



***EASTERN IOWA MHDS REGION
FY23 ANNUAL REPORT***

**SUBMITTED
12/01/23**

GEOGRAPHIC AREA: CEDAR, CLINTON, JACKSON, MUSCATINE & SCOTT

APPROVED BY ADVISORY BOARD: --/--/--

APPROVED BY GOVERNING BOARD: 12/18/2023



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Introduction

The Eastern Iowa MHDS Region, hereafter referred to as the EI Region, was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 225C.57.

In compliance with IAC 441-25, the EI Regional Management Plan includes three parts: Annual Service and Budget Plan, Policies and Procedures Manual, and the Annual Report.

The EI Region's Governing Board includes voting and ex-officio members for FY23. The Regional Governing Board is ultimately responsible for: (a) the advancement of a regional management plan; (b) the development of access to a regional service system for adults with mental illness, intellectual disabilities, developmental disabilities and brain injuries and children with serious emotional disturbances; and (c) the administration of the non-Medicaid funded Mental Health Disability Services (MHDS) and children's behavioral health services as outlined in Iowa Code.

The Adult Regional Advisory Committee is appointed by the Eastern Iowa MHDS Governing Board and has two (2) from each member county's advisory committee and a director from the Region's Governing Board. The committee members shall include individuals who utilize services or actively involved relatives of such individuals, service providers and the EI Region's Management Team. The Adult Advisory Committee shall advise the Governing Board as requested.

The Children's Regional Advisory Committee is appointed by the Governing Board. The committee members shall be the parents of children who utilize services or actively involved relatives of such children, a member of the education system, an early childhood advocate, a child welfare advocate, a children's behavioral health service provider, a member of juvenile court, a pediatrician, a childcare provider, a local law enforcement representative, a director from the Regional Governing Board and members of the EI Region's Management Team. The Children's Advisory Committee shall advise the Governing Board as requested.

Below is the current representation from the Region. Vacant Director positions acknowledged in the chart listed below as TBD* will be identified and recruited based upon Advisory Committee recommendations:

The EI Region Governing Board of Directors for FY 23 include:

<u>Governing Board of Directors</u>	<u>Representing</u>	<u>Voting Member</u>
Dawn Smith-ended 12/31/2022 Bruce Barnhart-started 1/1/2023	Cedar County Board of Supervisor Representative	Yes
Jim Irwin	Clinton County Board of Supervisor Representative	Yes
John Willey-BOS Term ended 12/31/22 John Willey-Person designated started 1/1/23	Jackson County Board of Supervisors Representative/ Person designated by the Jackson County Board of Supervisors	Yes
Jeff Sorensen	Muscatine County Board of Supervisor Representative	Yes
Ken Beck	Scott County Board of Supervisor Representative	Yes
TBD*	An Adult/Actively Involved Relative of an Adult who Utilizes Mental Health and Disability Services	Yes
Nancy Nauman	An Individual Representing Adult Service Providers	No

TBD*	A Person, who is a parent of a child who utilizes children's behavioral health services or an actively involved relative of such child	Yes
Aaron Roome	An Individual representing the Education System	Yes
Joan McGovern-Resigned 12/14/22 TBD*	An Individual representing Children's Behavioral Health Service Providers	No

The EI Region Advisory Adult and Children Board Members for FY 23 include:

<u>Adult Advisory Committee Members</u>	<u>Representing</u>
Vacant	Cedar County Individual Representing Service Providers
Vacant	Cedar County Active Relative/Individual Utilizing Services
Melissa Peterson	Clinton County Individual Representing Service Providers
Lynne Hilgendorf	Clinton County Active Relative/Individual Utilizing Services
Susie Ruchotzke	Jackson County Individual Representing Service Providers
Holly Parmer	Jackson County Active Relative/Individual Utilizing Services
Nancy Nauman	Muscatine County Individual Representing Service Providers
Luana Gredell	Muscatine County Active Relative/Individual Utilizing Services
Richard Whitaker, PhD	Scott County Individual Representing Service Providers
Vacant	Scott County Active Relative/Individual Utilizing Services
John Willey	A Director of the EI Region Governing Board of Directors

<u>Children's Advisory Committee Members</u>	<u>Representing</u>
Vacant	A Parent/Actively Involved Relatives of a Child who Utilizes Children's Behavioral Health Services Representative
Aaron Roome	An individual representing the Education System
Joan McGovern-resigned 12/14/22 Vacant	An individual representing Children's Behavioral Health Service Providers
Michael Terry	An Early Childhood Advocate Representative
Jen Armstrong	A Child Welfare Advocate Representative
Megan Tabor-resigned 2/16/23 Elizabeth Finerty-began 3/3/23	An individual representing the Juvenile Court System
Vacant	A Pediatrician
Vacant	An individual representing Childcare Providers
Lisa DuFour	A Local Law Enforcement Representative
John Willey	A Director of the EI Region Governing Board of Directors

