

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

www.ecriowa.org

July 27th, 2023

In attendance

Ruth Bindani
Morgan Badtram
Samantha Berglin
Diane Brecht
Jenna Briasco
Cody Crawford
Arisa Engel
Ruth Hart
Jan Heidemann
Mae Hingtgen
Faraji Hubbard
Chelle Klootwyk
Todd Lange
Kellee McCrory
Mike Meyer
Steve Miller
Todd Noack
Jean Ohlen
Cheryl Schatzle
Angela Speltz
Lauren Vorwald

Health and Human Services Update – Cody Crawford

Cody gave an update on recovery-based initiatives at Health and Human Services (HHS). The first area of focus is housing. There is a lack of safe and affordable housing. HHS has contracted with the National Alliance for Recovery Residences (NARR) to look at housing best practices for people in substance use recovery. The Substance Abuse and Mental Health Services Administration (SAMHSA) uses NARR as a resource. NARR doesn't certify individual houses but does national work around research and advocacy. There are statewide affiliates that provide certification and technical assistance. Iowa does not have an affiliate and there are 30 affiliates throughout the country. Another 10 to 12 states are working on an affiliate including Iowa. The Missouri NARR affiliate has certified 4 houses in Iowa. There is work in Iowa with the Virginia affiliate to set up an affiliate in the state and the efforts are led by HHS with some funding. There will be a separate 501c3 created for the Iowa affiliate. All organizations certified as recovery housing are Peer-run Organizations. NARR delineates 4 levels of service. 1 is House or apartment, 2 is housing with staff & not 24 hours, 3 is housing with 24 hours staffing with some clinical expertise with meetings &

case managers and 4 is residential. These guidelines are flexible. Can't charge rent because of Fair Housing regulations. The regulations won't allow people to be removed from housing if not sober. However, service fees can be charged. Recovery Housing can have a specialty such as serving LGBTQ+ individuals, families or Veterans. Peer staff existing houses. There are no clinical staff. Funding through Federal State Opioid Response Funds and SAMHSA discretionary funds. Payments go through the individual resident and not to the house itself. The Iowa NARR affiliate can go after different funding sources than HHS. Missouri and Virginia have line item budget items to pay for per bed per night or overhead. In Iowa, the biggest limitation that don't have funds for startup or overhead. Currently the certified Recovery Houses are Beacon in Des Moines for women, 2 sites by Kingdom Living in Des Moines for women and men and Cedar River Haven in Letts for women. There are just over 100 beds statewide. Would like to double or triple the number of NARR providers over the next few years. Missouri and Virginia NARR certified provider almost exclusively use Peers and might have administrative staff that are not Peers. HHS would like to see Recovery Housing in each county.

Recovery Community Centers are Peer-run and Peer-led programs. Which means that the organization that 50% +1 of the staff and the board are Peers with lived experience of substance use. There are 4 Recovery Community Centers funded by HHS. CRUSH in Cedar Rapids and Full Circle in Council Bluffs, Des Moines & Sioux City. The Connecticut Community for Addiction Recovery (CCAR) has provided technical assistance. Recovery Community Centers are grounded in harm reduction and many pathways of recovery. Mutual support groups are offered along with art classes AA, NA, Dharma Recovery and a variety of other supports. The CRUSH Recovery Community Center has collaborated with Foundation 2 and the Linn County Access Center. The Full Circle Recovery Community Center in Council Bluffs with the Heartland Peer Support Center. CRUSH is hosting a sober rave in Cedar Rapids on Saturday September 23rd. There was a discussion about breaking down silos as Peer Support Specialists and Recovery Coaches serve people in both mental health and substance use recovery. The Iowa Board of Certification has one credential now for both Recovery Coaches and Peer Support Specialists. People find recovery through natural means, 12 steps or friends and family. HHS would like to see more opportunities for Recovery Coaches such as with the Department of Corrections and in jails. Also, HHS would like to see Recovery Coaches receiving proper supervision. There also a desire for greater connection between mental health and substance recovery efforts.

Updates

AbbeHealth – Mike Myer & Cheryl Schatzle

The Warm Line is fully staffed. In June the Warm Line received 1,287 calls with 300 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.

Amerigroup – Todd Lange

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

Eastern Iowa MHDS Region Peer Support Committee Update – Todd Noack

None.

Future Meeting Topics

None.

Other Discussion

None.

Follow Up

None.

Next Meeting

Thursday August 31st at 9:00 am

Meeting will be held via Zoom

and

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