

The January 26th, 2023, Mental Health/Disability Services of the East Central Region Governing Board meeting was brought to order at 1:02 pm. The meeting was located at Kirkwood – Linn County Regional Center, 1770 Boyson Rd., Hiawatha, IA 52233 and by Zoom.

Board Members: GARY BIRSCHENK BENTON CO | DEWEY HILDEBRANDT BREMER CO | DAWN VOGEL BUCHANAN CO | SHIRLEY HELMRICHS DELAWARE CO | ANN McDONOUGH DUBUQUE CO | JONATHAN DEGEN IOWA CO | ROD SULLIVAN JOHNSON CO | NED ROHWEDDER JONES CO (ABSENT) | BEN ROGERS LINN CO | DIANE BRECHT ADULT PROVIDER REP | JENN DAY ADULT & FAMILY PEER REP | AMY GRASK CHILDREN'S PROVIDER REP | MELISSA O'BRIEN CHILDREN'S EDUCATOR REP (ABSENT) | ANGELA ZIMPHER PARENT REP (ABSENT)

The Regional Governing Board Chair moved to elect a board chair. A nomination was entered for Dewey Hildebrandt.

**M/S/C:** Helmrichs & McDonough to approve Dewey Hildebrandt as the Regional Governing Board Chair.

The Regional Governing Board Chair moved to elect a board vice-chair. A nomination was entered for Ben Rogers.

**M/S/C:** McDonough & Helmrichs to approve Ben Rogers as the Regional Governing Board Vice-Chair.

**M/S/C:** Vogel & Rogers to approve the January Regional Governing Board agenda.

**M/S/C:** Rogers & McDonough to approve the previous meeting minutes of the Regional Governing Board.

No conflict of interest regarding agenda items.

The Regional Governing Board Chair moved to appoint a new finance committee representative. Ann McDonough is a current representative for the Regional Governing Board. Jon Degen accepted the invitation to serve on the committee.

**M/S/C:** Vogel & Rogers to approve Jon Degen as a representative to the Finance Committee.

The board chair introduced Samantha Berglin for consideration as the Dubuque County Coordinator. She was present to share her experience.

**M/S/C:** McDonough & Sullivan to approve the Dubuque County Coordinator.

Jenn Day presented an ECR Advisory Committee update with information on the presentation from Iowa Peer Support Network. Discussion on Legislative Priorities and costs for the certification of Peer Support Specialists. The ECR Advisory recommends an application for Barb Otting as the Jones County Peer & Family Member Representative to the ECR Advisory Committee.

**M/S/C:** McDonough & Helmrichs to approve the applicant to the ECR Advisory Committee.

Julie Davison requested approval of November claims in the amount of \$1,113,034.51 and December claims in the amount of \$1,914,093.78 with 3<sup>rd</sup> quarter payment to the counties included.

**M/S/C:** Rogers & Vogel to approve the November and December claims presented.

Deb Seymour-Guard requested approval of the FY23 2<sup>nd</sup> quarter payment to the Fiscal Agent in the amount of \$8,935.71 with 357 checks issued.

**M/S/C:** Helmrichs & Rogers to approve the FY23 payment to the Fiscal Agent.



Deb Seymour-Guard included written information for the November financials and presented the most updated information with the December Financial Report including total revenues at \$2,621,219 that includes the 3<sup>rd</sup> quarter payment from the state in the amount of \$2,547,273. The YTD total is 75%. Deb noted 5-year revenue trends. Regular operations expenses for November were \$1,113,035 and for December they were \$1,913,896 (36%). It was noted that regular operations budget is also about the same percentage this year as this time last year. The 5-year expense trends were shared with a breakout of expenses by group type, HHS category, and service type. Cash revenues less cash expenses equal a net cash of \$6,653,685. Fiscal Agent cash balance at \$23,175,785.09.

**M/S/C:** Bierschenk & McDonough to approve the November and December Financial Report.

Deb Seymour provided the professional consulting services contract for Cost Advisory Services, Inc. to review and provide recommendations to the region for reimbursement costs to the member counties in the total amount of \$9,000.

