

Sioux Rivers



Regional Mental Health & Disabilities Services

FY22 ANNUAL REPORT

GEOGRAPHIC AREA:

Emmet, Dickinson, Lyon, O'Brien, Plymouth and Sioux Counties

SUBMITTED TO DHS

12/01/2022

APPROVED BY GOVERNING BOARD: 11/29/22

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Introduction

Sioux Rivers Regional MHDS formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

As Sioux Rivers Regional MHDS has successfully completed its eighth year of operations, it has been an eventful year, and a third successive year of transition. Emmet County formally completed its first full year with Sioux Rivers Regional MHDS, participating fully in the activities supported by the Region. The months and weeks leading up to that transition were challenging but proved to be rewarding as well. As in the previous year, multiple meetings were held with stakeholders from that county to engage them in the transition process and ensure that they were an important part of the endeavor in terms of strategic planning and core service development. Budget projections were finalized during the budget process and contracting with all providers was executed prior to the beginning of the new fiscal year. Transition activities included, and not limited to: Meetings with providers to determine funding needs for core and non-core services, budget development, provider rate negotiations and contract execution, Annual Service and Budget Plan development which incorporated Emmet County, determination of staffing needs for the county, Management Policies and Procedures amendment to add them as a member county, as well as a revision of the 28E that incorporated Emmet County formally to that agreement.

The FY2022 Annual Report covers the period from July 1, 2021, to June 30, 2022. The annual report includes documentation of the status of service development, services provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

The region, together with its governance board, and provider partners also participated in a strategic planning process, coordinated, and facilitated by Parlay Consulting Firm out of Council Bluffs, Iowa. Parlay had much experience in working with other Iowa Region identities. The results of which will be noted later in this report.

Governing Board (Iowa Code 331.390)

The Sioux Rivers Regional MHDS organizational structure assigns the ultimate responsibility for funding the non-Medicaid funded MHDS services, and oversight of the entire mental health delivery system with the governing board. Each member county appoints two of its supervisors to serve as a Director on the Governing Board. The Board of Supervisors of each member county selects its directors, and they serve indefinitely at the request of the county appointing the Directors, until a successor is appointed, or until the earlier death, resignation, or the end of such person's service as a County Supervisor.

In addition to County Supervisor board member representatives, the following individuals are appointed to serve on the Regional Board by either the Advisory Committees or the Regional Governing Board:

At least one individual who utilizes adult mental health and disabilities services or is an actively involved relative of such an individual. This Director is appointed by the adult advisory committee, with such appointment to become effective upon approval by the Sioux Rivers Governing Board. This Director serves as a voting Director.

At least one individual representing adult services providers in the Counties that comprise the Sioux Rivers Region. This Director is appointed by the advisory committee, with such appointment to become effective upon approval by the Governing Board. This Director serves as a non-voting Director.

A parent of a child receiving behavioral health services, or an actively involved relative of such an individual. This Director is designated by the children's advisory committee and serves as a voting Director.

At least one individual representing the educational system in the Counties that comprise the Sioux Rivers Region. This Director is designated by the children's advisory committee and is a voting Director.

At least one individual representing children's behavioral health services providers in the Counties that comprise the Sioux Rivers Region. This Director is designated by the children's advisory committee serving as ex-officio, non-voting Director.

MHDS Advisory Boards (Iowa Code 331.390(2)e; 331.392.(2)i; IAC 441-25.14.(1)"i")

Sioux Rivers encourages stakeholder involvement by maintaining regional advisory boards (committees) which will assist in developing and monitoring the plan, goals and objectives identified for the adult MHDS and children's behavioral health service systems, and to serve as a public forum for other related MHDS issues. The Advisory Committees, as appointed by the Governing Board, have the following membership respectively: Adult Advisory Committee: Up to nine members, including individuals who utilize services or actively involved relatives of such individuals; service providers; a County Service Coordinator and a County Supervisor representative of the Governing Board of Directors. This Advisory Committee advises the Governing Board as requested by said Board and makes recommendations for the voting (adult receiving services or actively involved relative) and the ex-officio member (regional adult services provider) to the Governing Board as described above. The Children's Advisory Committee has a minimum of ten members and includes parents or actively involved relatives of a child receiving behavioral health services, a representative of the educational system, an early childhood advocate, a child welfare advocate, a children's behavioral health services provider, a representative of the juvenile court system, a pediatrician, a child-care provider, a law enforcement representative, and a member of the Regional MHDS Governance Board. This Advisory Committee advises the Governing Board as requested by said Board and designates representatives to the Governance Board for the voting (parent/relative of a child receiving services, educational system rep) and ex-officio members (regional children's behavioral health services provider) to the Governing Board as described above.

At their discretion, the Governing Board may, and often does, act to create additional committees that focus on training, communications, finance, policy development, information systems, resource development, service delivery

system design, and quality improvement, and various other committees as it deems appropriate, to organize the tasks, activities, and functions associated with building, implementing, and sustaining systems of care.

Sioux Rivers Regional MHDS continued to expand Children’s Services across the region for children with a Severe Emotional Disturbance under the umbrella of the Regional MHDS system and developed relationships and service knowledge from our Sioux Rivers Region. The Children’s advisory board met regularly throughout the fiscal year and was kept informed of the discussions occurring at the state level in the realm of children’s services, they also participated in service system review to identify any service needs within the Sioux Rivers Region.

A. Services Provided and Individuals Served

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

FY 2022 Actual GAAP	SiouxRiversRegionalMHDS MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient		84									84
43301	Evaluation (Non-Crisis) - Assessment and Evaluation			1								1
71319	State MHI Inpatient - Per diem charges	3										3
	Basic Crisis Response											
44301	Crisis Evaluation	99	40									139
44302	23 Hour Observation and Holding	18										18
44307	Mobile Response	24	26									50
44312	Crisis Stabilization Community Based Services (CSCBS)	1										1
44313	Crisis Stabilization Residential Service (CSRS)	17										17
	Support for Community Living											

	Community Living Support Services Subtotals:	449	39	39	1															528
Congregate Services																				
64XXX	RCF-6 and over beds	18																		18
	Congregate Services Subtotals:	18																		18
Administration																				
Uncategorized																				
Regional Totals:		2299	486	74	2	1														2862

Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	424	1529	1953	40
Mental Illness, Intellectual Disabilities	0	53	53	40, 42
Mental Illness, Other Developmental Disabilities	0	1	1	40, 43
Intellectual Disabilities	2	14	16	42
Total	426	1597	2023	

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

Sioux Rivers worked in collaboration with Rolling Hills and Care Connections of Northern Iowa to develop an Access Center in Sioux City. The current Crisis and Stabilization Center was renovated to incorporate sub-acute beds and other required services to meet the criteria for an access center as detailed above. The Access Center was fully operational in

the stabilization portion of the center; however, sub-acute beds were available 11/1/2022. The region continues work with other regional partners to assist the Center.

<u>Date Designated</u>	<u>Access Center</u>
11/1/2022	Siouxland MHC – Access Center

The region has designated the following **Assertive Community Treatment (ACT)** provider which has not been evaluated for program fidelity, including a peer review as required by subrule 25.6(2).

Seasons Center for Behavioral Health is currently delivering ACT services in all regional counties, its program continues to struggle with the provision of services to fidelity as the number of consumers receiving this service continues to be capped due to staff shortages, and waiting lists continue to be utilized in coverage of all the regional counties. The region continues to work with Seasons with the result of fidelity of the program, the region is unable to determine now an estimated time for completion of their first fidelity review.

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
<i>In Development</i>	<i>Seasons Center for Behavioral Health</i>	NA

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

As stated above, the region cooperated with area regions to develop an Access Center, which includes several sub-acute beds. In particular, 5 Sub-Acute beds, 4 Crisis Residential Beds, and 3 23-hour Crisis Chairs available. The provider (Siouxland MHC) was designated an access center on 11/1/2022.

