

**Regional Peer and Family Support Committee
Mental Health/Disability Services of the East Central Region**

www.ecriowa.org

March 23rd, 2023

In attendance

Lisa Bartels
Samantha Berglin
Diane Brecht
Jenna Briasco
Jody Bridgewater
Jenn Day
Becky Evans
Mary Fala
Ron Gilbert
Katelyn Hamilton
Courtney Hammond
Jan Heidemann
Mae Hingtgen
Faraji Hubbard
Chelle Klootwyk
Dominic Klostermann
Sara Knox
Todd Lange
Steve Miller
Ed Murphy
Mike Myer
Todd Noack
Peggy Petlon
Lauren Vorwald
Cherie White
Steffenie Wilmarth

Updates

Iowa Peer Workforce Collaborative – Lauren Vorwald

The website, <https://iowapeersupport.sites.uiowa.edu/>, has been updated with new training opportunities. The next Peer Support Advisory Committee on Thursday March 30th will be open to the public. Speakers will talk about the Farm and Ranch Wellness Program, 988 Rollout and Suicide Prevention. Supervisor training will be two-parts offered virtually on Thursday, April 13th - 1:00 - 4:15 pm and Thursday, April 20th - 1:00 - 4:15 pm. The next Peer Support training will be held from Monday April 3rd through Friday April 7th in West Des Moines. The next Family Support training will be held from Tuesday April 25th through Friday April 28th in West Des Moines. Peer Recovery Coach

Training will be held virtually from Monday April 24th through Friday April 28th. On Thursday April 6th there will be an Ethics Training for Family Support. There will be an Ethics Training for Peer Support on Friday April 21st.

Iowa Peer Network – Sara Knox

Sara participated in the Peer Support Day on the Hill on Wednesday March 22nd. She spoke with her Senator, Representative and Rep. Ann Meyer who is chair of the Human Resources Committee. The Peer Support Summit will be held on Friday May 19th and Saturday May 20th. Registration is open at <https://iowapeernetwork.org/conference-2023/>. There will be an Applied Suicide Intervention Skills Training (ASIST) on Tuesday April 4th & Wednesday April 5th in Cherokee, <https://iowapeernetwork.org/continuing-education/>. Peer Support For Peer Support is held on the 1st and 3rd Wednesday every month at 9:30 am, <https://iowapeernetwork.org/peer-support-4-peer-support/>. There is also a monthly educational meeting on the 2nd Tuesday of the month at 11 am, <https://iowapeernetwork.org/peer-support-4-peer-support/>. The topic on April 11th will be Borderline Personality Disorder.

GuideLink Access Center – Faraji Hubbard

Faraji is providing Peer Support Monday through Friday

Additional Peer Support at GuideLink Center:

- Mondays – Peer Support from NAMI R Place and Abbe Mental Health Center
- Wednesdays – Peer Support from Abbe Mental Health Center
- Thursdays – Trauma-Informed Yoga from NAMI R Place
- Fridays – Peer Support from Abbe Mental Health Center

AbbeHealth – Ron Gilbert

Ron is a liaison with the Linn County Access Center in Cedar Rapids. He is also a liaison with the Abbe for Outpatient Services, Outreach, Hospitalized and Crisis services to connect with services. The Linn County Access Center had its second anniversary on March 9th. There were 99 walk ins in January and 82 walk ins in February. There highest number of walk ins for a month as been 110 with a monthly average of 85 walk ins. 36 people utilized the Crisis Program in January and 29 utilized the Crisis Program in February. The Crisis Stabilization Program was utilized by 5 people in January and by 6 people in February. Ron is a trainer with the Iowa Peer Workforce Collaborative.

Hillcrest Family Services – Dominic Klostermann

The New Day Clinic is open from 8 am to 8 pm Monday through Friday. There is a med provider available Monday through Thursday. There are referrals to the Wellness Center.

AbbeHealth – Cheryl Schatzle

There is Peer Support outreach to St. Luke's Partial Hospitalization Program in Cedar Rapids on the 1st Wednesday of the month. There will be Peer Support outreach to Mercy Hospital in Cedar Rapids on the 2nd Wednesday of the month. Mike provides vocation and housing support at Club 520. In the last couple of months, Mike has supported 8 individuals with housing working with Waypoint Services, the Projects for

Assistance in Transition from Homelessness (PATH) Program at Abbe, Willis Dady, Hawkeye Area Community Action Program (HACAP) and the St. John of the Cross Catholic Worker House. Mike has work with the Willis Dady mattress recycling program to find people employment. The Warm Line is available 365/25/7 and the number is 844-775-9276. In February the Warm Line received 1,275 calls with 365 of those calls from the East Central MHDS Region.

East Central MHDS Region – Peggy Petlon

There is a subcommittee consisting of Peggy, Jody Bridgewater and Julie Davison looking at the use of Peer Support in the Region.

NAMI Linn County – Steve Miller

Steve participated in the NAMI Iowa Day on the Hill and spoke with Senator Liz Bennett. The NAMI Walk will be held at Terry Trueblood Park in Iowa City on Saturday May 6th. Former Iowa Basketball Player Kenyon Murray will speak at Mental Health Conference in May. Steve will participate in a Crisis Intervention Team (CIT) in Cedar Rapids on Monday March 27th. The NAMI National Conference will be on May 24th through 27th in Minneapolis. Steve is reading “Your Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families” by Dr. Ken Duckworth.

East Central MHDS Region – Mae Hingtgen

The Region published an Request for Proposal (RFP) to establish Wellness Centers in Buchanan, Delaware and Jones county. Currently, the Region would like to provide technical assistance to establish Wellness Centers in these counties.

