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**FY20 Annual Report**

**Submitted**

**12/01/2020**

**Geographic Area**: Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, Linn

**Reviewed with Advisory Board: 12/09/2020**

**Approved by Governing Board: 12/09/2020**

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# Introduction

MHDS of the East Central Region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390.  The annual report is a component of the Management Plan which includes three parts:  Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2020 Annual Report covers the period of July 1, 2019 to June 30, 2020. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

Please see Appendices for Regional Governing Board, Children’s Advisory Committee, and Adult Advisory Committee members.

# A. Services Provided and Individuals Served

## Table A. Number of Individuals Served for Each Service by Diagnostic Category

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Disability Group** | **Children** | **Adult** | **Unduplicated Total** | **DG** |
| Mental Illness | 621 | 4966 | 5587 | 40 |
| Mental Illness, Intellectual Disabilities | 2 | 58 | 60 | 40, 42 |
| Mental Illness, Intellectual Disabilities, Other Developmental Disabilities | 1 | 3 | 4 | 40, 42, 43 |
| Mental Illness, Other Developmental Disabilities | 0 | 58 | 58 | 40, 43 |
| Intellectual Disabilities | 1 | 55 | 56 | 42 |
| Intellectual Disabilities, Other Developmental Disabilities | 0 | 7 | 7 | 42, 43 |
| Other Developmental Disabilities | 0 | 60 | 60 | 43 |
| Total | 625 | 5207 | 5832 | 99 |

## Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FY 2020 Actual** **GAAP** |  **MHDS of East Central Region MHDS Region** | **MI (40)** | **ID(42)** | **DD(43)** | **BI (47)** | **Other** | **Total** |
| A | C | A | C | A | C | A | C | A | C |   |
|  | **Comprehensive Facility and Community Based Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| **Core** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42305 | Psychotherapeutic Treatment - Outpatient | 375 | 7 |   |   |   |   |   |   |   |   | **382** |
| 42306 | Psychotherapeutic Treatment - Medication Prescribing | 133 |   |   |   |   |   |   |   |   |   | **133** |
| 43301 | Evaluation (Non Crisis) - Assessment and Evaluation |   |   | 1 |   |   |   |   |   |   |   | **1** |
| 71319 | State MHI Inpatient - Per diem charges | 32 |   |   |   |   |   |   |   |   |   | **32** |
| 73319 | Other Priv./Public Hospitals - Inpatient per diem charges | 22 |   |   |   |   |   |   |   |   |   | **22** |
|  | **Basic Crisis Response** |  |  |  |  |  |  |  |  |  |  |  |
| 32322 | Support Services - Personal Emergency Response System | 29 |   |   |   | 3 |   |   |   |   |   | **32** |
| 44301 | Crisis Evaluation | 232 | 94 |   |   |   |   |   |   |   |   | **326** |
| 44307 | Mobile Response | 1012 | 403 |   |   |   |   |   |   |   |   | **1415** |
| 44313 | Crisis Stabilization Residential Service (CSRS) | 43 | 11 |   |   |   |   |   |   |   |   | **54** |
|  | **Sub-Acute Services** |  |  |  |  |  |  |  |  |  |  |  |
| 64309 | Sub Acute Services (6+ Beds) | 8 |   |   |   |   |   |   |   |   |   | **8** |
|  | **Support for Community Living** |  |  |  |  |  |  |  |  |  |  |  |
| 32325 | Support Services - Respite Services |   |   | 3 |   | 2 |   |   |   |   |   | **5** |
| 32329 | Support Services - Supported Community Living | 217 | 1 | 29 |   | 42 |   |   |   |   |   | **289** |
|  | **Support For Employment** |  |  |  |  |  |  |  |  |  |  |  |
| 50362 | Voc/Day - Prevocational Services | 2 |   |   |   | 4 |   |   |   |   |   | **6** |
| 50364 | Voc/Day - Job Development | 88 | 3 |   |   |   |   |   |   |   |   | **91** |
| 50367 | Day Habilitation | 27 |   | 15 |   | 26 |   |   |   |   |   | **68** |
| 50368 | Voc/Day - Individual Supported Employment | 9 |   | 5 |   | 23 |   |   |   |   |   | **37** |
| 50369 | Voc/Day - Group Supported Employment |   |   |   |   | 1 |   |   |   |   |   | **1** |
|  | **Recovery Services** |  |  |  |  |  |  |  |  |  |  |  |
| 45366 | Peer Family Support - Peer Support Services | 69 |   | 6 |   |   |   |   |   |   |   | **75** |
|  | **Service Coordination** |  |  |  |  |  |  |  |  |  |  |  |
| 24376 | Health Homes Coordination - Coordination Services | 1 |   |   |   |   |   |   |   |   |   | **1** |
|  | **Core Evidence Based Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42398 | Assertive Community Treatment (ACT) | 229 |   |   |   |   |   |   |   |   |   | **229** |
|  | **Core Subtotals:** | **2528** | **519** | **59** |  | **101** |  |  |  |  |  | **3207** |
| **Mandated** |  |  |  |  |  |  |  |  |  |  |  |  |
| 74XXX | Commitment Related (except 301) | 1127 | 137 |   |   |   |   |   |   |   |   | **1264** |
| 75XXX | Mental health advocate | 1676 | 27 |   |   |   |   |   |   |   |   | **1703** |
|  | **Mandated Subtotals:** | **2803** | **164** |  |  |  |  |  |  |  |  | **2967** |
| **Core Plus** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Justice System Involved Services** |  |  |  |  |  |  |  |  |  |  |  |
| 25XXX | Coordination services | 431 | 3 |   |   |   |   |   |   |   |   | **434** |
| 46305 | Mental Health Services in Jails | 173 | 3 |   |   |   |   |   |   |   |   | **176** |
|  | **Additional Core Evidence Based Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42366 | Psychotherapeutic Treatment - Social Support Services | 739 | 2 |   |   |   |   |   |   |   |   | **741** |
|  | **Core Plus Subtotals:** | **1343** | **8** |  |  |  |  |  |  |  |  | **1351** |
| **Other Informational Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| 05373 | Public Education Services | 8 |   |   |   |   |   |   |   |   |   | **8** |
|  | **Other Informational Services Subtotals:** | **8** |  |  |  |  |  |  |  |  |  | **8** |
| **Community Living Support Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| 22XXX | Services management | 940 | 9 | 85 | 2 | 119 | 1 |   |   |   |   | **1156** |
| 31XXX | Transportation | 310 | 1 | 20 |   | 13 |   |   |   |   |   | **344** |
| 32326 | Support Services - Guardian/Conservator | 9 |   | 10 |   | 2 |   |   |   |   |   | **21** |
| 32399 | Support Services - Other | 4 |   |   |   | 1 |   |   |   |   |   | **5** |
| 33340 | Basic Needs - Rent Payments | 6 | 1 |   |   | 1 |   |   |   |   |   | **8** |
| 33345 | Basic Needs - Ongoing Rent Subsidy | 181 | 1 | 3 | 1 |   |   |   |   |   |   | **186** |
| 33399 | Basic Needs - Other | 70 |   | 2 |   |   |   |   |   |   |   | **72** |
| 41305 | Physiological Treatment - Outpatient | 1 |   |   |   |   |   |   |   |   |   | **1** |
| 41306 | Physiological Treatment - Prescription Medicine/Vaccines | 52 |   |   |   |   |   |   |   |   |   | **52** |
| 41307 | Physiological Treatment - In-Home Nursing |   |   | 1 |   |   |   |   |   |   |   | **1** |
| 42396 | Psychotherapeutic Treatment - Community Support Programs | 11 |   |   |   |   |   |   |   |   |   | **11** |
| 42399 | Psychotherapeutic Treatment - Other | 99 | 3 | 20 | 1 |   |   |   |   |   |   | **123** |
| 44304 | Crisis Services - Emergency Care | 1 |   |   |   |   |   |   |   |   |   | **1** |
| 46306 | Prescription Medication (Psychiatric Medications in Jail) | 54 |   |   |   |   |   |   |   |   |   | **54** |
| 63XXX | RCF 1-5 beds | 3 |   |   |   |   |   |   |   |   |   | **3** |
|  | **Community Living Support Services Subtotals:** | **1741** | **15** | **141** | **4** | **136** | **1** |  |  |  |  | **2038** |
| **Congregate Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| 64XXX | ICF-6 and over beds | 2 |   |   |   |   |   |   |   |   |   | **2** |
| 64XXX | RCF-6 and over beds | 359 | 1 | 1 | 1 | 1 |   |   |   |   |   | **363** |
|  | **Congregate Services Subtotals:** | **361** | **1** | **1** | **1** | **1** |  |  |  |  |  | **365** |
| **Administration** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Uncategorized** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Regional Totals:** |  | **8784** | **707** | **201** | **5** | **238** | **1** |  |  |  |  | **9936** |

# B. Regionally Designated Intensive Mental Health Services

The East Central Region is actively working with stakeholder groups in Johnson and Linn Counties to open and designate an **Access Center** in each of those counties. This collaborative work will ensure that all services required by code and needed by the community will be implemented.

|  |  |
| --- | --- |
| **Date Designated** | **Access Center** |
|  | Guidelink, Iowa City (anticipated opening date February 2021) |
|  | Mental Health Access Center of Linn County, Cedar Rapids (anticipated opening date December 2020) |
|  |  |
|  |  |

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team’s most recent fidelity score.