<u>Date Designated</u>	<u>Subacute</u>
11/01/2022	Siouxland MHC

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual’s clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.

- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

The region has been working with LLS and the Iowa Department of Health and Human Services to complete the development of an IRSH facility in Dickinson County that was designated and operational as of 6/1/2022.

Date Designated	Intensive Residential Services
6/1/2022	Lakes Life Skills (LLS) – Spirit Lake

C. Financials

Table C. Expenditures

FY 2022 Accrual	Sioux Rivers MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$ 230,454					\$ 230,454
42306	Medication prescribing & management **						\$ -
43301	Assessment, evaluation, and early identification **		\$ 256				\$ 256
71319	Mental health inpatient therapy- MHI	\$ 43,336					\$ 43,336
73319	Mental health inpatient therapy **						\$ -
	Crisis Services						
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 48,510					\$ 48,510
44302	23- hour crisis observation & holding	\$ 63,002					\$ 63,002
44305	24-hour access to crisis response	\$ 100,021					\$ 100,021
44307	Mobile response **	\$ 338,188					\$ 338,188
44312	Crisis Stabilization community- based services **	\$ 167,243					\$ 167,243
44313	Crisis Stabilization residential services **	\$ 199,623					\$ 199,623
44396	Access Centers: start-up / sustainability						\$ -

	Support for Community Living						
32320	Home health aide						\$ -
32325	Respite	\$ 242,006	\$ 140				\$ 242,146
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 34,229	\$11,041				\$ 45,270
42329	Intensive residential services	\$ 50,000					\$ 50,000
	Support for Employment						
50362	Prevocational services						\$ -
50364	Job development						\$ -
50367	Day habilitation		\$123,844				\$ 123,844
50368	Supported employment	\$ 167,751	\$ 93,566	\$10,734			\$ 272,051
50369	Group Supported employment-enclave						\$ -
	Recovery Services						
45323	Family support						\$ -
45366	Peer support	\$ 25,175					\$ 25,175
	Service Coordination						
21375	Case management						\$ -
24376	Health homes						\$ -
	Sub-Acute Services						
63309	Subacute services-1-5 beds						\$ -
64309	Subacute services-6 and over beds						\$ -
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency						\$ -
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)	\$ 70,681					\$ 70,681
45373	Family psychoeducation						\$ -
	Core Domains Total	\$1,780,219	\$228,847	\$10,734	\$ -		\$2,019,800
	Mandated Services						
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 49,893					\$ 49,893
75XXX	Mental health advocate	\$ 85,887					\$ 85,887
	Mandated Services Total	\$ 135,779	\$ -	\$ -	\$ -		\$ 135,780

Additional Core Domains							
	Justice system-involved services						
25xxx	Coordination services						\$ -
44346	24 hour crisis line*						\$ -
44366	Warm line*						\$ -
46305	Mental health services in jails						\$ -
46399	Justice system-involved services-other	\$ 19,895					\$ 19,895
46422	Crisis prevention training	\$ 5,500					\$ 5,500
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	\$ 48,750					\$ 48,750
42397	Psychiatric rehabilitation (IPR)						\$ -
	Additional Core Domains Total	\$ 74,145	\$ -	\$ -	\$ -		\$ 74,145
Other Informational Services							
03371	Information & referral	\$ (601)					\$ (601)
04372	Planning, consultation &/or early intervention (client related) **						\$ -
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)	\$ 173,850	\$173,850				\$ 347,700
05373	Public education, prevention and education **	\$ 291,984					\$ 291,984
	Other Informational Services Total	\$ 465,233	\$173,850	\$ -	\$ -		\$ 639,083
Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	\$ 287,724	\$ 34,832				\$ 322,555
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 5,925					\$ 5,925

32321	Chore services						\$ -
32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)	\$ 2,305					\$ 2,305
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs	\$ 156					\$ 156
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds						\$ -
41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -
42309	Partial hospitalization						\$ -
42310	Transitional living program	\$ 93,300					\$ 93,300
42363	Day treatment						\$ -
42396	Community support programs						\$ -
42399	Other psychotherapeutic treatment						\$ -
43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services						\$ -
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail						\$ -
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds						\$ -
63399	Other 1-5 beds						\$ -
	Community Living Supports	\$389,410	\$ 34,832	\$ -	\$ -		\$ 424,242
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -

64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 255,348					\$ 255,348
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 255,348	\$ -	\$ -	\$ -		\$ 255,348
Administration							
11XXX	Direct Administration					\$333,415	\$ 333,415
12XXX	Purchased Administration					\$85,331	\$ 85,331
	Administration Total					\$418,746	\$ 418,746
	Regional Totals	\$3,100,135	\$437,529	\$10,734	\$ -	\$418,746	\$3,967,144
(45XX-XXX)	County Provided Case Management						\$ -
(46XX-XXX)	County Provided Services						\$ -
	Regional Grand Total						\$3,967,144

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances)

13951	Distribution to MHDS regional fiscal agent from member county	\$2,957,599
14951	MHDS fiscal agent reimbursement to MHDS regional member county	\$

*24-hour crisis line and warm line are transitioning from additional core to statewide core services with state funding.

**Core services for children with a serious emotional disturbance (SED)

Table D. Revenues

FY 2022 Accrual	Sioux Rivers Region MHDS Region		
Revenues			
	FY21 Annual Report Ending Fund Balance		\$ 2,426,870
	Adjustment to 6/30/21 Fund Balance		
	Audited Ending Fund Balance as of 6/30/21 (Beginning FY22)		\$ 2,426,870

	Local/Regional Funds		\$ 2,216,750
10XX	Property Tax Levied	2,186,322	
12XX	Other County Taxes	2,337	
16XX	Utility Tax Replacement Excise Taxes	28,091	
25XX	Other Governmental Revenues		
4XXX- 5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest		
6XXX	Use of Money & Property		
8XXX	Miscellaneous		
9040	Other Budgetary Funds (Polk Transfer Only)		
	State Funds		\$ 1,919,362
21XX	State Tax Credits	104,454	
22XX	Other State Replacement Credits	38,204	
24XX	State/Federal pass thru Revenue	43	
2644	State Regional Service Payments	1,776,415	
29XX	Payment in Lieu of taxes	246	
	Other		
	Other		
	Federal Funds		\$ -
2345	Medicaid		
	Other		
	Total Revenues		\$ 4,136,112

Total Funds Available for FY22	\$ 6,562,982
FY22 Actual Regional Expenditures	\$ 3,967,144
Accrual Fund Balance as of 6/30/22	\$ 2,595,838

D. Status of Service Development in FY2022

Work continued in fiscal year ending 6/30/2022 towards building capacity for mandated core services in both the adult and children’s behavioral health realms. The CEO and staff continue to meet regularly throughout the year and identify gaps in services, all geared to ensure consistent delivery of services in every county of the region, regardless of the county population base. Sioux Rivers Region continues work with Seasons Center for Behavioral Health to deliver mobile crisis services throughout Sioux Rivers, as well as the expansion of ACT services into all regional counties. Stakeholder and collaborative meetings with providers serving Sioux Rivers, Rolling Hills and NWICC have been held regularly to discuss mutual service development and continue to the present. Additionally, the region is exploring options for a Transitional Home to be located within the Region, and we continue discussions with providers and stakeholders to

develop the needs of an aging population base with the regional borders. With respect to children’s crisis services, we have added contracts with Rosecrance-Jackson Recovery Center, and the Crittenden Center, both located in Woodbury County, to develop those services for the provision of crisis residential services for those 18 and under.

E. Outcomes/Regional Accomplishments in FY2022

Sioux Rivers Regional MHDS has transitioned to a fee-based service approach with our providers, although we continue to provide block grants as needed where traditional fee for service type payment does not make fiscal sense or because it is a crisis service where prior funding authorization is not feasible. The Region has utilized a mix of fee-based and access/grant fee funding this fiscal year for the following services, all the fiscal year ending 6/30/22 contracts required minimum data set information for any service they sought reimbursement from the region.

