



FY22 ANNUAL REPORT

**SUBMITTED
12/01/2022**

GEOGRAPHIC AREA: *Audubon, Dallas, Guthrie*
APPROVED BY GOVERNING BOARD: 12/05/2022

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Introduction

Heart of Iowa MHDS Region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. 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 FY2022 Annual Report covers the period of July 1, 2021 to June 30, 2022. 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.

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	61	542	603	40
Mental Illness, Intellectual Disabilities	0	6	6	40, 42
Mental Illness, Intellectual Disabilities, Other Developmental Disabilities	1	0	1	40, 42, 43
Mental Illness, Other Developmental Disabilities	0	1	1	40, 43
Mental Illness, MH/DD General Administration	0	1	1	40, 44
Intellectual Disabilities	5	11	16	42
Brain Injury	0	2	2	47
Total	67	563	630	

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

FY 2022 Actual GAAP	HEART OF IOWA MHDS Region	MI (40)		ID (42)		DD (43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient	24	4									28
71319	State MHI Inpatient - Per diem charges	2										2
73319	Other Priv./Public Hospitals - Inpatient per diem charges	5										5
	Basic Crisis Response											
32322	Support Services - Personal Emergency Response System	1		2								3
44301	Crisis Evaluation	95	34									129
44307	Mobile Response		1									1
44313	Crisis Stabilization Residential Service (CSRS)	20										20
44396	Access Center start-up/sustainability/coordination	3										3
	Support for Community Living											
32320	Support Services - Home Health Aides	1										1
32325	Support Services - Respite Services		2		1		1					4
32329	Support Services - Supported Community Living	15	2	3								20
	Support For Employment											
50364	Voc/Day - Job Development	1						1				2
50367	Day Habilitation	2						1				3
50368	Voc/Day - Individual Supported Employment	4	1	1								6
	Recovery Services											
	Service Coordination											
	Sub-Acute Services											
64309	Sub-Acute Services (6+ Beds)	1										1
	Core Evidence Based Treatment											
	Core Subtotals:	174	44	6	1		1	2				228
Mandated												
74XXX	Commitment Related (except 301)	79	6									85
75XXX	Mental health advocate	66										66
	Mandated Subtotals:	145	6									151
Core Plus												
	Justice System Involved Services											
25XXX	Coordination services	276	5									281
46305	Mental Health Services in Jails	186	1									187
	Additional Core Evidence Based Treatment											
42366	Psychotherapeutic Treatment - Social Support Services	1	2	8	6							17
	Core Plus Subtotals:	463	8	8	6							485
Other Informational Services												
Community Living Support Services												
22XXX	Services management	115	21									136
31XXX	Transportation	51	1	2								54
32326	Support Services - Guardian/Conservator	1										1
32399	Support Services - Other	1										1
33330	Mobile Meals	1						1				2

FY 2022 Actual GAAP	HEART OF IOWA MHDS Region	MI (40)		ID (42)		DD (43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
33340	Basic Needs - Rent Payments	8		1								9
33399	Basic Needs - Other	7										7
41305	Physiological Treatment - Outpatient	1										1
41306	Physiological Treatment - Prescription Medicine/Vaccines	2	2									4
41307	Physiological Treatment - In-Home Nursing	1										1
42309	Psychotherapeutic Treatment - Partial Hospitalization	12										12
42310	Psychotherapeutic Treatment - Transitional Living Program	19										19
42396	Psychotherapeutic Treatment - Community Support Programs		2			1						3
46306	Prescription Medication (Psychiatric Medications in Jail)	125	1									126
Community Living Support Services Subtotals:		344	27	3		1		1				376
Congregate Services												
64XXX	RCF-6 and over beds	8										8
Congregate Services Subtotals:		8										8
Administration												
11XXX	Direct Administration									1		1
Administration Subtotals:										1		1
Uncategorized												
Regional Totals:		1,134	85	17	7	1	1	3		1		1,249

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.

