

Mental Health Institute, Independence, Iowa

Circa 1875

INFORMATION ABOUT
MENTAL HEALTH INSTITUTE
INDEPENDENCE, IOWA

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SUPERINTENDENT

MENTAL HEALTH INSTITUTE
INDEPENDENCE, IOWA

GENERAL INFORMATION ABOUT THE HOSPITAL

During the middle of the 19th century, there was only one state facility for the mentally ill in Iowa, located at Mount Pleasant in the southeast corner of the state. In operation but a few years, at the time, it was quickly becoming quite overcrowded. The upshot was a bill, passed by the Iowa Legislature of 1867, appropriating money for the building of a second hospital for the mentally ill. It was to be located west of Independence and became a reality when the doors opened for the admission of patients on May 1, 1873.

Many changes have taken place at the Independence hospital over the years. The name has changed at least twice. In the beginning, it was known as the Hospital for the Insane, or the Insane Asylum. Later, it was re-named the State Hospital, and for nearly three decades, now, it has been known as the Mental Health Institute, one of four in the Iowa Department of Human Services' umbrella. There was an era, many years ago, when this hospital, like many others, was a custodial facility, with patients being hospitalized and staying on for long periods of time. A goodly number spent the greater part of their lives here.

During the late 1930's and again in 1946, there were just under 1800 patients residing here daily, with an average yearly admission rate of 700. Needless to say, the hospital in those times was very overcrowded and the care minimal. Patients were, in effect, warehoused. Progress began shortly after the end of World War II. The really big assist came in 1957, when an enlightened legislature placed emphasis on recruiting qualified professional personnel, in lieu of stressing more "brick and mortar". This emphasis, combined with the advent of newer treatment methods, led to creating an active treatment program with effective staff in all modalities.

The hospital serves 20 counties in Northeast Iowa. This 20-county area is both rural and industrial in character, covers 12,000 square miles, and has a population of approximately 750,000 people. Patients come from all socio-economic and educational levels; 55% of them are voluntary. There are 1,600-1,800 admissions per year and the same number of discharges. The hospital also serves children and adolescent patients from the 23 county catchment area of Mount Pleasant M.H.I. in southeast Iowa.

The hospital is accredited by the Joint Commission on Accreditation of Hospitals. Facilities are available for the care of 251 inpatients. Average daily census for the year 1988 was 232 patients. The hospital admits patients, including children and adolescent, in all diagnostic categories. Currently one-third of the patient population is under twenty-four years of age. Diagnostically, the patients are divided among the entire DSM-III-R spectrum. The hospital offers up-to-date intensive psychiatric treatment; the median length of stay is 26-28 days.

Currently we have a total of 391 employees. This allows us an employee-patient ratio of about 1.7:1 which is, of course, much higher than most public mental hospitals. (Direct-care staff to patient ratio is 1.3:1.). The hospital has completely abandoned the custodial model and patients work only for therapeutic reasons under auspices

of the Activities Therapy Department. Only 10% of our patients are over 65 years of age. The whole program is geared entirely to treatment and not custody.

The therapeutic effort is a comprehensive one, ranging from the use of psychotherapy to medication to the action-oriented therapies. In fact, the total hospital environment is utilized and it is intended that there be many interpersonal transactions of a potentially therapeutic nature. Each patient has an individual treatment plan which focuses on one's problems and also takes into account one's assets. The major aspects of the plan include physical, psychological, education/vocational, and social/cultural, thus making it very inclusive.. Each patient has a number of rights and privileges, which have a great deal to do with promoting one's dignity. Staff members are, in fact, seen as advocates and are charged with seeing to it that these rights and privileges are protected. One of these rights, for example, speaks to the patient taking part in formulating his or her treatment plan, together with staff members, and this is encouraged.

Under the direction of the Superintendent, the hospital is organized both departmentally and by units, in order that the treatment program may be carried out with optimal effectiveness.

There are six major units designed to permit care and treatment of individuals in a stable environment with secure living accommodations, and a continuity of relationships with doctor, nurse, social worker, activities therapists, psychologist, psychiatric aides and others. The units are: Adult Psychiatric, Men and Women; Children's; Adolescent; Alcohol and Drug Abuse; and Geriatric/Medical.

