

## A Network of Support

The East Central Region (ECR) is a partnership between 9 counties to provide comprehensive mental health and disability services to individuals in eastern Iowa. Iowans have a regional base of services which meet statewide standards to address their needs. Counties pool their resources and offer an array of services to improve the health of Iowans.

MH/DS of the ECR proudly supports and provides services for Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, and Linn Counties.



### Our Mission

To collaboratively strengthen the regional network of quality and accessible supports to meet the needs of adults and children with disabilities.

### Our Vision

The vision of ECR is to ensure a responsive system that:

Honors the complexity of a region with urban and rural counties.

Adapts to the changing legislative landscape to advocate for stable and predictable funding.

Continues to be forward thinking while ensuring fiscal responsibility.

Demonstrates acceptance and value of all citizens to promote developmentally responsive support and mental wellness.

### Our Values

The regional governing board values:

#### Service Orientation

Staff of ECR will strive for equitable, inclusive and collaborative opportunities that meet the needs of people supported by ECR while building community and creating awareness of the region.

#### Proficiency

Staff of ECR will consistently and pro-actively demonstrate a commitment to productivity, team work, innovation, and creativity in order to ensure efficient communication and realistic fiscal responsibility for the region.

#### Caring

Staff of ECR will use sensitivity, compassion and humility to support a family-like atmosphere while being patient, mindful and accepting of people supported by the region.

#### Integrity

Staff of ECR will ethically promote transparency, trustworthiness, accountability, honesty and respect among regional staff and will encourage such with regional partners.



Mental Health/  
Disability Services of the  
**East Central Region**

**Strategic Plan**  
2020 - 2025

Stay connected with the East Central Region.  
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## Access

Ensure timely, responsive, and accessible support services for citizens across the region.



Service enrollment and initiation are completed within timelines indicated in Annual Service and Budget plan.



The region facilitates affordable and accessible transportation for needed services.



Crisis delivery and response times align with expectations in the Annual Service and Budget plan.



Individuals have access to services that meet their physical, intellectual and emotional needs.



Citizens of the region have access to crisis brain health services.



Citizens of ECR are supported in accessing services in other areas of the state, as necessary.

## Array of Services

Ensure an array of services and supports that promote developmental growth and mental wellness across the lifespan.



At a minimum, the region meets core service expectations for children and adults.



The region innovatively develops and assists in the implementation of prioritized new services.



Citizens appreciate that brain health is relevant to overall wellness.



Citizens of the nine county area develop awareness of supports and services available.

## Effective Partnerships

Continue to actively partner with regional stakeholders to fortify a quality system of care.



Through assurance practices, the region ensures that evidence-based, co-occurring, and trauma-responsive practices are applied.



The region partners with hospitals, schools, and law enforcement to increase awareness and usage of available services.



The region supports the operation and encourages use of access centers and hubs to reduce the burden on individual systems.

## Fiscal Responsibility

Ensure fiscal responsibility that is responsive to tax payers as well as those in need of services.



The region's budget is balanced each year and fund balances are maintained between 25% and 40%.



The region actively leverages other funding sources, when available.



The regional governing board sets a per capita each year that generates enough revenue to support budgeted services.



The regional governing board balances available funds with priorities for regional services.



Stakeholders are able to access the budget process and realize that county MH/DS funds fall under regional authority.

## Cohesive Region

Governing board members and regional staff collaborate to be responsive to the unique needs of all areas of the region.



Regional governing board and staff model professional and respectful leadership.



The region works to ensure that urban and rural counties have equitable access to priorities.



Services are offered within reasonable geographic distances as identified by Annual Service and Budget plan.

