



MHDS OF THE EAST CENTRAL REGION

FY22 ANNUAL REPORT

SUBMITTED

12/1/22

GEOGRAPHIC AREA: Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, Linn

REVIEWED BY ADVISORY BOARD: 11/29/22

APPROVED BY GOVERNING BOARD: 11/29/22

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Introduction

The Mental Health/Disability Services 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 FY2022 Annual Report covers the period of July 1, 2021 to June 30, 2022. 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.

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	716	4985	5701	40
Mental Illness, Intellectual Disabilities	2	29	31	40, 42
Mental Illness, Intellectual Disabilities, Other Developmental Disabilities	0	3	3	40, 42, 43
Mental Illness, Other Developmental Disabilities	3	34	37	40, 43
Intellectual Disabilities	1	46	47	42
Intellectual Disabilities, Other Developmental Disabilities	0	17	17	42, 43
Other Developmental Disabilities	3	51	54	43
Total	725	5165	5890	99

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

FY 2022 Actual GAAP	MHDS of East Central Region MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		Adult	Child	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient	120	3									123
42306	Psychotherapeutic Treatment - Medication Prescribing	35										35
43301	Evaluation (Non Crisis) - Assessment and Evaluation	1										1

71319	State MHI Inpatient - Per diem charges	19									19
73319	Other Priv./Public Hospitals - Inpatient per diem charges	4									4
Basic Crisis Response											
32322	Support Services - Personal Emergency Response System	1				1					2
44301	Crisis Evaluation	181	69								250
44307	Mobile Response	1088	475								1563
44313	Crisis Stabilization Residential Service (CSRS)	165	4								169
44396	Access Center start-up/sustainability/coordination	689	8								697
Support for Community Living											
32325	Support Services - Respite Services			1		1					2
32329	Support Services - Supported Community Living	93	2	19		31	1				146
Support For Employment											
50362	Voc/Day - Prevocational Services	1		1		1					3
50364	Voc/Day - Job Development	15		1							16
50367	Day Habilitation	22	1	18		18					59
50368	Voc/Day - Individual Supported Employment	12		8		15					35
50369	Voc/Day - Group Supported Employment	1									1
Recovery Services											
45366	Peer Family Support - Peer Support Services	1									1
Service Coordination											
Sub-Acute Services											
64309	Sub Acute Services (6+ Beds)	1	1								2
Core Evidence Based Treatment											
42398	Assertive Community Treatment (ACT)	10									10
	Core Subtotals:	2459	563	48		67	1				3138
Mandated											
74XXX	Commitment Related (except 301)	1168	147								1315
75XXX	Mental health advocate	1648	69								1717
	Mandated Subtotals:	2816	216								3032
Core Plus											
Justice System Involved Services											
25XXX	Coordination services	287	1								288
46305	Mental Health Services in Jails	297	6								303
Additional Core Evidence Based Treatment											
42366	Psychotherapeutic Treatment - Social Support Services	400	1								401
42397	Psychotherapeutic Treatment - Psychiatric Rehabilitation	2									2
	Core Plus Subtotals:	986	8								994
Other Informational Services											
05373	Public Education Services	356	28								384

	Other Informational Services Subtotals:	356	28									384
Community Living Support Services												
22XXX	Services management	715	16	78	3	101	6					919
31XXX	Transportation	36	2	8		8	1					55
32326	Support Services - Guardian/Conservator	5		13		1						19
32399	Support Services - Other	1		1		1						3
33345	Basic Needs - Ongoing Rent Subsidy	36	1									37
33399	Basic Needs - Other	19										19
41306	Physiological Treatment - Prescription Medicine/Vaccines	15										15
41307	Physiological Treatment - In-Home Nursing	1										1
42396	Psychotherapeutic Treatment - Community Support Programs	5										5
46306	Prescription Medication (Psychiatric Medications in Jail)	97	1									98
63XXX	RCF 1-5 beds	1										1
	Community Living Support Services Subtotals:	931	20	100	3	111	7					1172
Congregate Services												
64329	Comm Based Settings (6+ Beds) - Supported Community Living	11										11
64XXX	RCF-6 and over beds	197	1			1						199
	Congregate Services Subtotals:	208	1			1						210
Administration												
Uncategorized												
Regional Totals:		7756	836	148	3	179	8					8930

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

<u>Date Designated</u>	<u>Access Center</u>
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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.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
7/1/2005	UIHC, Johnson	115
7/1/2018	RHD, Bremer, Buchanan, Delaware, Jones	108
8/1/2018	RHD, Benton,	109
7/1/2005	Abbe Center for Community Mental Health, Linn	122
10/24/2019	Hillcrest, Dubuque	114
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.