|  |  |  |
| --- | --- | --- |
| **Date Designated** | **ACT Teams** | **Fidelity Score** |
| 7/1/2005 | Abbe, Linn County | 4.1 |
| 7/1/2018 | RHD, Bremer, Buchanan, Delaware, Johnson, Jones, Linn Counties | 4.0 |
| 7/1/2005 | UIHC, Johnson County | 4.0 |
| 7/1/2018 | UIHC, Iowa County | 4.0 |
| 8/1/2018 | RHD, Benton County | 4.0 |
| 10/24/2019 | Hillcrest, Dubuque | \* |
|  | \*Fidelity Review completed Fall 2020 |  |

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

|  |  |
| --- | --- |
| **Date Designated** | **Subacute** |
| 4/15/2018 | Hillcrest Family Services (discontinued December 2019) |
|  | In development in Linn County and Johnson County (to be designated FY 2021) |
|  |  |
|  |  |
|  |  |

The region will designate **Intensive Residential Service** providers which meet code requirements.

|  |  |
| --- | --- |
| **Date Designated** | **Intensive Residential Services** |
|  | Currently in discussion  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

# C. Financials

## Table C. Expenditures

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FY 2020 Accrual** | **MHDS of the ECR Region** | **MI (40)** | **ID(42)** | **DD(43)** | **BI (47)** | **Admin (44)** | **Total** |
|   |   |   |   |   |   |   |   |
| **Core Domains** |   |   |   |   |   |   |   |
| **COA** | **Treatment** |   |   |   |   |   |   |
| 42305 | Mental health outpatient therapy \*\* |  $ 112,298  |   |   |   |   |  $ 112,298  |
| 42306 | Medication prescribing & management \*\* |  $64,945  |   |   |   |   |  $64,945  |
| 43301 | Assessment, evaluation, and early identification \*\* |   |  $448  |   |   |   |  $448  |
| 71319 | Mental health inpatient therapy-MHI |  $594,295  |   |   |   |   |  $594,295  |
| 73319 | Mental health inpatient therapy \*\* |  $34,683  |   |   |   |   |  $34,683  |
|   | **Crisis Services** |   |   |   |   |   |   |
| 32322 | Personal emergency response system |  $10,242  |  $ -  |  $3,676  |   |   |  $13,918  |
| 44301 | Crisis evaluation |  $177,415  |   |   |   |   |  $177,415  |
| 44302 | 23 hour crisis observation & holding |   |   |   |   |   |  $  |
| 44305 | 24 hour access to crisis response |  $37,895  |   |   |   |   |  $37,895  |
| 44307 | Mobile response \*\* |  $1,770,970  |   |   |   |   |  $1,770,970  |
| 44312 | Crisis Stabilization community-based services \*\* |   |   |   |   |   |  $  |
| 44313 | Crisis Stabilization residential services \*\* |  $37,975  |   |   |   |   |  $37,975  |
| 44396 | Access Centers: start-up / sustainability |  $3,115,314  |   |   |   |   |  $3,115,314  |
|   | **Support for Community Living** |   |   |   |   |   |   |
| 32320 | Home health aide |   |   |   |   |   |  $  |
| 32325 | Respite |  $5,629  |  $3,956  |  $8,578  |   |   |  $18,163  |
| 32328 | Home & vehicle modifications |   |   |   |   |   |  $  |
| 32329 | Supported community living |  $779,595  | $207,878  |  $142,987  |   |   |  $1,130,460  |
| 42329 | Intensive residential services |   |   |   |   |   |  $  |
|   | **Support for Employment** |   |   |   |   |   |   |
| 50362 | Prevocational services |  $4,040  |   |  $9,360  |   |   |  $ 13,400  |
| 50364 | Job development |  $15,003  |   |   |   |   |  $15,003  |
| 50367 | Day habilitation |  $204,199  |  $74,277  |  $129,812  |   |   |  $ 408,288  |
| 50368 | Supported employment |  $28,275  |  $13,509  |  $105,463  |   |   |  $147,246  |
| 50369 | Group Supported employment-enclave |   |   |  $4,939  |   |   |  $4,939  |
|   | **Recovery Services** |   |   |   |   |   |   |
| 45323 | Family support |  $3,215  |   |   |   |   |  $3,215  |
| 45366 | Peer support |  $57,754  |  $10,079  |   |   |   |  $67,833  |
|   | **Service Coordination** |   |   |   |   |   |   |
| 21375 | Case management |   |   |   |   |   |  $ -  |
