

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

[www.ecriowa.org](http://www.ecriowa.org)

**June 22<sup>nd</sup>, 2023**

In attendance

Morgan Badtram  
Samantha Berglin  
Jenna Briasco  
Jody Bridgewater  
Jan Heidemann  
Mae Hingtgen  
Faraji Hubbard  
Chelle Klootwyk  
Sara Knox  
Todd Lange  
Mike Meyer  
Steve Miller  
Ed Murphy  
Todd Noack  
Jason Orent  
Peggy Petlon  
Cheryl Schatzle  
Jodi Sears  
Jim Vansteenburgh  
Lauren Vorwald  
Cherie White

Updates

Amerigroup – Todd Lange

Also, Todd has spoke with Cody Crawford & Liz Sweet from HHS about Recovery Coaching opportunities and speaking at an upcoming meeting.

Iowa Peer Workforce Collaborative – Lauren Vorwald

The website, <https://iowapeersupport.sites.uiowa.edu/> , has been updated with new training opportunities. On June 1<sup>st</sup> and 8<sup>th</sup> there will be a Supervisor Training. 19 people participated in the Peer Support Training held from June 12<sup>th</sup> to the 16<sup>th</sup>. The next Peer Support Training will be held during September in Sioux City with the applications open in August. The next Family Peer Support Training will begin with an online training followed by an in-person portion in Coralville during August. The next Peer Recovery Coaching Training will be held from July 17<sup>th</sup> to the 21<sup>st</sup>. The next Ethics Training will be held on Friday August 11<sup>th</sup> from 8:30 am to 4 pm.

#### AbbeHealth – Mike Myer & Cheryl Schatzle

The Warm Line is fully staffed. In May the Warm Line received 1,414 calls with 355 of those calls from the East Central MHDS Region. The Warm Line is available 365/25/7 and the number is 844-775-9276. Working on getting the word out about the Warm Line. The Warm Line is continued to be funded for 365/24/7 after the ending of Project Recovery Iowa funding. Club 520 in Cedar Rapids is open Monday through Friday from 12:30 to 3:30 pm and has about 25 people attending a day. There are Motivational, Chair Yoga and Arts & Crafts groups being offered at Club 520. Today there will be a group going to the musical Rock of Ages at Theatre Cedar Rapids.

#### GuideLink Access Center – Faraji Hubbard

The Quarterly Report was released this month. As of May 31<sup>st</sup>, there have been 3,638 encounters. Austin Snell, Peer Support Specialist from AbbeHealth, is at the GuideLink Access Center in Iowa City 3 days a week and will be there 3 days a week starting on July 1<sup>st</sup>. Peer Support Specialists from R Place are at the GuideLink Access Center Monday night and Thursday provide Trauma Informed Yoga.

#### R Place – Jenna Briasco

Remote Peer Support Program offers virtual Peer Support via phone, text and video. Appointments of up to 30 minutes can be scheduled. The program is available Monday through Friday from 12 to 5 pm and Saturday from 11 am to 4 pm. There are also virtual NAMI groups offered and a virtual Hearing Voices Special Messages group. In addition, Family Support is offered. Gauging interest in offering a Peer to Peer calls in person at Iowa City. For more information visit, <https://namijc.org/r-place/>.

#### Iowa Peer Network – Sara Knox

Received positive feedback from the Peer Support Summit held in May. Peer Support for Peer Support meetings are held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month at 9:30 am. There are Monthly Workshops held on the 2<sup>nd</sup> Tuesday of the month at 11 am with different topics each month. On July 11<sup>th</sup> the topic will be Trauma Informed Care. Starting a meeting for Peer Support supervisors every other month on the 1<sup>st</sup> Thursday at 1 pm. The first meeting will be on Thursday August 3<sup>rd</sup> at 1 pm. For more information visit, <https://iowapeernetwork.org/>.

#### NAMI Dubuque – Jim Vansteenburgh

Moving into Delaware County with a Wellness Center in Manchester that will be open 20 hours a week. There will be satellite offices in Manchester and Monticello. Jim and David Lange are facilitating a NAMI Connections group in the Dubuque County Jail. There is also a Peer to Peer group at the Liberty Recovery Community Center in Dubuque. Family to Family and Peer to Peer groups will be offered at the NAMI Program Center in Dubuque. There is a Wellness Recovery Action Plan (WRAP) group starting today at the Salvation Army in Dubuque. NAMI Mommy postpartum depression monthly group meets. There is a monthly bereavement group for those who have lost someone to suicide. There is a Women's Group meeting on the 3<sup>rd</sup> Saturday of the month. A Men's Brain Health Group on the 2<sup>nd</sup> Tuesday of the Month. Also, there is

mindfulness at the Dubuque Art Museum. Barb Otting and Jim Vansteenburgh received Governor's Volunteer Awards.

Iowa Total Care - Bill Ocker

Iowa Total Care would like to expand the use of Peer Support. Staff will visit Rhonda's House Peer-run Respite in DeWitt during June.

Plugged In Iowa – Jason Orent

Have been in Cedar Rapids the last year and half working at another organization. The Wellness centers in Vinton, Tama, Decorah and Charles City are still open. Offering one on one Peer Support in Cedar Rapids funded through the East Central MHDS Region. Reopened the Wellness Center in New Hampton.

East Central MHDS Region – Mae Hingtgen & Peggy Petlon

NAMI Dubuque will open a Wellness Center in Manchester. Working with the Governing Board on Memorandum of Understandings (MOU).

NAMI Linn County – Steve Miller

Steve attended the NAMI Conference in Minneapolis at the end of May. Ending the Silence Conference in Cedar Rapids will happen in October at the Public Library.

Life Connections – Todd Noack

Life Connections offers a Virtual Wellness Center that is available statewide, <https://lifeconnectionsrecovery.org/services/virtual-wellness-recovery/>. The Wellness Center will move to Clinton and there will be a grand re-opening on Tuesday July 11<sup>th</sup>. Received a capacity building grant from Amerigroup to support the Wellness Center, Peer-run Respite, WRAP training and technology. Todd Noack at [todd@lifeconnectionsrecovery.org](mailto:todd@lifeconnectionsrecovery.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 July 6<sup>th</sup>. Devon McClurken spoke about the Office of Recovery Services. For more information contact Todd Noack at [todd@lifeconnectionsrecovery.org](mailto:todd@lifeconnectionsrecovery.org)

Wellness Recovery Action Plan (WRAP) Update

None.

Future Meeting Topics

Cody Crawford from the Iowa Department of Health and Human Services will speak about recovery-based substance use initiatives in July.

Other Discussion

None.

Follow Up

None.

Next Meeting

Thursday July 27<sup>th</sup> at 9:00 am

Meeting will be held via Zoom

and

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