The FY23 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 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	305	2638	2943	40
Mental Illness, Intellectual Disabilities	0	5	5	40, 42
Mental Illness, Intellectual Disabilities, Other Developmental Disabilities	0	1	1	40, 42, 43
Mental Illness, Other Developmental Disabilities	0	1	1	40, 43
Intellectual Disabilities	0	9	9	42
Other Developmental Disabilities	0	4	4	43
Brain Injury	0	3	3	47
Total	305	2661	2966	99

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

FY 2023 Actual GAAP	Eastern Iowa MHDS 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	482	74									556
42306	Psychotherapeutic Treatment - Medication Prescribing	338	22									360
71319	State MHI Inpatient - Per diem charges	6										6
73319	Other Priv./Public Hospitals - Inpatient per diem charges	61	4									65
	Basic Crisis Response											
44301	Crisis Evaluation	45	1									46
44302	23 Hour Observation and Holding	1										1
44307	Mobile Response	497	86									583
44313	Crisis Stabilization Residential Service (CSRS)	135	30									165

	Support for Community Living												
32320	Support Services - Home Health Aides	2				1							3
32325	Support Services - Respite Services	63											63
32329	Support Services - Supported Community Living	43		7		4		1					55
42329	Psychotherapeutic Treatment - Intensive Residential Services	1											1
	Support For Employment												
50362	Voc/Day - Prevocational Services			4				1					5
50364	Voc/Day - Job Development					1							1
50367	Day Habilitation	9											9
50368	Voc/Day - Individual Supported Employment	26		1		2		1					30
	Recovery Services												
45366	Peer Family Support - Peer Support Services	9											9
	Service Coordination												
24376	Health Homes Coordination - Coordination Services	12											12
	Sub-Acute Services												
	Core Evidence Based Treatment												
42398	Assertive Community Treatment (ACT)	13											13
45373	Peer Family Support - Family Psycho-Education	1	3										4
	Core Subtotals:	1744	220	12		8		3					1987
	Mandated												
74XXX	Commitment Related (except 301)	587	105	1									693
75XXX	Mental health advocate	438	52										490
	Mandated Subtotals:	1025	157	1									1183
	Core Plus												
	Justice System Involved Services												
46305	Mental Health Services in Jails	129	5										134
	Additional Core Evidence Based Treatment												
42397	Psychotherapeutic Treatment - Psychiatric Rehabilitation	1											1
	Core Plus Subtotals:	130	5										135
	Other Informational Services												
	Community Living Support Services												
22XXX	Services management	362	68										430
23XXX	Crisis Care Coordination	39	1										40
31XXX	Transportation	1		1									2

Eastern Iowa: Total Crisis Evaluations*



B. Regionally Designated Intensive Mental Health Services

The EI Region has designated the following providers, under a Memorandum of Understanding (MOU) with the MH/DS of the East Central (EC) Region, as ***Access Centers***, which meets the requirements in 2 (two) locations according to IAC 441—25.6(1):

Access Center

<u>Date Designated</u>	<u>Access Center</u>	
5/20/21	Linn County Access Center	501 13 th Street NW Cedar Rapids, IA 52405
5/20/21	Johnson County Access Center/GuideLink Center	300 Southgate Ave Iowa City, IA 52240

The EI Region has designated the following ***Assertive Community Treatment (ACT)*** teams as the preferred providers for ACT services in the EI Region. The Vera French CMHC ACT Team has been evaluated for program fidelity, including a peer review as required by sub-rule 25.6(2), and documentation of the team’s most recent fidelity score.

The University of Iowa ACT Team, which traditionally has served the residents of Cedar County, has been evaluated for program fidelity, according to the MH/DS of the East Central (EC) Region’s documentation of their most recent fidelity score.

ACT Team

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
6/28/2021	Vera French Community Mental Health Center, Davenport, IA	125
7/1/2018	University of Iowa Hospitals and Clinics IMPACT Iowa City, IA	115

The EI Region designated the following ***Sub-acute*** service provider, under an MOU with the MH/DS of the East Central (EC) Region, which meet the criteria in IAC 441-25.6(7) and are licensed by the Department of Inspections and Appeals:

Subacute

<u>Date Designated</u>	<u>Subacute</u>	
2/1/2021	Linn County Access Center	501 13 th Street NW Cedar Rapids, IA 52405

The Region, in collaboration with the MH/DS of the East Central Region, has designated an ***Intensive Residential Service*** provider that meets the requirements in IAC 441-25.6(8) for access to the residents of the EI Region. An RFP was developed and sent out in the spring of 2023 with the award to the Abbe Center for Community Mental Health.