- Jail Diversion
- Integrated Placement and Support Services
- Employment Alternatives Grant
- Crisis Stabilization Residential Service “Assessment and Stabilization Center”
- 24 Hour Crisis Response through the community mental health centers
- Peer Self-Help drop in centers
- Access to School Based Services

Sioux Rivers Regional MHDS continues to make progress towards satisfying Core Access Standards, which are reported to DHS on a quarterly basis, as is progress towards satisfying Additional Core Standards.

Justice-Involved Services

The Jail Diversion/Alternatives program has seen use by inmates in all counties within the Region, with the region continuing a fee for service funding contract for funding services in the Lyon County Jail. There is a grant paid to Plains Area Mental Health to provide counseling services within the region’s counties as well and is primarily used to provide substance abuse evaluations and treatment to inmates that request this service.

The following is information recorded from payment to Plains Area Mental Health

Total Contracted amount for FY 22	\$10,150.00
Total Number of Individuals Served:	9
Average Cost of Service per Individual	\$ 1,127.78
Total Number of Units of Services	35
Average Cost of Service per Unit:	\$ 290.00

The services in the past year have included direct contact with inmates, consultation with jail staff and reports to appropriate personnel upon request. The numbers seen for Fiscal Year ending 6/30/22 were still impacted by some of the restrictions put in place by the COVID Pandemic.

Creative Living Center has provided the following information regarding the services provided in the Lyon County Jail:

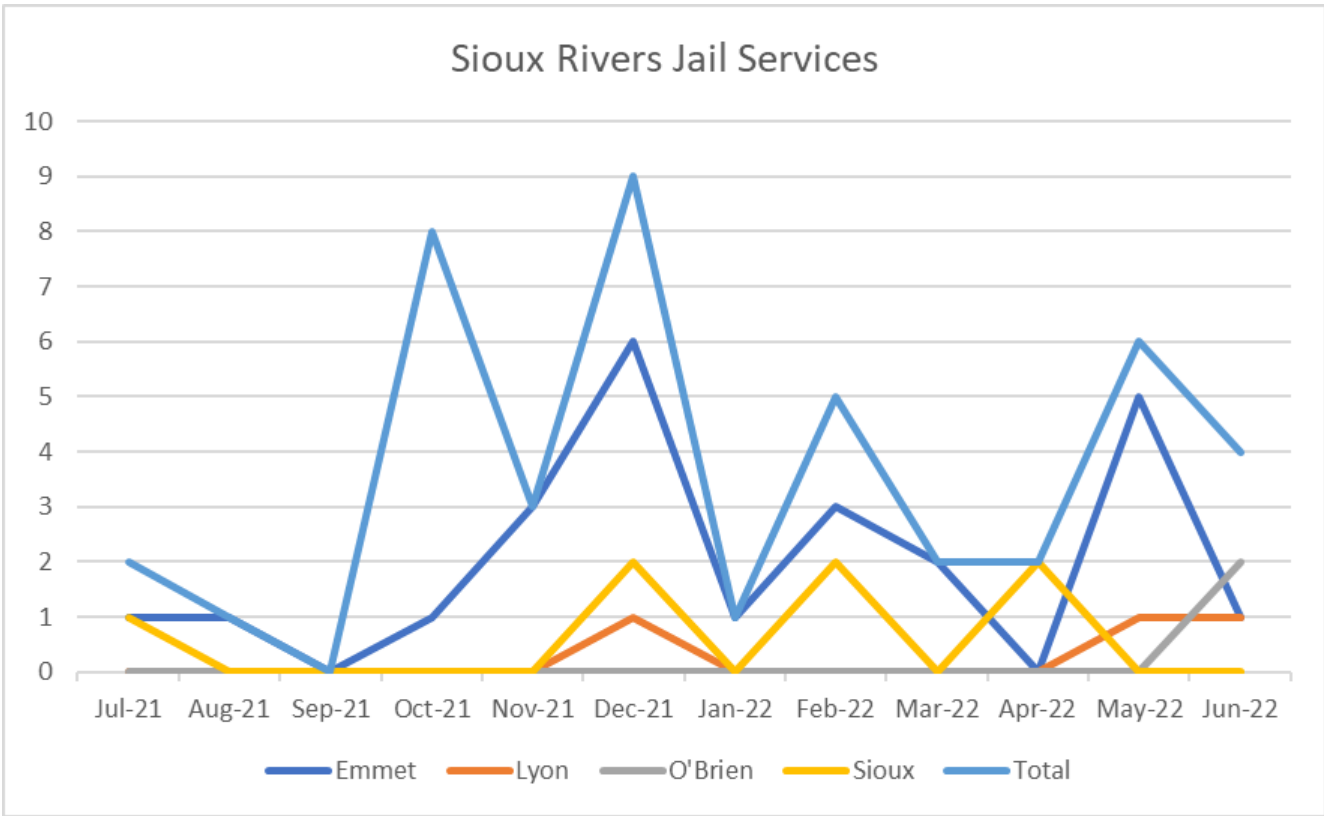
Total Contracted amount for FY 22	\$ 2,610.00
Total Unduplicated count of Inmates Seen	5
Average Cost of Inmate Served	\$ 522.00

Total Contracted amount for FY 22	\$ 2,610.00
Total Number of Contacts with Inmates Seen	9
Average Cost of Unit of Service Provided	\$ 290.00

Sioux Rivers Regional MHDS also utilized Integrated Telehealth Partners within the jail system to provide Psychiatric evaluations. The following is information recorded from payments to ITP:

Total Amount of Payments:	\$ 7,135.39
Total Number of Individuals Served:	21
Average Cost of Service per Individual	\$ 339.78
Total Number of Units of Service	32
Average Cost of Service per Unit:	\$ 222.98

The following information was provided by ITP for Sioux Rivers Region for Jail Services (additional information received by ITP relating to outcomes for the region have also been attached later in this report):



Jail County	Jul-21	Aug-21	Sep-21	Oct-21	Nov-21	Dec-21	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22
Emmet	1	1	0	1	3	6	1	3	2	0	5	1
Lyon	0	0	0	0	0	1	0	0	0	0	1	1
O'Brien	0	0	0	0	0	0	0	0	0	0	0	2
Sioux	1	0	0	0	0	2	0	2	0	2	0	0
Total	2	1	0	8	3	9	1	5	2	2	6	4

IPS Pilot Project FY22 Progress

The Region continued its grant funding of the Integrated Placement and Support services grant with Hope Haven, however capped that amount at \$40,000 for the fiscal year because of the work that has been done at the state level to create a sustainable reimbursement through Iowa Medicaid funding. Hope Haven utilized the full amount of the grant from Sioux Rivers Regional MHDS and achieved slightly over a breakeven point for the program in FY 22. Hope Haven continued with their partners, Plains Area Mental Health, Creative Living Center, and IVRS remain committed to helping people obtain and maintain employment that reflects their individual preferences and needs. Hope Haven reports receiving 66% of their cost of the 4 quarters in FY 22 from the Medicaid reimbursement rate. Hope Haven’s first fidelity review was completed in FY 20, and due to COVID 19 concerns for the facility and review providers, no review was scheduled for the FY 21 year. The review happened in the fall of FY 23 and will be reported in the next year’s annual

report. While the growth appears limited due to pandemic issues, 30 individuals received services at during the year. In the fiscal year ending 6/30/22 they reported the following outcomes (Duplicated total):

- Outcome #1: Completed Employment Plan = 7 Individuals
- Outcome #2: 1st Day Successful Job Placement= 12 Individuals
- Outcome #3: 45 Days Successful Job Retention= 8 Individuals
- Outcome #4: 90 Days Successful Job Retention= 7 Individuals

Hope Haven Employment Grant

For the fiscal year ending 6/30/22, Sioux Rivers Regional MHDS continued to fund grant dollars for an Employment Alternatives Grant with 2 regional providers, Hope Haven, Inc. and Village Northwest Unlimited. This was the regions first full year of the grant with Village Northwest. The grant dollars focused on delivering and assisting individuals in maintaining integrated employment. Since federal and state policy no longer supports funding employment, it also assisted high school students in career exploration activities to actively prepare them for a world of community-based employment.

