

Healthy Iowans 2017-2021

Iowa's Health Improvement Plan



Mental Health, Illness & Suicide

REVISED August 2019



Coordinated by the
Bureau of Public Health Performance
Iowa Department of Public Health



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FOCUS AREA: Mental Health, Illness, & Suicide

What Health Issues Are Included

Mental Health, Illness, & Suicide

Mental Health, Illness, & Suicide Measures of Health Improvement

MH-1 Decrease the percentage of adults who reported their mental health was not good 14 or more days in the past 30 days.

<u>Overall</u> ☹️	<u>Female</u> ☹️	<u>Ages 18-44</u> ☹️
Target: 9%	Target: 11%	Target: 11%
Baseline: 10% [2016]	Baseline: 12% [2016]	Baseline: 12.5% [2016]
Newest: 11% [2017]≈8%↑ increase	Newest: 13% [2017]≈8%↑ increase	Newest: 13% [2017]≈5%↑ increase
<u>Income less than \$25,000</u> ☹️	<u>Adults with Disability*</u> ☹️	
Target: 17%	Target: 23%	
Baseline: 19% [2016]	Baseline: 25% [2016]	
Newest: 22% [2017]≈16%↑ increase	Newest: 26% [2017]≈3%↑ increase	

Data Source: UnitedHealth Foundation. America's Health Rankings analysis of BRFSS.

<https://www.americashealthrankings.org/explore/2017-annual-report/state/IA> *Additional IDPH analysis of national BRFSS data.

MH-2 Increase the number of mental health providers (per 100,000 population).

<u>Overall</u> ☹️
Target: 129
Baseline: 122 [2016]
Newest: 132 [2017]≈8%↑ increase

Data Source: Centers for Medicare and Medicaid Services, National Provider Identification Registry. Courtesy: University of Wisconsin Population Health Institute, County Health Rankings. Rankings Data & Documentation, National Data & Documentation.

<https://www.countyhealthrankings.org/>

MH-3 Increase the percentage of children ages 3-17 with a mental/behavioral condition who have received treatment or counseling.

<u>Overall</u> ☹️
Target: 66%
Baseline: 63% [2016]
Newest: 61% [2017]≈3%↓ decrease

Data Source: Child and Adolescent Health Measurement Initiative www.cahmi.org. Data Resource Center for Child and Adolescent Health. National Survey of Children's Health (NSCH). National Outcome Measure #18.

<https://www.childhealthdata.org/browse/survey>

MH-4 Decrease the rate of suicides (per 100,000 population).

<u>Overall, age-adjusted</u> ☹️	<u>Male, age-adjusted</u> ☹️	
Target: 13	Target: 22	
Baseline: 14.6 [2016]	Baseline: 24 [2016]	
Newest: 15.1 [2017]≈4%↑ increase	Newest: 24.4 [2017]≈1%↑ increase	
<u>Ages 15-19</u> ☹️	<u>Ages 20-29</u> ☹️	<u>Ages 30-39</u> ☹️
Target: 9	Target: 17	Target: 20
Baseline: 10.3 [2016]	Baseline: 18.8 [2016]	Baseline: 21.6 [2016]
Newest: 15.4 [2017]≈50%↑ increase	Newest: 17.7 [2017]≈6%↓ decrease	Newest: 22.1 [2017]≈2%↑ increase
<u>Ages 40-49</u> ☹️	<u>Ages 50-59</u> ☹️	
Target: 20	Target: 20	
Baseline: 22 [2016]	Baseline: 21.9 [2016]	
Newest: 21.7 [2017]≈1%↓ decrease	Newest: 18.5 [2017]≈16%↓ decrease	

Data Source: CDC, NCHS. Multiple Cause of Death on CDC WONDER Online Database. Data are from the Multiple Cause of Death Files as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program.

<https://wonder.cdc.gov/mcd-icd10.html>

Iowa Health Issue: Mental Health, Illness & Suicide

Iowa Counties with Local Strategies

Adair, Adams, Allamakee, Audubon, Benton, Black Hawk, Boone, Buchanan, Calhoun, Cerro Gordo, Chickasaw, Clarke, Clay, Clayton, Clinton, Davis, Decatur, Des Moines, Dubuque, Greene, Henry, Howard, Iowa, Jasper, Jones, Keokuk, Lee, Linn, Lucas, Madison, Marshall, Mills, Monroe, Muscatine, Plymouth, Pocahontas, Pottawattamie, Poweshiek, Scott, Shelby, Sioux, Story, Union, Van Buren, Warren, Washington, Webster, Winneshiek

These community health improvement plans are available on the Iowa Department of Public Health, Community Health Needs Assessment and Health Improvement Planning (CHNA&HIP) website: <https://idph.iowa.gov/chnahip/health-improvement-plans>

Goals, Objectives & Strategies

Mental Health, Illness & Suicide

Goal #1 Prevent suicide deaths.

