

**LOCATION: Lucas State Office Building  
312 E. 12<sup>th</sup> Street, Des Moines – 6<sup>th</sup> Floor, Director’s ICN Room  
and via Zoom**

**TIME: 9:30 a.m. – 3:00 a.m.**

**MHDS COMMISSION MEMBERS PRESENT:**

Betsy Akin	Sue Gehling @ Lucas
Sarah Berndt	June Klein-Bacon
Diane Brecht	Jack Seward, Jr.
Theresa Daubitz	Terri Steinke
Linda Dettmann	Richard Whitaker
Michael Fidgeon	Russell Wood @ Lucas

**MHDS COMMISSION MEMBERS ABSENT:**

Sen. Jeff Edler  
Don Kass  
Kathy Norris  
Rep. Megan Sirnivas  
Sen. Sarah Trone Garriott  
Dr. Kenneth Wayne

**OTHER ATTENDEES:**

Rob Aiken, Iowa HHS	Mary McKinnell, CSS
Jacob Appel, Iowa Senate Democrats	Jasmine Megowan, Access 2 Independence
Theresa Armstrong, Iowa HHS @ Lucas	Stephanie Millard, First Resources
Falicia Beck, CEBH	Brenda Miller, Plains Area MHC
Teresa Bomhoff, Mindspring	Lin Nibbelink, Iowa HHS
Lisa Bringle, Rolling Hills	Sherri Nielsen, Easter Seals
Amy Campbell	Brittany Palmer, Crossroads
Rachel Cecil, CROSS Region	Lynh Patterson, Elevance Health
Carlyn Crowe, Iowa DD Council	Katie Peck, Easter Seals
Wendy DePhillips, Iowa HHS @ Lucas	Mary Petersen, Unity Point
Don Gookin, Iowa HHS @ Lucas	Libby Reekers, Tama County
John Hedgecoth, Amerigroup	Dan Ries, Seasons Center
Kathy Johnson, Abbe Center	Amy Robasse, Iowa SILC
Kim Keleher, Plains Area MHC	Flora Schmidt, IBHA
Dylan Keller, Iowa Senate Rep Caucus	Janae Schmitt, Hillcrest Family Services
Brenna Koedam, Sioux Rivers	Annie Uetz, Polk County BHDS @ Lucas
Todd Lange, Amerigroup	Karla Webb, CICS
Patti Manna, Iowa HHS	Danielle Workman, Univ. of Iowa
Leisa Mayer, Rolling Hills	
Devon McClurken, NAMI Iowa	

**Materials Referenced:**

*July 20, 2023, Meeting Minutes*

*Polk County BHDS Policies & Procedures Manual Summary Changes*

*Polk County BHDS Policies & Procedures Manual - Amended*

*MHDS Commission 2023 Annual Report – Initial Draft*

*Individual Placement & Supports (IPS) Update PowerPoint Presentation*

*Intensive Residential Services Home (IRSH) Overview PowerPoint Presentation*

*First Resources Corp. IRSH PowerPoint Presentation*

*Plains Area Mental Health Center CCBHC PowerPoint Presentation*

*Hillcrest Family Services CCBHC PowerPoint Presentation*

*CCBHC Information for Prairie Ridge Integrated Behavioral Healthcare CCBHC*

**Welcome and Introductions**

Russell Wood called the meeting to order at 9:31 a.m. and led introductions. Quorum was established with two members attending in-person and eight members attending via Zoom for a total of ten members.

**Review and Vote on Approval of April 20, 2023, Meeting Minutes**

Russell Wood asked if there were any comments or corrections for the July 20, 2023, meeting minutes. Hearing none, Russell entertained a motion to approve the July 20, 2023, meeting minutes. Rich Whitaker motioned and was seconded by Mike Fidgeon. The motion passed unanimously, and the minutes were approved.

**Mental Health and Disability Services Regional Policies and Procedures Amendments – Polk County Behavioral Health and Disability Services Region**

Don Gookin, Community Systems Consultant, DHS, introduced himself and provided a brief background on the Commission's duties for approval of the policy and procedures for the MHDS Regions. Don introduced Annie Uetz, Interim CEO, Polk County MHDS Region. Annie reviewed the main changes to the policies and procedures which were primarily due to recent legislation regarding the membership makeup of Regional Advisory Boards and the addition of Outpatient Competency Restoration (OCR) to core services.

