

# Behavioral Health Update

Marissa Eyanson, DHS

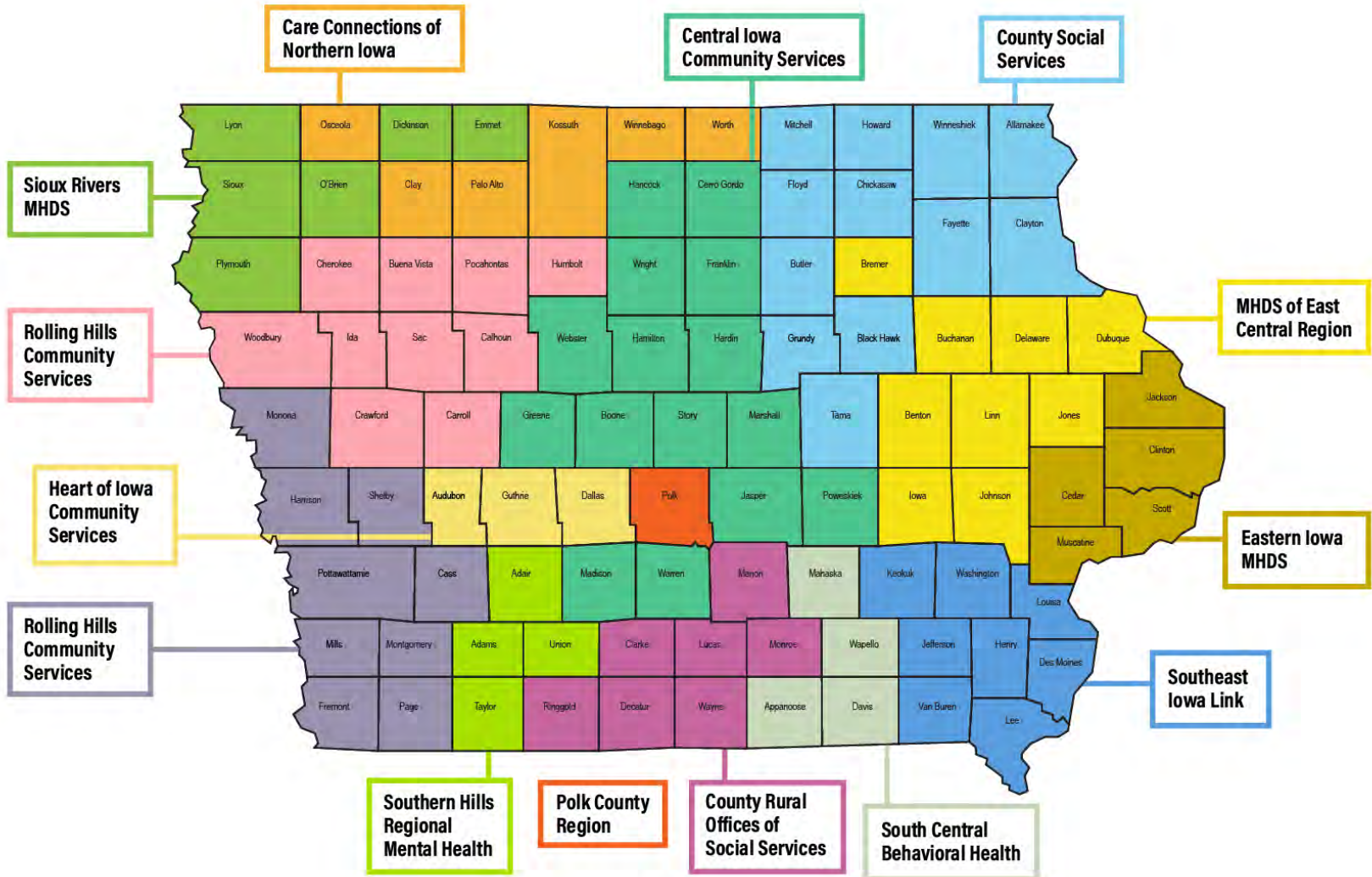
Eric Preuss, IDPH

Keri Neblett, IDPH

# Overview

- ▶ **Mental Health and Disability Services Regions**
- ▶ **Your Life Iowa**
- ▶ **988 Crisis Behavioral Health Response**

# MHDS Regions



# MHDS Regions - History

- ▶ **2012** Legislation passed to form MHDS Regional system with goals of improving equal access to services and supports for lowans
- ▶ **2014** Regions are effective 7/1/2014
- ▶ **2015** \$30M for funding equalization
- ▶ **2017** Complex Service Needs legislation
- ▶ **2019** Children's Services legislation (effective 7/1/2021)
- ▶ **2021** SF 619 begins to shift funds away from property tax levy to State appropriation

# MHDS Regions

## Implementation of SF619

### ▶ **Establish MHDS Regional Services Fund**

- ▶ Phase in over two years
- ▶ Ends county property tax levy
- ▶ Ongoing funding 100% state appropriation

### ▶ **Performance Based Contracts**

- ▶ Initial contract timeline: January 1, 2022 – June 30, 2023
- ▶ Initial contracts outline existing statutory requirements
  - Core services
  - Submission of annual service and budget plan
  - Submission of utilization data
  - Annual reporting
- ▶ Active participation in joint-led DHS and MHDS Regional system building and integration

