

***MHDS of the East Central Region***

**FY21 Annual Report**

**Submitted**

**12/1/2021**

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

**Reviewed by Advisory Board: 11/30/21**

**Approved by Governing Board: 11/30/21**

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# Introduction

MH/DS 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 FY2021 Annual Report covers the period of July 1, 2020 to June 30, 2021. 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.

MH/DS of the East Central Region is governed by a 14-member Regional Governing Board comprised of representatives from each county, education, families, and people with lived experience. A complete list of the region’s governing board members may be found in Appendix A.

# A. Services Provided and Individuals Served

This section includes:

* The number of individuals in each diagnostic category funded for each service
* Unduplicated count of individuals funded by age and diagnostic category
* Regionally designated Intensive Mental Health Services

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Disability Group** | **Children** | **Adult** | **Unduplicated Total** | **DG** |
| Mental Illness | 547 | 4176 | 4723 | 40 |
| Mental Illness, Intellectual Disabilities | 0 | 35 | 35 | 40, 42 |
| Mental Illness, Intellectual Disabilities, Other Developmental Disabilities | 0 | 7 | 7 | 40, 42, 43 |
| Mental Illness, Other Developmental Disabilities | 1 | 55 | 56 | 40, 43 |
| Mental Illness, MH/DD General Administration | 0 | 2 | 2 | 40, 44 |
| Intellectual Disabilities | 2 | 50 | 52 | 42 |
| Intellectual Disabilities, Other Developmental Disabilities | 0 | 13 | 13 | 42, 43 |
| Other Developmental Disabilities | 1 | 61 | 62 | 43 |
| MH/DD General Administration | 0 | 1 | 1 | 44 |
| Total | 551 | 4400 | 4951 | 99 |