| 24376 | Health homes |  $564  |   |   |   |   |  $564  |
|   | **Sub-Acute Services** |   |   |   |   |   |   |
| 63309 | Subacute services-1-5 beds |   |   |   |   |   |  $ -  |
| 64309 | Subacute services-6 and over beds |  $22,800  |   |   |   |   |  $22,800  |
|   | **Core Evidenced Based Treatment** |   |   |   |   |   |   |
| 04422 | Education & Training Services - provider competency  |  $22,578  |   |   |   |   |  $22,578  |
| 32396 | Supported housing |   |   |   |   |   |  $ -  |
| 42398 | Assertive community treatment (ACT) |  $858,664  |   |   |   |   |  $858,664  |
| 45373 | Family psychoeducation |   |   |   |   |   |  $ -  |
|   | **Core Domains Total** |  **$7,958,348**  | **$310,148**  |  **$404,815**  |  **$-**  |  |  **$8,673,310**  |
| **Mandated Services** |  |   |   |   |   |   |   |
| 46319 | Oakdale |   |   |   |   |   |  $ -  |
| 72319 | State resource centers |   |   |   |   |   |  $ -  |
| 74XXX | Commitment related (except 301) |  $374,829  |   |   |   |   |  $374,829  |
| 75XXX | Mental health advocate |  $240,011  |   |   |   |   |  $240,011  |
|   | **Mandated Services Total** |  **$614,840**  |  **$ -**  |  **$ -**  |  **$ -**  |  |  **$614,840**  |
| **Additional Core Domains** |   |   |   |   |   |   |   |
|   | **Justice system-involved services** |   |   |   |   |   |   |
| 25xxx | Coordination services |  $543,048  |   |   |   |   |  $543,048  |
| 44346 | 24 hour crisis line\* |  $455,616  |   |   |   |   |  $ 455,616  |
| 44366 | Warm line\* |  $31,445  |   |   |   |   |  $31,445  |
| 46305 | Mental health services in jails |  $200,871  |   |   |   |   |  $200,871  |
| 46399 | Justice system-involved services-other |   |   |   |   |   |  $ -  |
| 46422 | Crisis prevention training |  $9,625  |   |   |   |   |  $9,625  |
| 46425 | Mental health court related costs |   |   |   |   |   |  $ -  |
| 74301 | Civil commitment prescreening evaluation |   |   |   |   |   |  $ -  |
|   | **Additional Core Evidenced based treatment** |   |   |   |   |   |   |
| 42366 | Peer self-help drop-in centers |  $202,933  |   |   |   |   |  $202,933  |
| 42397 | Psychiatric rehabilitation (IPR) |   |   |   |   |   |  $ -  |
|   | **Additional Core Domains Total** |  **$1,443,538**  |  **$ -**  |  **$ -**  |  **$ -**  |  |  **$ 1,443,538**  |
| **Other Informational Services** |   |   |   |   |   |   |   |
| 03371 | Information & referral |  $16,215  |   |   |   |   |  $16,215  |
| 04372 | Planning, consultation &/or early intervention (client related) \*\*  |   |   |   |   |   |  $ -  |
| 04377 | Provider Incentive Payment |   |   |   |   |   |  $ -  |
| 04399 | Consultation Other |   |   |   |   |   |  $ -  |
| 04429 | Planning and Management Consultants (non-client related) |  $89,851  |   |   |   |   |  $89,851  |
| 05373 | Public education, prevention and education \*\* |  $133,055  |   |   |   |   |  $133,055  |
|   | **Other Informational Services Total** |  **$239,121**  |  **$ -**  |  **$ -**  |  **$ -**  |  |  **$ 239,121**  |
| **Community Living Supports** |   |   |   |   |   |   |   |
| 06399 | Academic services |   |   |   |   |   |  $ -  |
| 22XXX | Services management |  $708,365  |  $57,645  |  $111,407  |   |   |  $877,417  |
| 23376 | Crisis care coordination |   |   |   |   |   |  $ -  |
| 23399 | Crisis care coordination other |   |   |   |   |   |  $ -  |
| 24399 | Health home other |   |   |   |   |   |  $ -  |
| 31XXX | Transportation |  $84,117  |  $48,331  |  $22,692  |   |   |  $ 155,140  |
| 32321 | Chore services |   |   |   |   |   |  $ -  |
| 32326 | Guardian/conservator |  $5,021  |  $8,300  |  $2,545  |   |   |  $15,865  |
| 32327 | Representative payee |   |   |   |   |   |  $ -  |
| 32335 | CDAC |   |   |   |   |   |  $ -  |
| 32399 | Other support |  $198  |  $ -  |  $576  |   |   |  $774  |