# MHDS Regions – Future State

## **Strengthened partnerships between State and Local level**

- ▶ Historic State investment to ensure funding is sustainable and predictable
- ▶ Utilize local connections to Regions for real time on the ground insight and monitoring

## **Improved accountability and transparency**

- ▶ Performance-based contracts for each of the MHDS Regions

## **Clearly defined roles and responsibilities**

- ▶ Data and systems working together to be prepared for the future
- ▶ DHS and stakeholder workgroups have made previous recommendations that may be worth revisiting
- ▶ Continue to build a pathway toward equitable services for Iowans

# MHDS Regions Funding - Adults

## MHDS Regions Funding

- ◆ Assure access and fund as Core
- ◆◆ Additional (Core+) Services
- ◆◆◆ Mandated service

### COMPLEX NEEDS

- Inpatient hospitalization ◆
- Sub-Acute Care ◆
- Intensive Residential Services ◆
- Day or Intensive Outpatient Treatment ◆
- Assertive Community Treatment (ACT) ◆
- Jail Diversion ◆◆
- Mental Health Commitment ◆◆◆

### TARGETED INTERVENTIONS AND SUPPORTS

- Evidence-Based Practices ◆
- Community-Based Residential Skill Building Services ◆
- Community-Based Employment Skill Building Services ◆
- Wrap-Around Services and Supports
- Service Coordination ◆◆◆
- Medication ◆
- Therapy ◆

### HEALTH PROMOTION, PREVENTION AND WELL-BEING

- Outreach
- Screening, assessment and evaluation ◆
- Integrated mental health and substance use (co-occurring)
- Primary Healthcare
- Peer Support Services ◆
- Family Psychoeducation ◆
- Provider Education and Training ◆

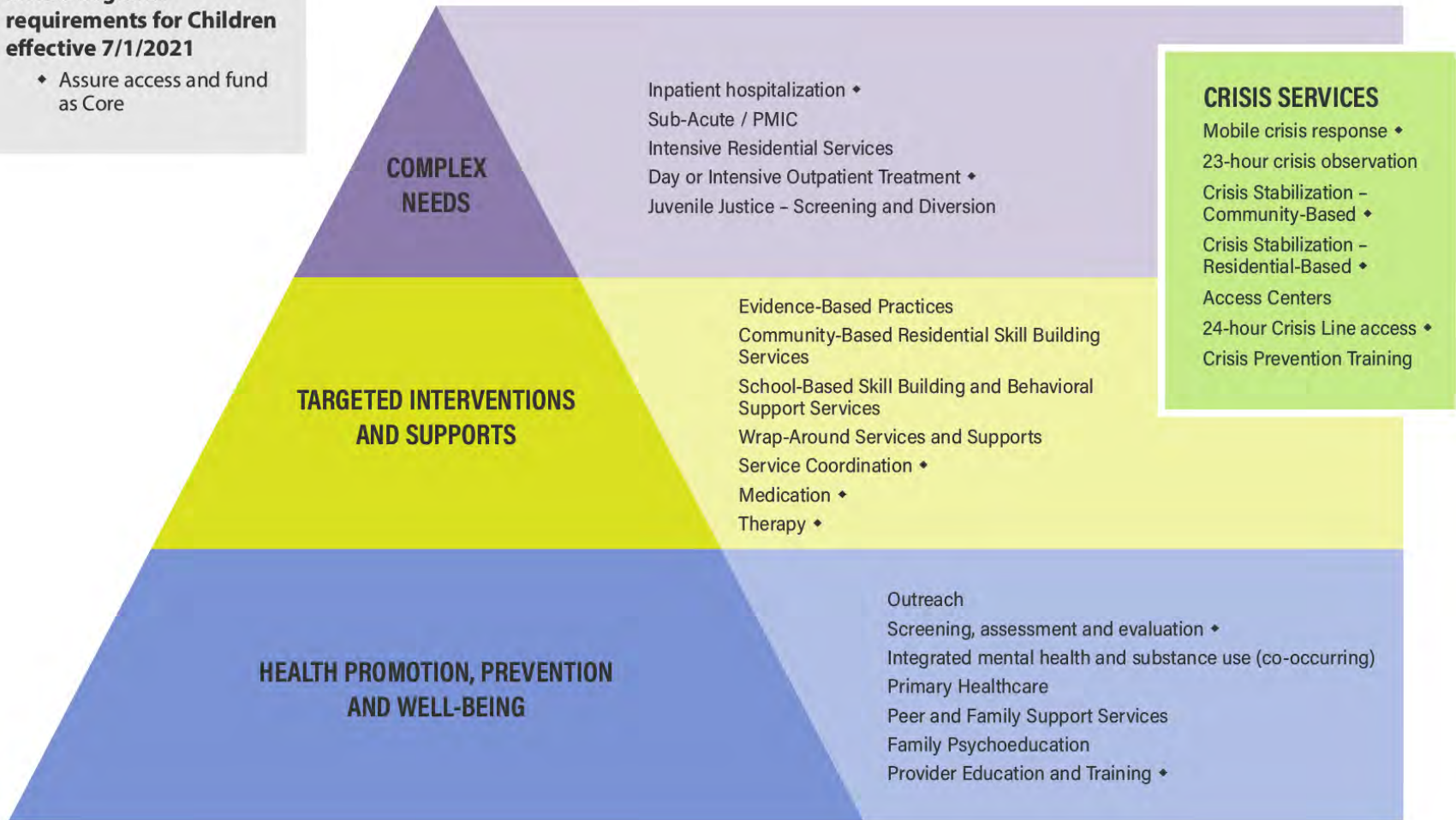
## CRISIS SERVICES

- ◆ Mobile crisis response
- ◆ 23-hour crisis observation ◆
- ◆ Crisis Stabilization – Community-Based
- ◆ Crisis Stabilization – Residential-Based
- ◆ Access Centers
- ◆◆ 24-hour Crisis Line access
- ◆◆ Crisis Prevention Training