<u>Date Designated</u>	<u>Subacute</u>
	Penn Center, Iowa City – beds not operational at this time
3/15/2021	Penn Center, Cedar Rapids

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 one-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 (Serious and Persistent Mental Illness) or multi-occurring conditions and serve individuals with similar conditions in the same site

<u>Date Designated</u>	<u>Intensive Residential Services</u>
	None in development; RFP released with no responses received

C. Financials

Table C. Expenditures

FY 2022 Accrual	ECR MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$1,701,265					\$1,701,265
42306	Medication prescribing & management **	\$219,809					\$219,809
43301	Assessment, evaluation, and early identification **	\$127					\$127
71319	Mental health inpatient therapy-MHI	\$563,463					\$563,463
73319	Mental health inpatient therapy **	\$1,612					\$1,612
	Crisis Services						
32322	Personal emergency response system	\$285		\$2,280			\$2,565
44301	Crisis evaluation	\$88,430					\$88,430
44302	23 hour crisis observation & holding	\$56,178					\$56,178
44305	24 hour access to crisis response						\$-
44307	Mobile response **	\$2,605,939					\$2,605,939
44312	Crisis Stabilization community-based services **	\$94,201					\$94,201
44313	Crisis Stabilization residential services **	\$229,597					\$229,597
44396	Access Centers: start-up / sustainability	\$2,398,273					\$2,398,273
	Support for Community Living						
32320	Home health aide						\$-
32325	Respite		\$50,287	\$52,847			\$103,134
32328	Home & vehicle modifications						\$-
32329	Supported community living	\$1,883,511	\$675,412	\$133,758			\$2,692,681
42329	Intensive residential services						\$-
	Support for Employment						
50362	Prevocational services	\$104,220	\$2,978	\$62			\$107,260
50364	Job development	\$8,685	\$279				\$8,963
50367	Day habilitation	\$461,157	\$466,410	\$116,883			\$1,044,450
50368	Supported employment	\$70,980	\$29,507	\$38,910			\$139,398
50369	Group Supported employment-enclave	\$188					\$188
	Recovery Services						
45323	Family support						\$-

45366	Peer support	\$2,891					\$2,891
	Service Coordination						
21375	Case management						\$-
24376	Health homes						\$-
	Sub-Acute Services						
63309	Subacute services-1-5 beds						\$-
64309	Subacute services-6 and over beds	\$2,800					\$2,800
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	\$273,304					\$273,304
32396	Supported housing						\$-
42398	Assertive community treatment (ACT)	\$78,262					\$78,262
45373	Family psychoeducation						\$-
	Core Domains Total	\$10,845,177	\$1,224,873	\$344,741	\$-		\$12,414,791
	Mandated Services						
46319	Oakdale						\$-
72319	State resource centers						\$-
74XXX	Commitment related (except 301)	\$351,213					\$351,213
75XXX	Mental health advocate	\$247,611					\$247,611
	Mandated Services Total	\$598,824	\$-	\$-	\$-		\$598,824
	Additional Core Domains						
	Justice system-involved services						
25xxx	Coordination services	\$462,792					\$462,792
44346	24 hour crisis line*	\$250,833					\$250,833
44366	Warm line*						\$-
46305	Mental health services in jails	\$385,984					\$385,984
46399	Justice system-involved services-other						\$-
46422	Crisis prevention training	\$44,405					\$44,405
46425	Mental health court related costs						\$-
74301	Civil commitment prescreening evaluation						\$-
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	\$230,059					\$230,059
42397	Psychiatric rehabilitation (IPR)	\$27,179					\$27,179
	Additional Core Domains Total	\$1,401,252	\$-	\$-	\$-		\$1,401,252
	Other Informational Services						
03371	Information & referral	\$112,289					\$112,289
04372	Planning, consultation &/or early intervention (client related) **						\$-