For the Fiscal year ending 6/30/22, both providers moved to payments on a per client basis, with the total amount capped at \$60,000. Of the amount \$28,125 was paid to Village Northwest Unlimited and \$27,750 received by Hope Haven, Inc.

The payments to Hope Haven and Village Northwest Unlimited were based upon employment outcomes as follows, #1 Individual has completed a career plan assessment, #2 Individual has successfully completed a first day on the job, #3 Individual is 45 days successful employment, and #4 90 days of successful employment.

The Region designated substantial resources to assist the participating providers to improve outcomes for persons with disabilities. The project focused on four (4) areas:

- Regional Capacity
- Provider Capacity
- Client Capacity and,
- Community Capacity

Village Northwest Unlimited participated in the employment grant and reported 11 individuals meeting outcomes #1 through #3. Village received a total of grant proceeds from Sioux Rivers Region of \$28,875 for the fiscal year. This figures to a \$2,625 per individual meeting the first three outcomes.

Hope Haven, Inc. has provided the region with the following information.

Group Integrated Employment Outcome Measures	FY 15	FY 16	FY 17	FY 18	FY 19	FY 20	FY 21	FY 22
People placed and/or supported in group employment	73	85	109	116	129	38	31	26
People who entered group employment from FBE	68	77	92	96	107	35	0	0

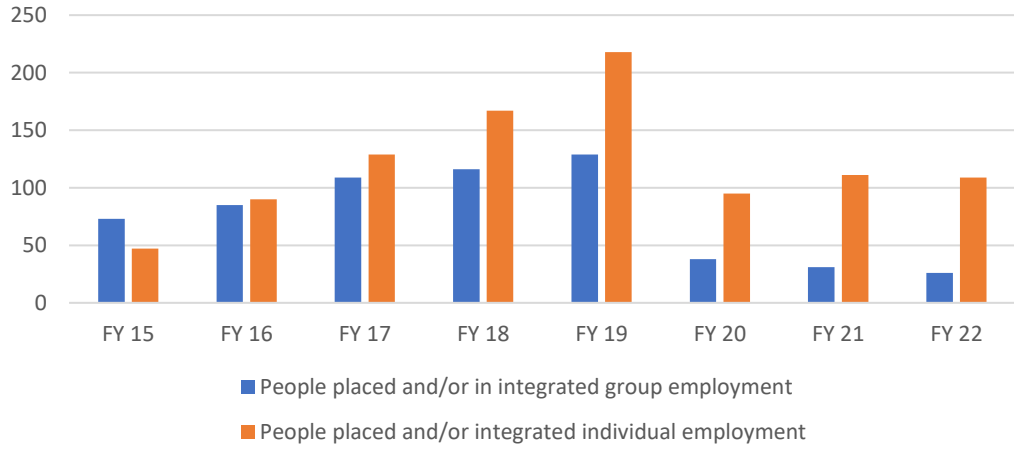
Total Jobs/Job Sites	190	223	282	339	372	115	117	26
Average Hourly Wages per job	\$3.27	\$3.32	\$3.61	\$3.62	\$6.99	\$7.00	\$6.91	\$7.11
Average hours worked per person per week	9.85	9.81	7.93	10.03	11.43	10.7	11.2	19
Businesses where people are working	38	40	43	47	48	23	20	3
Communities in which people are working	8	8	8	9	9	5	5	3
Annual employer Satisfaction Rating (1-5/5 highest)		4.15	4.08	4.16	4.61	4.53	4.48	4.57
Annual employee Satisfaction Rating (1-5/5 highest)					4.78	4.6	4.72	4.8
Number of Days on the Job						1120	1438	1698

Individual Integrated Employment Outcome Measures	FY 15	FY 16	FY 17	FY 18	FY 19	FY 20	FY 21	FY 22
People placed and/or supported in Individual employment	47	90	129	167	218	95	111	109
People who entered Individual employment from FBE	24	48	65	78	88	38	0	0
Total Jobs/Job Sites	51	101	174	231	315	127	120	134
Average Hourly Wages per job	\$8.07	\$8.09	\$8.28	\$8.49	\$8.72	\$8.54	\$9.95	\$11.34
Average hours worked per person per week	22.19	20.47	19.42	19.43	18.71	16	16.57	14.6
Businesses where people are working	28	59	95	114	151	54	60	85
Communities in which people are working	4	8	11	12	14	16	16	21
Annual employer Satisfaction Rating (1-5/5 highest)		4.28	4.28	4.41	4.6	4.33	4.52	4.62
Annual employee Satisfaction Rating (1-5/5 highest)					4.85	4.82	4.78	4.3
Number of Days on the Job						1121	1831	2541

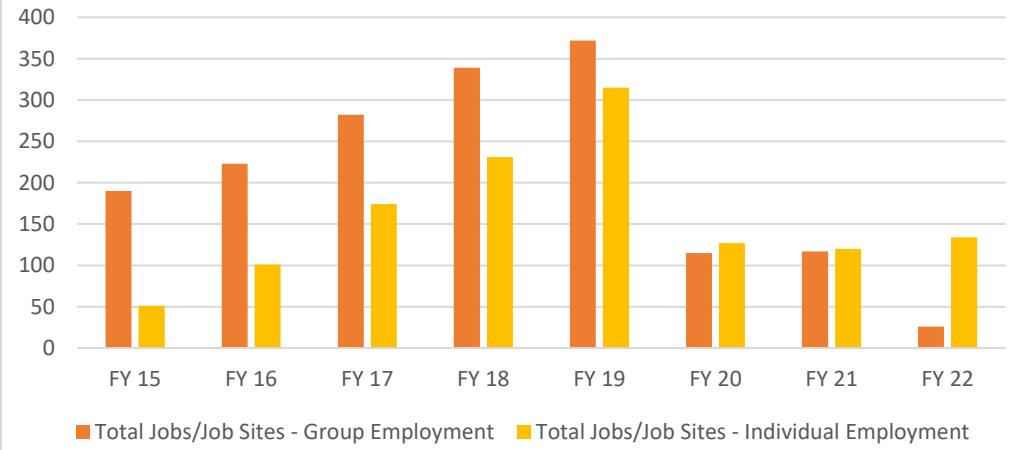
Hope Haven received a total of \$27,750 as requested for the employment grant for the fiscal year ending 6/30/22.