# MHDS Regions Funding - Children

**MHDS Regional requirements for Children effective 7/1/2021**

- ◆ Assure access and fund as Core





# MHDS Regions

## Crisis Services

### ▶ **Mobile Response**

- ▶ On-site, face-to-face mental health crisis services for individuals experiencing a mental health crisis
- ▶ Adults and Children

### ▶ **23-hour Crisis Observation**

- ▶ Services up to 23 hours in a medically staffed treatment environment
- ▶ Adults

### ▶ **Crisis Stabilization Community Based**

- ▶ Services to de-escalate a crisis and stabilize an individual; provided where the individual lives or works.
- ▶ Adults and Children

# MHDS Regions

## Crisis Services

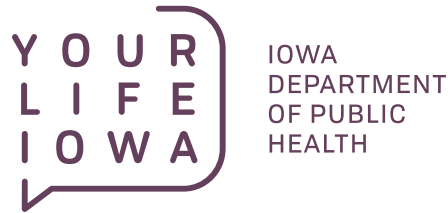
### ▶ **Crisis Stabilization Residential Based**

- ▶ Services to de-escalate a crisis and stabilize an individual; provided in a residential setting
- ▶ Adults and Children

### ▶ **Access Centers**

- ▶ Coordinated services providing assessment and screening for multi-occurring conditions, care coordination, crisis stabilization residential services, subacute mental health services, and substance use disorder treatment for individuals experiencing a mental health or substance use crisis
- ▶ Adults

<https://dhs.iowa.gov/mhds/crisis-services>



# Your Life Iowa

Your Everyday Life Support

Alcohol, Drugs, Gambling, Mental Health, Suicide, and more

# Your Life Iowa



Funded by the Iowa Department of Public Health and Department of Human Services

- ▶ Phone, Chat, Text, Website (<https://yourlifeiowa.org>), Social Media (@YourLifelowa)
- ▶ Confidential & Free Information, Resources, Referrals and Help around substance use, gambling, suicide, mental health, and more.
- ▶ Available 24/7/365
- ▶ Help is offered by experts in the field dedicated to the health of Iowans
- ▶ Supportive Text Messaging: YourLifelowa.Support

# Where it Began – The Why

## Population Estimates (18 and older)

### ► **Mental Health**

- ▶ 19% (18 and older) Any mental illness in the past year
- ▶ 8.7% experience a major depressive episode in the past year
- ▶ 5.4% had serious thoughts of suicide
- ▶ 53.6% with any mental illness that received care
- ▶ Suicide Rate (2020) approximately 18 per 100K Iowans
- ▶ Death by Suicide (CY 2020) – provisional: 592

### ► **Overlap in substance abuse + mental health**

- ▶ 50% who experience mental illness also experience problems with substance use.

# YLI Messaging

## Priority #1 Judgment Free

Your problem is our problem. We want to make sure you're put on the right path to have a successful future. That's why we leave our judgment at the door. It makes it easier to help put you on the right path to recovery.

## Priority #2 You're Not Alone

Many lowans, including us, face these same challenges every day. We know it's hard but when you have someone there for you every step of the way it helps. When you're sober; we're here. When you're tempted; we're here. When you're struggling; we're here.

## Priority #3 Guide to Better Health

We offer the information, support and guidance to help lowans get their life back to a good place.

# Role of YLI Across the Care Continuum



## AWARENESS

Build awareness of YLI as the place to start - find resources and help for addiction and mental health.