Intensive Residential Service

<u>Date Designated</u>	<u>Intensive Residential Services</u>	
<i>A Memorandum of Understanding (MOU)</i> was approved by the Governing Board of Directors of the EI Region on 8/21/23.	Abbe Center for Community Mental Health	528 11st NW Cedar Rapids, IA 52405

C. Financials

Table C. Expenditures

FY 2023 Accrual	Eastern Iowa MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy	178,431.24					\$ 178,431.24
42306	Medication prescribing & management	438,826.66					\$ 438,826.66
43301	Assessment & evaluation						\$ -
71319	Mental health inpatient therapy-MHI	301,477.56					\$ 301,477.56
73319	Mental health inpatient therapy	172,069.86					\$ 172,069.86
	Crisis Services						
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	288,089.07					\$ 288,089.07
44302	23 hour crisis observation & holding	413.14					\$ 413.14
44305	24 hour access to crisis response	520,553.38					\$ 520,553.38
44307	Mobile response	444,545.70					\$ 444,545.70
44312	Crisis Stabilization community-based services	1,334,140.21					\$ 1,334,140.21
44313	Crisis Stabilization residential services	1,148,654.63					\$ 1,148,654.63
44396	Access Centers: start-up / sustainability						\$ -
	Support for Community Living						
32320	Home health aide	316.80		743.14			\$ 1,059.94
32325	Respite	88,968.48					\$ 88,968.48
32328	Home & vehicle modifications						\$ -
32329	Supported community living	525,382.34	168,660.05	75,619.69	80,836.22		\$ 850,498.30
42329	Intensive residential services	62,900.00					\$ 62,900.00
	Support for Employment						
50362	Prevocational services		25,131.13		22,493.70		\$ 47,624.83
50364	Job development			1,570.58			\$ 1,570.58
50367	Day habilitation	1,079.12					\$ 1,079.12
50368	Supported employment	80,842.94	1,193.88	7,452.08	6,297.17		\$ 95,786.07
50369	Group Supported employment-enclave						\$ -
	Recovery Services						
45323	Family support						\$ -
45366	Peer support	90,664.71					\$ 90,664.71
	Service Coordination						
21375	Case management						\$ -
24376	Health homes	7,220.60					\$ 7,220.60
	Sub-Acute Services						
63309	Subacute services-1-5 beds						\$ -
64309	Subacute services-6 and over beds						\$ -
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	456,187.81					\$ 456,187.81

32396	Supported housing	60,000.00					\$ 60,000.00
42398	Assertive community treatment (ACT)	225,754.20					\$ 225,754.20
45373	Family psychoeducation	18,746.00					\$ 18,746.00
	Core Domains Total	\$ 6,445,264.47	\$194,985.06	\$ 85,385.49	\$109,627.09		\$ 6,835,262.11
Mandated Services							
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	153,678.85	359.00				\$ 154,037.85
75XXX	Mental health advocate	113,437.96					\$ 113,437.96
	Mandated Services Total	\$ 267,116.81	\$ 359.00	\$ -	\$ -		\$ 267,475.81
Additional Core Domains							
	Justice system-involved services						
25xxx	Coordination services	1,274,570.60					\$ 1,274,570.60
44346	24 hour crisis line**						\$ -
44366	Warm line**						\$ -
46305	Mental health services in jails	186,627.38					\$ 186,627.38
46399	Justice system-involved services-other	365,843.23					\$ 365,843.23
46422	Crisis prevention training						\$ -
46425	Mental health court related costs	75,000.00					\$ 75,000.00
74301	Civil commitment prescreening evaluation	197,452.69					\$ 197,452.69
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	602,407.80					\$ 602,407.80
42397	Psychiatric rehabilitation (IPR)	2,014.80					\$ 2,014.80
	Additional Core Domains Total	\$ 2,703,916.50	\$	\$ -	\$ -		\$ 2,703,916.50
Other Informational Services							
03371	Information & referral						\$ -
04372	Planning and/or Consultation (client related)						\$ -
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)	245,298.03					\$ 245,298.03
05373	Public education	542,218.23					\$ 542,218.23
	Other Informational Services Total	\$ 787,516.26	\$	\$	\$		\$ 787,516.26
Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	216,645.13					\$ 216,645.13
23376	Crisis care coordination	8,172.78					\$ 8,172.78
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	290.00	2,860.00				\$ 3,150.00
32321	Chore services						\$ -
32326	Guardian/conservator	1,000.00					\$ 1,000.00

32327	Representative payee		974.74				\$ 974.74
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)						\$ -
33345	Ongoing rent subsidy	55,198.75					\$ 55,198.75
33399	Other basic needs						\$ -
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds	5,571.36					\$ 5,571.36
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	24,659.81					\$ 24,659.81
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	178,090.95					\$ 178,090.95
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)	6,496.09					\$ 6,496.09
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds		15,662.75				\$ 15,662.75
63399	Other 1-5 beds						\$ -
	Community Living Supports	\$ 496,124.87	\$ 19,497.49	\$ -	\$ -		\$ 515,622.36
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	823,466.68	11,819.50				\$ 835,286.18
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds	75,206.74					\$ 75,206.74
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 898,673.42	\$ 11,819.50	\$ -	\$ -		\$ 910,492.92
Administration							
11XXX	Direct Administration					919,969.21	\$ 919,969.21
12XXX	Purchased Administration					810,474.83	\$ 810,474.83
	Administration Total					\$1,730,444.04	\$ 1,730,444.04
14951	MHDS Fiscal Agent Reimbursement to MHDS Regional Members						

	Regional Totals	\$ -	\$ -	\$ -	\$ -	\$ -	\$13,750,730.00
(45XX-XXX) County Provided Case Management							
(46XX-XXX) County Provided Services							
	Regional Grand Total						\$13,750,730.00