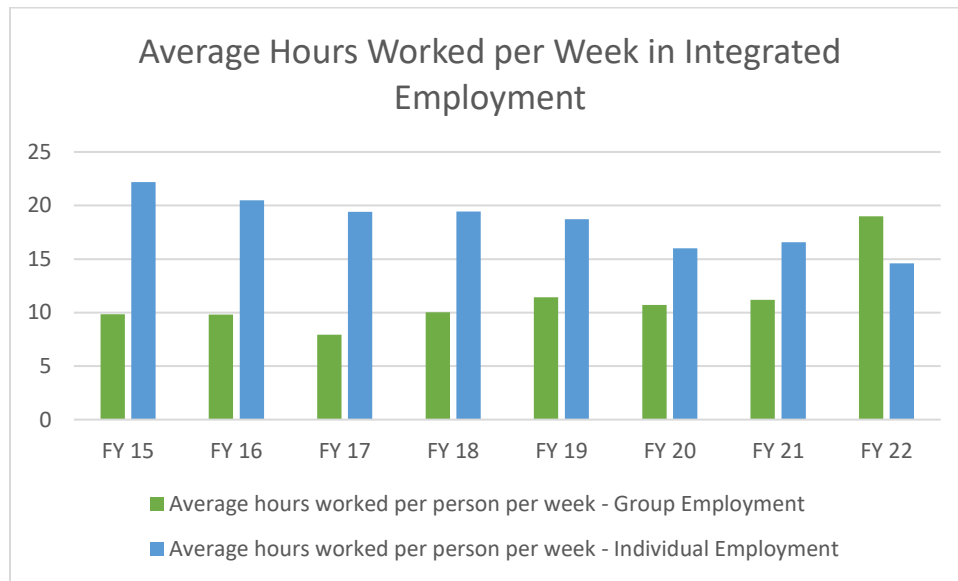
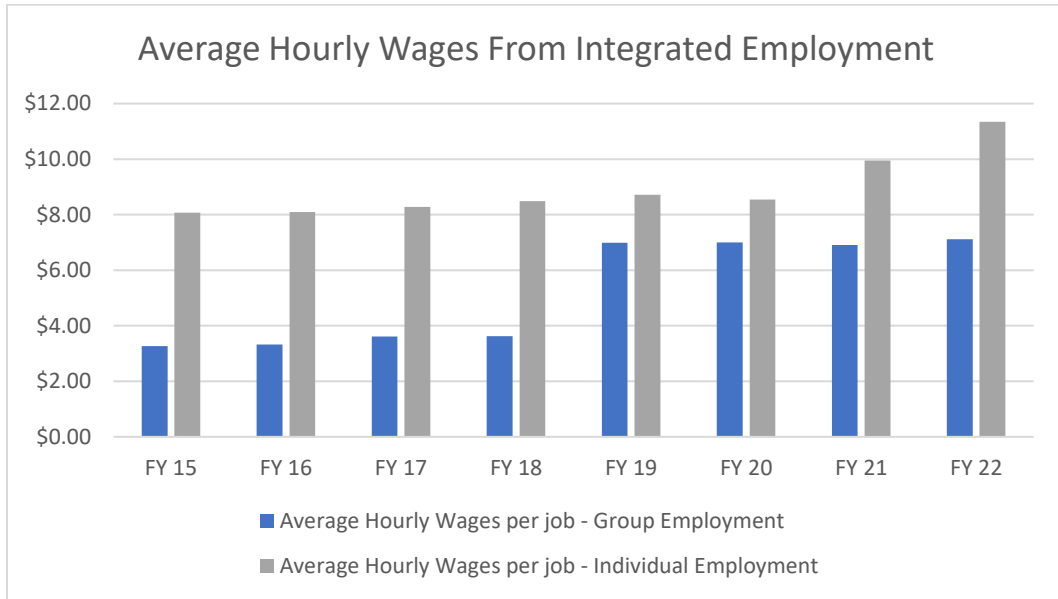
Breaking down total individuals served, number of job sites utilized, Average Hourly Wages per job, and Average Hours worked per person per week, the following tables show comparatively how group employment information measures against individual integrated employment.

Number of Individuals placed in Integrated Employment



Number of Job Sites with Individual Placed in Integrated Employment

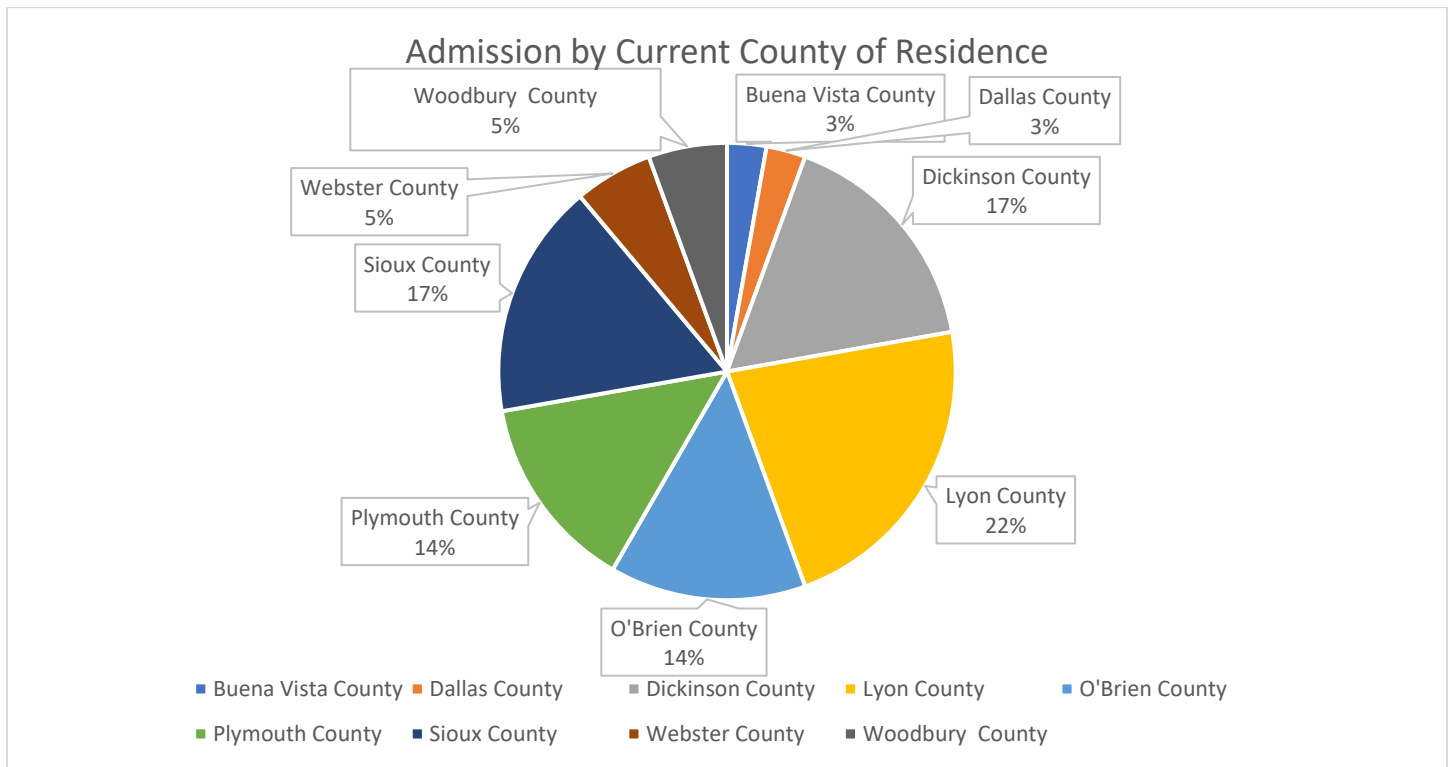




Crisis Stabilization System

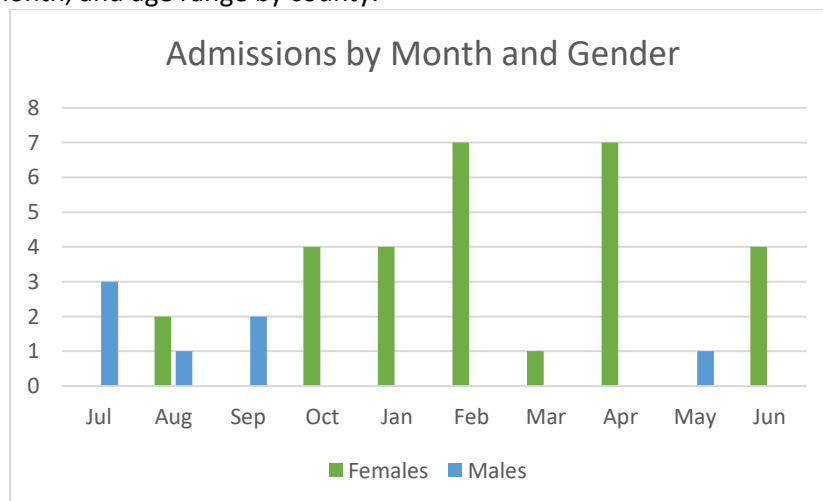
The Assessment and Stabilization Center had a total of 19 admissions from Sioux Rivers Region and paid a total of \$54,448 in service fees for those individuals, averaging a cost of \$2,866 per individual, that is a duplicated count and up from 17 the previous fiscal year. This reflects a unduplicated total of 17 individuals receiving services from the Assessment and Stabilization Center, for an unduplicated average cost per person of \$3,203 per person receiving services from this provider.