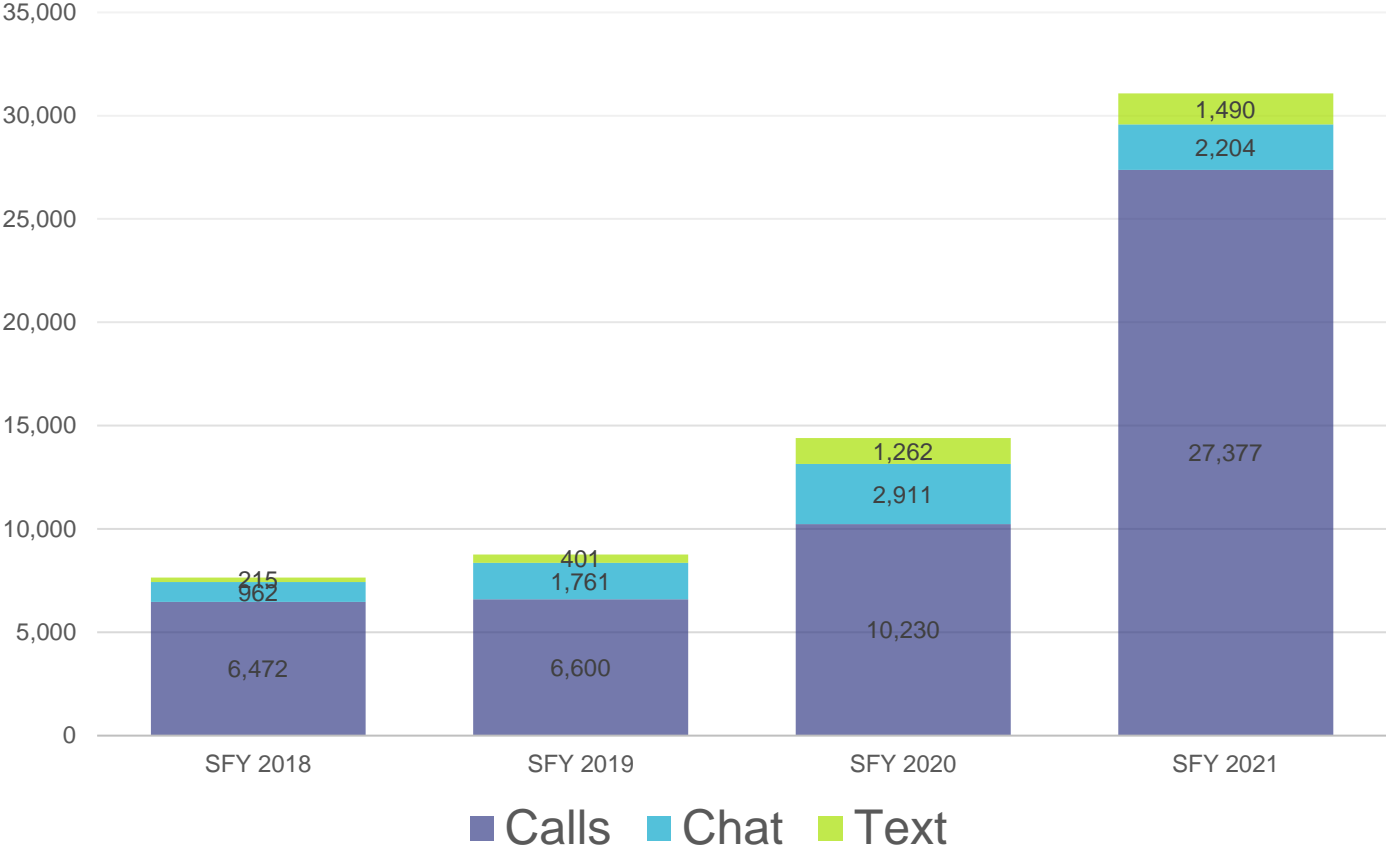
## EDUCATION

Provide information on specific addiction and mental health issues - both prevention and treatment focus.

## MOTIVATION

Inspire action to seek specific information and/or help for self or other.

# Your Life Iowa Contacts





# Your Life – The Potential

## **We can accomplish great things with a coordinated effort**

- ▶ Saving one life at a time
- ▶ Becoming the place where people turn to when they need help
- ▶ Educating the community about these challenges and normalizing them to reduce the stigma
- ▶ Uplift people who seek services and walk with them until engaged in services.
- ▶ Help facilitate change to remove barriers to accessing care and recovery pathways.

# National Suicide Hotline Designation Act of 2020

# Lifeline Network Crisis Centers in Iowa

- ▶ There are currently 2 crisis centers in Iowa that answer the National Suicide Prevention Lifeline:



# 988 Planning in Iowa

- ▶ In January 2020 - IDPH, in collaboration with DHS, received a 988 state implementation planning grant from Vibrant Emotional Health to support the Iowa implementation of 988
- ▶ DHS received a Transformation Transfer Initiative (TTI) grant to develop two standardized training toolkits specific to serving children and LGBTQ+ individuals to be accessed by Iowa's 988 and crisis behavioral health workforce
- ▶ DHS plans to submit an application for the SAMHSA Cooperative Agreement for States and Territories to Build Local 988 Capacity funding opportunity which is due January 31, 2022

# National Guidelines for Behavioral Health Crisis Care

- ▶ In order to ensure that all Iowans have access to quality crisis care, the system of care needs to have:
  - ▶ Someone to Talk To
  - ▶ Someone to Respond
  - ▶ A Place to Go
- ▶ 988 is an important component of an integrated and coordinated continuum of care for individuals in crisis.