Life Connections – Todd Noack

Life Connections offers a Virtual Wellness Center that is available statewide, <https://lifeconnectionsrecovery.org/services/virtual-wellness-recovery/> . In addition, Life Connections provide Rhonda’s House Peer-run Respite, <https://lifeconnectionsrecovery.org/services/rhondas-house/> .14 individuals are signed up for the WRAP Facilitator Training and Refresher to be held at the Linn County Community Services Building in Cedar Rapids from March 27th through March 31st. Life Connections has a contract with the Eastern Iowa MHDS Region to provide Peer Bridger Services. Peer Support Specialists serves no more than 5 people a month. The 15 minute rate was increased on \$12.50 to \$13.13 with no cap on the amount of service provided per person per month. People served are transition from Jail, Hospital or a Rehab Facility for example. Life Connections received a grant from the DD Council for a Peer Support Day at the Capitol on Wednesday March 22nd in which 12 people attended. Participants spoke to Rep. Ann Meyer and Rep. Devon Wood from the House Human Resources Committee. Also, participants Sen. Sarah Trone Garriott among other Legislators. Participants were not able to connect with Sen. Jeff Edler or Sen. Mark Costello. Topics of discussion included support for Peer-run Organizations and the Medicaid reimbursement rate. The DD Council provided a training before people headed to the Capitol.

Todd is volunteering for the Iowa Peer Network Conference which will occur on Friday May 19th and Saturday May 20th. Todd is organizing tables for the event. Speaker applications are due by Tuesday January 31st. Advocacy topics include Medicaid reimbursement and support for Peer-run Organizations. There will be a Wellness Recovery Action Plan (WRAP) Seminar I offered in Osceola from March 14th through March 16th. Another Seminar I will be held in Knoxville from March 21st through March 23rd. For more information contact Todd Noack at todd@lifeconnectionsrecovery.org.

R Place – Jenna Briasco

Remote Peer Support is offered Monday – Friday from Noon to 5 pm and Saturday from 3 to 11 pm to people statewide. People can sign up for weekly Peer Support meetings by phone, text and video. NAMI Connections, Hearing Voice Special Messages Group and Family Support groups are offered virtually statewide. For more information visit, <https://namijc.org/r-place/>.

CRUSH of Iowa – Courtney Hammond

Courtney is the Volunteer Coordinator. CRUSH of Iowa has 13 trained Recovery Coaches. A variety of Alcoholics Anonymous and Narcotics Anonymous groups are offered. There will be an Overdose Aware Event on Saturday August 19th. CRUSH of Iowa will host the 1st clean and sober rave at the McGrath Amphitheater in Cedar Rapids. There is a trauma yoga and arts group offered. There are SMART Recovery Groups offered at Area Substance Abuse Council (ASAC), HOI and other locations in Cedar Rapids. Free training for Narcan, overdose reversal is available. There are vouchers for Narcan available at the Cedar Care Clinic. CRUSH of Iowa would like to Recovery Coaching in Hospital Emergency Rooms. Working on making the monthly calendar available on the website. For more information contact Courtney Hammond at courtney.hammond@crushrcc.org.

Eastern Iowa MHDS Region Peer Support Committee Update – Todd Noack

The Peer Support Committee for the Eastern Iowa MHDS Region meets on the first Thursday of the month at 9 am in person and via Zoom and everyone is welcome. The next meeting will be on Thursday April 6th. Jennifer Swoka from Prairie Ridge spoke at the last meeting. For more information contact Todd Noack at todd@lifeconnectionsrecovery.org

Statewide Peer Support Resources – Todd Lange

Todd Lange is gathering a list of Peer Support resources that are available statewide.

Abbe Statewide Warm Line

- A Peer Support Specialist is always available by phone, 365/24/7.
- On demand, no scheduled appointments.
- 844-775-9276

R Place Remote Peer Support

- Remote Peer Support via Zoom, phone or text.
 - Can set up regular appointments with a Peer Support Specialist.
- Support Groups.
 - Connection Recovery Support Group
 - Family Support Group
 - Hearing Voices, Special Messages
 - Peer to Peer
- Flyer attached.

Rhonda's House Peer-run Respite

- Rhonda's House Peer-run Respite
 - Guests receive recovery support from trained and caring peer staff members for up to 7 days in a home like environment.
 - Located in DeWitt and available to anyone throughout the state.
 - <https://lifeconnectionsrecovery.org/services/rhondas-house/>
- Virtual Recovery Center
 - Join for Virtual Wellness any time 5 pm - 10 pm Monday through Friday or 12 pm - 5 pm on the weekends.
 - Specific groups run 5:30 pm - 6:30 pm Monday through Friday or 12:30 pm - 1:30 pm on the weekends.
 - <https://lifeconnectionsrecovery.org/services/virtual-wellness-recovery/>

Peer Support Inventory

Todd Lange reviewed the Peer Support Inventory that he sent out earlier in the morning and welcomed feedback.

Future Meeting Topics

Suggestions for future speakers\topics:

- Devon McClurken from the Office of Recovery Services
- Liz Sweet and Cody Crawford from the Department of Health and Human Services about Recovery Coaching
- Bethany Kohoutek from NAMI Iowa

It was decided that Open Dialogue would be a good topic to send an update via email. Ideas can be sent to Todd at todd.lange@amerigroup.com .

Other Discussion

None.

Follow Up

Send out R Place Flyer – Todd Lange

Send list of WRAP Facilitators to AbbeHealth – Todd Noack

Next Meeting

Thursday April 27th at 9:00 am

Meeting will be held via Zoom

and

Kirkwood Regional Center, Linn County Room 100 at 1770 Boyson Road in Hiawatha