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

Table D. Revenues

FY 2023 Accrual	Eastern Iowa MHDS Region		
Revenues			
	FY22 Annual Report Ending Fund Balance		\$ 7,599,000
	Adjustment to 6/30/22 Fund Balance		-
	Audited Ending Fund Balance as of 6/30/22 (Beginning FY23)		\$ 7,599,000
	Local/Regional Funds		\$ 317,648
1010	Delinquent Property Tax	-	
25XX	Other Governmental Revenues	-	
4XXX-5XXX	Charges for Services	-	
5310	Client Fees	-	
60XX	Interest	305,371	
6XXX	Use of Money & Property	-	
8XXX	Miscellaneous	12,277	
9040	Other Budgetary Funds (Polk Transfer Only)	-	
		-	
	State Funds		\$ 10,159,751
24XX	State/Federal pass thru Revenue	-	
2644	State Regional Service Payments	10,159,751	
2643	State Incentive Funds	-	
	Other	-	
		-	
	Federal Funds		\$ 0.00
2344	Social services block grant	-	
2345	Medicaid	-	
	Other	-	
	Other	-	
	Total Revenues		\$ 10,477,439

Total Funds Available for FY23	\$ 18,076,400.00
FY23 Actual Regional Expenditures	\$ 13,750,730.00
Accrual Fund Balance as of 6/30/23	\$ 4,325,669.00

D. Status of Service Development in FY2023

Crisis Planning Update

On 6/20/22, the Region entered into Year 7 of the *Regional Mental Health Crisis Services Agreement* between the Robert Young Center (RYC) and the EI Region. This is the Eleventh Amendment to the original services agreement signed on January 14, 2016.

The *Eleventh Amendment* continued funding for services under the Crisis System contract between the RYC and the EI Region as several services were delayed operations due to contracting stages and/or hiring stages.

- *Crisis Stabilization Community Based Services for Children* provided by the agency, Family Resources Inc., became operational for children of the EI Region on February 27, 2023. They provide short-term services designed to de-escalate a crisis and stabilize children following a mental health crisis. This service will be provided where the child lives, works, or recreates.
- *Crisis Stabilization Community Based Services for Adults* is provided by the agency, Family Resources Inc.
- *Crisis Stabilization Residential for Children*, provided by Family Resources Inc., became operational on February 27, 2023, for children of the EI Region. The service provides a short-term alternative living arrangement designed to de-escalate and stabilize children following a mental health crisis. An eight-bed crisis stabilization unit is available on the Family Resources campus.
- Adult Care Coordinator positions to address *homelessness*.
 - This position focuses on the population of homeless individuals presenting themselves in a crisis. They build strong relations with homeless shelters and housing resources.
 - Adult Care Coordinator positions to work with inmates. This staff position is an inmate's point of contact during their incarceration and return to the community.
- *Children's Care Coordinator position*.
 - DHS Care Coordinator: This staff position is a point of contact between the EI Region and DHS for youth who are experiencing a mental health crisis and involved with DHS.
 - Juvenile Court Services Care Coordinator: This staff position is a point of contact between the EI Region and Juvenile Court Services (JCS) for youth who are experiencing a mental health crisis and involved with JCS.
 - Early Childhood Care Coordinator: This staff position is a point of contact between the EI Region and Early Childhood providers for youth who are experiencing a mental health crisis and involved with Early Childhood agencies.
 - Complex Families Care Coordinators: These 3 staff positions focus on families with complex needs and assist with navigating through the Children's System in identifying services.
- An additional *lead care coordinator* and *quality assurance* position.
- An additional second shift *emergency department (ED) Care Coordinator position* specific to Genesis Health Systems in Davenport, IA.
- Training was provided by Frank Grijalva MSPH, MSCC to develop a master EI Region training plan to cross all sectors of the community and providers.
- Co-Responder Staff (in previous budget listed as Law Enforcement Liaison Pilot Project). The staff respond, with other first responders, to crisis calls received by dispatch. They provide a warm hand off to the appropriate Care Coordinator positions for follow-up.
- In FY23, funding was re-established for the Peer Support Drop-in Center located in Scott County.

- Funding was budgeted for Bridge Prescriber Appointments in FY23. However, the service did not become operational due to the lack of available and willing providers.

FY23 Encumbered Obligations for Service Development:

HHS approved \$2,742,843.30 of the EI Region’s application for *encumbered funds* out of a requested amount of \$5,073,440.30. The startup costs and service development of several new programs consisted of:

- \$200,000 was approved for start-up costs and program development of the Bridge Prescriber Appointments. Bridge Prescriber Appointments will assist individuals in obtaining medications post discharge from a hospital or a jail who may experience a lag time of several months for an appointment with a prescriber. Telehealth appointments allow individuals to get 1-2 months of medication if they have a future appointment scheduled.
- \$2,069,660 was approved for two (2) new programs: Crisis Stabilization Community Based for Adults and Crisis Stabilization Community Based for Children, the funds include \$1,769,660 in FY22 carryover and \$300,000 for start-up and program development for FY23.
- \$300,000 was approved for Crisis Stabilization Residential Services for Children.
- \$173,183.30 was approved for the Administrative Costs.