# Ongoing Considerations for 988

- ▶ Crisis center capacity to respond
- ▶ Sustainable funding
- ▶ Seamless service coordination with other crisis services (911, mobile crisis response, crisis stabilization, access centers, emergency departments, etc...)
- ▶ Technology needed to coordinate care



**Carrie L. Malone**

Legislative Liaison, DHS

515-401-6180

[cmalone@dhs.state.ia.us](mailto:cmalone@dhs.state.ia.us)

**Maddie Wilcox**

Legislative Liaison & Policy Advisor, IDPH

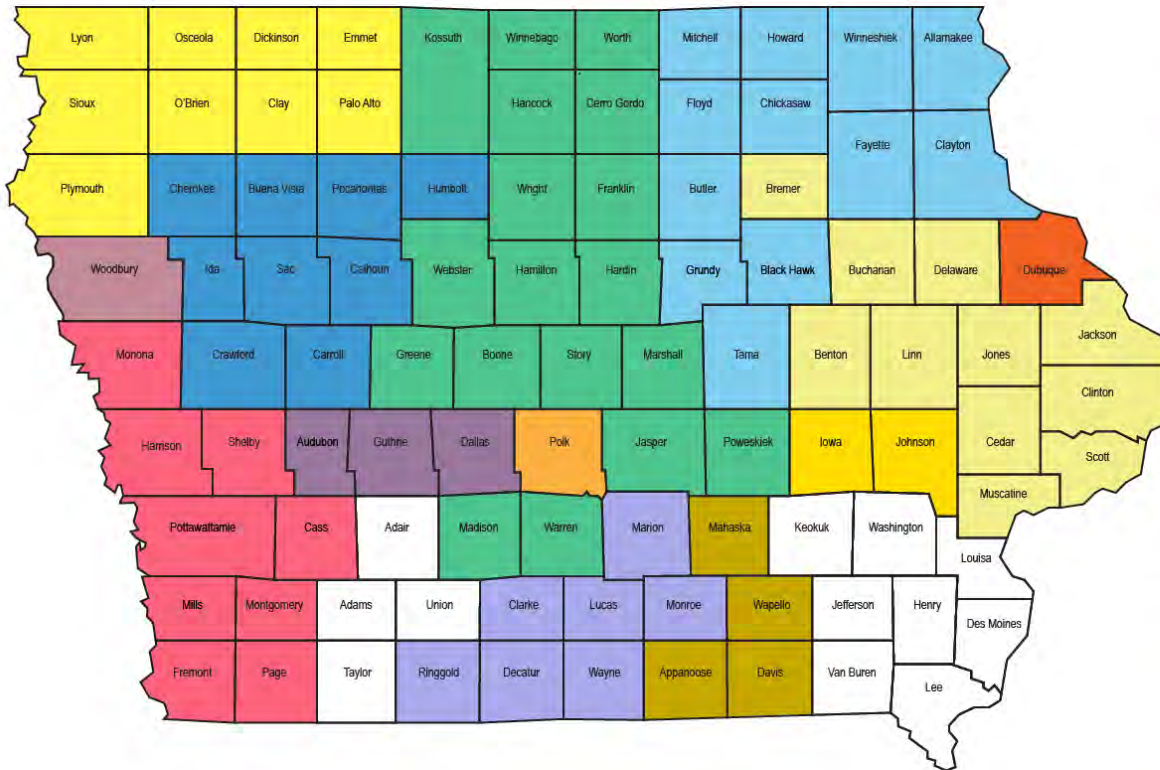
515-281-8960

[maddie.wilcox@idph.iowa.gov](mailto:maddie.wilcox@idph.iowa.gov)

# Appendix | Mobile Response

## MOBILE CRISIS RESPONSE

## MOBILE CRISIS PROVIDER



- Broadlawns\***  
Polk
- CommUnity**  
Iowa, Johnson
- Community Health Center of Southern Iowa**  
Clarke, Decatur, Lucas, Marion, Monroe, Ringgold, Wayne
- Elevate**  
Allamakee, Black Hawk, Butler, Chickasaw, Clayton, Fayette, Floyd, Grundy, Howard, Mitchell, Tama, Winneshiek
- Eyerly Ball**  
Boone, Cerro Gordo, Franklin, Greene, Hamilton, Hancock, Hardin, Jasper, Kossuth, Madison, Marshall, Poweshiek, Story, Warren, Webster, Winnebago, Worth, Wright
- Foundation 2**  
Cedar, Clinton, Jackson, Muscatine, Scott, Benton, Bremer, Buchanan, Delaware, Jones, Linn
- Heartland Family Services**  
Cass, Fremont, Harrison, Mills, Monona, Montgomery, Pottawattamie, Shelby
- Hillcrest**  
Dubuque
- Plains Area Mental Health Center**  
Buena Vista, Calhoun, Carroll, Cherokee, Crawford, Humboldt, Ida, Pocahontas, Sac
- Zion Integrated Behavioral Health**  
Audubon, Dallas, Guthrie
- Seasons Center**  
Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Sioux
- Siouxland Mental Health Center**  
Woodbury
- Southern Iowa Mental Health Center**  
Appanoose, Davis, Mahaska, Wapello

