



Iowa Specialty  
*Hospitals & Clinics*

# Filling the Gap: Mental Health Care in Rural Areas

Iowa Specialty Hospitals & Clinics

Rachel Fletcher, LISW

Clinical Social Worker/Behavioral Health  
Team Coordinator

# Introduction

- Rachel Fletcher, LISW Clinical Social Worker/Behavioral Health Team Coordinator

# Iowa Specialty Hospital

**IOWA SPECIALTY HOSPITAL – BELMOND**  
403 1st Street SE  
Belmond, IA 50421

**ISH – BELMOND CLINIC**  
403 1st Street SE  
Belmond, IA 50421

**IOWA SPECIALTY HOSPITAL – CLARION**  
1316 South Main Street  
Clarion, IA 50525

**ISH – CLARION CLINIC**  
215 13th Avenue SW  
Clarion, IA 50525

**ISH – FORT DODGE CLINIC**  
2700 1st Avenue South  
Suite 100  
Fort Dodge, IA 50501

**ISH – GARNER CLINIC**  
840 West US Highway 18  
Garner, IA 50438

**ISH – HAMPTON CLINIC**  
700 2nd Street SE  
Suite 101  
Hampton, IA 50441

**ISH – ROCKWELL CLINIC**  
705 Elm Street East  
Rockwell, IA 50469

**ISH – WEBSTER CITY CLINIC**  
1924 Superior Street  
Webster City, IA 50595

**THE GABRIELSON CLINIC FOR WOMEN**  
104 South Story Street  
Boone, IA 50036

**THE GABRIELSON CLINIC**  
401 South 17th Street  
Clear Lake, IA 50428

**THE GABRIELSON CLINIC FOR WOMEN**  
1924 Superior Street  
Webster City, IA 50595

**ORTHOPEDIC SPECIALISTS**  
2700 1st Avenue South  
Suite 100  
Fort Dodge, IA 50501

**IOWA WEIGHT LOSS SPECIALISTS**  
(Mary Greeley Medical Center)  
1111 Duff Avenue  
Suite 2607  
Ames, IA 50010

**IOWA WEIGHT LOSS SPECIALISTS**  
5901 Thornton Avenue  
Suite 101  
Des Moines, IA 50321

[IowaSpecialtyHospital.com](http://IowaSpecialtyHospital.com)  
844-474-4321

**Iowa Specialty Hospitals & Clinics**

**IOWA SPECIALTY Orthopedics**

**IOWA WEIGHT LOSS SPECIALISTS**

**The Gabrielson Clinic for Women**

**Iowa Specialty Hospitals & Clinics LOCATIONS**

# Our Why

- Prior to 2015 ISH had two therapists they contracted with.
  - Limited coverage
  - Limited availability
- Psychiatry
  - One psychiatrist came to Wright County 2 days per month
- Options for mental health care in 2015
  - Fort Dodge 45 minutes from Clarion
  - Ames 1 hour from Clarion
  - Mason City 1 hour from Clarion, 40 minutes from Belmond
  - Some agencies had outreach offices in Clarion with limited hours and availability.

# Our Why

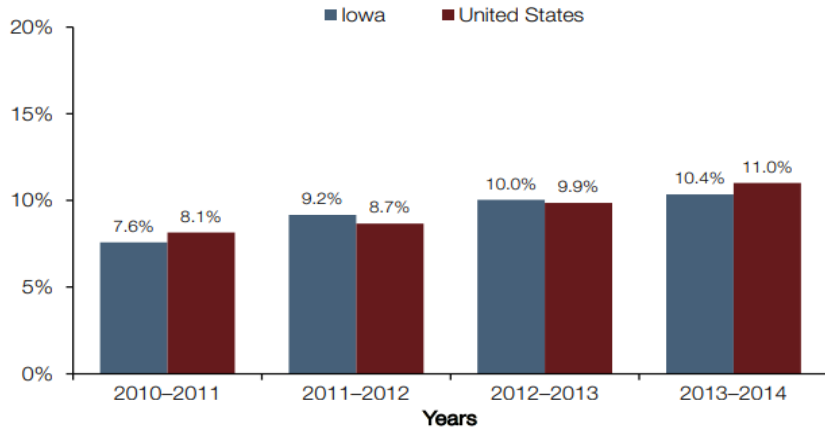
- Wright County Stats
  - The suicide rate for Wright County was 16.4 compared to State of Iowa rate at 10.4 (suicides 2002-2006 per the 2009 Iowa Health Fact Book).
  - Underage drinking and substance abuse/domestic abuse were a high priority for those surveyed with 49% stating it was a risky behavior per the Wright County Community Needs Survey 2010.
  - Binge drinking for adults in 2008 was reported at 20% in Wright County which was the same for the State of Iowa.
  - From the HRSA Community Health Status Report 2010, it states of our 12,900 county population 740 reported major depression and 760 reported using drugs in the past month.

