

The following are highlights from the first 18 months of operations as MHDS Regions in Iowa. These do not include all of the new services and developments that have materialized in the initial months, but it is meant to provide an overview of some of the projects that have been a focus for the regions.

Central Iowa Community Services

Supported Employment RFP: CICS issued a Request for Proposals (RFP) for all counties to develop or expand the capacity of service delivery of vocational services including: a) Supported Employment Job Development and Job Coaching b. Community Work Site Assessment, c) Comprehensive Vocational Evaluation d) Work Adjustment Training in the Community, and e) Job Seeking Skills Training.

Tele psychiatry: Central Iowa Community Services entered into a contract with Integrated Telehealth Partners to provide tele psychiatry in the jails and Emergency Rooms in the Central Iowa Community Services region. The service currently provides coverage in 3 hospital Emergency Departments and 5 jails.

County Rural Offices of Social Services

The CROSS Region has initiated two projects: Crisis Hotline with Foundation 2 to provide coverage 7 days a week, 365 days a year to all residents within the region. This service was not previously available.

The second was to bring to each county hospital within our region tele-psychiatric services as a consult for the attending ED physician including a crisis evaluation by a social worker and support for the hospital in finding placement for an inpatient bed along with a referral service to local providers for individuals for whom outpatient care is appropriate.

County Social Services

I-START Launch Systematic, Therapeutic Assessment Resources and Treatment START promotes person-centered approaches and training for individuals, families, and caregivers utilizing evidence-based positive mental health approaches, wellness plans and other therapeutic tools, multi-modal clinical assessments, therapeutic recreational experiences, The CSS I-START will provide immediate technical assistance to the family or provider in order to stabilize the individual.

Children's Crisis Intervention Project

Eastern Iowa MHDS Region

The Eastern Iowa MH/DS Region will be entering into a contract with the Robert Young Center to implement Phase 1 of a 3 Phase Plan for Crisis System Management. This plan was developed for the Region by the Robert Young Center. Phase 1 is considered to provide the Foundational Components, which include: 24 Hour Crisis Line, Emergency Department TelePsych/Crisis Engagement, Care Coordination, Quality and Financial Metrics and Management of Care Continuum with Utilization Review. The Region is also doing a pilot project of completing court ordered evaluations under Iowa

Code Chapter 229 on an outpatient basis, when the situation does not require the person to be taken into immediate custody for safety reasons.

Heart of Iowa Region

Our region opened our crisis residential and transition, Hope Wellness Center in August. We have 9 crisis beds with 24 hour access and 7 transitional apartments for folks transitioning from jail, crisis, or who have lost housing with a traditional provider.

We now have jail diversion and mobile crisis available throughout the entire region.

East Central Region

ECR has mobile crisis response and jail diversion in all nine counties. We also have completed training for 25 Adverse Childhood Experiences trainers and are in the process of training 15 trainers in Trauma informed care. We have invested \$350,000 to give free training to all SCL staff in every county, over the next 3 years to strengthen our workforce. As a prevention measure we are also targeting early childhood providers and families, schools, community providers and community groups with the training.

Northwest Iowa Care Connections

Regionally contracted Mental Health Crisis Screening in County Jails where individuals in need of assessment and support are identified by jailers and provided an opportunity to receive crisis services in a timely manner with referrals to ongoing treatment following as needed. Our County Sheriffs and jails report this service to be a positive response to the needs of incarcerated individuals as well as to their staff who supervise them.

Regional Community Based Employment Options were developed through the engagement of an economic development consultant, Luther Snow to seek more community based employment opportunities for qualified employees with disabilities. Through those efforts, we have a regional Job Developer's Coalition that meets quarterly to share valuable strategies to assist persons with disabilities and employers, an employment "incubator" in one of our counties which successfully transitioned a majority of their members into community based employment, and a strong commitment region-wide to upcoming training and proficiencies for APSE and Customized Employment evidence based practices.

Polk Region

The Polk Region partnered with other regions and IACP providers to develop statewide quality of life outcomes. Polk residents also were able to access crisis services through the Crisis Observation and Crisis Stabilization Center. Individuals involved with homeless outreach also were able to access rapid re-housing.