04377	Provider Incentive Payment						\$-
04399	Consultation Other						\$-
04429	Planning and Management Consultants (non-client related)						\$-
05373	Public education, prevention and education **	\$2,456,798					\$2,456,798
	Other Informational Services Total	\$2,569,087	\$-	\$-	\$-		\$2,569,087
Community Living Supports							
06399	Academic services						\$-
22XXX	Services management	\$733,710	\$164,879	\$185,376			\$1,083,966
23376	Crisis care coordination						\$-
23399	Crisis care coordination other						\$-
24399	Health home other						\$-
31XXX	Transportation	\$126,045	\$51,022	\$29,232			\$206,299
32321	Chore services						\$-
32326	Guardian/conservator	\$7,375	\$16,846	\$1,500			\$25,721
32327	Representative payee						\$-
32335	CDAC						\$-
32399	Other support	\$343,929	\$86	\$8,720			\$352,736
33330	Mobile meals						\$-
33340	Rent payments (time limited)						\$-
33345	Ongoing rent subsidy	\$103,750					\$103,750
33399	Other basic needs	\$10,335					\$10,335
41305	Physiological outpatient treatment						\$-
41306	Prescription meds	\$145,287					\$145,287
41307	In-home nursing	\$227					\$227
41308	Health supplies						\$-
41399	Other physiological treatment						\$-
42309	Partial hospitalization						\$-
42310	Transitional living program						\$-
42363	Day treatment						\$-
42396	Community support programs	\$6,518					\$6,518
42399	Other psychotherapeutic treatment						\$-
43399	Other non-crisis evaluation						\$-
44304	Emergency care	\$221					\$221
44399	Other crisis services						\$-
45399	Other family & peer support						\$-
46306	Psychiatric medications in jail	\$18,163					\$18,163
50361	Vocational skills training						\$-

50365	Supported education							\$-
50399	Other vocational & day services							\$-
63XXX	RCF 1-5 beds (63314, 63315 & 63316)	\$608						\$608
63XXX	ICF 1-5 beds (63317 & 63318)							\$-
63329	SCL 1-5 beds							\$-
63399	Other 1-5 beds							\$-
	Community Living Supports	\$1,496,168	\$232,833	\$224,829	\$-			\$1,953,830
	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	\$30,399						\$30,399
64399	Other 6 and over beds	\$3,142,464		\$17,768				\$3,160,232
	Other Congregate Services Total	\$3,172,863	\$-	\$17,768	\$-			\$3,190,631
	Administration							
11XXX	Direct Administration					2,220,999		\$2,220,999
12XXX	Purchased Administration					380,408		\$380,408
	Administration Total					\$2,601,408		\$2,601,408
	Regional Totals	\$20,083,371	\$1,457,706	\$587,338	\$-	\$2,601,408		\$24,729,823
(45XX-XXX)County Provided Case Management								\$-
(46XX-XXX)County Provided Services								\$-
	Regional Grand Total							\$24,729,823

Transfer Numbers and Acceptable Encumbrance (Expenditures should only be counted when final expenditure is made for services/administration). Transfers are eliminated from budget to show true regional finances. Accrual Fund Balance as of 6/30/22 shall exclude encumbered amounts.