| 33330 | Mobile meals |   |   |   |   |   |  $ -  |
| 33340 | Rent payments (time limited) |  $6,393  |  $ -  |  $1,507  |   |   |  $7,901  |
| 33345 | Ongoing rent subsidy |  $387,643  |  $2,011  |  $ -  |   |   |  $389,654  |
| 33399 | Other basic needs |  $31,743  |  $212  |  $ -  |   |   |  $31,955  |
| 41305 | Physiological outpatient treatment |  $1,300  |   |   |   |   |  $1,300  |
| 41306 | Prescription meds |  $17,604  |   |   |   |   |  $17,604  |
| 41307 | In-home nursing |  $ -  |  $404  |   |   |   |  $ 404  |
| 41308 | Health supplies |   |   |   |   |   |  $ -  |
| 41399 | Other physiological treatment |   |   |   |   |   |  $ -  |
| 42309 | Partial hospitalization |   |   |   |   |   |  $ -  |
| 42310 | Transitional living program  |   |   |   |   |   |  $ -  |
| 42363 | Day treatment |   |   |   |   |   |  $ -  |
| 42396 | Community support programs |  $ 8,927  |   |   |   |   |  $ 8,927  |
| 42399 | Other psychotherapeutic treatment |  $ 27,686  |  $ 74,766  |  $ -  |   |   |  $ 102,452  |
| 43399 | Other non-crisis evaluation |   |   |   |   |   |  $ -  |
| 44304 | Emergency care |  $ 9,047  |   |   |   |   |  $9,047  |
| 44399 | Other crisis services |   |   |   |   |   |  $ -  |
| 45399 | Other family & peer support |   |   |   |   |   |  $ -  |
| 46306 | Psychiatric medications in jail |  $57,938  |   |   |   |   |  $ 57,938  |
| 50361 | Vocational skills training |   |   |   |   |   |  $ -  |
| 50365 | Supported education |   |   |   |   |   |  $ -  |
| 50399 | Other vocational & day services |   |   |   |   |   |  $ -  |
| 63XXX | RCF 1-5 beds *(63314, 63315 & 63316)* |  $5,310  |   |   |   |   |  $5,310  |
| 63XXX | ICF 1-5 beds *(63317 & 63318)* |   |   |   |   |   |  $ -  |
| 63329 | SCL 1-5 beds |   |   |   |   |   |  $ -  |
| 63399 | Other 1-5 beds |   |   |   |   |   |  $ -  |
|   | **Community Living Supports** |  **$1,351,290**  | **$191,670**  |  **$138,727**  |  **$ -**  |  |  **$ 1,681,686**  |
| **Other Congregate Services** |   |   |   |   |   |   |   |
| 50360 | Work services (work activity/sheltered work) |   |   |   |   |   |  $ -  |
| 64XXX | RCF 6 and over beds *(64314, 64315 & 64316)* |  $ 4,842,353  |  $ 4,020  |  $ 17,524  |   |   |  $ 4,863,896  |
| 64XXX | ICF 6 and over beds *(64317 & 64318)* |  $ 166,298  |   |   |   |   |  $ 166,298  |
| 64329 | SCL 6 and over beds |   |   |   |   |   |  $ -  |
| 64399 | Other 6 and over beds |   |   |   |   |   |  $ -  |
|   | **Other Congregate Services Total** |  **$ 5,008,650**  |  **$ 4,020**  |  **$ 17,524**  |  **$ -**  |  |  **$ 5,030,194**  |
| **Administration** |   |   |   |   |   |   |
| 11XXX | Direct Administration |   |   |   |   |  2,019,684  |  $ 2,019,684  |
| 12XXX | Purchased Administration |   |   |   |   |  304,362  |  $ 304,362  |
|   | **Administration Total** |   |   |   |   |  $ 2,324,046  |  $ 2,324,046  |
|   |   |   |   |   |   |   |   |
|   | **Regional Totals** |  **$16,615,787**  | **$505,837**  | **$561,065**  |  **$ -**  | **$2,324,046**  | **$20,006,734**  |
|   |  |  |  |  |  |  |  |
| **(45XX-XXX)County Provided Case Management** |  |   |   |   |   |   |  $ -  |
| **(46XX-XXX)County Provided Services**  |  |   |   |   |   |   |  $ -  |
|   |  |  |  |  |  |  |  |
|   | **Regional Grand Total** |   |   |   |   |   | $20,006,734  |
|  |  |  |  |  |  |  |  |
| Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances) |
| **13951** | **Distribution to MHDS regional fiscal agent from member county** |  $21,980,187  |
| **14951** | **MHDS fiscal agent reimbursement to MHDS regional member county** |  $3,194,685  |
| \*24 hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.  |
| \*\*Core services for children with a serious emotional disturbance (SED) |  |  |  |  |  |  |