Altogether, the EI Region was approved for a total of \$2,742,843.30 as worker shortages and supply chain demands complicated anticipated new service development and implementation including a delay in identifying a provider to offer Bridge Prescriber Appointments.

E. Outcomes/Regional Accomplishments in FY2023

A. The Development of the EI Region Children’s System using a Sequential Intercept Mapping (SIM) Approach:

An initial training was held over three (3) days in January of 2023 entitled: *Utilizing the SIM Model of Community Service Mapping to Build a Strong and Vibrant Children’s System of Care.*

Trainers were brought into the EI Region from Midwest Trauma Services Network and International Trauma Center:

- Dr. Robert Macy Ph.D., DMT from the International Trauma Center
- Dr. Robert Kinscherff, Ph.D., JD from the Harvard Center for Law, Brain and Behavior and the International Trauma Center
- Frank Grijalva, MSCC, MSPH from the Midwest Trauma Services Network and the International Trauma Center.

Using the *System of Care* approach, the Region conducted a multi-service line SIM exercise to increase collaboration between institutions that serve youth and families. This was done in collaboration with the School of Social Work at the St. Ambrose University in Davenport, IA.

Day 1 focused on “bootcamp” of the SIM exercise in a public health framework. Training also focused on Neurodevelopmental basics of the human brain, social determinants, developmental trajectories, and developmental resiliency. Further training also identified adversity-trauma and resilience with mental disorders and delinquency, trauma informed and resilience focused approaches of implications for practice, policy, and community.

Objectives for the event were to:

- Discover how communities can work together, utilizing support and resiliency focused programs to intervene with youth experiencing mental health and behavioral issues.

- Recognize how untreated behavioral health conditions and unaddressed exposures to childhood trauma have significant negative effects on lifetime well-being, child welfare and/or juvenile justice involvement and poor school outcomes.
- Describe how communities who employ early detection systems for children with behavioral health needs are reducing the need for more intensive and expensive services.
- Examine how increasing effective connections to appropriate and integrated services in the community lead to better outcomes for youth and families.

The audience of this training opportunity included Judges, Magistrates, County Attorney's, Police Officers, Sheriff Deputies, School Resource Officers (SROs), Juvenile Court and Detention Officers, Health and Human Services (HHS) Personnel, Area Education Agency (AEA) School District Personnel, Therapists, Social Workers, and Community Agency staff who work with children, adolescents, and families. In total, 125+ individuals attended each day of the 3-day training in January of 2023.

The EI Region then hosted a two-day training exercise in March of 2023 again using a *System of Care* approach to increase collaboration between the siloed agencies. At the conclusion of the workshop, a community action plan was developed including a cross disciplinary team approach established to oversee children's services.

The audience of this training opportunity included Judges, Magistrates, County Attorney's, Police Officers, Sheriff Deputies, SRO's, Juvenile Court and Detention Officers, HHS Personnel, AEA School District Personnel, Therapists, Social Workers, and Community Agency staff who work with children, adolescents, and families. In total, 88+ individuals attended each day of the 2-day training in March of 2023.

Objectives for the event were to:

- Evaluate how communities can work together.
- Utilize support and resilience focused programs to intervene with youth experiencing mental health and behavioral issues.
- Describe how communities who employ early detection systems for children with behavioral health needs are reducing downstream the need for more intensive services.
- Examine how effective connections to appropriate and integrated services in the community can lead to better outcomes for youth and families.
- Analyze how a public health model can be applied to the SIM.
- And to formulate a community action event where services for children are reviewed, revised, and constructed.

Following a review of cross-sector feedback, the training further narrowed the wish list of services (by Intercept) and conducted a Strengths, Weaknesses, Opportunities and Threats (SWOT) analysis of choices. The members also reviewed existing services and programs mapping by Intercept. Functional work teams were developed to move services forward in the five (5) counties in the future years.

B. Additional Trainings to Enhance the Children's System of Care:

Kristy Roosa, an *Ages and Stages Questionnaires (ASQ)* Trainer, MIECHV Professional and Developmental Coordinator for the Department of Public Health, offered three training courses during FY23. *Ages and Stages Questionnaires (ASQ)* are screening tools used to help identify the developmental and social- emotional needs in early childhood.

- 26 individuals from various early childhood programs participated.

Dicki Johnson Macy, BC-DMT, M.Ed., LMHC, held a *Rainbowdance* training in FY23. The target audience were pre-school teachers, nurses, AEA personnel, daycare staff and providers, community-based clinicians who work with young children, therapists, and social workers. Participants attending learned how to help children enhance their self-regulation skills, self-esteem, and social empathy. *Rainbowdance* provided a symbolic journey into the world of nature and relationships by encouraging the growth of empowered and self-nurturing children.

- Eight (8) individuals were trained.

