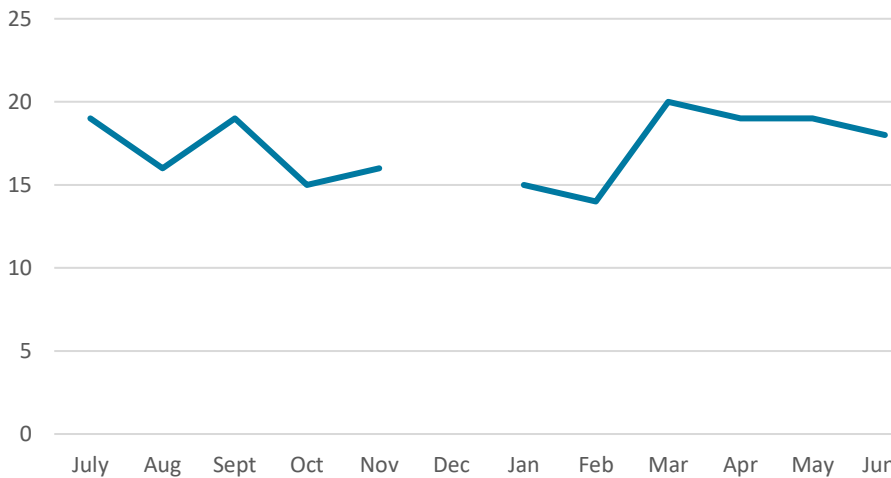
In FY23 the Region funded six admissions to subacute services at the Osceola Access Center. This was a 60% decrease in admissions from the prior fiscal year.

In the Spring of FY23 the crisis service provider, Infinity Health contacted the region identifying fiscal sustainability issues with continuing operations of not only subacute services but the Access Center and the crisis continuum as a whole. As a result of many factors the CROSS Governing Board terminated the contract for provision of services with Infinity Health in late June 2023. The Region contracted with a new provider, Inside Out Wellness and Advocacy June of 2023 for start up of crisis services in the CROSS Region.

Crisis Assessment and Evaluation

The vast majority of crisis assessment and evaluation completed at emergency departments in the region was done through mobile crisis response teams in FY23. Hospitals also had the availability to utilize tele-psychiatry through Integrated Telehealth Partners. Midway through the fiscal year ITP changed their reporting provided to the region, resulting in an incomplete data set and some measures that were reported on previously are not available at this time.

ITP Crisis Evaluations



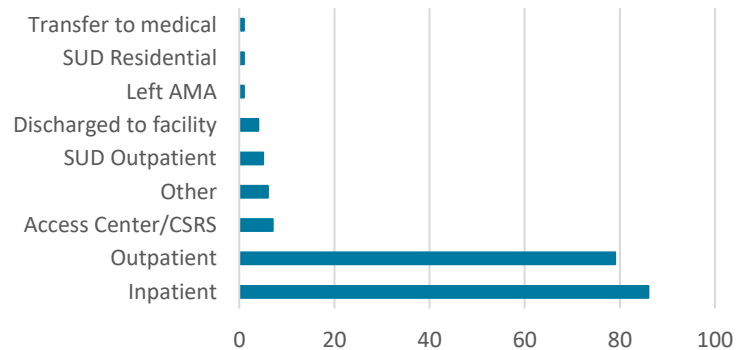
*No data was reported for the month of December due to reporting changes.

Though utilization of the service has decreased with the development of other crisis services, only minor fluctuation in the number of evaluations completed occurs each month.

