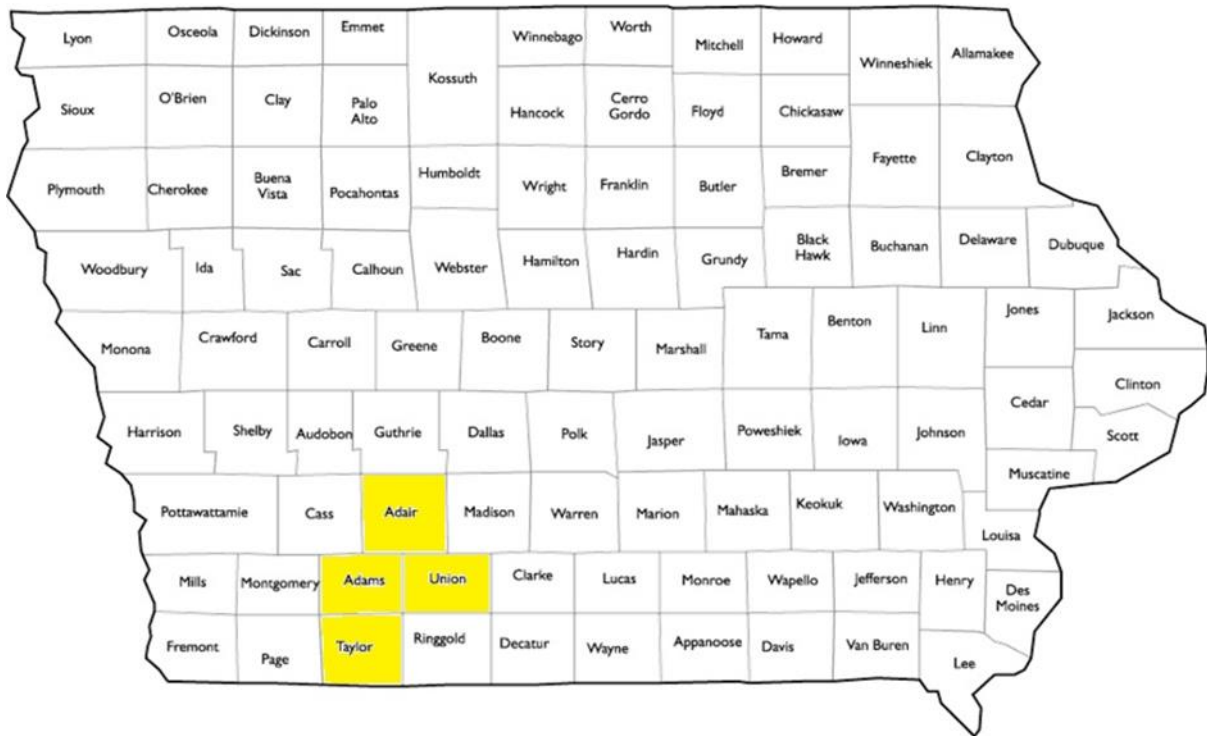


SOUTHERN HILLS REGIONAL MENTAL HEALTH FY23 ANNUAL REPORT



**SUBMITTED
12/22/23**

GEOGRAPHIC AREA: *Adair, Adams, Taylor, Union*
APPROVED BY ADVISORY BOARD: 12/22/23
APPROVED BY GOVERNING BOARD: 12/22/23

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Introduction

Southern Hills Mental Health 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.

Governing Board Members include: Dennis Brown, Union County; John Twombly, Adair County; Scott Akin, Adams County Kim Watson, Taylor County; Clint Brown, Crossroads Behavioral Health. We are seeking additional members due to some board resignations.

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

FY 2023 Actual GAAP	SouthernHillsRegionalMentalHealth 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	49	5											54
	Basic Crisis Response													
	Justice System Involved Services													
44313	Crisis Stabilization Residential Service (CSRS)	17	1											18
	Support for Community Living													
32329	Support Services - Supported Community Living	7												7
	Support For Employment													
	Recovery Services													
	Service Coordination													
	Sub-Acute Services													
	Core Evidence Based Treatment													

	Core Subtotals:	73	6																	79
Mandated																				
74XXX	CommitmentRelated (except 301)	15																		15
	Mandated Subtotals:	15																		15
Core Plus																				
	Justice System Involved Services																			
	Additional Core Evidence Based Treatment																			
Other Informational Services																				
Community Living Support Services																				
22XXX	Services management	69	12	62	12															155
31XXX	Transportation	34	1																	35
33340	Basic Needs - Rent Payments	3	1																	4
42310	Psychotherapeutic Treatment - Transitional Living Program	1																		1
	Community Living Support Services Subtotals:	107	14	62	12															195
Congregate Services																				
50360	Voc/Day - Sheltered Workshop Services			1																1
64XXX	RCF-6 and over beds	9																		9
	Congregate Services Subtotals:	9		1																10
Administration																				
Uncategorized																				
Regional Totals:		204	20	63	12															299

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

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	18	154	172	40
Mental Illness, Intellectual Disabilities	1	30	31	40, 42
Intellectual Disabilities	11	33	44	42
Total	30	217	247	99