Molly Schreiber, CEO and Amy Jenkins, COO with *Challenge to Change* (C2C) provided a 95-hour youth yoga teacher training. This training is an evidenced based yoga and mindfulness program. It provides preventative social and emotional skills benefiting the mind, body, and emotional state to people of all ages. C2C empowers learners to utilize mindful resources to navigate the world around them. This is done through yoga in the schools, trauma-informed programming, educator continuing education courses, yoga teacher certifications, medical mindfulness programming, adult self care programming and youth classes and workshops.

- Over 150 individuals were trained in FY23 in over 35 professions within the EI Region.
- In collaboration with C2C, the Region contracted with Metivier Media to develop the book Dragon Flight School. The challenges faced by the characters in the book, Fenix, Terrin and Sammy, correspond to the C2C curriculum developed to educate children on emotional regulation. The book was designed to help children overcome individual challenges, inspire confidence and resiliency, and was distributed to various elementary school classrooms.

Julia Seng, Ph.D., RN, CNM, FAAN, FACNM, Co-founder, President, and CEO of *Growing Forward Together*, and Co-developer of *Trauma & Society*, along with Marin Seng B.A., collaborated with the Region to develop and offer *Trauma & Society* (T&S) psycho education for youth coping with trauma. The mission of *Growing Forward Together* (GTF), is to create an advance trauma specific education program for emerging adults, childbearing families, and their providers. *T&S* is a standards-aligned social studies elective course that addresses two needs: (1) psychoeducation for trauma-related mental health distress and impairment and (2) reduction of stigma by including any student exploring future occupations working with traumatized populations. The program is designed for classroom use (with a teacher and partner) or for small groups and independent studies (with a tutor and partner). The instructor (teacher, tutor) partners with a nurse, social worker, or counselor to have extra support for this instructional assignment, and they train together. *T&S* is designed for schools, virtual education, and residential and therapeutic settings.

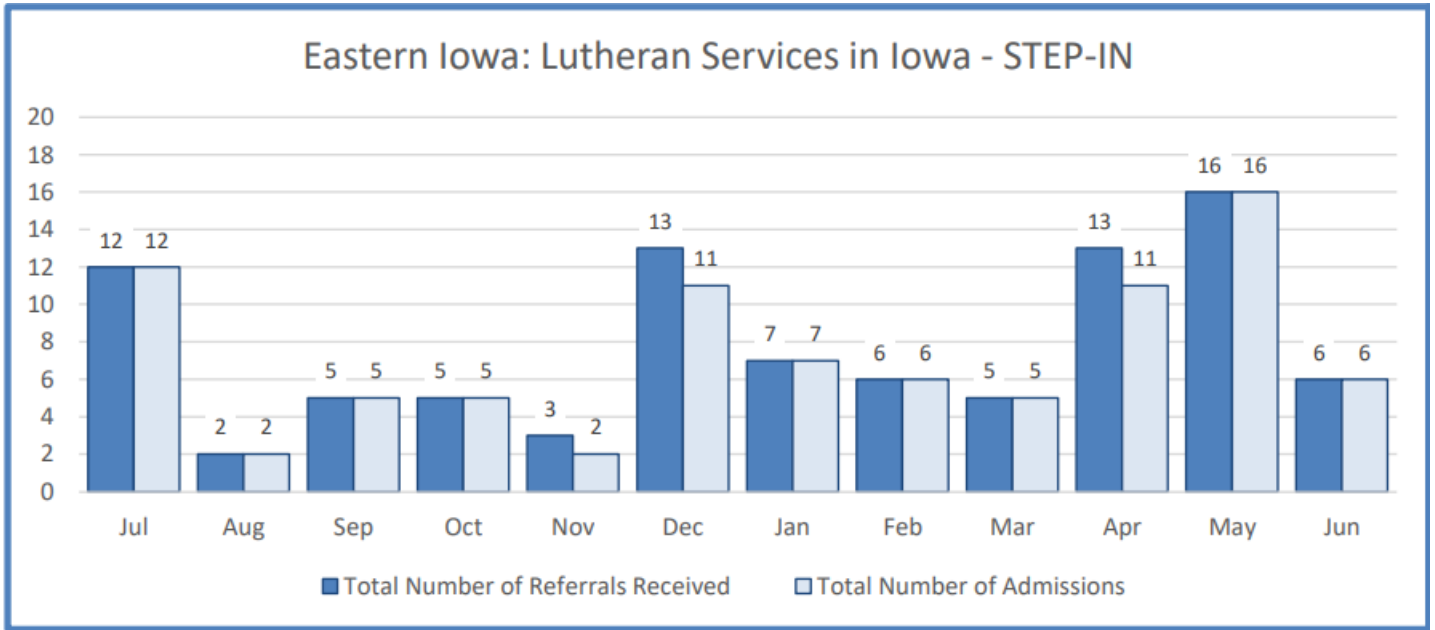
C. Expansion and Increased Access for Children and Family Services within the EI Region for FY23:

The Region continues in its commitment to offer the following services to all qualifying families that meet criteria, based upon the service, within the Region.