Russell entertained a motion to approve or deny the changes to Polk County BHDS Region's Policies & Procedures Manual. Betsy Akin motioned to approve the changes to Polk County BHDS Policies and Procedures and Sue Gehling seconded this motion. There was no discussion, and the motion was approved.

**HHS/Division of Behavioral Health Update**

Theresa Armstrong provided an update on programs and projects related to the work of HHS and the Division of Behavioral Health.

### Service Delivery Alignment

Over 750 stakeholders attended the July townhall meetings on service delivery alignment. This number includes both in-person meetings and those who attended virtually. Health Management Associates (HMA) is working with HHS staff to compile this information. There are 19 programs that are being focused on for this study. A consumer survey has been created and distributed widely for additional stakeholder feedback. Currently, over 800 responses have been received. The survey is open until August 25, 2023.

### Certified Community Behavioral Health Clinic (CCBHC) Planning Grant

Iowa has been awarded a CCBHC Planning Grant. This a one-year grant that provides dollars to support the state's implementation and certification of CCBHCs. Focus groups were held in Jul, both in-person and virtually, to gather feedback from individuals, families, and providers. 100 individuals attended the in-person focus groups with 148 attending virtually. The team is looking at how to get additional feedback from individuals with lived experience. HMA has been contracted to provide technical assistance. Some of the themes that are being examined are similar to the Service Delivery Alignment study. HHS will be issuing a request for proposals (RFP) for a contractor to review crisis services. Providers will need to examine the survey to see if they are ready to be certified as a CCBHC. HHS will be releasing an RFP in September for organizations that would like to be certified by the State. The next stakeholder engagement meeting is August 24, 2023. More information can be found on the website [Transforming Behavioral Healthcare in Iowa: CCBHC Planning Grant | Iowa Department of Health and Human Services](#).

### Outpatient Competency Restoration (OCR)

MHDS Regions are in the process of adding Outpatient Competency Restoration (OCR) to their menu of core services. OCR services allow an individual who is in the criminal justice system for a non-violent crime and declared incompetent to stand trial the opportunity to receive competency restoration services in the community. This would allow for the continuation of other services (med management, service coordination, etc.) that may be needed. Polk County is leading the charge on OCR and will be issuing an RFP soon.

There was discussion related to Assisted Outpatient Treatment (AOT) and how it differs from OCR. It was noted that AOT was related to providing community-based mental health services under court order to individuals with severe mental illness who have difficulty adhering to voluntary treatment. OCR was specifically related to competency restoration.

There was discussion about the status of Glenwood Resource Center. Theresa didn't have specific information for an update, but work continues to assist individuals in transitioning to the community or appropriate placement. It was noted that Marsha Edgington would be providing an update of the State Resource Centers at the October MHDS Commission meeting.

**2023 Annual Report Discussion**

Commission members reviewed the legislative priorities from last year's report that was submitted to the Governor and the General Assembly. Commission members began reviewing Part 2 Recommendations for Changes in Iowa Law. Commission members reviewed paragraph by paragraph allowing for additions or to remove obsolete information and wordsmith the document to reflect the Commission's message more accurately. It was noted that there would be an item on the agenda for the next few meetings to allow Commission members to make changes to the report and do a final review for vote and submission to the General Assembly and Governor's Office.

**Individual Placements and Supports (IPS)**

Lin Nibbelink, HHS, introduced herself and provided an overview of the Individual Placement and Support (IPS) an evidence-based practice supported employment model. Lin provided background on Employment First and the Advancing State Policy Integration for Recovery and Employment (ASPIRE) Grant in addition to IPS. Lin provided information on IPS locations in Iowa as well as outcomes, key partnerships, and an IPS success story. Lin noted that First Resources Corp. just launched as an IPS service provider.