13951	Distribution to MHDS regional fiscal agent from member county	\$19,423,840
14951	MHDS fiscal agent reimbursement to MHDS regional member county	\$2,472,600
N/A	Accepted amount to be considered encumbered	\$689,000

*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 2022 Accrual	ECR MHDS Region		
Revenues			
	FY21 Annual Report Ending Fund Balance		\$21,023,426
	Adjustment to 6/30/21 Fund Balance		\$(2,016,600)
	Audited Ending Fund Balance as of 6/30/21 (Beginning FY22)		\$19,006,826
	Local/Regional Funds		\$12,394,843
10XX	Property Tax Levied	11,839,945	
12XX	Other County Taxes	20,835	
16XX	Utility Tax Replacement Excise Taxes	273,965	
25XX	Other Governmental Revenues	200	
4XXX- 5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest	90,698	
6XXX	Use of Money & Property		
8XXX	Miscellaneous	169,200	
9040	Other Budgetary Funds (Polk Transfer Only)		
	State Funds		\$10,373,053.48
21XX	State Tax Credits	553,812	
22XX	Other State Replacement Credits	283,666	
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	9,530,512	
29XX	Payment in Lieu of taxes	105	
93XX	Other (Proceeds Fixed Asset Sale)	4,945	
	Other 26xx,27xx State Grants & Entitlements	13	
	Federal Funds		\$-
2345	Medicaid		
	Total Revenues		\$22,767,896

Total Funds Available for FY22	\$41,774,722
FY22 Actual Regional Expenditures	\$24,729,823
Acceptable Encumbrance	\$689,000
Accrual Fund Balance as of 6/30/22	\$16,355,900

D. Status of Service Development in FY2022

Because the country was still reeling from effects COVID-19 pandemic, MH/DS of the East Central Region worked to ensure that continued service implementation, development, and expansion for children and adults was possible. The critical workforce shortage being experienced in our country, and most notably in the human services field, significantly impacted the region’s ability to aggressively develop new services in FY22.

During this fiscal year, the region continued to support the operations of two access centers and the access hub in Benton County. The region also partially supported a new access hub in Dubuque County with the A New Day walk-in clinic. This system ensures continuity of services throughout the region as a person can present at any of the facilities and be transferred to another, if necessary, for the most appropriate care. Workforce shortages hindered some of the services associated with this network, but the region’s providers remain committed to ensuring these vital services offer citizens of the region timely and responsive care in critical situations.

In January of 2022, the region was able to support the initiation of Crisis Stabilization Community Based Services with Foundation 2. The service was begun for adults and children in Linn County as Foundation 2 scaffolded up employees, training and operational processes then slowly expanded to cover more counties in the region. Foundation 2 continues to struggle with staffing issues for this service, so utilization has been hampered by availability of licensed and credentialed staff.

Of most particular concern regarding service development was related to Intensive Residential Support Homes. ECR issued a Request for Proposals in May 2021. Of the large provider network in the nine-county area, only one proposal was received. Unfortunately, that proposal was withdrawn 5 days later due to the provider having concerns about not being able to staff that intensive level of services.

Children’s service development was also slowed by the pandemic, but the region was able to make steady progress in some areas. A Request for Proposals was issued in March for Children’s Crisis Stabilization Residential Services. Only one proposal was submitted for this service as well; however, it was a successful proposal and approved by the Regional Governing Board. Tanager Place proposed to build a new site that will support 8 crisis beds for children. The region and Tanager Place moved forward with good faith to implement the service, but issues such as Chapter 24 approval for the site, construction plans, attorney for both agencies’ reviews, and Iowa Department of Health and Human Services (HHS) approval slowed the process down. The region was able to successfully apply for an Encumbrance Project, so this project will move forward with service implementation beginning in FY23. The total amount approved for the encumbrance is \$689,000.