Alignment with National Plans

2012 National Strategy for Suicide Prevention

<http://www.surgeongeneral.gov/library/reports/nationalstrategy-suicide-prevention/fullreport.pdf>

Alignment with State / Other Plans

Overall Goal, Iowa Suicide Prevention Plan 2015-2018 <https://idph.iowa.gov/substance-abuse/youth-suicide-prevention>

Mental Health, Illness & Suicide

Objective 1-1 Reduce the annual number of deaths by suicide by 10% from an average of 406 each year (2012-14) to 365 by 2018.

Baseline Year	Baseline Value	Target Year	Target Value
2012-14	406	2018	365

Data Source | Iowa Department of Public Health, Bureau of Health Statistics. Vital Statistics of Iowa. Table 24: Suicide Deaths by & Location | Race and Age, Resident Data. <http://idph.iowa.gov/health-statistics/data>

Mental Health, Illness & Suicide

Strategy 1-1.1 Identify, coordinate, and establish suicide prevention activities across multiple sectors and settings by 2021.

Strategy Type

Community-focused

Strategy Source & Location

Iowa Suicide Prevention Plan 2015-2018, Goal #1.

Who's Responsible

Iowa Suicide Prevention Planning Group

Target Date

Dec 31, 2021

Mental Health, Illness & Suicide

Strategy 1-1.2 Provide care and support to individuals affected by suicide attempts and deaths to promote healing, and implement community strategies to help prevent further suicides.

Strategy Type

Individual/interpersonal-focused

Strategy Source & Location

Iowa Suicide Prevention Plan 2015-2018, Goal #5.

Who's Responsible

Iowa Suicide Prevention Planning Group

Target Date

Dec 31, 2021

Mental Health, Illness & Suicide

Strategy 1-1.3 Provide de-identified data from the Iowa Office of the State Medical Examiner's Case Management System to policy makers in an effort to support suicide prevention efforts, initiatives, and policy change.

Strategy Type
Policy-focused

Strategy Source & Location

Iowa Plan for Suicide Prevention 2015-2018

Who's Responsible

Iowa Office of the State Medical Examiner and the Iowa Department of Public Health, Bureau of Behavioral Health

Target Date

Dec 31, 2020

Mental Health, Illness & Suicide

Goal #2 Reduce the bi-annual numbers of suicidal ideation (thoughts of engaging in suicide behavior) and the number of deaths by suicide in the Iowa Army National Guard.

Alignment with National Plans

Army Regulation 600-63, Army Health Promotion, 14 April 2015; Army Regulation 350-53, Comprehensive Soldier and Family Fitness (unpublished)

Alignment with State / Other Plans

N/A

Mental Health, Illness & Suicide

Objective 2-1 Reduce the number of suicidal ideations by 25% over the next two years, from 46 (2018) to 35 by the end of 2020.

Baseline Year	Baseline Value	Target Year	Target Value
2018	46	2020	35

Data Source & Location | Commanders Critical Information Requirement (CCIR) tracker (unpublished)

Mental Health, Illness & Suicide

Strategy 2-1.1 Ensure that at least one Master Resilience Trainer (MRT) is trained at each unit in the Iowa Army National Guard. The Adjutant Generals policy orders all units to have one MRT trained by the end of October 2017. As of 24 October 2016, 39 are trained out of 53 required.

Strategy Type
Policy-focused

Strategy Source & Location

Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)

Who's Responsible

Unit commanders supported by Iowa Army National Guard Resilience team

Target Date

Oct 1, 2019

Mental Health, Illness & Suicide

Strategy 2-1.2 Provide Applied Suicide Intervention Skills Training (ASIST; aka gatekeepers) to at least 10% of each unit in the Iowa Army National Guard annually.

Strategy Type
Individual/interpersonal-focused

Strategy Source & Location

Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)

Who's Responsible

Commanders identify individuals and Suicide Prevention Office provides training.

Target Date

Oct 1, 2019

Mental Health, Illness & Suicide

Strategy 2-1.3 Provide/train Ask, Care, Escort-Suicide Intervention (ACE-SI) to at least 10% each of each unit in the Iowa Army National Guard annually.

