

The August 27, 2020 Mental Health/Disability Services of the East Central Region Governing Board meeting was brought to order at 1:31 pm. The meeting was located at 12007 190th Street, Monticello, Iowa and by Zoom Online Meeting.

Board Members: WAYNE MANTERNACH JONES CO | ANN MCDONOUGH DUBUQUE CO | BEN ROGERS LINN CO | DUANE

HILDEBRANDT BREMER CO | GARY BIERSCHENK BENTON CO | DON SHONKA BUCHANAN CO - ALTERNATE | PAT HEIDEN JOHNSON

CO | SHIRLEY HELMRICHS DELAWARE CO | JOHN GAHRING IOWA CO | DIANE BRECHT DELAWARE ADVISORY COMMITTEE | JENN

DAY ADULT INDIVIDUAL REP | MELISSA O'BRIEN EDUCATOR REP (ABSENT) | ANGELA ZIMPHER PARENT REP (ABSENT) | AMY GRASK

PROVIDER REP (ABSENT)

M/S/C: Ben Rogers and John Gahring to approve the previous regional governing board meeting minutes with a correction to the listing of Jenn Day representing Delaware County; to Johnson County.

One conflict of interest was noted by Jenn Day. There were no other conflicts of interest regarding agenda items.

Diane Brecht presented the advisory report with an action item to approve an at large position with the committee and the appointment of Stacie Lane for a 1 year term to this position. M/S/C: John Gahring & Shirley Helmricks to approve the position and appointment.

Julie Davison requested approval of claims in the total amount of \$2,179,335.08. There were no quarterly reimbursements. Total Fund Balance Projects in the amount of \$1,282,170.16. M/S/C: Duane Hildebrandt & Ann McDonough to approve all claims presented.

Deb Seymour-Guard presented 4th Quarter County Reimbursement Requests:

☑ Delaware County \$66,584.12

☑ Linn County \$144,465.65

M/S/C: Pat Heiden and John Gahring to approve the reimbursement requests.

Deb Seymour-Guard also requested to process the FY20 accrual reimbursements by review of herself and approval by the CEO, to expedite payment. M/S/C: John Gahring and Duane Hildebrandt to approve the request to process reimbursements.

Deb Seymour Guard requested approval of the 2020 Financial Statements. The total July revenues were \$36,873.37. The total expenditures were \$2,179,335.08. A fund balance report was provided of dollars not expended as of 6/30/2020 in the amount of \$4,812,211, of which were not included in the FY20 budget. It was planned funds would be spent by end of fiscal year, however there were many unforeseen factors that contributed to delay in spending these funds. A budget amendment will be needed for those dollars. Counties that also did not include these funds in their budget will also need to amend. M/S/C: John Gahring and Gary Bierschenk to approve the 2020 Financial Statements.

Mae Hingtgen and Jody Bridgewater presented a disaster response to the derecho in Iowa. Jody Bridgewater gave a report stating that the derecho added another layer of stress to everyone already dealing with adjustments due to COVID-19. The first 7 days after the storm were spent making sure people had shelter, food, & ice. Many were without power for long periods. Staff has spent a lot of time finding other living arrangements for people and also were dealing with being affected personally. Resources have been shared on Facebook but connectivity has been an issue; focus has been on the rural communities. Working with Iowa State Extension office for some outreach to those most affected. Stress to agricultural communities with loss of crops and damages to property. Jody gave kudos to regional staff for support while Linn County was down!

Item #2

Mae Hingtgen also gave an update on disaster case management and offered flex time to regional staff to help out with disaster case management. Regional staff who volunteer to assist in this area would be able to flex their time and be reimbursed by the Department of Human Services. Intake is down and that would be an area of need. Several staff showed initial interest in helping out in this area. Training took place Tuesday, which some learned this was more intensive than originally thought, at this time one person is still showing interest.

Mae Hingtgen reviewed and presented more information about the CARES Act Plan. Several ideas were shared:

☑ Meetings held with ID Waiver and Hab providers, school district officials, the AEA, and the Iowa State Extension office. Some noted needs were PPE, transportation, staffing issues with hazard pay and normalizing things for employees and people they support. Due to such varied needs the recommendation is to offer mini grants, up to \$10,000.

This would be a noncompetitive process, asking that the award of funds be given at 90% up front and the remaining funds upon completion of the project, with the CEO to approve the grants, via application. As of January 3rd, 2021 any unspent portion of the funds would need to be transferred back to the state. A provider deadline will be December 12th to confirm if they will not be spending all the funds. A requirement for the grant money includes no duplication of payment for services. A list of eligibility guidelines and possible uses was provided. Any grant applications requesting funds larger than \$10,000 will have a more in depth application and will be approved by the ECR Board.

☐ The ECR mental well-being support has received a lot of attention and support of our outreach to schools, including implementation by others using our RFP. We would like to continue our efforts in support of mental well-being to law enforcement, health care providers, ECR staff, and support for families balancing work and schooling for children from home. The CEO, in conjunction with the Board Chair, would like to approve training and support projects in these areas mentioned, allowing for projects to begin prior to the September meeting.

☐ The yoga and mindfulness in the schools builds coping skills and resilience for kids. The CEO recommends allowing up to 50 elementary schools within the region the opportunity to do a compass program, which is virtual yoga. 32 elementary schools within the region have already expressed interest in this virtual yoga program. Also the Linn County Detention Center is interested in the yoga program for the children in the center. Challenge to Change is willing to modify this program to suit the short term duration in these facilities. Trauma informed yoga would also be a part of this program; more than just the physicality of yoga.

☐ Mae Hingtgen requested to purchase technology for remote work by ECR staff and provide the ability for more outreach opportunities.

☐ The CEO shared an idea as seen through another school district; a virtual calming room. Visual and auditory calming. Would like a link on the ECR website for those that are feeling isolated.

☒ Retroactive payments to providers for expenditures due to the pandemic, back to March 1st, 2020. Again confirmation there is no duplication of payment.

☒ Expansion of the mobile crisis outreach to rural communities as presented in July.

☒ Training and implementation of the “Make It Ok” stigma reducing campaign, which aligns with the ERC strategic plan. Because of the Pandemic more people are experiencing brain health issues. ECR board member, Ben Rogers, was profiled on the states “Make It Ok” website.

☒ Conversations with the Iowa State Extension office supporting our region also brought forth some more opportunities to support daycare providers and rural communities.

o Mae Hingtgen requests approval to waive resource limits defined in the Management Plan for mental health outpatient therapy and medication management services eligibility through December 30th, 2020.

o The Iowa State Extension offers a series of classes that would support our regions efforts to provide mental well-being to providers and families. CEO requests to use funds to provide scholarships.

Budget breakdown for funds was provided and reviewed. Retroactive payments is an unknown cost at this time as figures are still being tallied. Additional discussion on some of the plans and clarification, including some ideas brought forth by the Regional Advisory Committee. M/S/C: Duane Hildebrandt & John Gahring to approve moving forward with these plans.

Mae Hingtgen discussed Chatham Oaks Downsizing Support. In a mid-July meeting it was explained they were reducing from 50 + to 16 beds, which due to the decrease would be paid primarily through Medicaid. Smaller living arrangements can have some very positive factors to the individuals living there and the CEO supports this type of housing. Their expenses were listed in a letter requesting funding assistance and Diane Brecht discussed some of these expenses. M/S/C: Duane Hildebrandt and Pat Heiden to table discussion until September meeting with the expectation that there will be more clarification on the savings to the region provided and the request for support be specific to staffing costs.

Public comment- none

The meeting adjourned at 3:09 PM.