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FY 2021 Actual GAAP** |  **MHDS of the East Central Region**  | **MI (40)** | **ID(42)** | **DD(43)** | **BI (47)** | **Other** | **Total** |
| A | C | A | C | A | C | A | C | A | C |  |
| **Core** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42305 | Psychotherapeutic Treatment - Outpatient | 80 | 3 |  |  |  |  |  |  |  |  | **83** |
| 42306 | Psychotherapeutic Treatment - Medication Prescribing | 36 |  |  |  |  |  |  |  |  |  | **36** |
| 71319 | State MHI Inpatient - Per diem charges | 22 | 1 |  |  |  |  |  |  |  |  | **23** |
| 73319 | Other Priv./Public Hospitals - Inpatient per diem charges | 4 |  |  |  |  |  |  |  |  |  | **4** |
|  | **Basic Crisis Response** |  |  |  |  |  |  |  |  |  |  |  |
| 32322 | Support Services - Personal Emergency Response System | 10 |  |  |  |  |  |  |  |  |  | **10** |
| 44301 | Crisis Evaluation | 211 | 105 |  |  |  |  |  |  |  |  | **316** |
| 44307 | Mobile Response | 859 | 334 |  |  |  |  |  |  |  |  | **1193** |
| 44312 | Crisis Stabilization Community Based Services (CSCBS) | 2 |  |  |  |  |  |  |  |  |  | **2** |
| 44313 | Crisis Stabilization Residential Service (CSRS) | 43 | 1 |  |  |  |  |  |  |  |  | **44** |
| 44396 | Access Center start-up/sustainability/coordination | 5 |  |  |  |  |  |  |  |  |  | **5** |
|  | **Support for Community Living** |  |  |  |  |  |  |  |  |  |  |  |
| 32325 | Support Services - Respite Services |  |  | 1 |  | 2 |  |  |  |  |  | **3** |
| 32329 | Support Services - Supported Community Living | 112 | 1 | 15 |  | 31 |  |  |  |  |  | **159** |
|  | **Support For Employment** |  |  |  |  |  |  |  |  |  |  |  |
| 50362 | Voc/Day - Prevocational Services |  |  | 4 |  | 3 |  |  |  |  |  | **7** |
| 50364 | Voc/Day - Job Development | 27 |  |  |  |  |  |  |  |  |  | **27** |
| 50367 | Day Habilitation | 14 |  | 13 |  | 15 |  |  |  |  |  | **42** |
| 50368 | Voc/Day - Individual Supported Employment | 8 |  | 5 |  | 20 |  |  |  |  |  | **33** |
|  | **Recovery Services** |  |  |  |  |  |  |  |  |  |  |  |
| 45366 | Peer Family Support - Peer Support Services | 7 |  |  |  |  |  |  |  |  |  | **7** |
|  | **Service Coordination** |  |  |  |  |  |  |  |  |  |  |  |
|  | **Sub-Acute Services** |  |  |  |  |  |  |  |  |  |  |  |
| 64309 | Sub-Acute Services (6+ Beds) | 1 |  |  |  |  |  |  |  |  |  | **1** |
|  | **Core Evidence Based Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42398 | Assertive Community Treatment (ACT) | 197 |  |  |  |  |  |  |  |  |  | **197** |
|  | **Core Subtotals:** | **1638** | **445** | **38** |  | **71** |  |  |  |  |  | **2192** |
| **Mandated** |  |  |  |  |  |  |  |  |  |  |  |  |
| 74XXX | Commitment Related (except 301) | 1147 | 121 |  |  |  |  |  |  |  |  | **1268** |
| 75XXX | Mental health advocate | 1631 | 25 |  |  |  |  |  |  |  |  | **1656** |
|  | **Mandated Subtotals:** | **2778** | **146** |  |  |  |  |  |  |  |  | **2924** |
| **Core Plus** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Justice System Involved Services** |  |  |  |  |  |  |  |  |  |  |  |
| 25XXX | Coordination services | 373 | 8 |  |  |  |  |  |  |  |  | **381** |
| 46305 | Mental Health Services in Jails | 170 | 5 |  |  |  |  |  |  |  |  | **175** |
|  | **Additional Core Evidence Based Treatment** |  |  |  |  |  |  |  |  |  |  |  |
| 42366 | Psychotherapeutic Treatment - Social Support Services | 422 | 1 |  |  | 3 |  |  |  |  |  | **426** |
| 42397 | Psychotherapeutic Treatment - Psychiatric Rehabilitation | 2 |  |  |  |  |  |  |  |  |  | **2** |
|  | **Core Plus Subtotals:** | **967** | **14** |  |  | **3** |  |  |  |  |  | **984** |
| **Other Informational Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Community Living Support Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| 22XXX | Services management | 677 | 10 | 85 | 2 | 125 | 2 |  |  |  |  | **901** |
| 31XXX | Transportation | 130 | 1 | 11 |  | 18 |  |  |  |  |  | **160** |
| 32326 | Support Services - Guardian/Conservator | 9 |  | 11 |  | 1 |  |  |  |  |  | **21** |
| 32399 | Support Services - Other | 1 |  |  |  | 1 |  |  |  |  |  | **2** |
| 33345 | Basic Needs - Ongoing Rent Subsidy | 75 |  | 1 |  |  |  |  |  |  |  | **76** |
| 33399 | Basic Needs - Other | 28 |  | 1 |  |  |  |  |  |  |  | **29** |
| 41305 | Physiological Treatment - Outpatient | 1 |  |  |  |  |  |  |  |  |  | **1** |
| 41306 | Physiological Treatment - Prescription Medicine/Vaccines | 19 |  |  |  |  |  |  |  |  |  | **19** |
| 41307 | Physiological Treatment - In-Home Nursing | 1 |  |  |  |  |  |  |  |  |  | **1** |
| 42396 | Psychotherapeutic Treatment - Community Support Programs | 8 |  |  |  |  |  |  |  |  |  | **8** |
| 42399 | Psychotherapeutic Treatment - Other | 1 |  | 26 | 1 | 2 |  |  |  |  |  | **30** |
| 46306 | Prescription Medication (Psychiatric Medications in Jail) | 116 | 1 |  |  |  |  |  |  |  |  | **117** |
| 63XXX | RCF 1-5 beds | 4 |  |  |  |  |  |  |  |  |  | **4** |
|  | **Community Living Support Services Subtotals:** | **1070** | **12** | **135** | **3** | **147** | **2** |  |  |  |  | **1369** |
| **Congregate Services** |  |  |  |  |  |  |  |  |  |  |  |  |
| 64329 | Comm Based Settings (6+ Beds) - Supported Community Living | 1 |  |  |  |  |  |  |  |  |  | **1** |
| 64XXX | ICF-6 and over beds | 1 |  |  |  |  |  |  |  |  |  | **1** |
| 64XXX | RCF-6 and over beds | 249 | 1 | 1 |  | 2 |  |  |  |  |  | **253** |
|  | **Congregate Services Subtotals:** | **251** | **1** | **1** |  | **2** |  |  |  |  |  | **255** |
| **Administration** |  |  |  |  |  |  |  |  |  |  |  |  |
| 12XXX | Purchased Administration |  |  |  |  |  |  |  |  | 2 |  | **2** |
|  | **Administration Subtotals:** |  |  |  |  |  |  |  |  | **2** |  | **2** |
| **Uncategorized** |  |  |  |  |  |  |  |  |  |  |  |  |
| 14951 | MHDS Fiscal Agent Reimbursement to MHDS Regional Members |  |  |  |  |  |  |  |  | 1 |  | **1** |
|  | **Uncategorized Subtotals:** |  |  |  |  |  |  |  |  | **1** |  | **1** |
| **Regional Totals:** |  | **6704** | **618** | **174** | **3** | **223** | **2** |  |  | **3** |  | **7727** |