Date Designated	Access Center
July 1, 2021	Safe Harbor Crisis Center, Woodward, IA
May 1, 2021	Infinity Health, Osceola, IA

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.

Date Designated	ACT Teams	Fidelity Score
July 2020	Eyerly Ball, Polk County	

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

Date Designated	Subacute
5/1/2021	Infinity Health, Osceola, IA

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.

Date Designated	Intensive Residential Services
	HICS is willing to contract with a provider in another region if needed due to the workforce shortage, but this region is hopeful an agreement with a local provider will be possible.

C. Financials

Table C. Expenditures

FY 2022 Accrual	Heart of Iowa MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	26,041.45					26,041.45
42306	Medication prescribing & management **						-
43301	Assessment, evaluation, and early identification **						-
71319	Mental health inpatient therapy-MHI	44,794.14					44,794.14
73319	Mental health inpatient therapy **	28,266.36					28,266.36
	Crisis Services						
32322	Personal emergency response system	648.90	6,375.00				7,023.90
44301	Crisis evaluation	142,065.00					142,065.00
44302	23-hour crisis observation & holding						-
44305	24-hour access to crisis response						-
44307	Mobile response **	201,984.04					201,984.04
44312	Crisis Stabilization comm-based services **						-
44313	Crisis Stabilization residential services **	738,147.79					738,147.79
44396	Access Centers: start-up / sustainability	666.00					666.00
	Support for Community Living						
32320	Home health aide	285.89					285.89
32325	Respite	1,770.24	1,061.16	889.08			3,720.48
32328	Home & vehicle modifications						-
32329	Supported community living	60,289.02	5,795.20				66,084.22
42329	Intensive residential services						-
	Support for Employment						
50362	Prevocational services						-
50364	Job development	1,710.00				1.69	1,711.69
50367	Day habilitation	6,843.97				16,007.09	22,851.06
50368	Supported employment	27,885.83	22,997.73				50,883.56
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	4,000.00					4,000.00
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency						-
32396	Supported housing						-

FY 2022 Accrual	Heart of Iowa MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
42398	Assertive community treatment (ACT)						-
45373	Family psychoeducation						-
	Core Domains Total	1,285,398.63	36,229.09	889.08	16,008.78		1,338,525.58
Mandated Services							
46319	Oakdale						-
72319	State resource centers						-
74XXX	Commitment related (except 301)	66,761.01					66,761.01
75XXX	Mental health advocate	28,113.37					28,113.37
	Mandated Services Total	94,874.38	-	-	-		94,874.38
Additional Core Domains							
	Justice system-involved services						
25xxx	Coordination services	240,564.40					240,564.40
44346	24-hour crisis line*						-
44366	Warm line*						-
46305	Mental health services in jails	84,008.28					84,008.28
46399	Justice system-involved services-other	2,259.01					2,259.01
46422	Crisis prevention training	166,846.34					166,846.34
46425	Mental health court related costs						-
74301	Civil commitment prescreening evaluation						-
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	4,411.80	19,852.90				24,264.70
42397	Psychiatric rehabilitation (IPR)						-
	Additional Core Domains Total	498,089.83	19,852.90	-	-		517,942.73
Other Informational Services							
03371	Information & referral						-
04372	Planning, consultation &/or early intervention (client related) **						-
04377	Provider Incentive Payment						-
04399	Consultation Other						-
04429	Planning and Management Consultants (non-client related)	19,200.00					19,200.00
05373	Public education, prevention/ education **	452,198.47					452,198.47
	Other Informational Services Total	471,398.47	-	-	-		471,398.47
Community Living Supports							
06399	Academic services						-
22XXX	Services management	273,940.24					273,940.24
23376	Crisis care coordination						-
23399	Crisis care coordination other						-
24399	Health home other						-
31XXX	Transportation	19,607.15	15,179.12				34,786.27
32321	Chore services						-
32326	Guardian/conservator	1,350.00					1,350.00
32327	Representative payee						-
32335	CDAC						-
32399	Other support	169.54					169.54
33330	Mobile meals	194.40			2,956.50		3,150.90