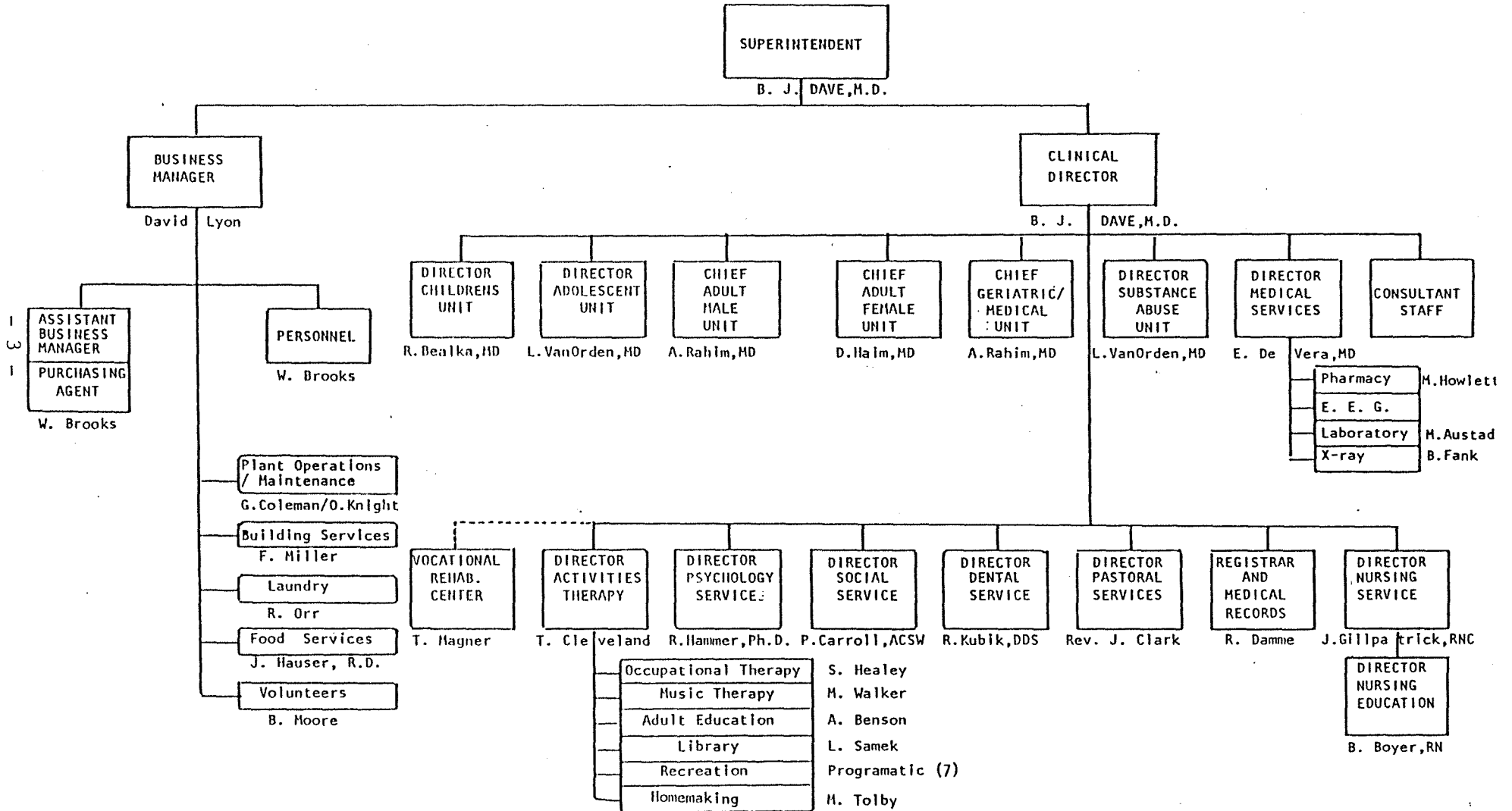
The Mental Health Institute offers all the services of a comprehensive community mental health center as defined by Federal guidelines. We provide complete inpatient services for all diagnostic categories, and outpatient services to those persons living in areas not served by a community mental health center. In addition, all degrees of partial hospitalization are available, including day care, night care and other variations. We provide 24-hour-a-day emergency care seven days a week with a physician being available on the campus at all times. Community education is an important function. There are, in addition, training programs for 17 different disciplines.