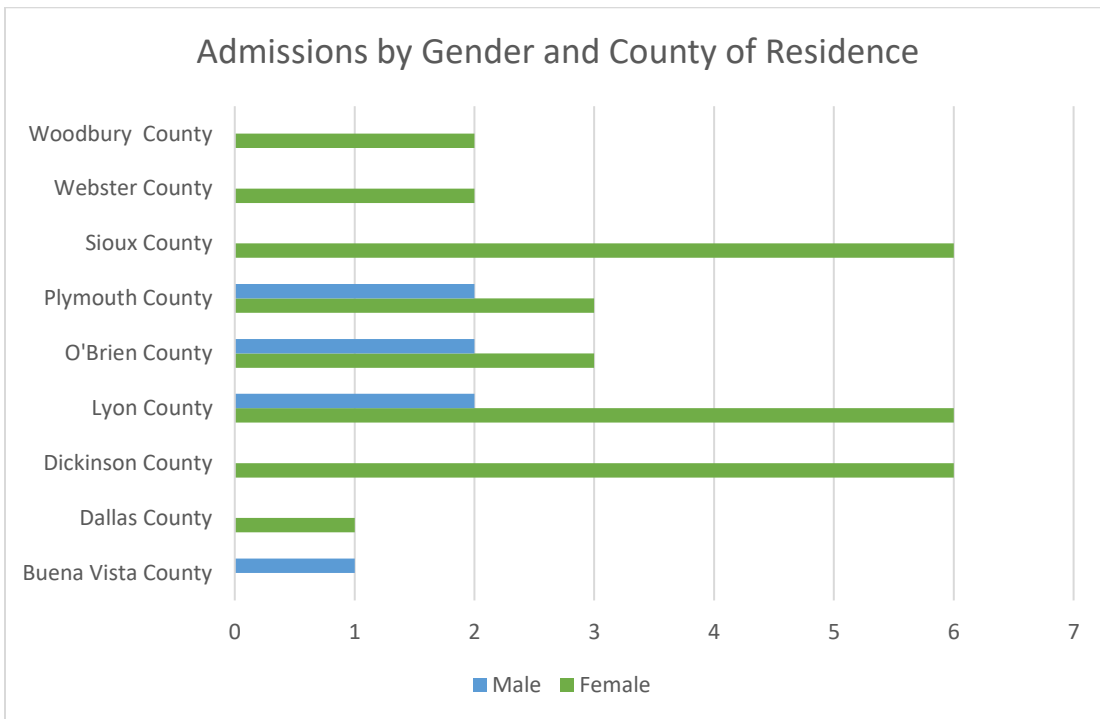
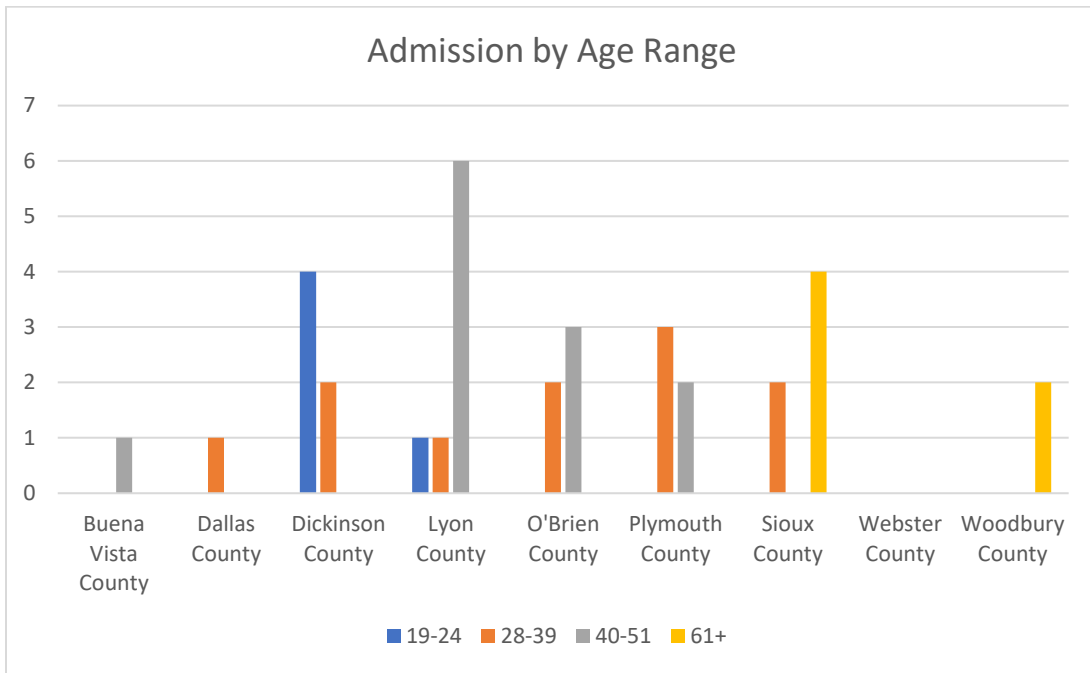
The chart below indicates the number of admissions by county of residence. At the time of service provision, individuals receiving services were Sioux Rivers Regional residents and have since moved out of the region as noted the below.



The following charts illustrate information for Sioux Rivers Regional MHDS only, and are reported as the following:

The Assessment and Stabilization Center reported a total of admissions of 17 unduplicated individuals from Sioux Rivers Regional MHDS, 10 Male and 17 Female for the fiscal year ending 6/30/2022. The Tables below relay admission information by gender, month, and age range by county.





24 Hour Crisis Response and Continuing Education

The following is cost information for the Public Education Services, which encompasses Consultation/Public Education and Medication Management that is not otherwise billable by the provider.

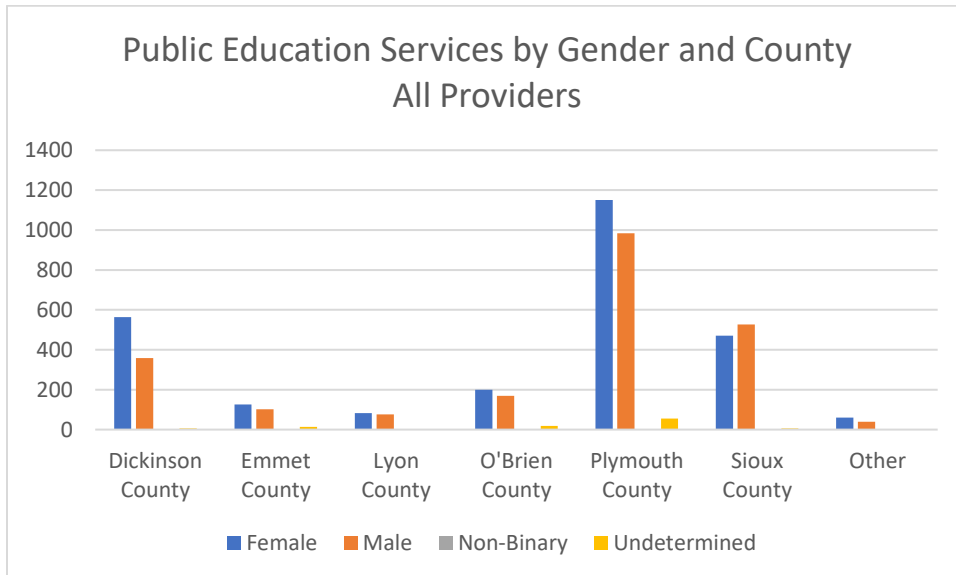
Plains Area Mental Health:

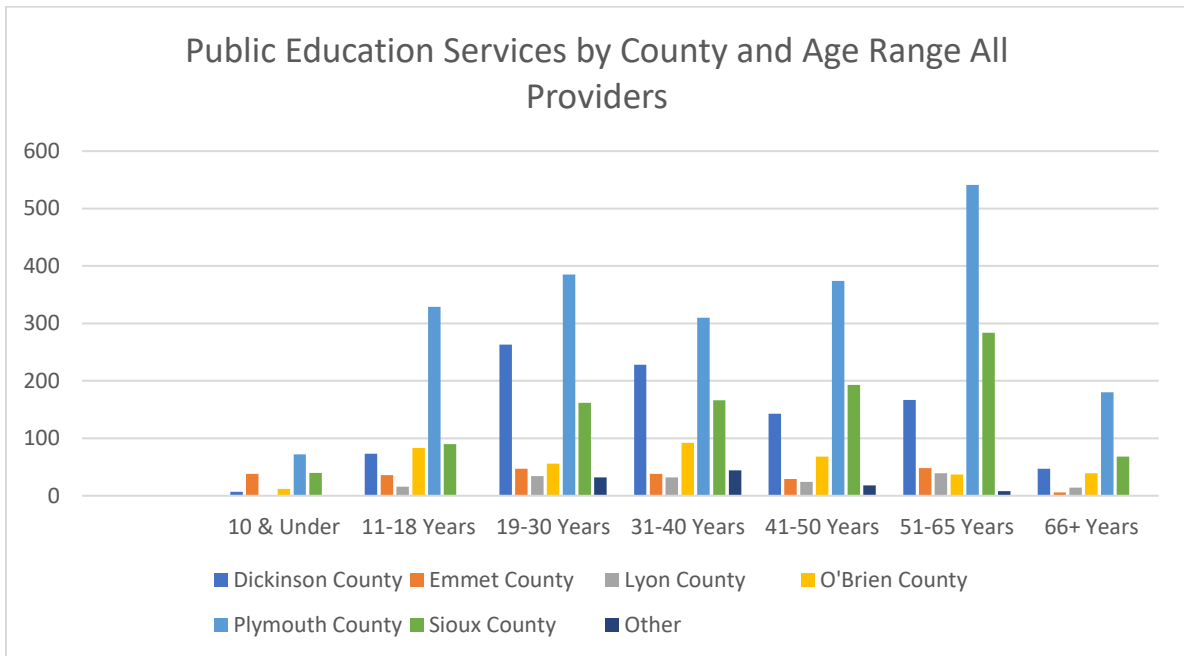
Contracted Amount Paid to Provider	\$94,875.00
Total Individuals Served	952
Cost Per Individual Served	\$99.66
Total Number of Units Provided	4789
Cost Per Unit of Service	\$19.81

Creative Living Center:

Contracted Amount Paid to Provider	\$67,928
Total Individuals Served	85
Cost Per Individual Served	\$799
Total Number of Units Provided	224
Cost Per Unit of Service	\$303.25

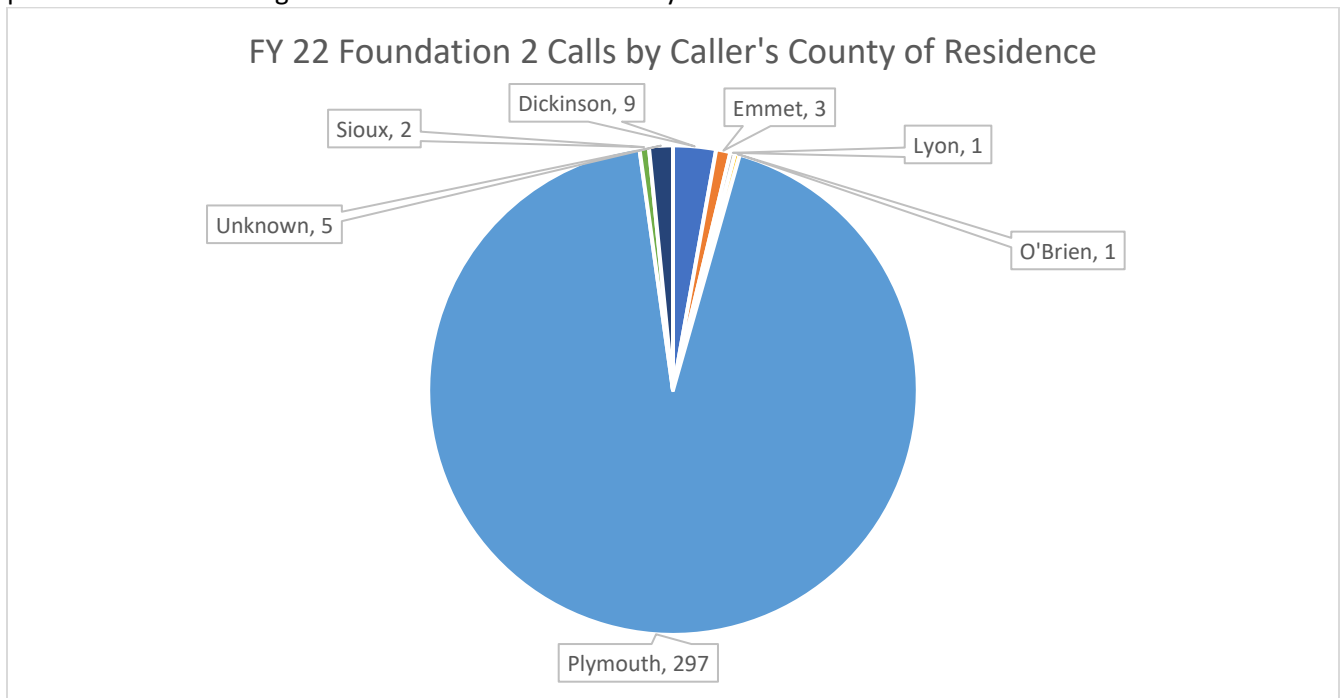
The following tables indicate Consultation and Education Services by County, Age Range and Gender. The chart below indicates services to individuals that currently reside in a county outside the borders of Sioux Rivers Regional MHDS but resided in the region at the time services were provided.