\*Not yet accredited



# Appendix | 23-Hour Crisis Observation

## 23 HOUR OBSERVATION SERVICES

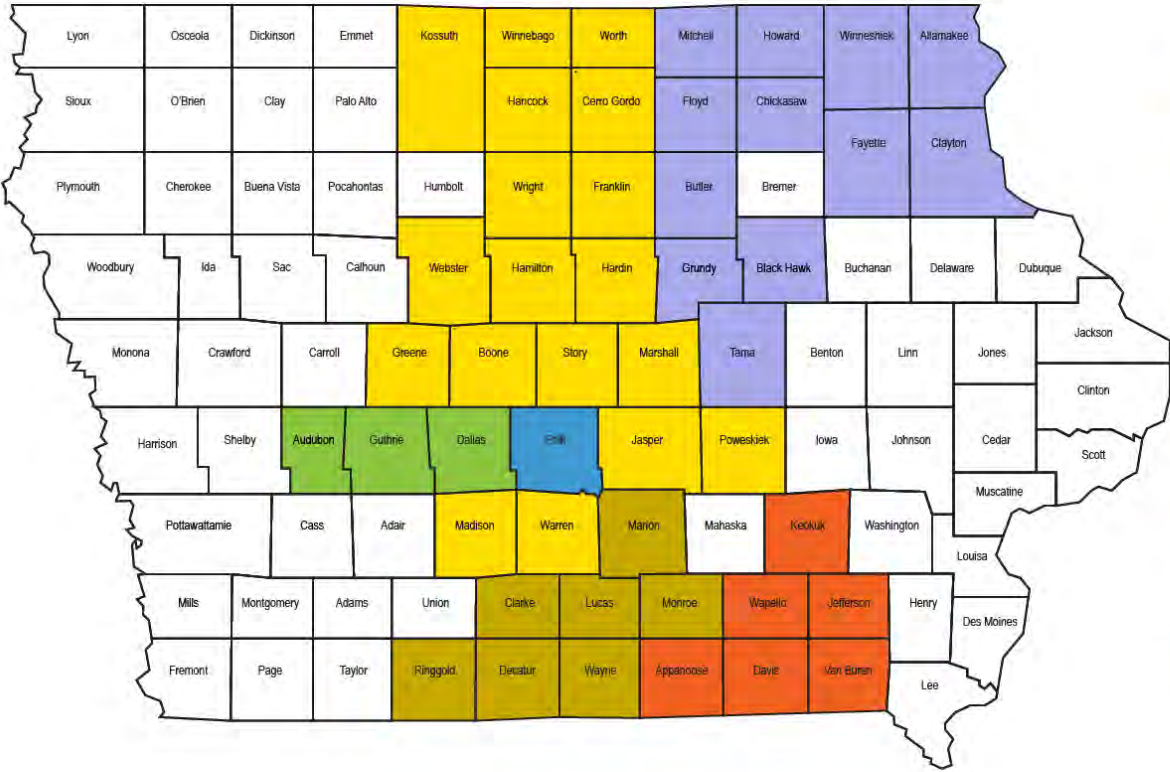


## SERVICE PROVIDERS

- **Broadlawns Medical Center**  
Des Moines / Polk County
- **Community Health Center of Southern Iowa**  
Osceola / Clarke County
- **Elevate**  
Waterloo / Black Hawk County
- **UnityPoint Robert Young Center**  
Davenport / Scott County
- **Guttenberg Hospital**  
Guttenberg / Clayton County
- **Hillcrest Family Services**  
Davenport / Scott County
- **Mary Greeley Medical Center**  
Ames / Story County
- **Kingston Hill/Penn Center**  
Cedar Rapids / Linn County
- **Rosecrance Jackson Centers (Ages 11-18)**  
Sioux City / Woodbury County
- **Siouxland MHC Crisis Stabilization**  
Sioux City / Woodbury County
- **Southern Iowa Mental Health Center**  
Ottumwa / Wapello County
- **University of Iowa Hospital**  
Iowa City / Johnson County
- **Zion/Safe Harbor**  
Woodward / Dallas County