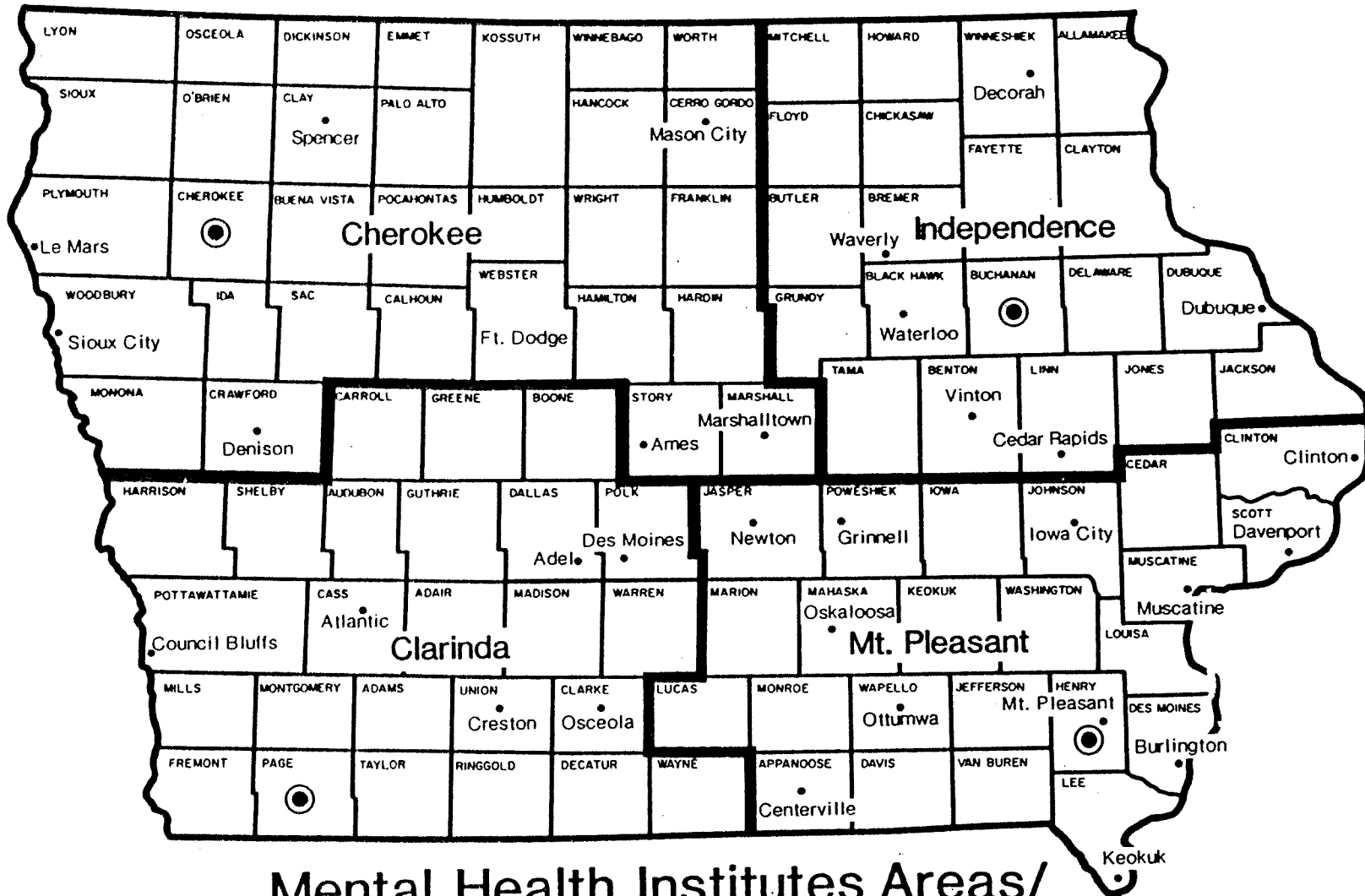
Inpatient and outpatient services provided at the Mental Health Institute are in addition to those services provided by the community resources such as mental health centers, private practitioners, private hospitals, and other community agencies. Resources in the catchment area include eight community mental health centers which service each of the 20 counties, 17 county care facilities, 20 county offices of the Department of Human Services, six general hospitals with separate psychiatric units, twenty-three psychiatrists in private practice, eleven community substance abuse treatment centers and three halfway houses. Public health nurses, probation officers, school social workers, school psychologist, and clergy, are often used as possible after-care resources along with a formal community psychiatric resource.