Rolling Hills Community Services Region

Rolling Hills purchased a home in Sac City for our Crisis Stabilization services that will be available on the 1st of January. Plains Area Mental Health Center will be providing

these services and the region will be covering all costs of operations. The home can serve up to 9 individuals.

We also funded a multi-agency Supported Employment grant for four vocational providers within our region. The funds were designated for the hiring of 3 Employment Development Managers whose main focus will be to seek job opportunities for the individuals that we serve and market their skills. It also funded an Adult Career Exploration program geared towards assisting folks with discovering jobs that they may be interested in through classes and internships within the community.

Sioux Rivers Mental Health and Disability Services

In the spring of 2015 the Region purchased a 10 bed habilitation home in Sioux City to be utilized as a 23 hour crisis observation facility, with up to 10 beds to be used for crisis stabilization for short to long term stays. The building has been renovated and a contract has been approved for a management entity (Siouxland MHC) to begin operations at the facility on January 1st of 2016.

The Sioux Rivers Regional MHDS Board of Directors approved a project to support five (5) providers in the region to “improve outcomes for persons with disabilities.” The project focuses on employment. The Region has designated substantial resources (up to \$1,475,000) to assist the participating providers to improve outcomes for persons with disabilities.

South Central Behavioral Health Region

South Central Behavioral Health Region created a Jail Alternatives Program in July of 2014, it currently is offered in all three of the counties, Appanoose, Davis and Wapello. The program is unique in that the jails have access to tele psych offered by our local Community Mental Health Center, along with care coordination, and no longer have to transport inmates. South Central Behavioral Health Region is fortunate to have access to a Crisis Residential Stabilization House, it was opened in April of 2014 and can serve up to five persons experiencing mental health symptomology and want to be served on a voluntary basis. This has allowed the region to contract with five professional clinicians afterhours and weekends to provide on call to our jails and E.R's.

Southeast Iowa Link

SEIL has established a Crisis Assessment system with all 8 of our hospital organizations to support Emergency Departments in effectively managing presenting Mental Health patients. This on call system that each hospital uses in the event that a consult for assessment is required is operationalized by community based agencies with licensed therapists to perform a region wide standardized assessment to assist the ED staff in determining appropriate level of care and resource options. These therapists also bring these patients to the attention of the locally designated Integrated Health Homes so that there can be ongoing care coordination for individuals in their community of choice.

The above mentioned Standardized Assessment that our agency based community clinical staff utilize determines a person's eligibility for the two Crisis Stabilization/Transitional programs (10 beds total) that the Region has developed. At present, these are 100% Region funded and are effectively allowing individuals to remain in the community in a lower level of care which in effect is a much less intrusive alternative to service as well as providing a cost effective alternative in the mental health system of care. In short, this service prevents the over utilization of hospitalizations unnecessarily and reduces the public financial liability for inpatient hospitalizations.

Southern Hills Region

Southern Hills Region has worked very hard on implementing tele-psych services via the emergency rooms of our local hospitals to aid in the commitment process. The training process and learning curve for all involved, i.e. magistrates, providers, clerks, etc., was challenging, however we are already seeing benefits to all involved and are very excited to see if the preliminary and projected numbers continue to show fewer instances of consumer involvement with the court system, and a savings in commitment costs to the Region.

We are currently exploring using tele-psych in the jail setting.

Feasibility study currently being conducted on opening a regional crisis-bed facility.

Southwest Iowa MHDS Region

24-hour Crisis Hotline began June 1, 2015. The program involves direct connection to community resources, referrals to programs, and a supervising mental health professional that does follow up and outreach calls in the 9 county area. This was the first step in creation of our comprehensive Crisis Stabilization System which adds Crisis Stabilization Residential Services (CSRS) in December, 2015, Crisis Screening and Assessment to be used throughout the system beginning in January 2016 and the expansion of the Mobile Crisis Team to the remaining 8 counties this coming Spring.

Another focus has been on the development and expansion of supported employment opportunities. The first year the region offered a grant focusing on staff training for five providers. The second year, this was built on by offering incentive (bonus) payments to providers for successful placements of people in community employment.