# Appendix | Crisis Stabilization Community-Based

## CRISIS STABILIZATION COMMUNITY-BASED SERVICES



## CSCB PROVIDERS

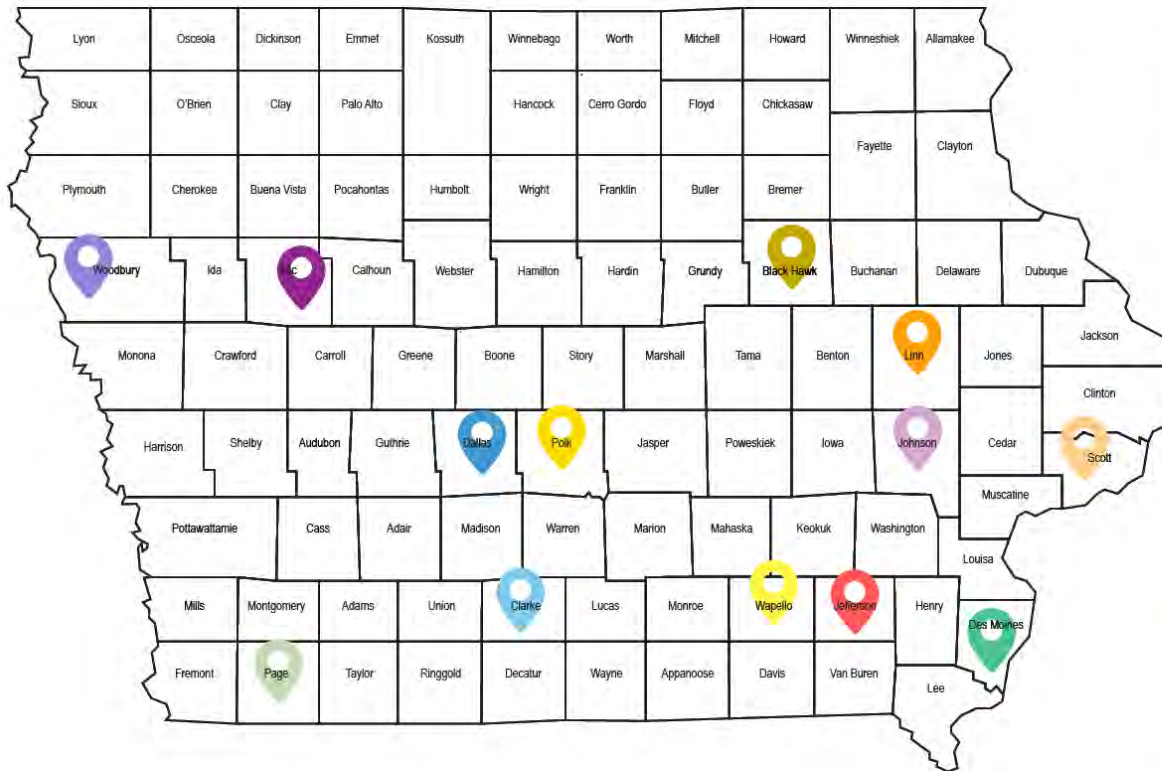
- **Community Health Centers of Southern Iowa\***  
 Clarke, Decatur, Lucas, Marion, Monroe, Ringgold, Wayne
- **Eyerly Ball**  
 Boone, Cerro Gordo, Franklin, Greene, Hancock, Hamilton, Hardin, Jasper, Kossuth, Madison, Marshall, Poweshiek, Story, Warren, Winnebago, Webster, Worth
- **Elevate**  
 Allamakee, Black Hawk, Butler, Chickasaw, Clayton, Fayette, Floyd, Grundy, Howard, Mitchell, Tama, Winnesiek
- **Zion Integrated Behavioral Health\***  
 Audubon, Dallas, Guthrie
- **American Home Finding Association (Under 18 years old)**  
 Appanoose, Davis, Jefferson, Keokuk, Van Buren, Wapello
- **Easterseals Iowa\* (Under 18 years old)**  
 Polk

\*Not yet accredited

# Appendix | Crisis Stabilization Residential, Adults

## CRISIS STABILIZATION RESIDENTIAL SERVICES • ADULT

## ADULT CSRS PROVIDER



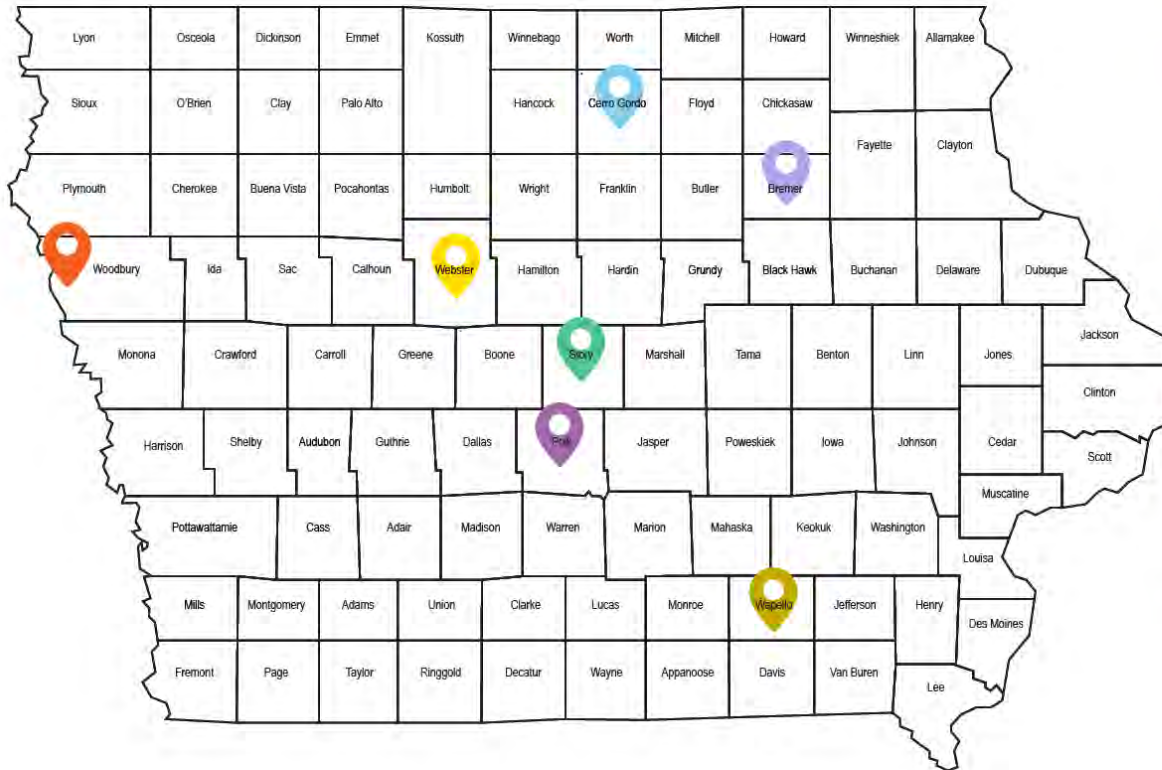
- Broadlawns Medical Center\***  
Des Moines / Polk County
- Community Health Center of Southern Iowa**  
Osceola / Clarke County
- First Resources**  
Fairfield / Jefferson County
- Hope Haven**  
Burlington / Des Moines County
- North Iowa Regional Services**  
Waterloo / Black Hawk County
- PAMHC-Turning Point**  
Sac City / Sac County
- Kingston Hill/Penn Center**  
Cedar Rapids / Linn County
- Chatham Oaks/Penn Center**  
Iowa City / Johnson County
- Siouxland MHC Crisis Stabilization**  
Sioux City / Woodbury County
- Southern Iowa Mental Health Center**  
Ottumwa / Wapello County
- Vera French CMHC**  
Davenport / Scott County
- Zion/Safe Harbor**  
Woodward / Dallas County
- Zion/Harbor Point**  
Clarinda / Page County