# B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

* Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
* Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
* Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
* Peer support services.
* Mental health treatment.
* Substance abuse treatment.
* Physical health services.
* Care coordination.
* Service navigation and linkage to needed services.

|  |  |
| --- | --- |
| **Date Designated** | **Access Center** |
| 2/1/2021 | GuideLink, Iowa City |
| 2/1/2021 | Mental Health Access Center of Linn County, Cedar Rapids |
|  |  |
|  |  |

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 Mental Health, Linn | 122 |
| 7/1/2005 | UIHC, Johnson | 115 |
| 8/1/2018 | RHD, Benton  | 103 |
| 7/1/2018 | RHD, Bremer, Buchanan, Delaware, Jones | 103 |
| 10/24/2019 | Hillcrest, Dubuque | 108 |
| 7/1/2018 | UIHC, Iowa | 115 |
|  |  |  |

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** |
|  | Penn Center, Iowa City – agency has received license but beds are not operational yet |
| 3/15/2021 | Penn Center, Cedar Rapids |
|  |  |
|  |  |
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|  |  |

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

* Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
* Provide staffing 24 hours a day, 7 days a week, 365 days a year.
* Maintain staffing ratio of one staff to every two and on-half residents.
* Ensure that all staff have the minimum qualifications required.
* Provider coordination with the individual’s clinical mental health and physical health treatment, and other services and support.
* Provide clinical oversight by a mental health professional
* Have a written cooperative agreement with an outpatient provider.
* Be licensed as a substance abuse treatment program or have a written cooperative agreement.
* Accept and service eligible individuals who are court-ordered.
* Provide services to eligible individuals on a no reject, no eject basis.
* Serve no more than five individuals at a site.
* Be located in a neighborhood setting to maximize community integration and natural supports.
* Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

|  |  |
| --- | --- |
| **Date Designated** | **Intensive Residential Services** |
|  | *Still in negotiations with MCOs on rates. The region has two providers pursuing the service* |
|  |  |