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>
11/11/23	<i>Inside Out Wellness and Advocacy; Woodward, Iowa</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>
	<i>The Region has not designated an Act Team</i>	

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>
	<i>The Region has not yet designated a subacute provider</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	Intensive Residential Services
11/1/23	Trivium Life Services; Atlantic, Iowa

C. Financials

Table C. Expenditures

Fiscal Year 2023	Southern Hills Regional Mental Health MHDS Region	MI (40)	ID (42)	D D (4 3)	B I (4 7)	Admin (44)	Ot he r	Total
Core								
	Treatment							
42305	Psychotherapeutic Treatment - Outpatient	\$ 132,916.63						\$ 132,916.63
42306	Psychotherapeutic Treatment - Medication Prescribing							\$ -
43301	Evaluation (Non Crisis) - Assessment and Evaluation							\$ -
71319	State MHI Inpatient - Per diem charges							\$ -
73319	Other Priv./Public Hospitals - Inpatient per diem charges							\$ -
	Basic Crisis Response							
	Justice System Involved Services							
32322	Support Services - Personal Emergency Response System							\$ -
44301	Crisis Evaluation	\$ 72,511.16						\$ 72,511.16
44302	23 Hour Observation and Holding							\$ -

44305	24 Hour Crisis Response	\$ 25,208.37					\$ 25,208.37
44307	Mobile Response						\$ -
44312	Crisis Stabilization Community Based Services (CSCBS)						\$ -
44313	Crisis Stabilization Residential Service (CSRS)	\$ 101,086.48					\$ 101,086.48
44396	Access Center start-up/sustainability/coordination						\$ -
46398	Justice Involved Services - Outpatient Competency Restoration						\$ -
	Support for Community Living						
32320	Support Services - Home Health Aides						\$ -
32325	Support Services - Respite Services						\$ -
32328	Support Services - Home/Vehicle Modification						\$ -
32329	Support Services - Supported Community Living	\$ 70,829.02					\$ 70,829.02
42329	Psychotherapeutic Treatment - Intensive Residential Services						\$ -
	Support For Employment						
50362	Voc/Day - Prevocational Services						\$ -
50364	Voc/Day - Job Development						\$ -
50367	Day Habilitation						\$ -
50368	Voc/Day - Individual Supported Employment						\$ -
50369	Voc/Day - Group Supported Employment						\$ -
	Recovery Services						
45323	Peer Family Support - Family Support						\$ -
45366	Peer Family Support - Peer Support Services						\$ -
	Service Coordination						
21375	Case Management - 100% County						\$ -
24376	Health Homes Coordination - Coordination Services						\$ -
	Sub-Acute Services						
63309	Sub Acute Services (1-5 Beds)						\$ -
64309	Sub Acute Services (6+ Beds)						\$ -
	Core Evidence Based Treatment						
04422	Consultation - Educational and Training Services						\$ -
32396	Supported Housing						\$ -
42398	Assertive Community Treatment (ACT)						\$ -
45373	Peer Family Support - Family Psycho-Education						\$ -
45379	Peer Family Support - System Building and Sustainability						\$ -
	Core Subtotals:	\$ 402,551.66					\$ 402,551.66

Mandated							
46319	Iowa Medical and Classification Center (Oakdale)						\$ -
72319	State Hospital Schools - Inpatient per diem charges						\$ -
74XXX	CommitmentRelated (except 301)	\$ 5,313.86					\$ 5,313.86
75XXX	Mental health advocate	\$ 3,968.03					\$ 3,968.03
	Mandated Subtotals:	\$ 9,281.89					\$ 9,281.89
Core Plus							
	Justice System Involved Services						
25XXX	Coordination services						\$ -
44346	Crisis Services - Telephone Crisis Service						\$ -
44366	Warm-Line						\$ -
46305	Mental Health Services in Jails						\$ -
46399	Justice System - Involved Services - Other						\$ -
46422	Crisis Prevention Training						\$ -
46425	Mental Health Court related expenses						\$ -
74301	Commitment - Civil Prescreening						\$ -
	Additional Core Evidence Based Treatment						
42366	Psychotherapeutic Treatment - Social Support Services						\$ -
42397	Psychotherapeutic Treatment - Psychiatric Rehabilitation						\$ -
	Core Plus Subtotals:						\$ -
Other Informational Services							
03371	Information and Referral Services						\$ -
04372	Planning and/or Consultation Services (Client Related)						\$ -
04377	MHDS Contract Provider Incentive Payment						\$ -
04399	Consultation						\$ -
04429	Planning and Management Consultants (Non-Client Related)						\$ -
05373	Public Education Services						\$ -
	Other Informational Services Subtotals:						\$ -
Community Living Support Services							
06399	Academic Services						\$ -
22XXX	Services management	\$ 17,090.78	\$ 16,822.22				\$ 33,913.00
23XXX	Crisis Care Coordination						\$ -
31XXX	Transportation	\$ 46,538.16					\$ 46,538.16