# Our Why

- Wright County Stats
  - According to the 2012 CHNA report the community does have concerns regarding access to mental health care and number of poor mental health days per month average. The Wright County Survey indicated that 35% of residents are stressed, depressed or have problems with their emotions averaging 3-4 days per month. Wright County residents also rated Mental Health in the top three most important health problems that impact the overall community.
  - Mental Health Quality of life was the top priority in the 2016 CHNA for Wright County.

# Our Why

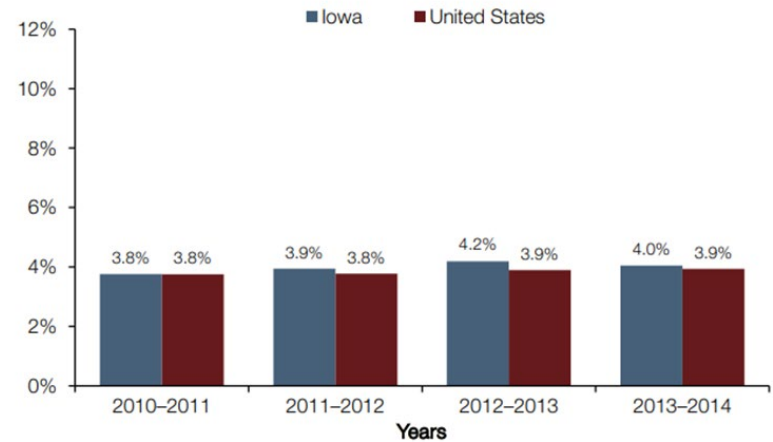
Iowa's percentage of major depressive episode (MDE) among adolescents aged 12–17 was similar to the national percentage in 2013–2014.



10.4%

In Iowa, about 25,000 adolescents aged 12–17 (10.4% of all adolescents) per year in 2013–2014 had at least one MDE within the year prior to being surveyed. The percentage increased from 2010–2011 to 2013–2014.

Iowa's percentage of adults aged 18 or older with suicidal thoughts was similar to the national percentage in 2013–2014.



4.0%

In Iowa, about 94,000 adults aged 18 or older (4.0% of all adults) per year in 2013–2014 had serious thoughts of suicide within the year prior to being surveyed. The percentage did not change significantly from 2010–2011 to 2013–2014.

