



Department of
HUMAN SERVICES

***Community Mental Health Centers
Report***

February 2020

Community Mental Health Centers Report

Introduction

House File 756, section 2 directs community mental health centers (CMHC) who utilize funding from the community mental health services block grant (MHBG) and the Department of Human Services (Department) to: *“Recipients of the funding shall submit quarterly reports to the department of human services containing data consistent with the performance measures approved by the federal substance abuse and mental health services administration. The department shall compile the first quarterly reports received from recipients into a single report to be submitted to the governor and the general assembly by February 20, 2020.”*

The Substance Abuse and Mental Health Services Administration (SAMHSA) distributes MHBGs to each state and territory every year. The MHBG’s target population includes adults with a serious mental illness (SMI) and children with a serious emotional disturbance (SED). The actual amount of MHBG dollars Iowa receives each year is based on a formula used by SAMHSA. SAMHSA does not allow the MHBG to be used for:

- Inpatient services,
- Cash payments to intended recipients of health services,
- Purchasing or improving land,
- Purchasing, constructing, or permanently improving (other than minor remodeling) any building or other facility, or purchase major medical equipment,
- Satisfying any requirement for the expenditure of nonfederal funds as a condition for the receipt of Federal funds,
- Providing financial assistance to any entity other than a public or nonprofit private entity, or
- Salaries of administrators and supervisors not directly involved in carrying out the contract.

Each state must submit a plan to SAMHSA every two years outlining the state’s intended use of the MHBG. Any significant deviation from the approved SAMHSA plan needs to be submitted for approval.

CMHCs Allocation

Iowa legislation directs 70% of the MHBG be distributed to CMHCs for the purpose of staff training and direct services for the target population. The CMHC allocation is calculated after a SAMHSA required set aside of 10% for early serious mental illness including first episode psychosis (FEP) programs and 5% for administrative costs. The Department uses the following formula to distribute the CMHC allocation:

- 35% is split evenly among all CMHCs who choose to participate recognizing every CMHC has basic needs, and
- 65% is allocated based on county population of their catchment area

While all CMHCs are eligible to receive MHBG dollars, not all choose to participate. A CMHC may also elect to receive a portion of their allocation instead of their entire amount. It is the Department's intent that CMHCs use 50% of their allocation for adults with a SMI and 50% for children with a SED.

The Department enters into performance based contracts with any CMHC who wishes to utilize the MHBG. CMHCs work with the Department to determine their scope of work. Their scope of work may include:

- The development and implementation of evidence based practices,
- Direct services for individuals with no other funding source such as Medicaid, private insurance, or mental health and disability services regional funding,
- Standardized outcome measurements,
- Changing agency culture to be trauma informed, or
- Becoming a certified community behavioral health clinic.

The CMHC contracts run on the federal fiscal year. Most CMHC contracts were initiated on October 1, 2017 and will expire on September 30, 2022. This allows for the first year of the contract and five possible extensions. For contracts that initiated after October 1, 2017, the length of contracts was adjusted to end on September 30, 2022 to keep all contracts consistent. The current contracts are effective from October 1, 2019 – September 30, 2020.

Fiscal Year 20 (FFY20) Distribution

Iowa's MHBG amount for FY20 is \$5,377,612. From that award, \$537,761 (10%) is required to be set aside for FEP services and \$268,881 (5%) is designated for Department administrative costs. After these reductions, there is \$4,570,970 available and \$3,199,679 (70%) is allocated for CMHC FFY20 contracts. Using the formula outlined above, 35% (\$1,119,888) was distributed equally between the CMHCs participating in contracts and 65% (\$2,079,791) was distributed by county population. The total amount contracted with CMHCs for FFY20 is \$3,071,479.

FFY20 Contracts

The Department currently contracts with 24 CMHCs for MHBG funds. Of these contracts, three elected to receive the portion of their allocation to only serve adults with SMI and another eight decided to not contract for the full allocation. Reasons a CMHC may not contract for their full allocation include:

- Not being able to identify specific EBP's to develop and implement,
- Larger agency decisions to not utilize 100% of the funding, or
- The identified work would not cost the entire allocation.

Within the current contracts there is an array of specific EBPs, service system delivery improvements and/or direct services. Each contract contains specific deliverables agreed upon by the CMHC and the Department. Below is a breakdown of the deliverables included in the contracts:

- 11 to improve service delivery,

- 17 for direct services for adults with SMI not eligible for other funding sources,
- 14 for direct services for children with SED not eligible for other funding sources,
- 32 to develop and implement EBP's for adults with SMI,
- 28 to develop and implement EBP's for children with SED and their families,
- 15 for community education, and
- 3 for first episode psychosis.