Result of ITP Crisis Evaluation

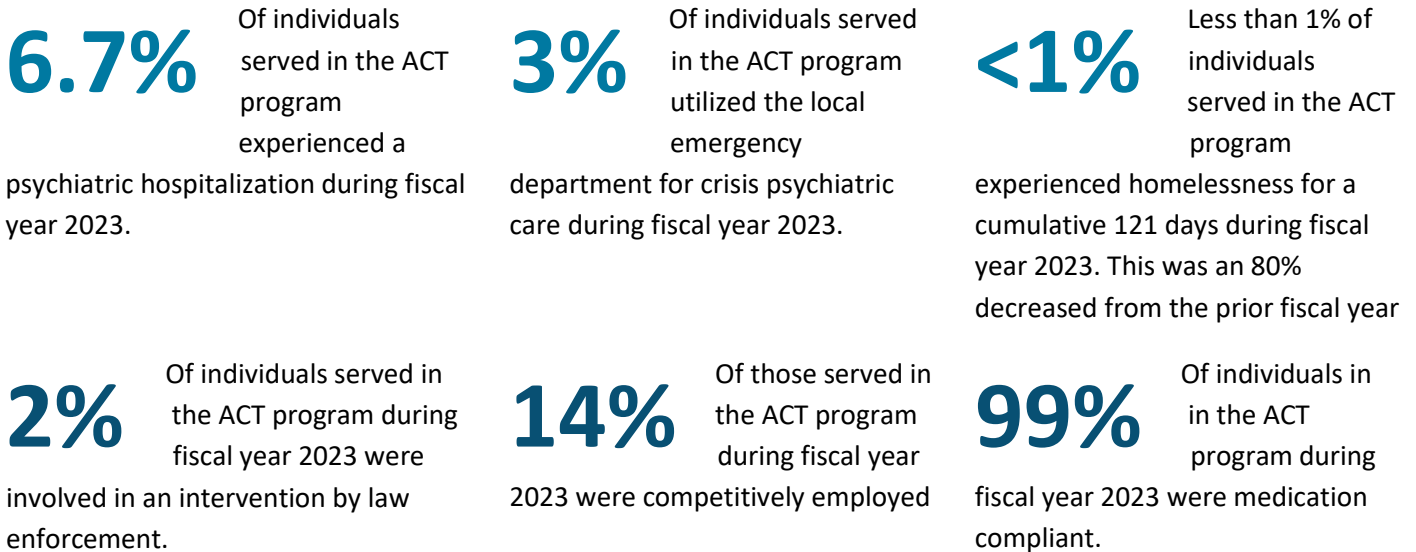
45.26% of evaluations completed resulted in a recommendation for inpatient treatment.

Of those that placement for inpatient treatment is secured, 10 hours is the median placement time.



Assertive Community Treatment (ACT)

In FY23 the CROSS Region continued to support the direct service and infrastructure building of the ACT program operated by Resources for Human Development (RHD). ACT means a program of comprehensive outpatient services consistent with evidence based practice standards published by the Substance Abuse and Mental Health Services Administration, provided in the community and directed toward the amelioration of symptoms and the rehabilitation of behavioral, functional, and social deficits of individuals with severe and persistent mental illness and individuals with complex symptomology who require multiple mental health and supportive services to live in the community. During the fiscal year RHD served a duplicated count of 251 individuals averaging a census of 62 individuals per month.



Permanent Supportive Housing (PSH)

Permanent supportive housing means voluntary, flexible supports to help individuals with psychiatric disabilities choose, get, and keep housing that is decent, safe, affordable and integrated into the community. Tenants have access to an array of services that help them keep their housing, such as case management, assistance with daily activities, conflict resolution, and crisis response consistent with evidence-based practice standards published by the Substance Abuse and Mental Health Services Administration. PSH is a model that combines low-barrier affordable housing, health care, and supportive services to help individuals and families lead more stable lives. PSH typically targets people who are homeless or otherwise unstably housed, experience multiple barriers to housing, and are unable to maintain housing stability without supportive services. This model has been shown to not only impact housing status, but also result in cost savings to various public service systems, including health care. The CROSS Region supports a model of PSH through the ACT program. 30 individuals were served in the Permanent Supportive Housing program.

30

People served in the PSH program in fiscal year 2023.



98%

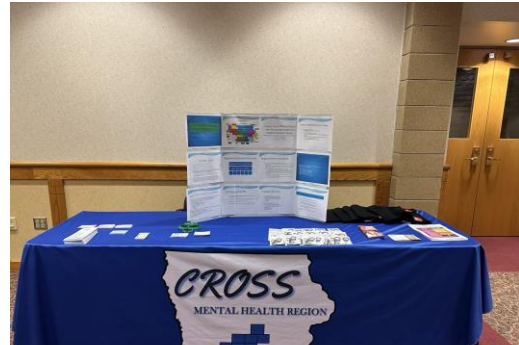
Of individuals in the PSH program maintained their housing during fiscal year 2023.