## Table D. Revenues

|  |  |  |  |
| --- | --- | --- | --- |
| **FY 2020 Accrual** | **ECR MHDS Region** |  |  |
| **Revenues** |   |   |   |
|  | **FY19 Annual Report Ending Fund Balance** |  |  **$29,987,375**  |
|  | **Adjustment to 6/30/19 Fund Balance** |  |  **$3,516,623**  |
|  | **Audited Ending Fund Balance as of 6/30/19 (Beginning FY20)** |  |  **$26,470,752**  |
|   | **Local/Regional Funds** |   |  $7,188,982  |
| 10XX | Property Tax Levied |  6,617,333  |   |
| 12XX | Other County Taxes |  12,442  |   |
| 16XX | Utility Tax Replacement Excise Taxes |  124,693  |   |
| 25XX | Other Governmental Revenues |   |   |
| 4XXX-5XXX | Charges for Services |  19,940  |   |
| 5310 | Client Fees |  -  |   |
| 60XX | Interest |  108,436  |   |
| 6XXX | Use of Money & Property |  -  |   |
| 8XXX | Miscellaneous |  297,418  |   |
| 9040 | Other Budgetary Funds (Polk Only) |  8,720  |   |
|   |   |  -  |   |
|   | **State Funds** |  |  **$ 452,211.00**  |
| 21XX | State Tax Credits |  275,180  |   |
| 22XX | Other State Replacement Credits |  177,031  |   |
| 2250 | MHDS Equalization |  -  |   |
| 24XX | State/Federal pass thru Revenue |  -  |   |
| 2644 | MHDS Allowed Growth // State Gen. Funds |  -  |   |
| 29XX | Payment in Lieu of taxes |  -  |   |
|  |  |  -  |   |
|   | **Federal Funds** |  |  **$ -**  |
| 2344 | Social services block grant |  -  |   |
| 2345 | Medicaid |  -  |   |
|   | Other  |  -  |   |
|   | **Total Revenues** |   |  $7,641,193  |
|  |  |  |  |
|  | **Total Funds Available for FY20** |  $34,111,945  |  |
|  | **FY20 Actual Regional Expenditures** |  $20,006,734  |  |
|  | **Accrual Fund Balance as of 6/30/20** |  $14,105,211  |  |

## Table E. County Levies

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **County** | **2017 Est. Pop.** | **Regional Per Capita** | **FY20 Max Levy** | **FY20 Actual Levy** | **Actual Levy Per Capita** |
| Benton  |  25,642 |  36.51 | 936,189 | 0.00 | 0.00 |
| Bremer  |  24,911 |  36.51 | 909,501 |  2,000 | 0.08 |
| Buchanan  |  21,202 |  36.51 | 774,085 |  0.00 | 0.00 |
|  Delaware |  17,153 |  36.51 | 626,256 |  343,270 | 20.01 |
| Dubuque  |  97,041 |  36.51 | 3,542,967 |  1,117,941 | 11.52 |
| Iowa  |  16,103 |  36.51 | 587,921 |  0.00 | 0.00 |
|  Johnson |  149,210 |  36.51 | 5,447,657 |  4,350,587 | 29.16 |
|  Jones |  20,536 |  36.51 | 749,769 |  194,768 | 9.48 |
| Linn  |  224,115 |  36.51 | 8,182,439 |  1,007,840 | 4.50 |
|   |   |   |  |   |  |
|   |   |   |  |   |  |
| **Total MH/DS of the East Central Region** |  **595,913**  |   |  **21,756,784**  |  **7,016,406** | **11.77** |

#

# D. Status of Service Development in FY2020

Adult services included the implementation of subacute services for a short time by Hillcrest Family Services. Those ended in December 2019 due to insufficient funding from the state’s managed care system.

During FY20, the Region began preparing for children’s behavioral health implementation in FY21. The Region engaged in additional planning and outreach to solicit input from stakeholders regarding the need and availability of children’s behavioral health services. The first step was service mapping children’s behavioral health services throughout the region to identify service gaps. Subsequently, a broad survey was sent to all identified service providers, school districts, law enforcement officials, public health officials and county staff in early February. School districts were also asked to forward the information in newsletters and other communications to parents. Nearly 500 people across the region responded to the survey. Based on survey responses, the Region then developed more specific, additional questions and visited children’s advocacy groups in person in each county throughout the region. This valuable stakeholder input was used to develop priorities found in this plan for children’s behavioral health services. Priorities include:

* Efforts to build awareness that children’s behavioral health needs are developmentally distinct from adult brain health issues and should be supported as such.
* The provision of mandated core services for FY21 which include assessment for eligibility, psychotherapeutic treatment, medication prescribing and management, prevention and education.
* Efforts to increase timely access to mental health counselors.
* A commitment to increase collaboration between hospitals, pediatric healthcare providers, mental health professionals, school staff, public health, advocacy groups, law enforcement and day care providers.
* Expansion of mobile crisis outreach for children, with emphasis on school response.
* A commitment to advocating for and collaborating with statewide efforts for a universal screening tool.
* Create educational opportunities to increase awareness regarding trauma, brain health, and services available.

The region implemented contracts for required services of medication management and outpatient therapy for children. Prevention and education have focused around trauma responsive care and social emotional skill development. The region developed a mechanism to provide collateral payment for mental health professionals to effectively collaborate with children’s support systems in order to provide more comprehensive care.

Since the discontinuation of sub-acute services at Hillcrest Family Services, the Region has actively collaborated with providers considering this service to ensure that the cost structure is supported by the Medicaid rate. Consideration has also been given to balancing the need for sub-acute with availability of beds in the two regional Access Centers that will come on-line during FY21.

During FY20, ECR had two active Law Enforcement Liaisons that provide de-escalation, triage, and care coordination with law enforcement agencies in order to reduce arrest and incarceration of people experiencing a brain health crisis. As part of the entire continuum of jail diversion services, the Region is pursuing and budgeting for the expansion of this service in additional counties for FY21.

