

The March 8, 2023, Mental Health/Disability Services of the East Central Region Children's Advisory Committee meeting was brought to order at 9:30am. The meeting was located by zoom.

Board Members present: Amy Grask/ Tammy Wetgen-Kesterson/ Early Childhood Iowa, Vicki Ries/ Childcare Provider, Robin Murphy/Provider Tanager Place, Linda Duffy/Provider Rep, Carrie Slagle/ children's advocate, Jim Hessenius/Children's Juvenile Court/ Law Enforcement Rep, Erin Monighan/ Children's Early childhood Iowa rep, Stan Rheingans/ Lucia Herman/ ECR Children's Coordinator.

Lucia Herman, ECR Children's Coordinator, let the committee know that an Education Representative needs to be a member of our Children's Advisory committee. Pursuant to the Code, the ECR is required to have a Regional Governing Board made up of representatives from around the region. One required member is someone who represents education. The ECR invited Stan Rheingans with Keystone AEA to serve as an educational representative member on this committee.

The Advisory Committee nominated Stan Rheingans with Keystone AEA to serve as the Education Representative on the ECR Children's Advisory Committee. Secondly, to make a recommendation to our advisory committee to recommend nomination to serve on the Region Governing Board. M/S/C: Duffy & Hauschild.

Lucia presented **ECR Updates:**

-The ECR identified the need for an additional Children's Navigator. We are in the hiring process. We have identified the need to split the area geographically with the number of schools in our region. The new person will focus on Iowa, Johnson and Linn counties.

-The ECR has added an additional coordinator. The new Coordinator is Samantha Berglin and her office is located in Dubuque County. She will be the region's Quality Assurance and Evidence Based Practices Coordinator.

-ECR is in search of expanding Children's crisis residential services. Consideration to send out another RFP to incorporate this in other areas of our region is under discussion.

-The ECR Children's Crisis stabilization Residential was awarded to Tanager Place. They received Chapter 24 accreditation and approval from the Iowa Department of Health and Human Services. It is currently in the process of construction. The new facility is located at 1020 Summit Avenue SW, Cedar Rapids that will provide Children's Crisis Stabilization Residential Services. We will keep the group updated as to when the facility is fully operational. The ECR region provided financial support of \$689,000. regarding planning,

construction, and operations buildout of the new facility. Once operational the region will pay for services for residing clients.

-As part of prevention and outreach, the ECR purchased Social Emotional Learning kits. These have been distributed to Hacap Head Start classrooms in our region.

-ECR is collaborating with Early Childhood Iowa and childcare centers to get ECR information distributed and to promote materials for Social Emotional Learning, Early intervention using sesame street in communities.

-We released funding opportunities to schools to request funding to include Brain Health Retreat Rooms in their schools. In January, The Dubuque Community School district was approved for retreat rooms and brain health liaison for the Alta Vista Campus, Hempstead, and Senior. If you are not familiar with what a retreat room is. ...

-Other service expansion and funding opportunities- the ECR offered funding opportunities to incorporate Licensed Mental Health Professionals in schools. We did not get the response we had hoped for. Collaboration with Keystone and AEA's is in process to utilize the relationships they already have with schools. The intent would be that they hire the LMHP and send them out to schools in need.

-ECR service expansion now includes Multi-systemic Therapy. The ECR will assist with start-up costs and Tanager Place will provide the service. MST (Multi-systemic Therapy) is a treatment model for at-risk youth and families. Intensive family- and community-based treatment that addresses serious antisocial behavior in juvenile offenders. The goal is to provide parents with skills and resources. It is a goal-oriented program that targets factors in the youth's social network that contribute to antisocial behavior.

-We contracted with Tanager Place for Expressive Arts therapy. This is a community-based program. Expressive arts can help youth develop and better understand their feelings through this emotional outlet. Some of the key benefits of expressive arts activities includes Cultivating Right Brain Development, Supporting Youth to Feel Safe, Connection & Belonging

-Yoga and Mindfulness online platform and in school programs continue.

-We have plans to do another outreach hygiene or emergency kit that will be distributed to our nine counties with a focus on the Access Centers and identified children/adults in need.

-988 the new designated 3-digit code routing callers to the National Suicide Prevention Lifeline is up and running. This new, shorter phone number will make it easier for people to remember and access brain health crisis services. The previous 1-800-273-TALK number will continue to function indefinitely. 988 is a national network of local crisis centers that provides free and confidential emotional support to people in crisis or emotional stress 24 hours a day, 7 days a week in the United States. Foundation 2 reported in February that in the last 3 months they have dispatched mobile crisis response within 60 minutes and have served 234 youth.

-Iowa Department of Health and Human Services (HHS) announced the intent to award contracts for a 3<sup>rd</sup> Managed Care Organization -Molina Healthcare of Iowa. Amerigroup Iowa and Iowa Total Care will continue to serve Iowans in the Iowa Medicaid program.

-New training opportunities have been offered. Dr. Celina Peerman- with The Peerman Group kicked off The ECR Excellence Academy with an on-site leadership training. She will offer 8 hours of leadership courses- 2 hours per month from March- June 2023

The next Children's Advisory Committee meeting is scheduled for June 14<sup>th</sup>, at 9:30am. The Committee had a discussion as to whether this scheduled day and time worked for them. It was agreed to keep it the second Wednesday every quarter.

The meeting was adjourned at 10:30am.