Outreach and Public Awareness

The Region continued efforts to spread awareness and provide education and outreach to the community, below is a sampling of this work from fiscal year 2023.



The region funded 988 branding on Clarke County Emergency and Sheriff's Office vehicles.



The region provided outreach and education at the Lindsey Fennelly event held at Central College by the Pella Wellness Consortium.



Region staff attended numerous community events, back to school events, family nights and much more to provide education and spread awareness.



The Region funded crisis and therapy training through Crisis Canines of the Midlands for Crisis Canine Kai, handled by Clarke County Emergency Management.



During Mental Health Awareness month, the region donated 31 books to local libraries and school districts in the region. Each book included information on 988, Your Life Iowa and South Central Iowa NAMI.



Partner Programs



Early Identification/Early Intervention (Children)

“Early intervention” means services designed to address the social, emotional, and developmental needs of children at their earliest stages to decrease long-term effects and provide support in meeting developmental milestones.

The CROSS Region continues working with local stakeholders to identify what screening, surveillance and evaluation is already taking place within the region, how those services can be promoted, scaled, and leveraged to the greatest possible impact for those we serve. CROSS has maintained a Memorandum of Understanding with the Maternal, Child and Adolescent Health (MCAH) Title V Grantee that provides the Early Periodic Screening, Diagnosis and Treatment (EPSDT) newly Medicaid eligible outreach education as well as the three Early Childhood Iowa (ECI) areas that serve the region to work collectively on early identification and intervention processes and referrals.

The MCAH project provides outreach and education to every family that has become newly eligible for Medicaid coverage, this begins with a mailing at the beginning of the month, the regions information is included in this mailing. MCAH staff then provide follow up phone and in person attempts to connect with the family, identify needs and link to services and supports. The MCAH program also offers developmental screening in each member county of the CROSS Region.

Local home visiting programs such as Parents as Teachers that are funded by the ECI areas complete ongoing screening and assessment of child development with the families they are working with in their homes.

The Region also works closely with the 1st Five Healthy Mental Development Program Coordinator, who also sits on the Region Children’s Advisory Committee and the Regional Governing Board.

All these projects utilize screening tools that address social emotional development, such as the Ages and Stages Social Emotional Questionnaire (ASQ-3 and ASQ-SE), Child Health Development Record (CHDR) and the Modified Checklist for Autism in Toddlers (MCHAT).

Region staff serve as volunteer board members on two local Early Childhood Iowa boards.

Training, Education and Prevention (Adults and Children)

In FY23, the CROSS Region invested heavily in training and education initiatives.

- Funded CPI training for 12 crisis workers in the region.
- Regions partnered with the Mid American Mental Health Technology Transfer Center (MHTTC) to develop virtual training modules through healthknowledge. The trainings are available 24/7 and free of charge.
- Funded NAMI Provider training to 18 medical providers in the region.
- Funded South Central Iowa NAMI for provision of 10 peer support groups, 11 family support groups, 2 family connection groups, 4 Family to Family trainings and 3 Ending the Silence presentations.
- Sponsored the Green Hills AEA Grow with Green Hills Mental Health Symposium.
- Funded MOAB training (Management of Aggressive Behaviors) was provided to 21 people from five hospitals, 1 Sheriff's Office and two Access Centers.
- Funded Crisis Intervention Training (CIT) provided by Solution Point + for 4 law enforcement officers.
- Funded curriculum for Mental Health First Aid Training to 30 individuals.
- Funded Challenge to Change mindfulness programming in 9 schools districts, 20 pre-k schools and a 95-hour teacher training to 10 teachers in the region.
- Funded Teacher Child Interaction Therapy training and implementation for three school districts.
- Funded Relias portal access and training subscription for a residential care facility and habilitation provider.
- Funded training and curriculum for C3 De-escalation to 36 people.
- Funded ASIST for 30 people trained by staff from Foundation 2.
- Partnered to facilitate the Marion County Student Wellness Day reaching over 250 high school sophomores in the county.
- Funded Positive Behavior Support training for 3 providers in the region.
- Funded Wellness Recovery Action Plan training for 28 providers in the region facilitated by Life Connections Peer Recovery Services.



Green Hills AEA



Life Connections



Peer Recovery Services