During FY20, the Region successfully opened an Access Hub in Benton County. This hub provides crisis management, triage, and assessment in order to help people manage brain health crises, and has been the regional standard for collaborative work across several entities. While not meeting Code requirements to become designated as a full Access Center, this hub appropriately meets the needs in this rural county and will serve as a feeder to the Access Centers, when necessary. The Region is considering the development of more hubs across the area in order to ensure timely, consistent, and effective response to brain health crises.

# E. Outcomes/Regional Accomplishments in FY2020

An intentional effort to bring cohesiveness and a long-range vision to the Region was implemented during FY20 in the development of a 5-year Strategic Plan. Regional staff engaged in preparatory work then the Regional Governing Board developed five broad goals for the Region in February, 2020. These five goals include:

* Access
* Array of Services
* Effective Partnerships
* Fiscal Responsibility
* Cohesive Region

The Regional Governing Board believes these goals will ensure that adults and children with brain health and developmental issues will receive the support they need in an environment that is collaborative, so that no single system bears all the responsibility. These goals also ensure that the Region meets statutorily mandated policy and fiscal responsibilities in a manner that ensure the Region’s strength as a whole.

Because the goals are so broad, each year the Regional Governing Board will approve Priority Initiatives that will be the focus for the forthcoming fiscal year. These Priority Initiatives are set in May after the legislative session concludes, so the Region may adapt to any Code changes. Unfortunately, the COVID-19 pandemic prohibited the legislative session from being finished in May, but the Priority Initiatives for FY21 were set regardless.

With the expectation of implementing children’s behavioral health services at the onset of FY21, the East Central Region also looked at this opportunity to review and revise the Region’s Management Plan. The Management Plan had been written and implemented with little revision since 2015, so it this was the ideal time to review all policies for effectiveness and relevance. The process included a sub-committee of regional Coordinators who evaluated each policy and made recommendations for keeping or revising the policy. Once the entire plan was reviewed, recommendations for updates were taken to the full administrative team, regional social workers, providers and the Region’s Advisory Committee. Based on input from these groups, a final version was presented to the MH/DS Commission and Regional Governing Board for approval in June.

The final quarter of FY20 was an unprecedented time as the COVID-19 pandemic impacted every aspect of life. The East Central Region sought every opportunity to support the region’s provider network during this challenging time to ensure that agencies were able to continue providing services and supports to the region’s vulnerable populations. Examples of this support included an immediate expansion of the Region’s Warm Line from 5 hours a day to 8, so that people were able to have greater access to brain health support through this peer run service. The Region also closely aligned its allowances and authorizations for telehealth services with Iowa Medicaid’s revised policies. The Region did not want to create additional bureaucracy for the providers, so alignment with Medicaid policies ensured that providers could be concerned with service provision than competing authorizations.

**LOCAL ACCESS**: The Regional Governing Board continues to find value in having an office in each county. Service Coordination is available in every county of the region.

**JAIL DIVERSION**: All nine (9) counties are served by jail diversion staff. Jail diversion staff assist people in re-entering the community successfully. Pilot projects are continuing in counties which allow for triage and crisis de-escalation through Law Enforcement liaisons and more treatment during incarceration with a psychiatric nurse in the jail and medications funded.

**CRISIS SERVICES**: The Regional Governing Board has prioritized crisis services across the region. A transition began to announce the move to Your Life Iowa as the hotline for the region as of July 1, 2020. Mobile Crisis Outreach continues to dispatch across the region when needed, although through a virtual means as COVID-19 positivity rates per county fluctuate.

Although children’s outpatient therapy was not a mandate in Fiscal Year 2020, pilot projects were developed that provided counseling to children in schools.

**TELEHEALTH:**

**HOSPITALS-** The Regional Governing Board approved funding for telehealth in seven (7) hospitals across the region. By using telehealth in hospitals, individuals are diverted from already full Emergency Rooms at psychiatric hospitals. Local hospitals include utilizing psychiatric telehealth services include: Community Memorial Hospital – Sumner, Jones Regional Medical Center – Anamosa, Buchanan County Health Center – Independence, Regional Medical Center – Manchester, Compass Memorial Healthcare – Marengo, Virginia Gay Hospital – Vinton, Waverly Health Center – Waverly.

**JAILS-** The Regional Governing Board approved funding for telehealth in five (5) county jails across the region. Benton, Buchanan, Jones, Bremer, and Delaware County use telehealth for psychiatric appointments. The region funds in person psychiatric services in the jails not served through telehealth.

**PEER SUPPORT:** The ECR continues to have the most active peer support services in the state thanks to strong local peer leaders. The Regional Governing Board has demonstrated a commitment to peer support services by funding four (4) peer run wellness centers, a warm line and a peer run organization supporting clients in the community.