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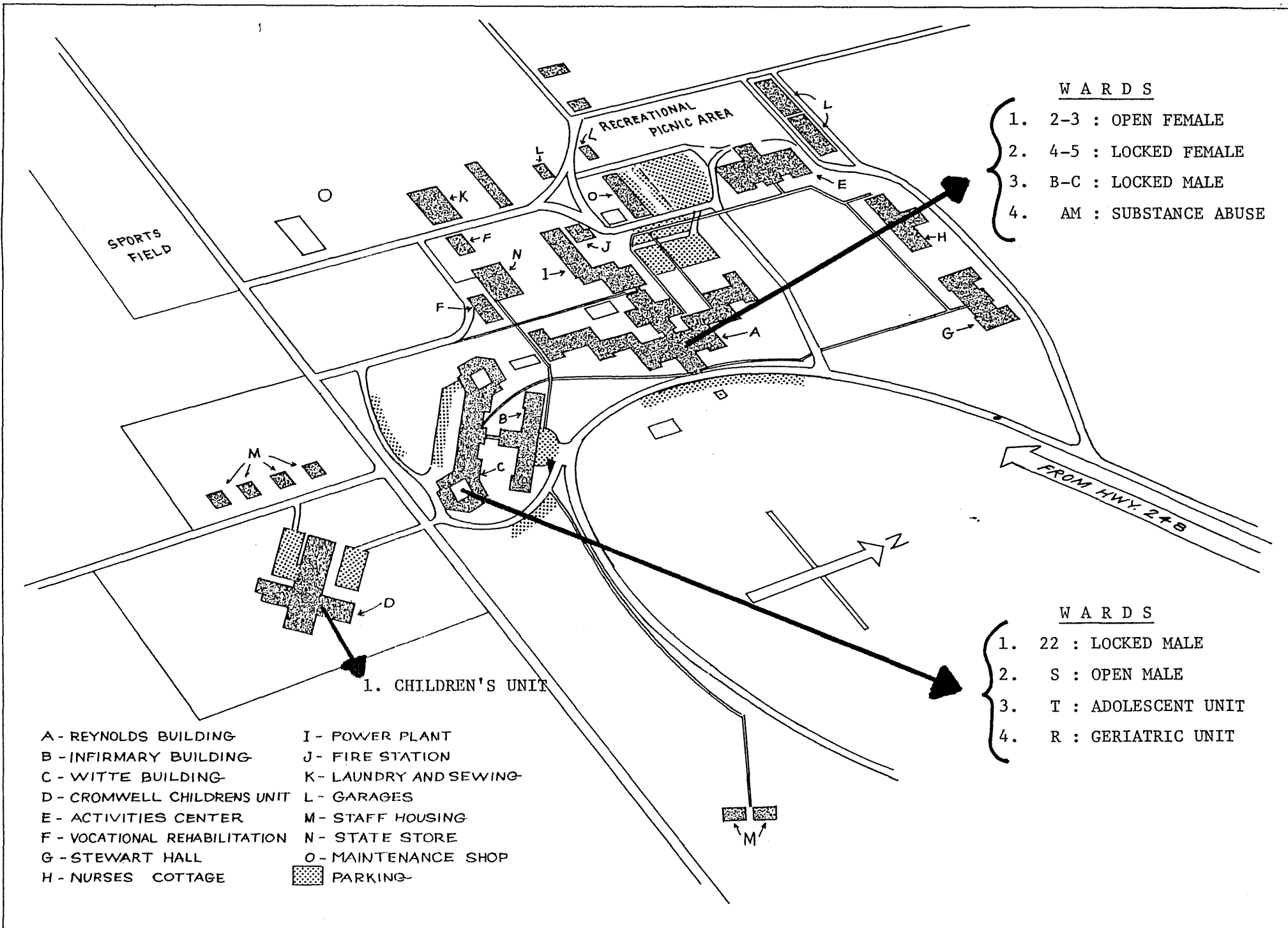
TABLE OF ORGANIZATION