32321	Support Services - Chore Services						\$ -
32326	Support Services - Guardian/Conservator						\$ -
32327	Support Services - Representative Payee						\$ -
32335	Consumer-Directed Attendant Care						\$ -
32379	Support Services - System Building and Sustainability						\$ -
32399	Support Services - Other						\$ -
33330	Mobile Meals						\$ -
33340	Basic Needs - Rent Payments	\$ 5,400.01					\$ 5,400.01
33345	Basic Needs - Ongoing Rent Subsidy						\$ -
33399	Basic Needs - Other						\$ -
41305	Physiological Treatment - Outpatient						\$ -
41306	Physiological Treatment - Prescription Medicine/Vaccines						\$ -
41307	Physiological Treatment - In-Home Nursing						\$ -
41308	Physiological Treatment - Health Supplies and Equipment						\$ -
41399	Physiological Treatment - Other						\$ -
42309	Psychotherapeutic Treatment - Partial Hospitalization						\$ -
42310	Psychotherapeutic Treatment - Transitional Living Program	\$ 46,322.28					\$ 46,322.28
42363	Psychotherapeutic Treatment - Day Treatment Services						\$ -
42379	Psychotherapeutic Treatment - System Building and Sustainability						\$ -
42396	Psychotherapeutic Treatment - Community Support Programs						\$ -
42399	Psychotherapeutic Treatment - Other						\$ -
44304	Crisis Services - Emergency Care						\$ -
44379	Crisis Services - System Building and Sustainability						\$ -
44399	Other Crisis Services						\$ -
46306	Prescription Medication (Psychiatric Medications in Jail)						\$ -
50361	Vocational Skills Training						\$ -
50365	Supported Education						\$ -
50379	Voc/Day - System Building and Sustainability						\$ -
50399	Voc/Day - Day Habilitation						\$ -
63310	Comm Based Settings (1-5 Bed) - Assisted Living						\$ -
63329	Comm Based Settings (1-5 Bed) - Supported Community Living						\$ -

63399	Comm Based Settings (1-5 Bed) - Other						\$ -
63XXX	ICF 1-5 beds						\$ -
63XXX	RCF 1-5 beds						\$ -
	Community Living Support Services Subtotals:	\$ 115,351.23	\$ 16,822.22				\$ 132,173.45
Congregate Services							
50360	Voc/Day - Sheltered Workshop Services		\$ 8,877.00				\$ 8,877.00
64310	Comm Based Settings (6+ Beds) - Assisted Living						\$ -
64329	Comm Based Settings (6+ Beds) - Supported Community Living						\$ -
64399	Comm Based Settings (6+ Beds) - Other						\$ -
64XXX	ICF-6 and over beds						\$ -
64XXX	RCF-6 and over beds	\$ 110,854.52					\$ 110,854.52
	Congregate Services Subtotals:	\$ 110,854.52	\$ 8,877.00				\$ 119,731.52
Administration							
11XXX	Direct Administration				\$ 203,829.28		\$ 203,829.28
12XXX	Purchased Administration				\$ 39,596.04		\$ 39,596.04
	Administration Subtotals:				\$ 243,425.32		\$ 243,425.32
Uncategorized							
	Regional Totals:	\$ 638,039.30	\$ 25,699.22		\$ 243,425.32		\$ 907,163.84
	(45XX-XXX)County Provided Case Management						\$
	(46XX-XXX)County Provided Services						\$

Table D. Revenues

FY 2023 Accrual	XXXX MHDS Region		
Revenues			
	FY22 Annual Report Ending Fund Balance		\$ 435,142

	Adjustment to 6/30/22 Fund Balance		
	Audited Ending Fund Balance as of 6/30/22 (Beginning FY23)		\$ 435,142
	Local/Regional Funds		\$ -
1010	Delinquent Property Tax		
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 Transfer Only)		
	State Funds		\$ 1,105,710.00
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	1,105, 710	
2643	State Incentive Funds		
	Other		
	Federal Funds		\$ -
2344	Social services block grant		
2345	Medicaid		
	Other		
	Other		
	Total Revenues		\$ 1,105,710

Total Funds Available for FY23	\$ 1,540,852
FY23 Actual Regional Expenditures	\$ 907,163
Accrual Fund Balance as of 6/30/23	\$ 633,689

Instructions/Information:

**Each line item reflects those revenues across the region whether in county or fiscal agent accounts.

**Revenue sheet does not show funds from individual counties to fiscal agent ; this will show up in fund balance/revenue section

D. Status of Service Development in FY2023

Southern Hills Region has been working with providers in their own region as well as providers in outlying regions to build needed services. We are making progress in several service areas and plan to continue to grow our services

E. Outcomes/Regional Accomplishments in FY2023

This section varies greatly from region to region and there is no consistent manner of reporting. The following are suggestions based on what has been included in past reports:

Southern Hills has met core services access standards for core services available. We are continuing to work within our region and adjoining regions to expand services. We have added service coordination and jail diversion programs within our regions. We have collaboration with providers, stakeholders and other regions via our Behavioral Coalition spearheaded by CHI/Mercy Hospital in Corning which meets monthly.