

January 23, 2020 Advisory Committee Meeting Minute:

Attendance: Deb Lang, Carrie Merrick, Andrea Behrens, Theresa Mineart, Lorri Regan, Tom Morrissey, Jan Heidemann, Brian Larkin, Jenn Day, Jessica Gulick, Elly Gould, Ben Rogers, Diane Brecht. Lucia Herman

1.M/S/C: Jenn Day, Elly Gould to approve the November Advisory meeting minutes.

2. Todd Lange gave an update on Peer and Family Support: Meetings continue to be held at 9:30 am before Region Governing Board meetings and are open to public. Access centers and concepts have been topics of discussion during meetings. They are also collaborating with other region peer support meetings. There will be a joint meeting in March in Tipton. Dewitt has the first peer run respite in the state of Iowa. Todd said there is an ad hoc committee that is looking at educational materials on peer support; They are collecting data on how peer support is utilized in the region and in the state.

3.Diane Brecht led lengthy discussion on what the Advisory committee would like to recommend to the Region Governing Board. The main topic was on access centers and the potential for financial support.

Comments listed below:

Johnson and Linn will have services under one roof, also have sobering unit, medical detox on-site. Mobile crisis is key to these centers to be available for support. Peer Support services are also a key piece of both of these locations. This is a better way to treat people in a mental health crisis- not jail.

The committee noted that the biggest barrier with access centers is funding. The Region is restricted on what they can fund. No Substance Abuse services can be regionally funded. Question is should regions support access centers financially? The advisory committee recommends Access Centers to be funded as they feel it is a valuable addition to our region and fits into our system of care. Committee members noted that statistics are staggering in regards to people going to jail and when it isn't appropriate. Diverting people to access would decrease jail costs. Access centers will positively impact law enforcement budgets and emergency rooms. That savings may occur in another budget- not necessarily the region budget. Costs won't be immediate savings but that doesn't mean it isn't worthwhile.

Advisory member noted that good communication link between people who do end up in jail and to get services for when out. This will help everyone working towards positive outcome and all on the same page. Important to stop negative cycles and get people on the right path by getting services.

Law is spending significant amount of time at ER's -this is an immediate appropriate resource for them. You will reach numbers of people that would not otherwise receive SA or MH services that they need if at access centers.

Huge stigma barriers and ignorance of what Mental Illness actually is. This can help people go so much further and be happier. The process would channel people and get them emotionally well. Awareness is key!

Concern has come up Linn and Johnson incorporating Substance Abuse and no can come from the funding region. Statements were made that Co-occurring disorders exist and the person still has a mental illness even if there is substance abuse too. All areas need treated. Part of mental health treatment.

Ben Rogers mentioned an idea of Linn County to raise the supplemental levy separate from the region as a way to fund the substance abuse portion. Should focus on behavioral health and include both- Iowa isn't there yet. The RGB needs facts- costs-regionally defined access center- what ongoing support are they requesting and what will it do to our levy rate. See array of costs- here is the level of service we can provide with this levy rate how will it impact levy rate. Re-assure SA funds will be segregated.

Each community needs something different and RGB needs to be open minded- not black and white. Access centers won't all be the same.

People come from all counties in the region for hospitals, services, and crisis services are here. This is a shared region thing!! Any of our citizens can go to these access centers. Ask regions for operational support. Regions are designed so there are adequate services for all. Prevention is also important. People have ties to multiple counties for example.

Benefit rural- need to provide transportation!!!! Think this has been overlooked. If your loved one is having a mental health crisis you want them to get the best services- no wait list -not turned away- wouldn't you want this service where ever they lived?

Governing board needs to remember the Human condition of Mental health.

Suggest to Co- utilize staff.

Create a new culture- we have new leadership- create a culture for providers can be a loved one etc. worth the property taxes to do it. See this region truly collaborate and be less concerned about whose money is going where and focus on the best care for people.

There has been an increase in suicides- it doesn't discriminate on size of population. Be part of a proactive model.

Support people who come from rural areas to urban for services. Foster bolstering small community and have people thrive in their own small community. Jail diversion important.

This is a difficult time for agriculture- been an increase in suicides with farm crisis which needs addressed.

It was encouraged that advisory committee and interested parties utilize Public Comment time of the Region Governing Board to express their concerns and opinions on topics like Access Centers. That this is a way for many voices to be heard not just one person reporting something. It helps to show the RGB in a public way.

4. Mae is working on helping change the culture and plans to work with the RGB to do strategic planning in February.

Diane Brecht presented that next month the focus for the Advisory Committee will be I-Start Services.

5. Diane Brecht noted that there are still committee vacancies and to encourage people who may be interested to contact her.

6. Theresa Mineart provided stakeholder feedback and asked if anyone would allow participation by phone for mental health training and to contact her with thoughts on that.

It was reported that the survey is on the back burner right now.

Mae noted that the February Region Governing Board may get changed and it will be addressed during the RGB meeting today.

Mae Hingtgen shared that a survey on Children's Behavioral Health was sent out and to feel free share with others.

Meeting adjourned.