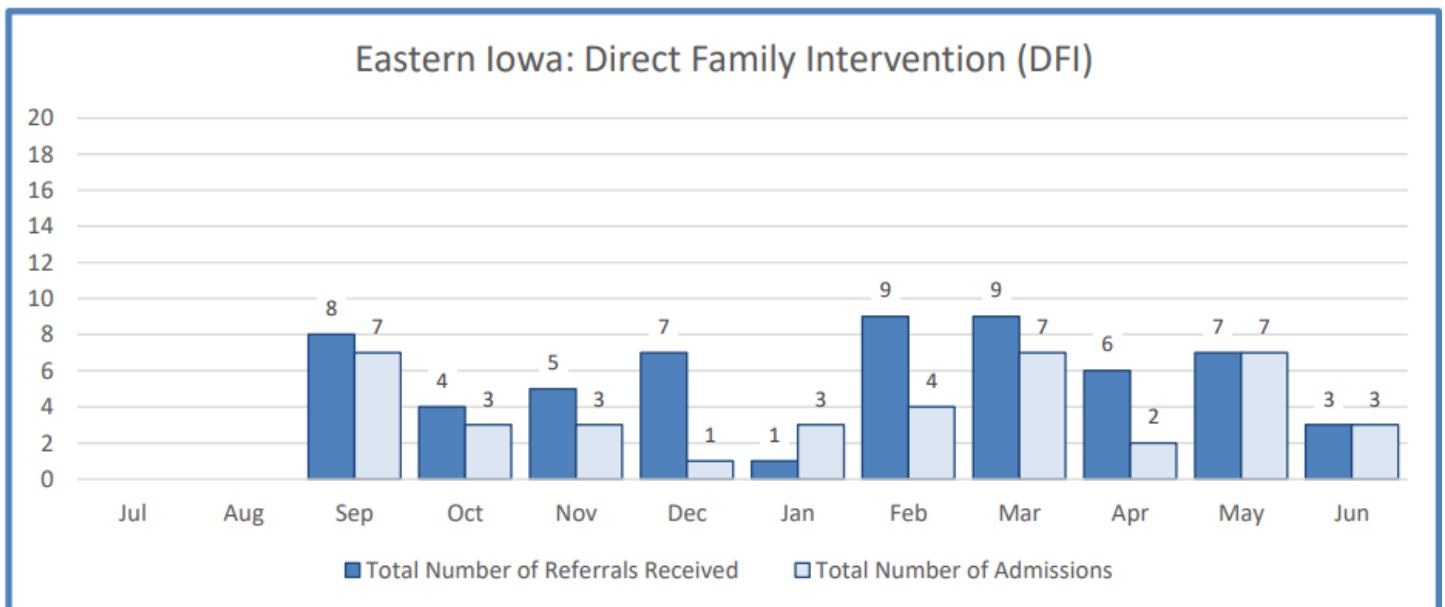
- **Functional Family Therapy** (FFT) is a short term evidenced based family counseling service designed for youth who are at risk or who have been referred for behavioral or emotional problems. FFT works with a young person's entire family and extra familial influences to facilitate growth and development. Referrals into this program were previously only accepted from Juvenile Court Services and can now be made by any agency or individual. It is now provided to the five (5) Counties within the EI Region by Families, Inc.
- **Multisystemic Family Therapy** (MST) is an intensive family and community-based treatment program that addresses all environments that impact high risk youth-homes and families, schools and teachers, neighborhoods, and friends. MST teams travel to the youth and are on call 24/7 for the families they serve. Referrals into this program were previously only accepted from Juvenile Court Services and can now be made by any agency or individual. It is now provided to the five (5) Counties within the EI Region by Vera French MHC.
- **STEP-IN** builds on a family's strengths and provides a shoulder to lean on for families in crisis. Attention to keeping the child safely at home instead of entering juvenile court or a child welfare or hospital setting is the focus. Previously the program provided by Lutheran Services in Iowa (LSI) was only available to residents of Clinton and Jackson County with a narrow focus on the referring entity. It is now available to all counties within the EI Region.
- **Direct Family Interventions** (DFI) provides home services to families with children under 18 who are experiencing issues related to family communication and child/adolescent mental health. A Case Manager works with the family over a 6–12-week period. Families are given various community resources to increase appropriate and safe family function while reducing issues related to child mental and behavioral health. Bethany for Children and Families provides this service to Scott County

residents as a pilot project due to workforce shortages. Plans for expansion to all other counties within the Region will be considered after this year.

The data chart below shows actual numbers of *duplicated* individuals per month served under the STEP-IN program during FY23. There were 88 admissions to the program. This data is pulled from Electronic Medical Records and Care Coordinator metric sheets provided by the EI Region Crisis System



The data chart below shows actual numbers of *duplicated* individuals per month served under the Direct Family Intervention program during FY23. There were 40 admissions to the program. This data is pulled from Electronic Medical Records and Care Coordinator metric sheets provided by the EI Region Crisis System.



Education and Consultation: Building the Collective Capacity of our Provider Network:

In FY23, numerous training opportunities were held within the EI Region. The training agencies included: *Solution Point+*, *Midwest Trauma Services Network*, *Life Connections Peer Recovery Services*, *NAMI of Greater Mississippi Valley*, *the International Trauma Center*, and *St. Ambrose University*. Targeted audiences that were trained included staff from law enforcement agencies, teachers, dispatchers, first responders, correctional officers, and administrators.