**M/S/C:** Helmrichs & Sullivan to approve the contract with Cost Advisory Services, Inc.

Julie Davison gave a report on the percentage of regional applications approval or denial from FY22. A process was developed to track denials over a 6-month period including data on the service requested, insurance status, denial reason, homelessness, and regional social worker involvement.

Mae Hingtgen presented contracts for the following providers and services:

- Fusion Forward – Website
- New Directions Counseling – Counseling Services
- NICC MOU – Healthcare Outreach – Training
- Heartland Strategies – Advisory Services
- University of Dubuque – Rental Space
- Dubuque Community School District – Brain Health Retreat Room Liaisons

Jan Heidemann presented a contract with Dr. Celina Peerman for the ECR Excellence Academy and Mae Hingtgen presented a contract with the State of Iowa Judicial Branch for AOT Judicial Referee.

**M/S/C:** Rogers & Sullivan to approve the contracts.

Amy Ortiz, Outreach Coordinator from the Iowa Peer Network shared information on peer support services they provide in the region including mission and goals. Information on a Peer Support Summit taking place in West Des Moines in May was announced.

Mae Hingtgen presented revisions to the Legislative Priorities for final approval after receiving feedback from HHS.

**M/S/C:** McDonough & Helmrichs to approve the Legislative Priorities.

The CEO provide and updated FY23 MOU Exhibit A for Delaware County due to the leave of an employee and to Dubuque County for the hire of Samantha Burglin as the coordinator.

**M/S/C:** Helmrichs & Rogers to approve the MOU Exhibit A for Delaware and Dubuque Counties.

Deb Seymour-Guard presented the FY23 ending fund balance with projections for FY24 and FY25. Deb highlighted recommendations for expenditures above the re-estimate of expenses that will keep the region within current spending authority. Beginning with FY26 the State contribution will be based on a regional service growth factor.



The CEO provided updates:

A presentation of a short and long-term financial outlook was provided. There is \$4,000,000,000 that needs to be spent on projects in the region. Short term solutions for support of the provider network in the region and children's services were shared. Long term projections & solutions were shared for FY24 and FY25 with consideration of revenue for each year.

Proposed FY24 MOUs will be sent to each of the nine-county attorneys for review and approval. The MOU for reimbursement for county employees to the region has a few changes to clarify the roles of the region versus the county. The 2<sup>nd</sup> MOU would be the addition of Exhibit B for Mental Health Advocates that would help standardize the role and responsibilities between the nine counties.

2<sup>nd</sup> Quarter Priority Initiatives status was reviewed. There was also a comparison between the 1<sup>st</sup> and 2<sup>nd</sup> quarter shared to be able to see the progress that has been made.

HHS Mental Health/Disabilities Regions Study Report is required by SF619 to submit a report on the status of the regions to the legislator and was submitted after an extension on January 10th. There is information in the report that is unfavorable to the regions and the CEO noted her disappointment that ECR & the regions collectively did not get accolades for the work that has been done.

Mae Hingtgen presented proposed FY23 Projects with total spending in the amount of \$3,500,000:

- Provider Support (workforce, operations, technology)
- Training
- Provider Response Team
- Camp Scholarships
- Jail Transition Programs
- AEA Partnerships
- 2<sup>nd</sup> Children's Navigator
- Multi-Systemic Therapy Start-Up

**M/S/C:** Helmrichs & Rogers to approve the FY23 Projects with the addition of sub-acute, access centers, and homeless shelters to be included.

Public Comment:

Ann McDonough shared that the bill relating to the term brain health brought forth by Debi Butler passed the first round of approvals in house and senate sub-committees. Mae Hingtgen also noted her presence at the capital in support of this bill and regional priorities.

Todd Lange acknowledged some of the great work being done in the region regarding peer support such as the statewide Warm Line averaging about 1,300 calls a month. He also shared the Mental Health Planning Council made recommendation to HHS to fund run peer run organizations. HHS released a RFP and funded four peer run organizations, two within in our region. There is planned expansion of peer support in the Access Centers. The Iowa Peer Workforce Collaborative based in Iowa City that offers peer support training, with Jenn Day from our region being one of three trainers.

The meeting adjourned at 3:41 PM.

These minutes were approved by the Regional Governing Board.

  
Signature

Dewey Hildebrandt, Board Chairman

  
Signature

Submitted by: Chelle Klootwyk, Administrative Assistant