Strategy Type

Individual/interpersonal-focused

Strategy Source & Location

Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (Unpublished)

Who's Responsible

Commanders identify individuals, and Suicide Prevention Office provides training.

Target Date

Oct 1, 2019

Mental Health, Illness & Suicide

Objective 2-2	Reduce the total number of deaths by suicide in the Iowa Army National Guard by 50% from 8 (2014-16) to 4 (2017-2019).	Baseline Year	Baseline Value	Target Year	Target Value
		2014-16	8	2017-19	4

Data Source & Location | Commanders Critical Information Requirement (CCIR) tracker (unpublished)

Mental Health, Illness & Suicide

Strategy 2-2.1 Ensure that at least one Master Resilience Trainer (MRT) is trained at each unit in the Iowa Army National Guard. The Adjutant General's policy orders all units to have one MRT trained by the end of October 2017. As of 24 October 2016, 39 are trained out of 53 required.

Strategy Type

Policy-focused

Strategy Source & Location

Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)

Who's Responsible

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Target Date

Oct 1, 2019

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Strategy Source & Location

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Who's Responsible

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Target Date

Oct 1, 2019

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Strategy Type

Individual/interpersonal-focused

Strategy Source & Location

Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ. (Unpublished)

Who's Responsible

Commanders identify individuals, Suicide Prevention Office provides training

Target Date

Oct 1, 2019

Mental Health, Illness & Suicide

Goal #3 Increase access to behavioral health services across the continuum.

Alignment with National Plans

Healthy People 2020, Mental Health & Mental Disorders

<https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders/objectives>

Alignment with State / Other Plans

N/A

Mental Health, Illness & Suicide

Objective 3-1 Build a care continuum that includes sub-acute services, crisis intervention, crisis homes, nursing facility care community-based services, and more hospital inpatient beds for acutely-ill behavioral health patients.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0	2021	1 continuum of care

Data Source & Location | Iowa Hospital Association 2017 Position Paper
<https://www.ihaonline.org/Advocacy/Legislative-Agenda>

Mental Health, Illness & Suicide

Strategy 3-1.1 Advocate for the following: increase crisis stabilization services in local communities, increase utilization of "transitional level of care units," increase sub-acute services, decrease days waiting placement.

Strategy Type
Policy-focused

Strategy Source & Location

Iowa Hospital Association 2017 Position Paper

Who's Responsible

Iowa Hospital Association

Target Date

Dec 31, 2021

Mental Health, Illness & Suicide

Goal #4 Educate pharmacists to provide services to evaluate mental health pharmacotherapy and make referrals as appropriate.

Alignment with National Plans

N/A

Alignment with State / Other Plans

N/A

Mental Health, Illness & Suicide

Objective 4-1 Pharmacists are educated to provide and utilize the PHQ-9 and assessing the appropriateness of anti-depressant treatment.

Baseline Year	Baseline Value	Target Year	Target Value
2016	0 training session	2019	74 pharmacies offering depression screenings

Data Source & Location | New objective, to be developed.

Mental Health, Illness & Suicide

Strategy 4-1.1 Hold education and training meetings with pharmacists involved in treatment of patients with mental health care needs.

Strategy Type

Professional/provider-focused

Strategy Source & Location

Iowa Pharmacy Association

Who's Responsible

Iowa Pharmacy Association

Target Date

Jan 1, 2021

Mental Health, Illness & Suicide

Objective 4-2 Train pharmacists, pharmacy technicians, and student pharmacists with the skills to recognize mental health condition exacerbations or crises developing and refer to appropriate professional help.

Baseline Year	Baseline Value	Target Year	Target Value
2017	0	2020	100

Data Source & Location | Iowa Pharmacy Association

Mental Health, Illness & Suicide

Strategy 4-2.1 At least 100 pharmacists, pharmacy technicians, and student pharmacists across Iowa are trained in Mental Health First Aid.

Strategy Type

Professional/provider-focused

Strategy Source & Location

Iowa Pharmacy Association

Who's Responsible

Iowa Pharmacy Association

Target Date

Jan 1, 2020

Mental Health, Illness & Suicide

Goal #5 Reduce the use of prisons in Iowa to house individuals with chronic mental health issues.

Alignment with National Plans

N/A

Alignment with State / Other Plans

Iowa Department of Corrections Strategic Plan <http://publications.iowa.gov/21093/>

Mental Health, Illness & Suicide

Objective 5-1 Reduce the number of individuals in prison who have chronic and serious mental health issues by 25%.