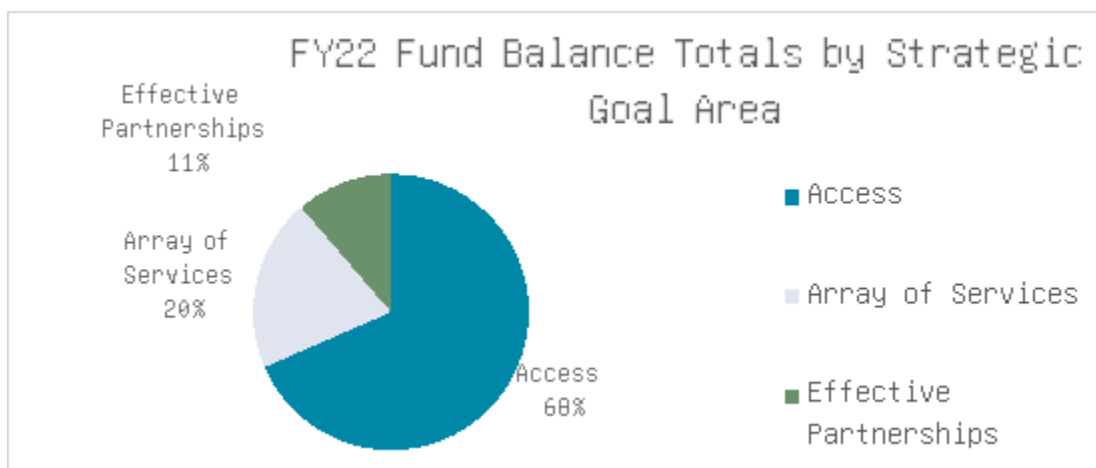
Further children’s behavioral services expansion included the hiring of a Children’s Navigator. The Navigator’s role is to build relationships with school districts and provide support for families who have a child in a behavioral health crisis who have been previously unsuccessful in finding solutions for their child. This position serves the entire region but does not carry a formal caseload. The region also supported a dedicated position of Children’s Coordinator in each of the Mobile Crisis Response providers. The Children’s Coordinators ensure timely response to

children’s crises in school, home, or community settings, and work with school personnel to develop appropriate supports and interventions for children to reduce the likelihood of repeated crises.

ECR continued to support and expand partnerships with law enforcement. During FY22, the region increased the number of law enforcement liaison positions by two to bring the total regionally supported positions to six. The region intends to support at least one of these positions in each county, so expansion will continue in FY23. These positions 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 also began planning for the initiation of a Jail Social Worker position. Meetings were held with the three largest counties in the region regarding need and support for a social worker that will be jointly funded by the county sheriff’s department and the region with intention of implementing the service in FY23. In addition, ECR joined the other MH/DS regions in the state in a contract with Solution Point+ to provide Crisis Intervention Team (CIT) training for all new law enforcement officers who attend the Iowa Law Enforcement Academy. Local CIT training with Solution Point+ will also be implemented in FY23.

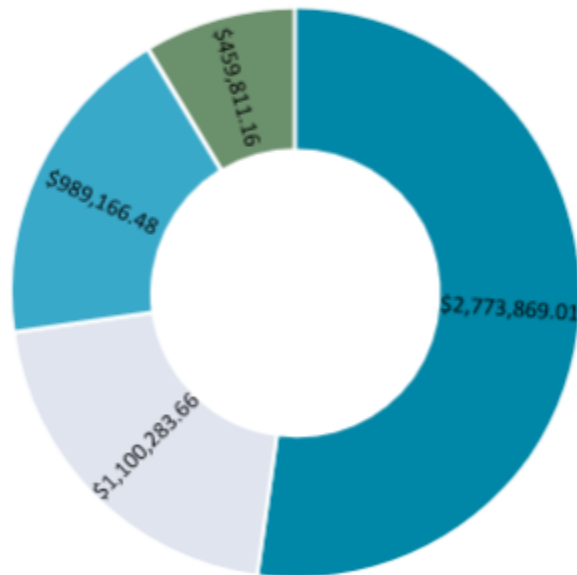
E. Outcomes/Regional Accomplishments in FY2022

FY22 was indeed a year of unique challenges. In addition to continued recovery from the COVID-19 pandemic, the East Central Region was tasked with reducing the total fund balance to 40%. In an effort to reduce local and regional fund balances, the Regional Governing Board approved \$11.3 million in additional projects. Local fund balance projects were approved at the amount of \$5.7 million, and the board approved an amount up to \$6 million for Service Development and Expansion projects. The region actively used these funds to invest in the region’s provider network through direct authorizations, grants and other funding opportunities to develop and enhance services available to our citizens. The impact of these investments is demonstrated by the tables below in relation to the region’s Strategic Plan and population groups served.