November 1, 1988





Mental Health Institutes Areas/
Community Mental Health Centers



W A R D S

- 1. 2-3 : OPEN FEMALE
- 2. 4-5 : LOCKED FEMALE
- 3. B-C : LOCKED MALE
- 4. AM : SUBSTANCE ABUSE

W A R D S

- 1. 22 : LOCKED MALE
- 2. S : OPEN MALE
- 3. T : ADOLESCENT UNIT
- 4. R : GERIATRIC UNIT

- A - REYNOLDS BUILDING
- B - INFIRMARY BUILDING
- C - WITTE BUILDING
- D - CROMWELL CHILDRENS UNIT
- E - ACTIVITIES CENTER
- F - VOCATIONAL REHABILITATION
- G - STEWART HALL
- H - NURSES COTTAGE
- I - POWER PLANT
- J - FIRE STATION
- K - LAUNDRY AND SEWING
- L - GARAGES
- M - STAFF HOUSING
- N - STATE STORE
- O - MAINTENANCE SHOP
- (Hatched Box) - PARKING

1. CHILDREN'S UNIT

Mental Health Institute
Independence, Iowa

CHARACTERISTIC SUMMARY

1) Catchment Area - 20 counties in northeast Iowa, plus children and adolescents from 23 counties of Mount Pleasant Mental Health Institute's catchment area in southeast Iowa.

2) HOSPITAL UNITS:

Adult Male Psychiatric Unit	-	72 beds
Adult Female Psychiatric Unit	-	46 beds
Substance Abuse Unit	-	35 beds
Children's Unit	-	45 beds
Adolescent Unit	-	23 beds
Geriatric/Medical Unit	-	<u>30</u> beds
TOTAL	-	251 beds

3) Key Statistical Comparison:

	<u>FY1984</u>	<u>FY1985</u>	<u>FY1986</u>	<u>FY1987</u>	<u>FY1988</u>
PATIENTS:					
Admissions	1,940	1,790	1,658	1,575	1,619
Discharges	1,911	1,792	1,653	1,586	1,591
Average Daily Census	246	240	243	243	232
Median Length of Stay-days	26	26	27	28	26
Per Diem (general)	\$112	\$123	\$137	\$117	\$121
EMPLOYEES:					
No. of Employees	439	441	424	397	393
Authorized (FTE's)	431	436	414	400	406
Employee Turnover Rate	10.00%	11.00%	9.7%	8.1%	8.0%
Staff:Patient Ratio	1.8:1	1.8:1	1.7:1	1.6:1	1.7:1

ADMISSIONS BY PROGRAM

	<u>FY '82</u>	<u>FY '83</u>	<u>FY '84</u>	<u>FY '85</u>	<u>FY '86</u>	<u>FY '87</u>	<u>FY '88</u>
Adult Psychiatric	767	745	919	851	794	795	685
Geriatric/Medical	67	76	101	73	80	60	76
Alcohol/Substance Abuse	869	798	730	627	581	491	604
Children	90	86	91	114	90	103	111
Adolescent	113	111	99	125	113	126	143
TOTAL	1,906	1,816	1,940	1,790	1,658	1,575	1,619

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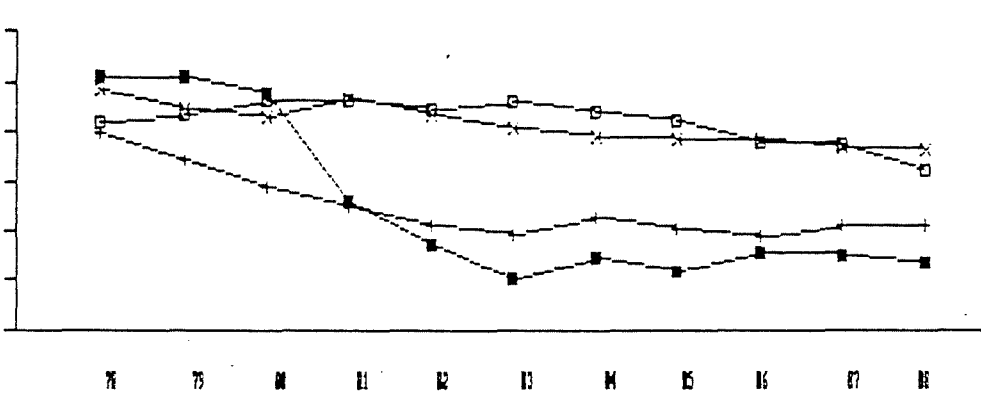
A REVIEW OF THE 1988 FISCAL YEAR