Baseline Year	Baseline Value	Target Year	Target Value
2018	8,371	2021	6,278

Data Source & Location | Iowa Corrections Offender Network and ICON-Medical module.

Mental Health, Illness & Suicide

Strategy 5-1.1 Educate service providers in the community on addressing the needs of persons reentering the community from prison.

Strategy Type

Professional/provider-focused

Strategy Source & Location

Department of Corrections series of scheduled meetings in each of the eight judicial districts (unpublished)

Who's Responsible
Department of Corrections Statewide Reentry Coordinator

Target Date
Mar 31, 2017

Mental Health, Illness & Suicide

Strategy 5-1.2 Under the direction of the National Alliance on Mental Illness (NAMI), educate individuals with mental health issues so they may manage their mental health issues on a daily basis. This includes an apprenticeship program for peer to peer.

Strategy Type
Individual/interpersonal-focused

Strategy Source & Location

Ongoing programs/trainings in each Iowa Department of Corrections institution (unpublished)

Who's Responsible
Department of Corrections executive officer for mental health

Target Date
Dec 31, 2018

Mental Health, Illness & Suicide

Strategy 5-1.3 Begin Medicaid sign-up while individuals are still in prison, as part of the reentry process.

Strategy Type
Individual/interpersonal-focused

Strategy Source & Location

Each Iowa Department of Corrections institution (unpublished)

Who's Responsible
Department of Corrections Statewide Reentry Coordinator

Target Date
Ongoing

Mental Health, Illness & Suicide

Goal #6 By 2020, increase the number of Iowans who receive problem gambling treatment.

Alignment with National Plans

N/A

Alignment with State / Other Plans

N/A

Mental Health, Illness & Suicide

Objective 6-1 Increase admissions by Iowa Gambling Treatment Program-funded providers by 10% each year.

Baseline Year	Baseline Value	Target Year	Target Value
2015	268	2020	390

Data Source & Location | I-SMART - Problem Gambling Domain, Office of Problem Gambling Treatment and Prevention
<http://www.idph.iowa.gov/igtp/reports>

Mental Health, Illness & Suicide

Strategy 6-1.1 Develop Annual Targeted Health Promotion Plan/Strategy to drive call to action by Iowans who are struggling with gambling related behaviors or their loved ones.

Strategy Type
Individual/interpersonal-focused

Strategy Source & Location

Iowa Department of Public Health, Office of Problem Gambling Treatment and Prevention, funded providers, and ZLR (contractor)

Who's Responsible
Office of Problem Gambling Treatment and Prevention, funded providers, and ZLR (contractor)

Target Date
Jun 30, 2020

Mental Health, Illness & Suicide

Strategy 6-1.2 COMPLETE: Release an RFP for an integrated call center.

Strategy Type
Policy-focused

Strategy Source & Location

Iowa Department of Public Health, Bureau of Substance Abuse, Office of Problem Gambling and Prevention. RFP will focus on Suicide Prevention, assistance for substance and gambling related issues, including value added services until decision to engage or not engage in services.

Who's Responsible

Iowa Department of Public Health, Bureau of Substance Abuse, Office of Problem Gambling and Prevention

Target Date

Feb 1, 2017

Report Date

Feb 19, 2018

Progress on Strategy

☒ Complete ☐ On track ☐ Off track ☐ No progress

Progress notes: BETS OFF helpline and website merged with Your Life Iowa (YLI) as of 7/1/17, with YLI website going live on 10/23/17. <https://yourlifeiowa.org/>

Mental Health, Illness & Suicide

Strategy 6-1.3 Annually, allocate a minimum 10% of the General Appropriation for Health Promotion activities.

Strategy Type

Strategy Source & Location

Iowa Department of Public Health, Office of Problem Gambling and Prevention

Who's Responsible

Iowa Department of Public Health, Office of Problem Gambling and Prevention

Target Date

June 30, 2020

Mental Health, Illness & Suicide

Strategy 6-1.4 Ensure that each month a minimum of 85% of the "warm-hand-offs" attempted for problem gambling by the Your Life Iowa Call Center are successful.

Strategy Type
Individual/interpersonal-focused

Strategy Source & Location

Iowa Department of Public Health, Office of Problem Gambling and Prevention; Foundation 2 (Your Life Iowa contractor); IDPH funded problem gambling providers

Who's Responsible

Iowa Department of Public Health, Office of Problem Gambling and Prevention; Foundation 2 (Your Life Iowa contractor); IDPH funded problem gambling providers

Target Date

Jun 30, 2020

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