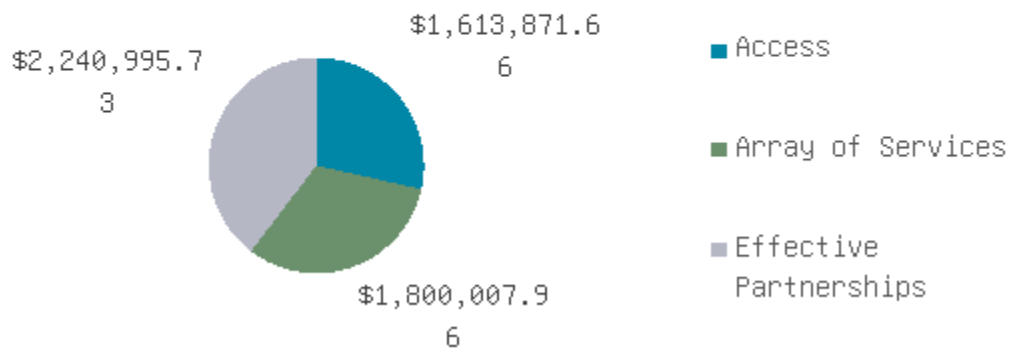


FY22 Fund Balance Projects by Population Served

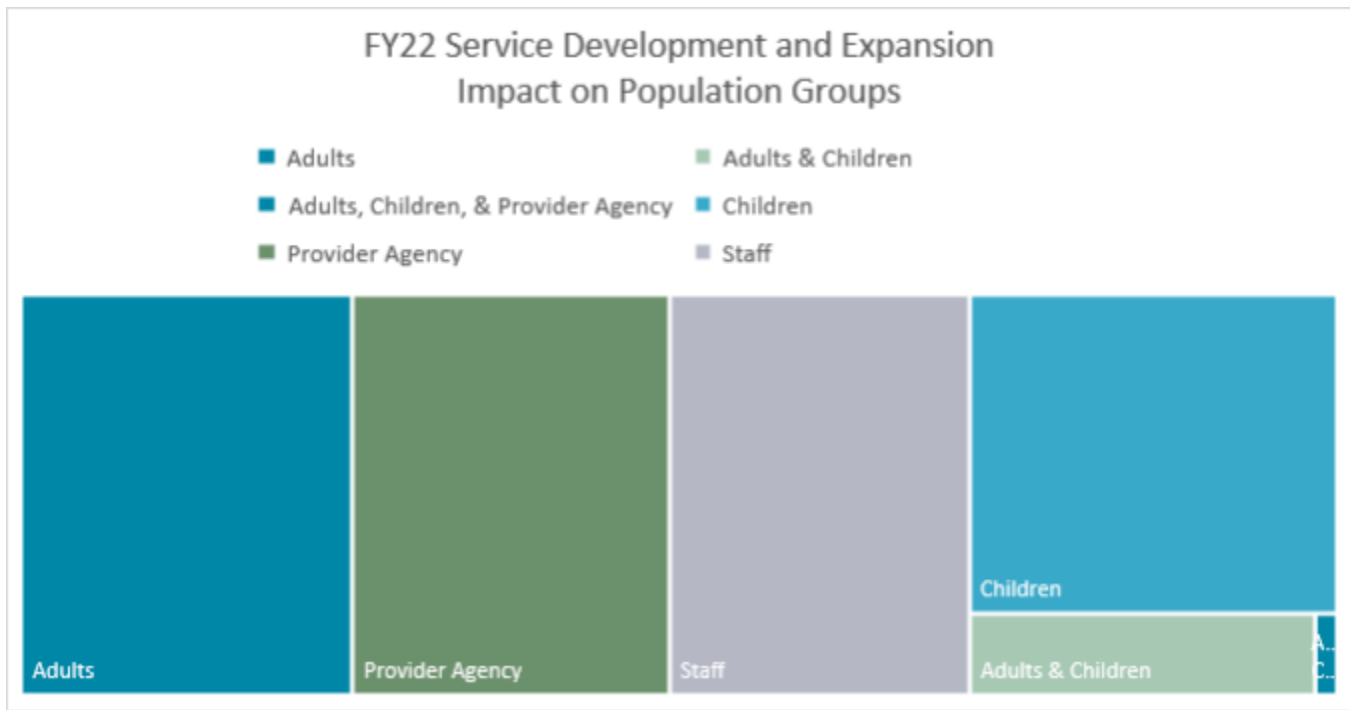
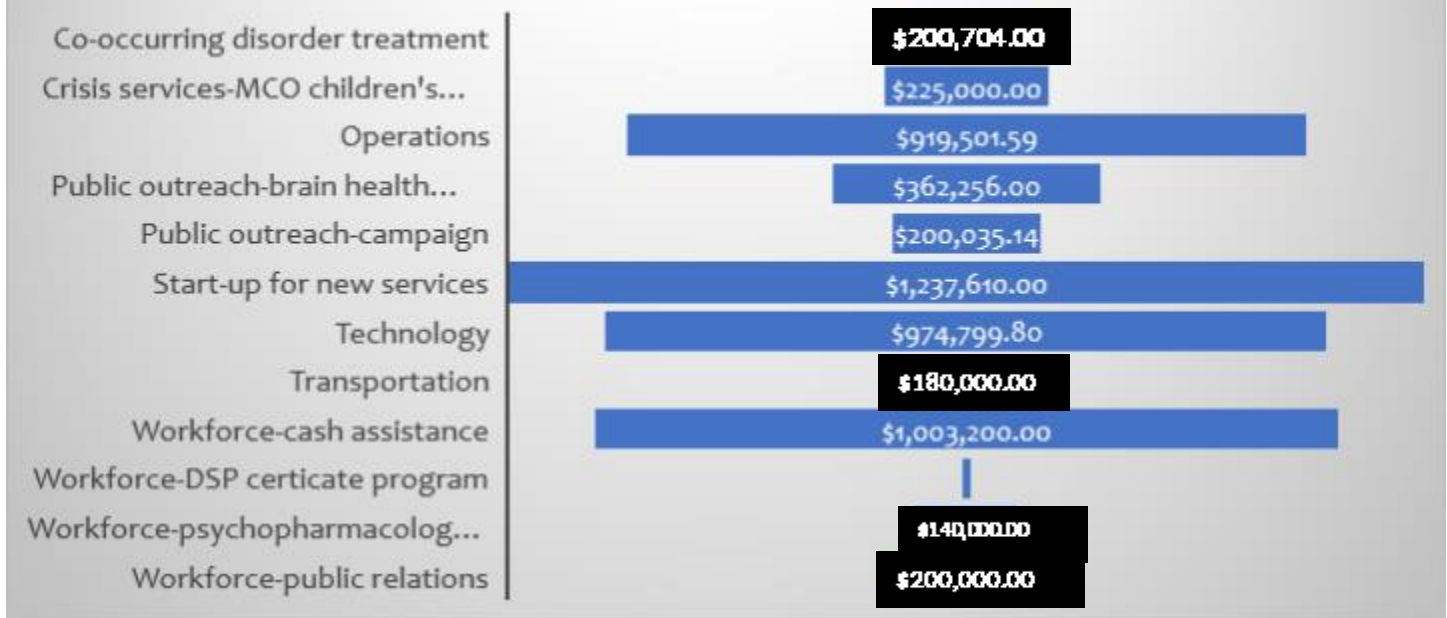
■ Adults ■ Adults and Youth ■ Provider staff ■ Youth



FY22 Service Development and Expansion Impact on Strategic Goal Areas



FY22 Service Development and Expansion



It can be argued that our society is experiencing a brain health emergency, so the region responded with efforts that were collaborative and supportive. Of primary importance to the region was the stabilization and support of our provider network because it is imperative that services are available to those in need. One of the first commitments was to assemble a Workforce Task Force. This task force met throughout the fall of 2021 to examine the need and

brainstorm solutions. Within the parameters of the Service Development and Expansion projects, the Workforce Task Force recommended the following to the Regional Governing Board. All projects were unanimously approved.