Improving service delivery includes:

- Working towards Certified Community Behavioral Health Center (CCBHC) status,
- Developing trauma informed care systems,
- Implementing outcome measurement instruments, and
- Change outcome management systems.

Direct services for adults with SMI includes:

- Peer support services,
- Integrated home health services,
- Out-patient services,
- Learning disability testing,
- Community support services,
- Habilitation services, and
- Assertive community treatment.

Direct services for children with SED and their families includes:

- Respite services,
- Behavioral health intervention services,
- Integrated home health services,
- Learning disability testing,
- Direct school based mental health services, and
- Direct out-patient services.

EBP's for adults with SMI includes:

- Acceptance and commitment therapy,
- Emotionally focused therapy for couples,
- Eye movement desensitization and reprocessing (EMDR),
- Various specialized cognitive behavioral therapies,
- Dialectical behavioral therapy,
- Wellness recovery action planning,
- Assertive community treatment, and
- Motivational interviewing.

EBP's for children with SED and their families includes:

- Parent child interactive therapy,
- Cool kids anxiety treatment,
- Eye movement desensitization and reprocessing (EMDR),

- Theraplay,
- Trauma focused cognitive behavioral therapy, and other specific cognitive behavioral therapies,
- Systems training for emotional predictability and problem solving,
- Trust based relational intervention, and
- Motivational interviewing.

Community education deliverables includes:

- Mental health first aid (general and youth focused),
- Suicide intervention skills training, and
- Question, persuade and refer classes.

Three teams (Abbe Center in Cedar Rapids, Eyerly Ball in Des Moines, and Siouxland in Sioux City) provide FEP using the NAVIGATE model. NAVIGATE is an evidence based model program for individuals experiencing early onset psychosis.

FFY20 First Quarter (October 1, 2019 – December 31, 2019)

In the first quarter, the contractors submitted claims totaling \$544,520. This is approximately 18% of the total amount of the CMHC contracts. Of the total funding claimed, \$286,238 was for services to adults with SMI and \$258,282 was for services for children with SED and their families. This is not an unusual spending pattern due to considerable work being started but not completed during the first quarter. Historically, the highest use of contract funding is in the second and third quarters. However it should be noted that few CMHCs actually expend 100% of their available contract funding. For specific expenditures by CMHC, please see the attachment entitled “FFY 20 CMHC Mental Health Block Grant Deliverables and Allocations”.

Of the 24 contracts, 21 contractors submitted required data by the deadline. Of the three delinquent reports, two were submitted a few days late, and there was no available data from the other contractor for inclusion in this report. Of the 23 quarterly reports submitted, over 85% of the contractors reported progress made toward achieving their deliverables. Reasons for progress not being made include:

- Training needed was not available during the quarter,
- Community education sessions scheduled but not actually provided during the quarter,
- No need for units of direct services, or
- Changes in staff availability to attend training.

More detailed information on agency allocations, contract amounts, and service deliverables for FFY20 can be found in Appendix A.

Appendix A: FFY20 CMHC MHBG Deliverables and Allocations

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
Abbe Center: Benton, Buchanan, Delaware, Linn, Cedar, Iowa, Johnson, Jones	Peer Support Center	Collaboration services with schools, community, and families. Youth Mental Health First Aid (YMHFA) Parent Child Interactive Therapy (PCIT) Cool Kid Anxiety Treatment Program Eye Movement Desensitization and Reprocessing (EMDR)	First Episode Psychosis(FEP*) Certified Community Behavioral Health Center (CCBHC) Applied Suicide Intervention Skills Training (ASIST) Question, Persuade, and Refer (QPR) <i>*Additional MHBG set aside funding</i>	\$401,894	\$564,480	\$162,587	\$137,700
Alegent: Mills, Pottawattamie, Harrison	Mental Health First Aid (MHFA)	YMHFA		\$133,051	\$4,119		\$400
Black Hawk Grundy: Black Hawk, Grundy	Peer Support Center	Direct School Based Mental Health Services for children not Medicaid eligible. Consultation Services with in-house psychologist Theraplay Trauma Focused Cognitive Behavioral Therapy (TF-CBT)		\$148,858	\$148,858		\$31,159
Burgess : Monona	Acceptance and Commitment Therapy (ACT) Emotionally Focused Therapy for couples	Behavioral Health Intervention Services (BHIS) for children not Medicaid eligible	MHFA	\$51,037	\$50,666		\$7,306