**TRAININGS:** Through our Learning Community Steering Committee, the East Central Region continues to offer trainings for staff and providers throughout the region. Due to COVID-19, many of the scheduled trainings were cancelled although when appropriate and possible, trainings were offered through a virtual platform. Trainings continued to be offered to staff of providers within the region through an agreement between the Opportunity Center at the Ladd Library and Kirkwood Community College. The Opportunity Center offered trainings on Psychosis, Personality Disorders, Mindfulness and Self-care/Compassion Fatigue. I-START offered numerous trainings throughout the year to providers serving individuals with Intellectual Disabilities. Safety Care training was provided on two separate occasions to various providers. The region sponsored trainings such as “Keeping your EQ in Times of Chaos” and two sessions of C3De-escalation, with waiting lists created for the next available sessions of C3 De-escalation.

Mental Health First Aid, Question/Persuade/Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), and Crisis Intervention Training (CIT) continued throughout the region as well. Law Enforcement across the region are encouraged and financially supported in attending CIT. NAMI trainings provided included Family to Family, In Their Own Voice, Peer to Peer, Connections, and NAMI Basics. THRIVE was provided to various school staff and other community members in several locations on multiple occasions.

**EVIDENCE BASED PRACTICES:** Staff at ECR continue to participate in a statewide initiative to advance EBPs that were found to be important by the Iowa Department of Human Services. Three staff members took part in a training in January 2020 to become more educated on the fidelity implementation of Permanent Supportive Housing (PSH). Staff take part in monthly calls on PSH. Additional Assertive Community Treatment teams are being developed within the region. Supported Employment is encouraged and provided throughout the region. Family Psycho-Education is offered through various NAMI affiliates within the region. Positive Behavioral Supports training is offered throughout the region. Staff at the region took part in Person Centered Positive Behavioral training offered by the Iowa Department of Human Services starting in May 2020.

During Fiscal Year 2020, the region formed a sub-committee of coordinators to ensure that the region meets expectations outlined in the code regarding EBPs, as well as pursue other EBPs that might be beneficial to the region.



COUNTY-APPOINTED REGIONAL GOVERNING BOARD

|  |  |
| --- | --- |
| **Name** | **County** |
| Gary Bierschenk | Benton |
| Duane Hildebrandt  | Bremer |
| Gary Gissel | Buchanan |
| Shirley Helmrichs | Delaware |
| Ann McDonough | Dubuque |
| John Gahring | Iowa |
| Pat Heiden | Johnson |
| Wayne Manternach | Jones |
| Ben Rogers | Linn |

ADULT ADVISORY COMMITTEE

|  |  |  |
| --- | --- | --- |
| **Name** | **Representation** | **County** |
| Diane Brecht (RGB Adult Provider Rep) | Provider of MH/DS services | Delaware |
| Jenn Day (RGB Peer Rep) | Peer Support Specialist | Johnson |
| Brian Larkin | Parent | Linn |
| Tom Morrissey | Peer Support Specialist | Delaware |
| Theresa Phillips | Parent | Iowa |
| Lorri Regan | Peer Support Specialist | Dubuque |
| Andrea Behrens | Provider of MH/DS Services | Benton |
| Jessica Gulick | Provider of MH/DS Services | Bremer |
| Julie Schwarting | Provider of MH/DS Services | Buchanan |
| Carrie Merrick | Provider of MH/DS Services | Dubuque |
| Elley Gould | Provider of MH/DS Services | Johnson |
| Jeannine Scandridge | Provider of MH/DS Services | Iowa |
| Theresa Graham Mineart | Provider of MH/DS Services | Linn |
| Stacie Lane-O'Brien | Provider of MH/DS Services | Johnson |
| Ben Rogers | RGB Liaison  | Linn |

CHILDREN’S ADVISORY COMMITTEE

|  |  |  |
| --- | --- | --- |
| **Name** | **Representation** | **County** |
| Amy Grask (RGB Children’s Provider Rep) | Provider of MH/DS services | Dubuque |
| Andrew Beer | Provider of MH/DS Services | Linn |
| Linda Duffy | Provider of MH/DS Services | Linn |
| Shalon Frye | Educator | Buchanan |
| Melissa O’Brien (RGB Education Rep) | Educator | Dubuque |
| Jim Hessenius | Juvenile Court | Benton |
| Sydney Mason | Advocate | Johnson |
| Carrie Slagle | Advocate | Linn |
| Melisa Lammers | Department of Human Services | Bremer |
| Tammy Wetjen-Kesterson | Early Childhood Iowa | Iowa |
| Erin Monighan | Early Childhood Iowa | Benton |
| James Hauschild | Law Enforcement | Delaware |
| Vicki Ries | Childcare Provider | Delaware |
| Angela Zimpher (RGB Parent Rep) | Parent | Buchanan |
| Dr. Ana Carey | Pediatrician | Johnson |
| Melissa Paulsen | Provider of MH/DS Services | Jones |
| Ann McDonough | RGB Liaison  | Dubuque |