SolutionPoint+ was founded in 2017 by two former San Antonio Police Officers and service-connected disabled United States Marine Corps veterans. CEO Joe Smarro and President, Jesse Trevino, provide training and consulting services designed to improve the mental health criminal justice processes. They specialize in de-escalation, mental resilience, crisis negotiation, crisis response and crisis intervention and have helped address complex social issues- substance dependence, behavioral crisis, crisis negotiations and suicides for over 15 years. Under the CEO Collaboration contract with *SolutionPoint+*, a Crisis Intervention Team (CIT) training was held in Jackson County, IA.

- September 19-23, 2022, was held with 19 individuals attending.

The EI Region also has its own contractual arrangement for training with *Solution Point+* under a three-year contract including offering 40-hour CIT classes, Crisis De-Escalation training, Crisis Communications for Telecommunicators, and X-factor Mental Health and Resiliency. Training dates and numbers of individuals trained were:

- January 19-20, 2023, “16-hr X factor Mental Wellness and Resiliency” was held with 16 individuals attending.
- January 23-25, 2023 “24-hr Advanced De-Escalation” was held with 20 individuals receiving training.
- February 23-24, 2023 “Crisis Communications for Telecommunicators” was held and 18 people were trained.
- March 13-17, 2023 “40-hr Crisis Intervention Training” was held with 20 individuals receiving training in Clinton County, IA.
- May 22-26, 2023 “40-hr Crisis Intervention Training” was held in Muscatine County, IA with 20 individuals being trained.

Life Connections Peer Recovery Services provided *WRAP Seminars I and II*.

- Seminar 1 was held in June of 2023 and 12 people were trained.
- Seminar 11 was held at the end of June of 2023 and trained 10 individuals.

NAMI of Greater Mississippi Valley provided three (3) *Family-to-Family Education Courses*.

- Eastern Iowa Community College-Clinton had two (2) graduates.
- Eastern Iowa Community College-Muscatine had 10 graduates.
- Eastern Iowa Community College-Scott had 13 graduates.

St. Ambrose University School of Social Work and Department of Psychology, co-sponsored with the EI Region, a course entitled *Trauma Informed Care Micro Credential*. The micro credential course increased the *Trauma Informed Care* capacity of staff within the Region by raising the capacity of health, human service, education, and justice systems to serve individuals with Trauma Informed Care principles.

Topics included introductions to Adverse Childhood Experiences (ACES), a history of trauma theory and treatment, early childhood neurobiology and attachment, complex developmental trauma versus other trauma disorders, polyvagal theory and neuro-sequential models, sensory systems and regulation, healing centered movement and resilience, restorative practice as an application of being Trauma Informed and macrolevel systems, including the intersection of poverty, race, patriarchy, intergenerational trauma and epigenetics.

- In May of 2023, a graduation was held with 20 individuals formally trained.

Frank Grijalva MSPH, MSCC, of the *Midwest Trauma Services Network*, offered interested providers opportunities to attend workshops.

A sampling of the workshops and services he provided included:

- Everything is Connected,
- Behavior Modification Seminars,
- Toxic Stress Seminars,
- Psychological First Aid,
- Skills for Psychological Resilience,
- KINNECT,
- Case Study Consultation,
- And individual and agency staff coaching and opportunities for program development.

Trainers from the *Midwest Trauma Services Network*, the *International Trauma Center*, and *Rainbowdance* provided a total of 473.5 hours of training to 1,403 individuals.

D. Enhancement of the EI Region’s Marketing Strategy:

In Phase 1, the Regional Governing Board continued in its commitment for a marketing strategy to increase visibility and to raise awareness and recognition of the available services offered to the residents of the five (5) counties. The slogan: *Crisis Call or Click* continues to be the catch phrase that is now established with the EI Region.

Phase 2 is a targeted mental health campaign for college age students and their parents regarding what resources are needed to connect with this age group and ways to collaborate with college administrators, educators, and students. Marketing was done at St. Ambrose University in Davenport, IA and Scott Community College during student “move-in” and orientation during FY23. Materials are currently being developed for social media platforms, such as Tik Tok, that are directed at college age students.

Phase 3 is a campaign targeting elementary school aged children. The Children’s Behavioral Health Coordinator, Christine Gradert, L.I.S.W, also collaborated on the story line for the children’s book with Metivier Media, on a book called The Dragon Flight School, that was distributed to students at local assemblies.

E. Co Responder Expansion:

In FY23, the Co-Responder Model, which, in previous budgets was listed as a Law Enforcement Liaison Pilot Project, continued as a pilot with the Clinton Police Department. The program was expanded to various law enforcement agencies within Jackson, Muscatine, and Scott County.

Staff were scheduled on a weekly basis for the police departments of Clinton, Davenport, and Muscatine, as well as all law enforcement agencies in Jackson County. The staff’s role is to “ride along” to assist with calls related to mental health concerns.

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