FY 2022 Accrual	Heart of Iowa MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
33340	Rent payments (time limited)	13,456.72	397.50				13,854.22
33345	Ongoing rent subsidy						-
33399	Other basic needs	19,311.67					19,311.67
41305	Physiological outpatient treatment	82.00					82.00
41306	Prescription meds	244.68					244.68
41307	In-home nursing	789.04					789.04
41308	Health supplies						-
41399	Other physiological treatment						-
42309	Partial hospitalization	129,308.21					129,308.21
42310	Transitional living program	309,610.44					309,610.44
42363	Day treatment						-
42396	Community support programs	7,500.00		3,200.00			10,700.00
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	12,300.19					12,300.19
50361	Vocational skills training						-
50365	Supported education						-
50399	Other vocational & day services						-
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						-
63XXX	ICF 1-5 beds (63317 & 63318)						-
63329	SCL 1-5 beds						-
63399	Other 1-5 beds						-
	Community Living Supports	787,864.28	15,576.62	3,200.00	2,956.50		809,597.40
Other Congregate Services							
50360	Work services (work activity/sheltered work)						-
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	81,272.56					81,272.56
64XXX	ICF 6 and over beds (64317 & 64318)						-
64329	SCL 6 and over beds						-
64399	Other 6 and over beds						-
	Other Congregate Services Total	81,272.56	-	-	-		81,272.56
Administration							
11XXX	Direct Administration					604,945.40	604,945.40
12XXX	Purchased Administration						-
	Administration Total					604,945.40	604,945.40
	Regional Totals	3,218,898.15	71,658.61	4,089.08	18,965.28	604,945.40	3,918,556.52
(45XX-XXX) County Provided Case Management							
(46XX-XXX) County Provided Services							
	Regional Grand Total						3,918,556.52

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration.
Transfers are eliminated from budget to show true regional finances)

13951	Distribution to MHDS regional fiscal agent from member county	3,373,674.38
14951	MHDS fiscal agent reimbursement to MHDS member county	979,252.83

*24-hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.

**Core services for children with a serious emotional disturbance (SED)

Table D. Revenues

FY 2022 Accrual	Heart of Iowa MHDS Region		
Revenues			
	FY21 Annual Report Ending Fund Balance		\$ 758,459
	Adjustment to 6/30/21 Fund Balance		
	Audited Ending Fund Balance as of 6/30/21 (Beginning FY22)		974,141
	Local/Regional Funds		\$ 2,139,841
10XX	Property Tax Levied	2,093,619	
12XX	Other County Taxes	1,082	
16XX	Utility Tax Replacement Excise Taxes	45,140	
25XX	Other Governmental Revenues	-	
4XXX-5XXX	Charges for Services	-	
5310	Client Fees	-	
60XX	Interest	-	
6XXX	Use of Money & Property	-	
8XXX	Miscellaneous	-	
9040	Other Budgetary Funds (Polk Only)	-	
		-	
	State Funds		\$ 1,848,688
21XX	State Tax Credits	61,972	
22XX	Other State Replacement Credits	47,688	
2250	MHDS Equalization	-	
24XX	State/Federal pass thru Revenue	-	
2644	State Regional Service Payments	1,738,859	
29XX	Payment in Lieu of taxes	26	
	Other	143	
	Federal Funds		\$ 325
2344	Social services block grant	-	
2345	Medicaid	-	
	Other	325	
	Total Revenues		\$ 3,988,854

Total Funds Available for FY22	\$ 4,962,995
FY22 Actual Regional Expenditures	\$ 3,918,557
Accrual Fund Balance as of 6/30/22	\$ 1,044,438

D. Status of Service Development in FY2022

In the fall of 2021, HICS applied for Innovator Status for Audubon and Guthrie Counties under the NaCo Stepping Up initiative, essentially making the entire region an Innovator Region. Guthrie accepted the statue but Audubon has been hesitant. Our partners with Stepping Up have been assisting with providing information throughout 2022 and we are hopeful Audubon will sign on.