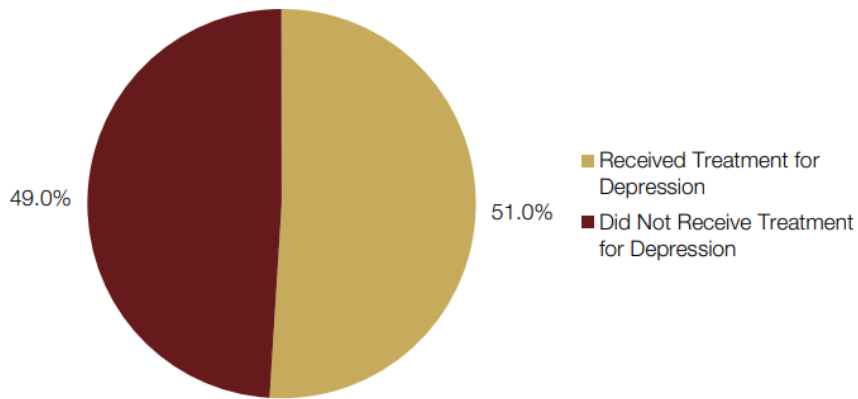


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# Our Why

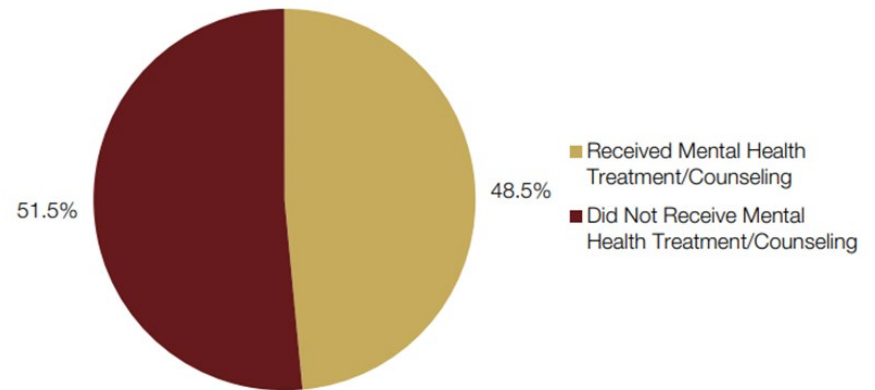
Iowa's annual average of treatment for depression among adolescents aged 12-17 with MDE was higher than the annual average for the nation (38.6%) from 2010 to 2014.



51.0%

In Iowa, about 10,000 adolescents aged 12-17 with MDE (51.0% of all adolescents with MDE) per year from 2010 to 2014 received treatment for their depression within the year prior to being surveyed.

Iowa's annual average of mental health treatment/counseling among adults aged 18 or older with any mental illness (AMI) was higher than the annual average for the nation (42.7%) from 2010 to 2014.