**Intensive Residential Service Home (IRSH)**

Rob Aiken, HHS, provided an overview of Intensive Residential Services (IRSH) including its history, the role of MHDS Regions in IRSH startup, design and development, standards, eligibility criteria, IRSH sites, access standards, and next steps. Following his overview, Rob introduced Stephanie Millard, Director of Mental Health Services, First Resources Corp., who provided background on their IRSH program in Burlington, Iowa. Stephanie shared an overview of the implementation of their admission process, current admissions, and admission data. Stephanie also shared data regarding major incidents within the program, background on experiences with the no eject/no reject process, referrals, and issues with keeping a waitlist. Stephanie provided additional information regarding organizational and program practices related to IRSH, successes of the program, admission stakeholder survey data, client survey results, and next steps for the program.

**Public Comment**

No public comment

**The MHDS Commission broke for lunch from 12:13 p.m. until 1:15 p.m.**

**Planning for Future Meetings**

Wendy DePhillips indicated that the September meeting will be via Zoom and be a morning only meeting. It was noted that there would be voting items on the agenda. The October meeting will be a full day meeting with the afternoon being a joint meeting with the Iowa Mental Health Planning and Advisory Council and the Iowa Developmental Disabilities Council. The October meeting will be via Zoom as well. Wendy noted that the MHDS Commission meetings

would be virtual only until the Hoover and Lucas buildings reopened sometime in the Summer of 2024.

### **Certified Community Behavioral Health Clinic (CCBHC) Panel Discussion**

Rich Whitaker provided background on CCBHCs noting all current CCBHCs in Iowa are recipients of Expansion Grants from Substance Abuse and Mental Health Services administration (SAMHSA). These grants provide the organization the opportunity to increase access services including 24/7 crisis intervention services for individuals with serious mental illness (SMI) or substance use disorders (SUD), including opioid use disorders; children and adolescents with serious emotional disturbance (SED); and individuals with co-occurring mental and substance disorders. Recipients are required to comply with CCBHC standards and data requirements. However, CCBHCs currently operating in Iowa as expansion grant recipients are not considered “certified” CCBHCs. The State of Iowa recently received a \$1M CCBHC Planning Grant to develop Iowa’s CCBHC. Rich welcomed the representatives from the three CCBHC for joining the MHDS Commission to provide background on the work they are doing as a CCBHC in their communities.

Kim Keleher, Director, Plains Area Mental Health Center, introduced herself and shared information regarding the organization and their experience as a CCBHC expansion grant recipient including background on the organization, services they provide, the implementation of CCBHC, challenges for the organization, benefits of CCBHC, differences between CCBHC and Community Mental Health Centers (CMHC), and what the organization has learned as a grant recipient.

Janae Schmitt, Director of Business Development, Hillcrest Family Services introduced herself and provided information on the history, mission, and purpose with CCBHC and Hillcrest. Janae shared the organization’s goals and objectives for CCBHC, differences between CCBHC and CMHC, a summary of services implemented with the expansion grant. Janae provided additional information regarding three changes made through the expansion grant including the opening of A New Day Walk-in Clinic, expanding integrated primary care services, and hiring an Armed Forces Services Specialist. Janae shared information on the vision, mission, and location of A New Day Walk-in Clinic, additional information on the expansion of integrated primary care services, and more detailed information on the Armed Forces Specialist position and the goal and outcomes seen from implementing this position. Finally, Janae walked through the challenges and benefits the organization has seen with the implementation of CCBHC.

Lorrie Young, Director, Prairie Ridge Integrated Behavioral Healthcare, introduced herself and shared information on the organization’s experience as a CCBHC expansion grant recipient. Lorrie shared information on the 15 required CCBHC services and how Prairie Ridge has implemented these services. Lorrie also noted their goals related to CCBHC and the importance of data and outcomes, and information on Prairie Ridge’s patient outcomes.

There was discussion regarding if other community-based organizations (CBO) can refer to CCBHCs specifically for care coordination, even if they receive services from another organization. There was discussion regarding the need for collaboration between all providers (CBOs, CMHC, CCBHCs, etc.) to offer the best results for the people being served.

**Public Comment**

No public comment.

**Adjourn**

Russell entertained a motion to adjourn the meeting. Sue Gehling motioned and was seconded by Rich Whitaker. The motion passed and the meeting was adjourned at 3:00 p.m.

Minutes respectfully submitted by Wendy DePhillips.