In FY22, HICS began its Co-Responder and CIT program. Five departments agreed to participate in the development of one co-responder team per department. The co-responder team consists of one dedicated Crisis Intervention Officer and a mental health profession partnered on a shift. They respond to mental health calls they are directly dispatched to and also intervene when other officers encounter someone in mental health crisis. The CIT team is able to follow up on calls received by officers when they are not on. We had one team ready to go July 1 with a cost of approximately \$250,000. Other teams will roll out over FY23.

This team will apply principles of pre-booking jail diversion which will keep individuals with mental illness from reaching jail when they commit low level offenses and zero intercepts are applied. With proper interventions put in place, individuals can be put into services and avoid jail altogether.

Along with this project, 85% of the law enforcement agencies in the Heart of Iowa Region agreed to be 100% CIT trained. This started in March of 2022 with FY22 cost around \$120,000. Additional costs will apply in FY23 as the contract continues. HICS is partnering with Solution Point Plus for training and consultation.

HICS began to enhance therapy in the schools within the region in FY22. We are adding telehealth into rural schools while exploring access to more onsite therapist and also exploring virtual therapy.

HICS created a Child and Adolescent Program Navigator position to meet regularly with the schools throughout the region and work solely with children through adolescence. We have found this position has worked really well with wrapping services around the entire family. Oftentimes, we are offering therapy or other services to parents when issues arise with their children. While we recognize there are many families we begin working with that wrap around services may be the goal, the majority of our families come to us seeking only services for their children. Our Navigator is able to recognize and offer additional services to the family and relieve some of those stressors' families don't realize they are experiencing. Many times, this is at no additional cost to the region.

In 2022, a MOU was developed with Mary Greeley sub-acute. This has been a wonderful addition to the HICS Region. We have already used it multiple times.

E. Outcomes/Regional Accomplishments in FY2022

This year HICS made changes in our county hospitals emergency departments and jails in regards our telehealth company. The major difference we have found is individuals are seen much quicker by our new company, Flowstate Health, and placement is found in 2 to 6 hours after medical clearance. This is a major improvement over what we were seeing previously. By making this change, we have found that areas of improvement we need to focus on are transportation and moving individuals over to the Access Center whenever possible.

HICS benefited greatly from the MHDS Regions contracting with Solution Point Plus for the CIT training at ILEA. We have found the training is much more consistent across the state. We are better able to understand the needs of Law Enforcement in regards to training and how to assist them in getting that training to them.

Marketing is still a big focus for the Heart of Iowa Region. The regional website and a social media presence has been a huge benefit in getting individuals and their families to us and assist in getting services to them.

HICS began to really focus on getting Law Enforcement Departments in the region to be trained in CIT in March of 2022. By the end of June, 80 officers were trained. By June of 2023 all departments will be trained. This goes along with the Co-responder model running efficiently.

In March 2022, talks with Fifth Judicial in Dallas and Guthrie Counties began around getting mental health/specialty courts started. The ground work began and momentum has been gaining. All three counties in the region have very strong jail alternative programs already with a focus of court involvement. The mental health court will allow for the individuals to see their sentences deferred if they complete mental health and SUD activities set out in their court documents.

Moving forward, with all the HICS has done so far, we feel it is important to continue to develop services that will benefit the citizens with the region. With the roll out of the co-responder teams and the critical nature of access to services, HICS will be looking to develop a children's access center, additional outpatient/urgent care for both children and adults in a campus style setting, more therapeutic services in schools for children and adolescents and therapy services in the community for both children and adults.