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# C. Financials

## Table C. Expenditures

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **FY 2021 Accrual** | **MHDS of the East Central Region** | **MI (40)** | **ID(42)** | **DD(43)** | **BI (47)** | **Admin (44)** | **Total** |
|   |   |   |   |   |   |   |   |
| **Core Domains** |   |   |   |   |   |   |   |
| **COA** | **Treatment** |   |   |   |   |   |   |
| 42305 | Mental health outpatient therapy \*\* |  $ 32,038  |   |   |   |   |  $ 32,038  |
| 42306 | Medication prescribing & management \*\* |  $ 62,522  |   |   |   |   |  $ 62,522  |
| 43301 | Assessment, evaluation, and early identification \*\* |  $ -  |   |   |   |   |  $ -  |
| 71319 | Mental health inpatient therapy-MHI |  $ 507,974  |   |   |   |   |  $ 507,974  |
| 73319 | Mental health inpatient therapy \*\* |  $ 9,793  |   |   |   |   |  $ 9,793  |
|   | **Crisis Services** |   |   |   |   |   |   |
| 32322 | Personal emergency response system |  $ 3,263  |   |   |   |   |  $ 3,263  |
| 44301 | Crisis evaluation |  $ 118,700  |   |   |   |   |  $ 118,700  |
| 44302 | 23 hour crisis observation & holding |  $ -  |   |   |   |   |  $ -  |
| 44305 | 24 hour access to crisis response |  $ -  |   |   |   |   |  $ -  |
| 44307 | Mobile response \*\* |  $ 1,766,191  |   |   |   |   |  $ 1,766,191  |
| 44312 | Crisis Stabilization community-based services \*\* |  $ 320  |   |   |   |   |  $ 320  |
| 44313 | Crisis Stabilization residential services \*\* |  $ 52,228  |   |   |   |   |  $ 52,228  |
| 44396 | Access Centers: start-up / sustainability |  $ 2,422,893  |   |   |   |   |  $ 2,422,893  |
|   | **Support for Community Living** |   |   |   |   |   |   |
| 32320 | Home health aide |  $ -  |   |   |   |   |  $ -  |
| 32325 | Respite |   |  $ 208  |  $ 407  |   |   |  $ 615  |
| 32328 | Home & vehicle modifications |   |   |   |   |   |  $ -  |
| 32329 | Supported community living |  $ 549,761  |  $ 54,025  |  $ 143,622  |   |   |  $ 747,409  |
| 42329 | Intensive residential services |   |   |   |   |   |  $ -  |
|   | **Support for Employment** |   |   |   |   |   |   |
| 50362 | Prevocational services |   |  $ 9,950  |  $ 10,800  |   |   |  $ 20,750  |
| 50364 | Job development |  $ 2,861  |   |   |   |   |  $ 2,861  |
| 50367 | Day habilitation |  $ 227,302  | $ 50,323  |  $ 68,197  |   |   |  $ 345,822  |
| 50368 | Supported employment |  $ 19,513  |  $ 26,375  |  $ 69,065 |   |   |  $ 114,953  |
| 50369 | Group Supported employment-enclave |   |   |   |   |   |  $ -  |
|   | **Recovery Services** |   |   |   |   |   |   |
| 45323 | Family support |   |   |   |   |   |  $ -  |
| 45366 | Peer support |  $ 9,230  |   |   |   |   |  $ 9,230  |
|   | **Service Coordination** |   |   |   |   |   |   |
| 21375 | Case management |   |   |   |   |   |  $ -  |
| 24376 | Health homes |   |   |   |   |   |  $ -  |
|   | **Sub-Acute Services** |   |   |   |   |   |   |
| 63309 | Subacute services-1-5 beds |   |   |   |   |   |  $ -  |
| 64309 | Subacute services-6 and over beds |  $ 4,000  |   |   |   |   |  $ 4,000  |
|   | **Core Evidenced Based Treatment** |   |   |   |   |   |   |
| 04422 | Education & Training Services - provider competency  |  $ 549  |   |   |   |   |  $ 549  |
| 32396 | Supported housing |   |   |   |   |   |  $ -  |
| 42398 | Assertive community treatment (ACT) |  $ 519,033  |   |   |   |   |  $ 519,033  |
| 45373 | Family psychoeducation |   |   |   |   |   |  $ -  |
|   | **Core Domains Total** |  **$ 6,308,171**  |  **$ 140,881**  |  **$ 292,090**  |  **$ -**  |  |  **$ 6,741,143**  |
| **Mandated Services** |  |   |   |   |   |   |   |
| 46319 | Oakdale |   |   |   |   |   |  $ -  |
| 72319 | State resource centers |   |   |   |   |   |  $ -  |
| 74XXX | Commitment related (except 301) |  $ 339,493  |   |   |   |   |  $ 339,493  |
| 75XXX | Mental health advocate |  $ 244,579  |   |   |   |   |  $ 244,579  |
|   | **Mandated Services Total** |  **$ 584,072**  |  **$ -**  |  **$ -**  |  **$ -**  |  |  **$ 584,072**  |
| **Additional Core Domains** |   |   |   |   |   |   |   |
|   | **Justice system-involved services** |   |   |   |   |   |   |
| 25xxx | Coordination services |  $ 547,176  |   |   |   |   |  $ 547,176  |
| 44346 | 24 hour crisis line\* |  $ 281,540  |   |   |   |   |  $ 281,540  |
| 44366 | Warm line\* |  $ 2,434  |   |   |   |   |  $ 2,434  |
| 46305 | Mental health services in jails |  $ 252,214  |   |   |   |   |  $ 252,214  |
| 46399 | Justice system-involved services-other |   |   |   |   |   |  $ -  |
| 46422 | Crisis prevention training |  $ 166  |   |   |   |   |  $ 166  |
| 46425 | Mental health court related costs |   |   |   |   |   |  $ -  |
| 74301 | Civil commitment prescreening evaluation |   |   |   |   |   |  $ -  |
|   | **Additional Core Evidenced based treatment** |   |   |   |   |   |   |
| 42366 | Peer self-help drop-in centers |  $ 190,955  |   |  $ 2,004  |   |   |  $ 192,959  |
| 42397 | Psychiatric rehabilitation (IPR) |  $ 19,320  |   |   |   |   |  $ 19,320  |
|   | **Additional Core Domains Total** |  **$ 1,293,804**  |  **$ -**  |  **$ 2,004**  |  **$ -**  |  |  **$ 1,295,808**  |
| **Other Informational Services** |   |   |   |   |   |   |   |
| 03371 | Information & referral |   |   |   |   |   |  $ -  |
| 04372 | Planning, consultation &/or early intervention (client related) \*\*  |   |   |   |   |   |  $ -  |
| 04377 | Provider Incentive Payment |   |   |   |   |   |  $ -  |
| 04399 | Consultation Other |   |   |   |   |   |  $ -  |
| 04429 | Planning and Management Consultants (non-client related) |  $ 500  |   |   |   |   |  $ 500  |
| 05373 | Public education, prevention and education \*\* | $ 138,279  |   |   |   |   |  $ 138,279  |
|   | **Other Informational Services Total** | **$ 138,779**  | **$ -**  |  **$ -**  |  **$ -**  |  |  **$ 138,779**  |
| **Community Living Supports** |   |   |   |   |   |   |   |