Activity	Amount
Cash Assistance for services not eligible for IME ARPA plan	\$1,000,000
*Incentives for providers to encourage their staff to go through DSP Certificate program (replacement wages, bonuses, training stipend)	\$50,000
*Incentives for Providers to accept interns (12 hrs/week X \$12.50 X 20 students for 1 semester)	\$40,000
*Scholarships for participants in Psychopharmacology program	\$110,000
Program startup:	\$100,000
Public relations campaign to promote Human Services careers	\$200,000
Total:	\$1,500,000

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 the entire 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 legislative session was not complete by the time the board considered these priority initiatives, but the Regional Governing Board moved forward with a good faith effort. With these initiatives as the region’s compass, effort and intention were focused on the following areas:

Priority Tier 1

- Effectively partner with the Department of Human Services to implement legislation and ensure that the East Central Region is moving the service planning and delivery system forward in alignment with code and DHS's intentions.
- Assemble a task force to analyze and address workforce shortages that are impacting the region's providers
- Evaluate and make recommendations for more effective and consistent use of Peer Support programs and services
- Continue service development and pursue MOUs with other regions, as necessary, to ensure citizens of the East Central Region have access to all required services
- Develop and implement a campaign that gives practical guidance for families, caregivers, and the general public of how to access services for specific needs
- Pursue and utilize any available ARPA or other federal funds that would support the region's Strategic Plan

Priority Tier 2

- Implement recommendations from the workforce task force on issues that are within the region's control
- Implement the recommendations of the Jail Diversion Evaluation report which includes implementing an educational campaign for the judicial system (judges, sheriffs, probation and parole) on the wide array of jail diversion activities that are supported by the region
- Continue to build relationships with regional school districts and children's providers to assist them in developing systems of support for children with behavioral health concerns
- Partner with Managed Care Organizations to complete development of Intensive Residential Services in the East Central Region
- Contract with a technology company to develop and implement a financial dashboard for the region's website

Priority Tier 3

- Partner with a college located within the region to complete a Gap Analysis of transportation needs across the region
- Increase outreach and partnerships with healthcare providers to bring awareness of the continuum of support for crisis to on-going brain health services
- Continue public outreach so that citizens know brain health support is available and that it's okay to seek help
- Develop and disseminate broader communication during the legislative session to the Regional Governing Board, regional staff, providers and other stakeholders

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.

The East Central Region has a Coordinator of Disability Services that has the responsibility of tracking Evidence Based Practices provided within the region, along with Quality Assurance for all services. The region had active participation on statewide EBP committees this year as well as continued participation on the Permanent Supportive Housing committee that has been in existence for several years.

The region's Adult Advisory Committee is an active committee that meets monthly. In reviewing the annual progress with the committee, members shared that the Access Centers and Access Hubs have had a tremendous impact on the community and that those services will continue to grow but a concern was shared about the

sustainability for those services to remain viable. Another accomplishment noted by the committee was the public awareness outreach campaign with Pat the Llama. This campaign has been successful in spreading the message that is it ok to not be ok and if you are feeling off, you can 'get a checkup from the neck up.' The campaign has opened up communication about receiving services, thus breaking down some stigmatization surrounding those with brain health concerns. Another positive noted by the committee was that the amount of training that was offered in the region was remarkable. The Learning Community Steering Committee plans large group trainings and other specialized trainings. This committee demonstrates collaboration between the region and the providers. One last compliment from the committee was the impact that fund balance projects had on communities. These projects were able to have an impact on nontypical providers such as law enforcement and schools.

The region continued to actively support learning and growth through training opportunities this fiscal year. Crisis Intervention Team training (CIT), Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), Question/Persuade/Refer (QPR), NAMI In Our Own Voice, and NAMI Connections were offered during FY22. Peer Support Specialists were able to attend Wellness Recovery Action Plan (WRAP) training, as well as the Iowa Empowerment Conference. Community Resilience, Positive Behavioral Supports, C3 De-escalation and Phone De-escalation Strategies trainings were also provided.

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	Dubuque	
Jenn Wolff	Peer Support Specialist	Jenn Wolff	Peer Specialist
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 Hassenius	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