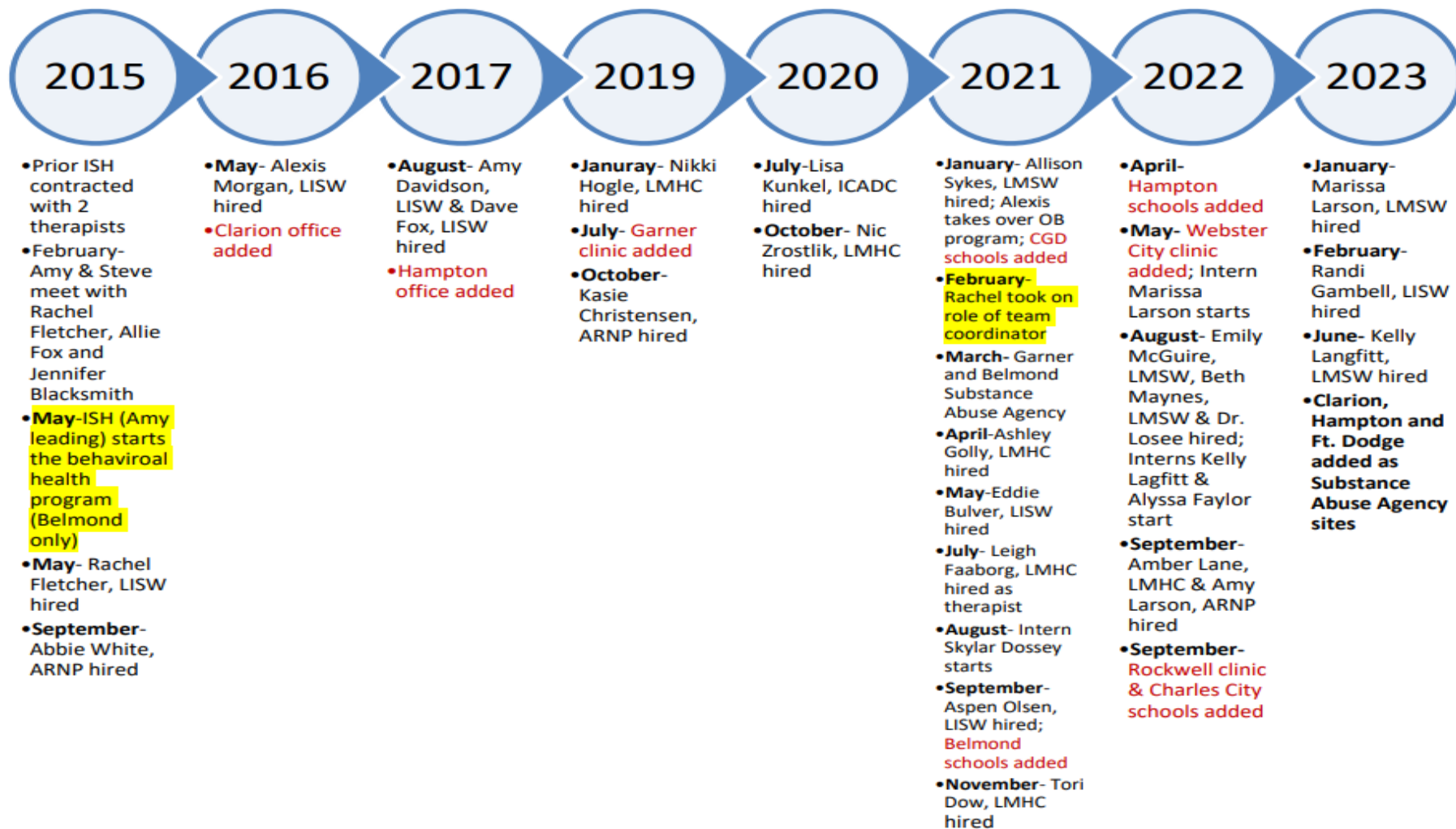


48.5%

In Iowa, about 198,000 adults aged 18 or older with AMI (48.5% of all adults with AMI) per year from 2010 to 2014 received mental health treatment/counseling within the year prior to being surveyed.



# Where we started vs How it's going



# Outpatient Therapy

- Therapists are located in the Family Practice clinics
- Coordination & consults with FPC providers
- Consults in the ED and hospital (Clarion & Belmond)
- Medical Social Worker position
- Intern program

# School Program

- January 2021
  - Clarion Goldfield Dows Community schools added a full time therapist
- September 2021
  - Belmond Klemme Community Schools added a full time therapist
- April 2022
  - Hampton Dumont Community Schools added a full time therapist in the elementary schools. Middle school has been added now.
- August 2022
  - Eagle Grove Community Schools added a full time therapist to the district.
- September 2022
  - Charles City Community middle and high schools added
- February 2023
  - Garner Hayfield Community schools added.
  - Lake Mills Community schools added.

# School Program

- What makes our school program unique?
  - ISH's dedication to completely staffing the school with a therapist.
  - No grants, funded by ISH, billed through patient's insurance, schools don't pay anything
  - Most of the therapists are at the schools full time and are a part of the schools team.
    - Clarion, Eagle Grove, Belmond
    - When they are there full time we ask that the therapist has a dedicated space they can be in and that we can bring in things to make it more comfortable (chairs, couch, toys, etc.)

# School Program



# School Program

- Future Goals
  - Add more staff at the schools
    - Clarion, Eagle Grove, Belmond
  - Prevention & Education

# Substance Abuse Program

- Locations
  - March 2021
    - Garner and Belmond locations added
  - 2023
    - Clarion, Hampton & Ft. Dodge locations added
- Providers
  - Lisa Kunkel, ICADC, SAP
  - Allison Sykes, LISW, CADC
- Services
  - OWI evaluations
  - Outpatient services
  - Mat Medication
  - Drug testing
  - Prevention services
  - Psychiatric medication management
  - Substance Abuse Professional (SAP)



# OB Program

- 2022
  - 612 babies born at the Clarion location
- 2023
  - 509 babies as of 11/8/23
- Alexis Morgan, LISW
  - January 2021
  - Consults with patients pre and postnatally
  - Attends OB team meetings and works with their team on their needs.
  - Provides education to the OB team.

# Future Program Goals

- Preventative Care vs Reactive Care
  - Schools
  - Clinics and hospitals
  - Social Determinants of Health
- Brief Therapy Program

# Questions?