| 06399 | Academic services |   |   |   |   |   |  $ -  |
| 22XXX | Services management |  $ 685,993  |  $ 82,921  |  $ 134,776  |   |   |  $ 903,690  |
| 23376 | Crisis care coordination |   |   |   |   |   |  $ -  |
| 23399 | Crisis care coordination other |   |   |   |   |   |  $ -  |
| 24399 | Health home other |   |   |   |   |   |  $ -  |
| 31XXX | Transportation |  $ 147,987  |  $ 26,679  |  $ 41,534  |   |   |  $ 216,201  |
| 32321 | Chore services |   |   |   |   |   |  $ -  |
| 32326 | Guardian/conservator |  $ 9,067  |  $ 13,331  |  $ 1,500  |   |   |  $ 23,898  |
| 32327 | Representative payee |   |   |   |   |   |  $ -  |
| 32335 | CDAC |   |   |   |   |   |  $ -  |
| 32399 | Other support |  $ 50  |   |  $ 5,695  |   |   |  $ 5,745  |
| 33330 | Mobile meals |   |   |   |   |   |  $ -  |
| 33340 | Rent payments (time limited) |   |   |   |   |   |  $ -  |
| 33345 | Ongoing rent subsidy |  $ 154,857  |  $ 3,500  |   |   |   |  $ 158,357  |
| 33399 | Other basic needs |  $ 12,758  |  $ 694  |   |   |   |  $ 13,453  |
| 41305 | Physiological outpatient treatment |  $ 1,302  |   |   |   |   |  $ 1,302  |
| 41306 | Prescription meds |  $ 10,960  |   |   |   |   |  $ 10,960  |
| 41307 | In-home nursing |  $ 642  |   |   |   |   |  $ 642  |
| 41308 | Health supplies |   |   |   |   |   |  $ -  |
| 41399 | Other physiological treatment |   |   |   |   |   |  $ -  |
| 42309 | Partial hospitalization |   |   |   |   |   |  $ -  |
| 42310 | Transitional living program  |   |   |   |   |   |  $ -  |
| 42363 | Day treatment |   |   |   |   |   |  $ -  |
| 42396 | Community support programs |  $ 9,542  |   |   |   |   |  $ 9,542  |
| 42399 | Other psychotherapeutic treatment |  $ 800  |  $ 162,400  |  $ 6,400  |   |   |  $ 169,600  |
| 43399 | Other non-crisis evaluation |   |   |   |   |   |  $ -  |
| 44304 | Emergency care |  $ 8,817  |   |   |   |   |  $ 8,817  |
| 44399 | Other crisis services |   |   |   |   |   |  $ -  |
| 45399 | Other family & peer support |   |   |   |   |   |  $ -  |
| 46306 | Psychiatric medications in jail |  $ 76,159  |   |   |   |   |  $ 76,159  |
| 50361 | Vocational skills training |   |   |   |   |   |  $ -  |
| 50365 | Supported education |   |   |   |   |   |  $ -  |
| 50399 | Other vocational & day services |   |   |   |   |   |  $ -  |
| 63XXX | RCF 1-5 beds *(63314, 63315 & 63316)* |   |   |   |   |   |  $ -  |
| 63XXX | ICF 1-5 beds *(63317 & 63318)* |   |   |   |   |   |  $ -  |
| 63329 | SCL 1-5 beds |   |   |   |   |   |  $ -  |
| 63399 | Other 1-5 beds |  $ 1,077  |   |   |   |   |  $ 1,077  |
|   | **Community Living Supports** |  **$ 1,120,012**  | **$ 289,525**  | **$ 189,906**  | **$ -**  |  |  **$ 1,599,443**  |
| **Other Congregate Services** |   |   |   |   |   |   |   |
| 50360 | Work services (work activity/sheltered work) |   |   |   |   |   |  $ -  |
| 64XXX | RCF 6 and over beds *(64314, 64315 & 64316)* |   |   |   |   |   |  $ -  |
| 64XXX | ICF 6 and over beds *(64317 & 64318)* |   |   |   |   |   |  $ -  |
| 64329 | SCL 6 and over beds |  $ 38,565  |   |   |   |   |  $ 38,565  |
| 64399 | Other 6 and over beds |  $ 3,334,417  |  $ 2,064  |  $ 20,054  |   |   |  $ 3,356,535  |
|   | **Other Congregate Services Total** |  **$ 3,372,981**  |  **$ 2,064**  |  **$ 20,054**  |  **$ -**  |  |  **$ 3,395,099**  |
| **Administration** |   |   |   |   |   |   |
| 11XXX | Direct Administration |   |   |   |   |  2,100,737  |  $ 2,100,737  |
| 12XXX | Purchased Administration |   |   |   |   |  331,692  |  $ 331,692  |
|   | **Administration Total** |   |   |   |   |  $ 2,432,429  |  $ 2,432,429  |
|   |   |   |   |   |   |   |   |
|   | **Regional Totals** |  **$ 12,817,820**  |  **$ 432,470**  |  **$ 504,054**  |  **$ -**  |  **$ 2,432,429**  |  **$ 16,186,774**  |
|   |  |  |  |  |  |  |  |
| **(45XX-XXX)County Provided Case Management** |  |   |   |   |   |   |  $ -  |
| **(46XX-XXX)County Provided Services**  |  |   |   |   |   |   |  $ -  |
|   |  |  |  |  |  |  |  |
|   | **Regional Grand Total** |   |   |   |   |   |  $ 16,186,774  |
|  |  |  |  |  |  |  |  |
| 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** |  $ 23,209,396  |
| **14951** | **MHDS fiscal agent reimbursement to MHDS regional member county** |  $ 3,092,479  |
| \*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 2021 Accrual** |  **MHDS of the East Central Region** |  |  |
| **Revenues** |   |   |   |
|  | **FY20 Annual Report Ending Fund Balance** |  |  **$14,105,211**  |
|  | **Adjustment to 6/30/20 Fund Balance** |  |  **$369,929**  |
|  | **Audited Ending Fund Balance as of 6/30/20 (Beginning FY21)** |  |  **$14,475,140**  |
|   | **Local/Regional Funds** |   | $20,579,923 |
| 10XX | Property Tax Levied |  16,775,380  |  |
| 12XX | Other County Taxes |  32,028  |   |
| 16XX | Utility Tax Replacement Excise Taxes |  431,949  |   |
| 25XX | Other Governmental Revenues |  2,966,625  |   |
| 4XXX-5XXX | Charges for Services |  2,120  |   |
| 5310 | Client Fees |  -  |   |
| 60XX | Interest |  56,121  |   |
| 6XXX | Use of Money & Property |  45  |   |
| 8XXX | Miscellaneous |  315,655  |   |
| 9040 | Other Budgetary Funds (Polk Transfer Only) |  -  |   |
|   |   |   |   |
|   | **State Funds** |  | **$1,209,944.00** |
| 21XX | State Tax Credits |  773,118  |   |
| 22XX | Other State Replacement Credits |  430,942  |   |
| 24XX | State/Federal pass thru Revenue |  5,758  |   |
| 2644 | MHDS Allowed Growth // State Gen. Funds |  -  |   |
| 29XX | Payment in Lieu of taxes |  111  |   |
| 26xx,27xx | Other  |  15  |   |
|   | Other  |  -  |   |
|   | **Federal Funds** |  |  **$ -**  |
| 2345 | Medicaid |  -  |   |
| 2347 | CARES Act |  -  |   |
|   | Other  |  -  |   |
|   | **Total Revenues** |   | $22,735,060 |
|  |  |  |  |
|  | **Total Funds Available for FY21** | $37,210,200 |  |
|  | **FY21 Actual Regional Expenditures** | $16,186,774 |  |
|  | **Accrual Fund Balance as of 6/30/21** | $21,023,426 |  |