\*Not yet accredited

# Appendix | Crisis Stabilization Residential, Children

## CRISIS STABILIZATION RESIDENTIAL SERVICES • CHILD

## CHILDRENS CSRS PROVIDER

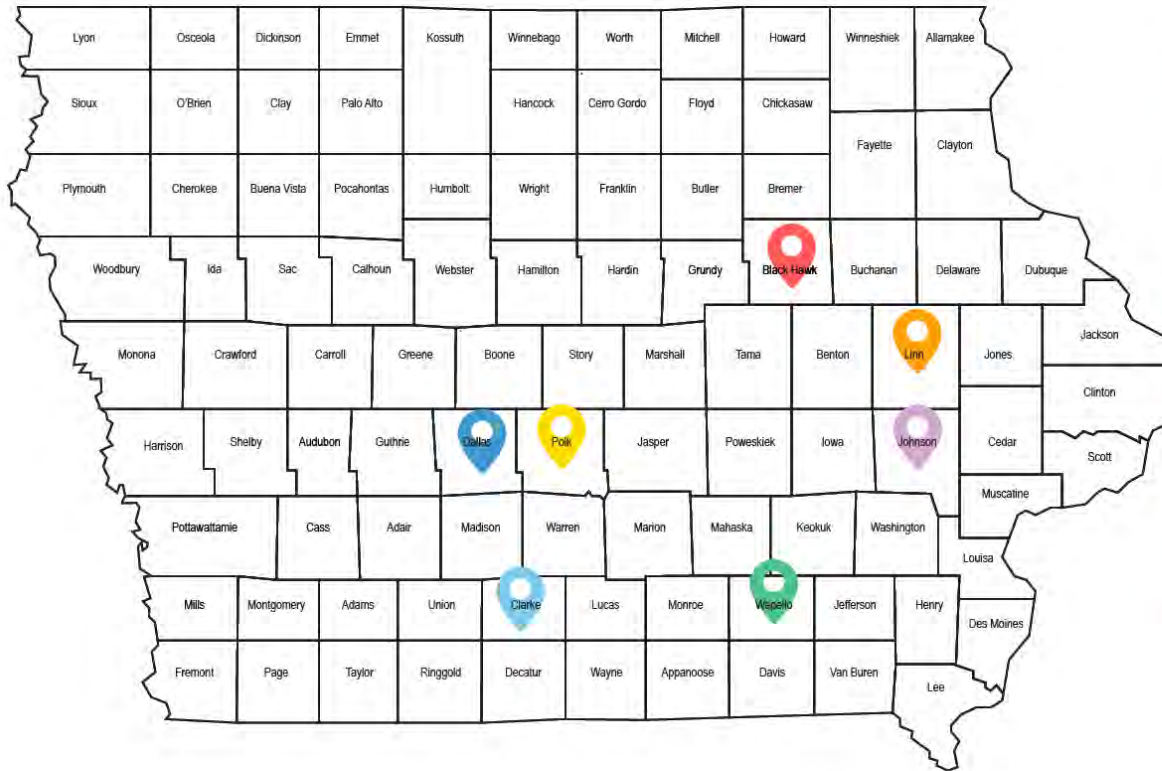


- **Rosecrance Jackson Centers (Ages 11-18)**  
Sioux City / Woodbury County
- **Youth Shelter Care of North Central Iowa, Inc. (Ages 12-18)**  
Fort Dodge / Webster County
- **LSI Bremwood\***  
Waverly / Bremer County
- **YSS Francis Lauer\* (Ages 12-18)**  
Mason City / Cerrito Gordo County
- **YSS Rosedale\* (Ages 12-18)**  
Ames / Story County
- **American Home Finding Association**  
Ottumwa / Wapello County
- **Easterseals Iowa\***  
Des Moines / Polk County

\*Not yet accredited

# Appendix | Access Centers

## ACCESS CENTERS



## ACCESS CENTER PROVIDERS

- **Community Health Center of Southern Iowa**  
*Osceola / Clarke County*
- **Guidelink Access Center**  
*Iowa City / Johnson County*
- **North Iowa Regional Services**  
*Waterloo / Black Hawk County*
- **Mental Health Access Center of Linn County**  
*Cedar Rapids / Linn County*
- **Southern Iowa Mental Health Center**  
*Ottumwa / Wapello County*
- **Polk County Mental Health Access Center**  
*Des Moines / Polk County*
- **Zion/Safe Harbor**  
*Woodward / Dallas County*