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
Capstone: Jasper, Poweshiek	EMDR Cognitive Behavioral Therapy (CBT) Integrated Health Home (IHH) for adults not Medicaid eligible Mindfulness Based Cognitive Therapy (MBCT) Learning Disability Testing	EMDR Learning disability testing		\$84,954	\$83,061		\$83,061
Center Associates: Hardin, Marshall, Tama	EMDR	EMDR		\$97,831	\$14,947		\$0.00
CHC's Southern Iowa: Appanoose, Decatur, Monroe, Lucas, Ringgold, Wayne	Dialectical Behavioral Therapy (DBT) MHFA	MBCT Theraplay		\$79,406	\$79,404		No info available
Counseling Services: Sac	EMDR Direct Out-patient Services			\$48,296	\$22,912		\$2,945
Creative Living: Sioux	EMDR	ACT Cool Kids--Anxiety Treatment Program		\$69,899	\$48,249		\$48,249

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
Crossroads: Adams, Clarke, Madison, Taylor, Union, Adair	IHH for adults not Medicaid Eligible EMDR Care Coordination Direct out patient Services	IHH for children not Medicaid Eligible BHIS for children not Medicaid eligible EMDR Care Coordination Direct out patient Services		\$84,296	\$84,296		\$11,004
Eyerly Ball: Polk (adults only), Story, Boone, Dallas, Warren (adults only)	EMDR MBCT ACT IHH for adults not Medicaid Eligible Habilitation services to adults not Medicaid Eligible Direct out-patient therapy Community Support Services Collaborative Team Meetings Wellness Recovery Action Planning (WRAP) MHFA ASIST QPR	YMHFA	First Episode Psychosis* CCBHC <i>*Additional MHBG set aside funding</i>	\$392,668	\$555,255	\$162,587	\$60,771
Hillcrest: Dubuque, Jackson, Washington, Henry, Louisa	ACT IHH for adults not Medicaid Eligible	TF-CBT Direct Out-Patient Services	Daily Living Activities-20 (DLA-20) outcome measurement	\$166,800	\$166,800		\$3,437

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
North Central MHC: Calhoun, Franklin, Hamilton, Humboldt, Kossuth, Pocahontas, Webster, Wright	IHH for adults not Medicaid Eligible	IHH for children not Medicaid Eligible TF-CBT YMHFA		\$127,447	\$127,447		\$18,079
Northeast Behavioral: Allamakee, Clayton, Fayette, Howard, Winneshiek	EMDR MBCT QPR	DLA-20 outcome measurement Adverse Childhood Experiences (ACEs) Systems Training for Emotional Predictability and Problem Solving(STEPPS)		\$102,513	\$81,625		\$9,523
Northwest MHC: Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto	Assertive Community Treatment for adults not Medicaid eligible	Respite Services		\$104,596	\$104,596		\$4,913
Orchard Place: (children only) Polk , Warren		Motivational Interviewing Child Parent Psychotherapy (CPP) EMDR TF- CBT Trust Based Relational Intervention (TBRI) Early Childhood Competency/endorsement		\$238,327	\$174,209		\$37,813

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
Pathways: Butler, Chickasaw	EMDR IHH for adults not Medicaid Eligible	PCIT Child Centered Play Therapy IHH for children not Medicaid Eligible	Trauma Informed Care (TIC) DLA-20 outcome measurement	\$63,854	\$49,920		\$16,436
Plains Area: Buena Vista, Cherokee, Ida, Carroll, Plymouth, Crawford	EMDR IHH for adults not Medicaid Eligible	IHH for children not Medicaid Eligible. YMHFA	CCBHC	\$117,024	\$117,024		\$37,080
Prairie Ridge: Cerro Gordo, Floyd, Hancock, Mitchell, Winnebago, Worth	EMDR Partners for Change Outcome Management System (PCOMS)			\$115,023	\$56,817		\$14,211
Shelby County Hospital: Shelby	EMDR DBT WRAP	EMDR BHIS for children not Medicaid Eligible		\$53,121	\$53,121		\$8,112
Siouxland: Woodbury			First Episode Psychosis Improved Service Delivery (MTM)	\$118,531	\$221,118	\$162,587	\$83,255

AGENCY	ADULT ONLY	CHILD ONLY	ADULTS & CHILDREN (Blended)	Allocation	Contract	FEP*	Q1 CLAIM
Southern IA MHC: Davis, Keokuk, Mahaska, Wapello, Van Buren	IHH for adults not Medicaid Eligible MHFA EMDR DBT Assertive Community Treatment	IHH for children not Medicaid Eligible EMDR DBT YMHFA		\$104,817	\$72,533		\$13,989
Southwest IA MHC: Audubon, Cass	EMDR Motivational Interviewing			\$58,053	\$20,619		\$0.00
Vera French: Scott	Assertive Community Treatment ASIST	TF-CBT	CCBHC	\$169,403	\$169,403		\$20,192
*FEP Amounts are included in Contract Amounts			Total:	\$3,199,679	\$3,071,479	\$487,761	\$544,520