##

## Table E. County Levies

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **County** | **2018 Est. Pop.** | **Regional Per Capita** | **FY21 Max Levy** | **FY21 Actual Levy** | **Actual Levy Per Capita** |
| Benton | 25,642 | 36.51 | 936,189 |  $ 871,828  | 34.00 |
| Bremer | 24,947 | 36.51 | 910,815 |  $ 910,815  | 36.51 |
| Buchanan | 21,199 | 36.51 | 773,975 |  $ 350,000  | 16.51 |
| Delaware | 17,069 | 36.51 | 623,189 |  $ 425,488  | 24.93 |
| Dubuque | 96,854 | 36.51 | 3,536,140 |  $ 2,864,886  | 29.58 |
| Iowa | 16,141 | 36.51 | 589,308 |  $ 352,633  | 21.85 |
| Johnson | 151,260 | 36.51 | 5,522,503 |  $ 4,900,305  | 32.40 |
| Jones | 20,744 | 36.51 | 757,363 |  $ 700,000  | 33.74 |
| Linn | 225,909 | 36.51 | 8,247,938 |  $ 7,531,760  | 33.34 |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| **Total MHDS of the E. Central Region** |  **599,765**  |   |  **21,897,420**  |  **18,907,715**  | **31.53** |

# D. Status of Service Development in FY2021

Although service development was substantially hindered by the COVID-19 pandemic, MH/DS of the East Central Region continued to pursue service expansion for children and adults. During this fiscal year, the region was able to support the opening of two access centers as well as continue the operations of the access hub in Benton County. As a part of the Access Centers’ array of services, both centers implemented 23-hour Observation with Sub-Acute in Linn County and Crisis Stabilization Residential Services became operational in Johnson County. These vital services ensure that citizens of the region receive timely and responsive care in critical situations.