1) Admissions by Sex:	Male	1,150	71.0%
	Female	<u>469</u>	<u>29.0%</u>
	Total	1,619	100%
2) Admissions by Age:	1 - 12	39	
	13 - 17	219	
	18 - 20	130	
	21 - 25	254	
	26 - 30	240	
	31 - 44	382	
	45 - 59	212	
	60 - 64	56	
	65+	<u>87</u>	
	Total	1,619	
	Average Age	33	
	Median Age	29	
3) Admissions by Legal Status:			
<u>Voluntary:</u>	Voluntary mental	371	
	Voluntary alcoholic	..309	
	Voluntary drug	<u>94</u>	
	Total	774	47.8%
<u>Involuntary:</u>	Emergency mental	269	
	Involuntary mental	249	
	District Crt. Order	30	
	Juvenile Court Order	97	
	Emergency alcohol	106	
	Emergency drug	15	
	Involuntary alcohol	50	
	Involuntary drug	16	
	OMVUI	<u>13</u>	
	Total	845	<u>52.2%</u>
			100%
4) Admission Status:	First Admissions	872	53.9%
	Readmissions	<u>747</u>	<u>46.1%</u>
	Total	1,619	100%
5) Average Daily Census:	232		
6) Average Length of Stay:	58 days		
Median Length of Stay:	26 days		

MHI - ADC

Persons

350
300
250
200
150
100
50

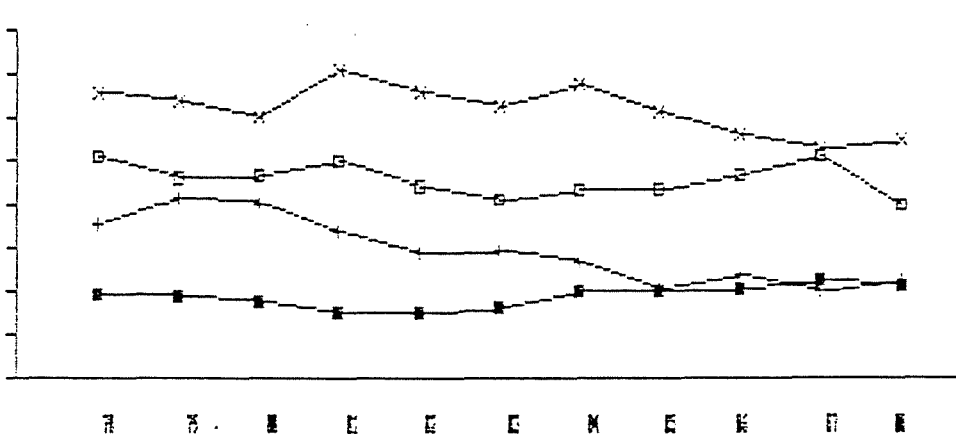


□ Cherokee
■ Clarinda
× Independence
+ Mt Pleasant

MHI - Admissions

Persons

2250
2000
1750
1500
1250
1000
750
500
250



□ Cherokee
■ Clarinda
× Independence
+ Mt Pleasant

JUNE 1, 1989
INDEPENDENCE MHI
BUDGET

<u>YEAR</u>	<u>TOTAL</u>	<u>SALARY</u>	<u>SUPPORT</u>
FY84	9,913,094 (100.0%)	8,309,372 (83.8%)	1,604,722 (16.2%)
FY85	10,753,616 (100.0%)	9,249,789 (86.0%)	1,503,827 (14.0%)
FY86	11,421,158 (100.0%)	9,757,003 (85.4%)	1,664,155 (14.6%)
FY87	11,478,798 (100.0%)	9,864,107 (86.0%)	1,614,691 (14.0%)
FY88	12,640,535 (100.0%)	11,017,891 (87.2%)	1,622,644 (12.8%)
FY89	13,160,090 (100.0%)	11,678,102 (88.7%)	1,484,988 (11.3%)