Children’s service development was also slowed by the pandemic, but the region was able to make steady progress in some areas. Contracts were executed with 3 hospitals to provide inpatient behavioral health care. The regional CEO and Children’s Coordinator also established a working relationship with the region’s Maternal, Child and Adolescent Health partners to discuss early identification and early intervention. This group met several times to plan a Children’s Mental Wellbeing Summit. The summit was intended to build awareness of the services of all agencies within the children’s sphere and brainstorm needs in the local area. Unfortunately, due to the rising numbers of COVID-19 in many counties, the summit was postponed, so our public health providers could focus on disease prevention and treatment. The event will be re-scheduled at a later date.

The region also met several times with four providers interested in developing Crisis Stabilization Residential Services for children. Two of the four ultimately decided they were unable to pursue the service development because of staffing issues. Currently, two providers are awaiting Exceptions to Policy from the Department of Human Services to provide that service on a campus setting. MH/DS of the East Central Region has offered start-up funding to the providers and will invest those funds as soon as the providers are ready. Crisis Stabilization Community Based Services for children and adults have been in negotiation and are set to begin in FY 2022.

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 offered two more Law Enforcement Liaisons to regional law enforcement agencies. Linn County Sheriff’s department and the Iowa City police department indicated commitment to the position. Throughout FY21, those two departments met regularly with crisis providers to create a common vision for the position and both were able to hire a person to fulfill the role of Law Enforcement Liaison.

# E. Outcomes/Regional Accomplishments in FY2021

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 and 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 ensures the Region’s strength as a whole.

Because the goals are so broad, each year the Regional Governing Board approves Priority Initiatives that will be the focus for the ensuing 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 2021, but the Priority Initiatives for FY21 were set regardless. With these Priority Initiatives as the region’s compass, effort and intention were focused on the following areas:

**Tier 1 Priority**

* Collaborate with crisis provider to brainstorm and implement an innovative approach to meeting crisis needs in rural communities
* Complete a Gap Analysis of transportation needs across the Region
* Proactively plan for and communicate a consistent message to legislators and regional tax payers regarding stable and reliable funding for MHDS services
* Evaluate and make recommendations for more effective and consistent use of jail diversion programs
* Continue to strengthen collaborations with school districts to ensure school staff and parents are aware of available services
* Implement more robust quality assurance practices to ensure that the Region is effectively using tax dollars and to provide technical assistance to providers

**Tier 2 Priority**

* Develop a plan to increase access to MHDS services via transportation services
* Evaluate the need and make identified changes in order to make the ECR budgeting process transparent and understandable to all regional stakeholders
* Explore the possibility of adding at least one more Access Hub location within the Region
* Meet with providers to prepare for service development and implementation of Children’s Tier 2 services (dependent on Director’s Exception due to COVID-19)
* Develop and implement a plan for outreach and education to increase awareness of services available for adults and children
* Complete Service Mapping and Gap Analysis to measure equitability according to the unique needs of each county

**Tier 3 Priority**

* Work with the medical and brain health communities to develop and implement training and resources for Children’s Brain Health needs for primary care practitioners
* Pursue development of remaining intensive psychiatric services identified in the Complex Needs bill HF2456 (dependent on Director’s Exception due to COVID-19)

Each quarter regional staff provided an update on these priorities to the Regional Governing Board. This gives the board and staff an opportunity to monitor progress and direct efforts to ensure that the region’s five-year goals will be realized.

One of the most significant projects from the FY21 Priority Initiatives was the Jail Diversion evaluation and report (Tier 1 above) To meet this initiative, a subcommittee of ECR coordinators began by identifying the outcomes the region should expect from the over $500,000 the region invests in jail diversion activities each year. Once the outcomes were identified, the committee endeavored to review current jail diversion treatment services, collect consistent data, and ensure comparable and effective services across the region. From this work, a renewed concept of jail diversion began to be understood. As a concept to the region, jail diversion should mean the overall efforts to reduce arrests and incarceration of persons experiencing brain health crises as well as the reduction of the amount of time that persons with brain health issues spend in jail as exemplified below:



For the number of years that the region has funded jail diversion community treatment, the services have been at the will of the judicial system. While the region respects the knowledge and professionalism of the judicial system, it is imperative that the region has identified expectations of jail diversion as a concept rather than only jail diversion community treatment because of the significant investment the region makes each year for all jail diversion activities. Therefore, the committee developed regional expectations for prior and post arrest. The committee also recognized that all programs are uniquely different. There are four jail diversion community treatment programs governed by three judicial districts within the ECR. While the region has limited expectations the judicial districts can change practices just to meet regional expectations, some consistency of implementation was recommended and approved by the Regional Governing Board. These recommendations will be implemented and monitored throughout FY22.

A great deal of regional administrative staff time and effort during the FY21 year was spent addressing and alleviating the brain health effects brought on by the COVID-19 pandemic. On July 8, 2020 Governor Reynolds pledged $30 million of federal CARES funds to the MH/DS Regions. The allocation was given based on population, so MH/DS of the East Central Region received $5,700,926. Regional staff sought input from the Regional Governing Board, the provider network, as well as education and healthcare partners in planning for these funds. Mini-grants were offered in two rounds to school districts and MH/DS providers in an effort to address the primary and secondary effects of the pandemic. The region also offered larger grants with the expectation that projects aligned with the five goal areas of the strategic plan. Projects funded across the nine-county area addressed the pandemic’s effects with mental wellness coaching, social-emotional learning tools, Personal Protective Equipment and other sanitizing agents, training and education for families dealing with the stress of the pandemic, marketing to let people know that it’s okay to need help and tools to help them find it, and other prevention activities. Outreach to individuals needing mental wellbeing check-ins was offered through a campaign promoting “Get a checkup from the neck up.” This, along with an outreach campaign across the state, increased awareness of brain health issues through a statewide collaboration between all the regions in the development of a new website, [www.iowamhdsregions.org](http://www.iowamhdsregions.org).

One accomplishment of note with CARES funds was the Mental Wellbeing project. This project was implemented through a joint effort between Abbe Community Mental Health and Hillcrest Services and became a standard of collaboration that the region continues to highlight. These two providers worked together to offer free mental well-being coaching sessions, first for essential workers then ultimately for anyone impacted by the pandemic. CARES Act funding also allowed ECR to purchase supplies to fill over 3,000 backpacks for use at homeless shelters or other providers working with individuals with limited access to personal hygiene and other supplies.

The region was able to distribute $4,880,148 of the allocated CARES funds. More importantly, ECR, along with other regions in the state, was able to build relationships across service systems, combat the stigma associated with brain health concerns, and provided much needed relief to Iowans suffering from the effects of the unprecedented pandemic.

The East Central Region continues to strive to meet Access Standards on all core services. The region worked throughout FY21, despite the pandemic, to ensure that service development and implementation were planned for the remaining core services. Obstacles to full implementation were present in the form of provider safety and staffing concerns, as well as the pace of service development in partnership with the state’s Managed Care Organizations.

The East Central Region continued implementation of the first tier of children’s behavioral health services with access to assessment and evaluation, outpatient counseling, and medication management. The region has offered Mobile Crisis Response for children and families since the service has been operational in the region, and efforts are currently underway to expand these services. Prevention Services have been offered through yoga and mindfulness activities in schools and the region’s youth shelters. Children’s Behavioral Health Education is also available for schools through a grant process. In addition, as stated above, a significant amount of CARES funds were provided for children’s behavioral health response and prevention. The region spent nearly $1.6 million of the total CARES funds directly for the benefit of children.

Evidence Based Practices were reviewed through efforts at the state and local level as ECR staff continue to participate in statewide committees for the standardization and implementation of the EBPs identified in the Iowa Code. The East Central Region is an active participant on each committee and is leading or co-leading three of them.

Trainings continued to be held virtually throughout the year. The Learning Community Steering Committee continues to meet monthly to determine training needs being noted by providers. Crisis Intervention Training (CIT), Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Question/Persuade/Refer (QPR), NAMI In Our Own Voice, NAMI Connections, THRIVE, LGBTQ 101, Trauma Informed Care, “We’re in this together” (COVID perspective for providers), Staff Retention, and “Pivot: Knowing how and when to change” were offered through virtual or in-person means. For people with lived experience, WRAP Facilitator training was also funded, as well as the Iowa Empowerment Conference.

# ECR Organizational Chart



# Appendix A

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 |
| Ned Rohwedder | 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 | DubuqueJenn Wolff Peer Bremer  |
| 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 | 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 | Linn |
| Andrew Beer | Provider of MH/DS Services | Linn |
| Linda Duffy | Provider of MH/DS Services | Dubuque |
| 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 |
| Vacant | Pediatrician |  |
| Melissa Paulsen | Provider of MH/DS Services | Jones |
| Ann McDonough | RGB Liaison  | Dubuque |