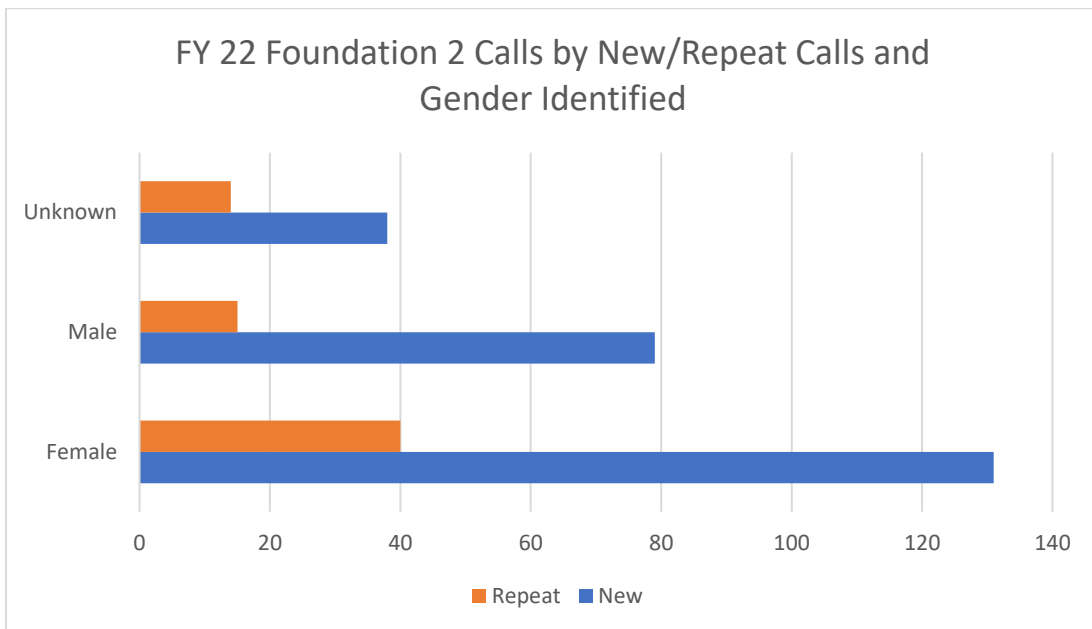
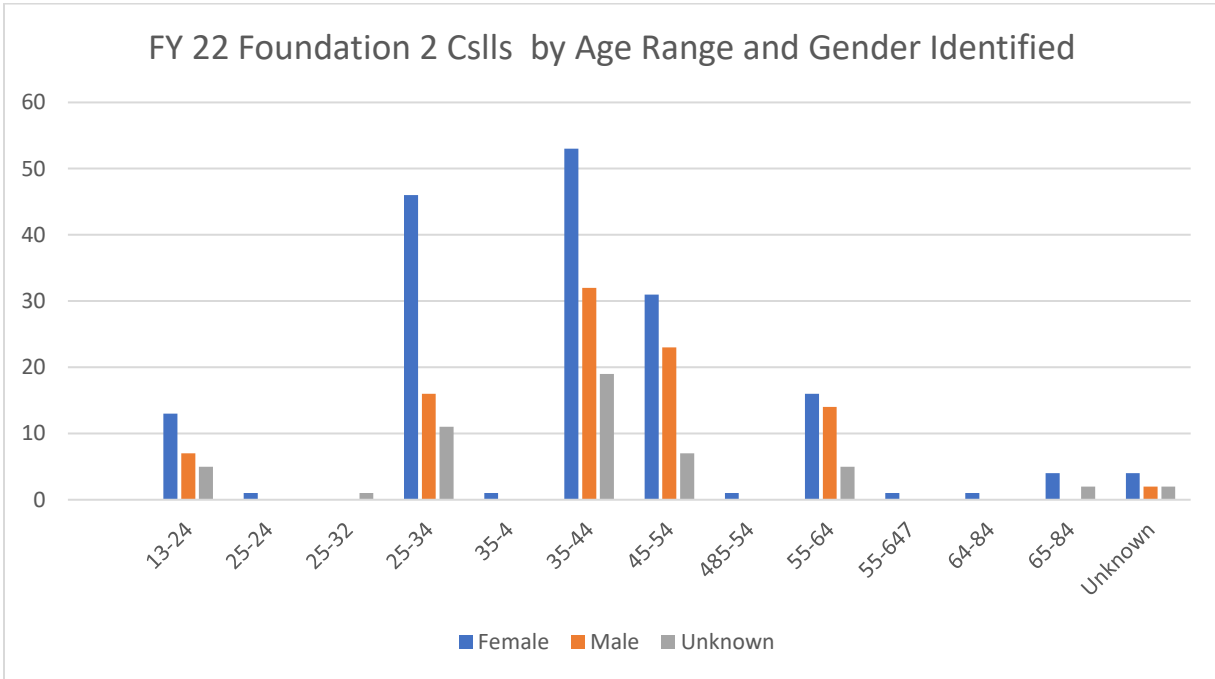
Plains Area Mental Health Foundation 2 Calls

Plains Area Mental Health also contracts with Foundation 2 out of Cedar Rapids for parts of their emergency services provided. The following information was summarized by the Foundation 2 information submitted.

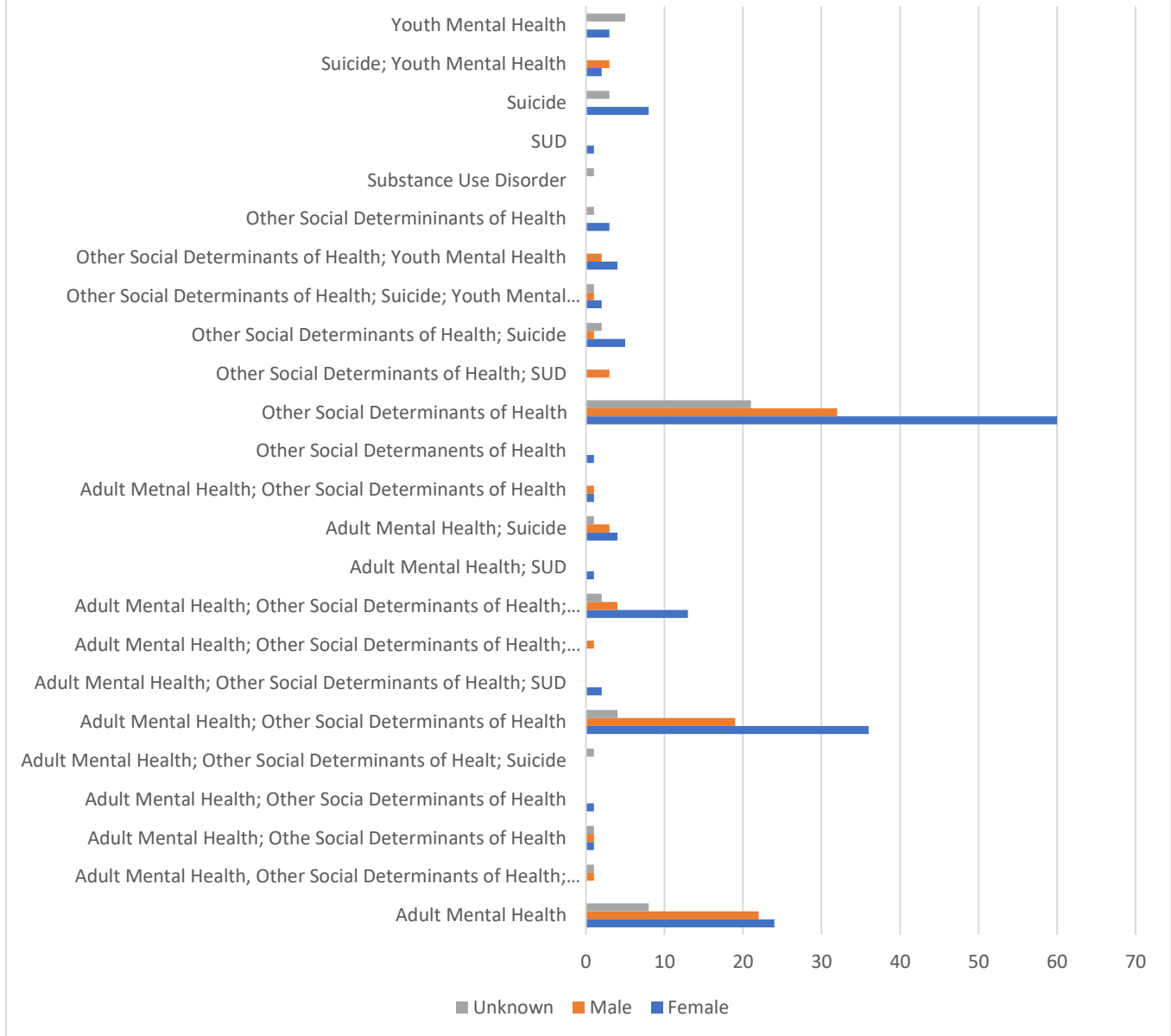


You will note there are a few “unknown” calls where county of residence was not recorded, they were included in the information as they were included in the call logs and were included on that basis alone.

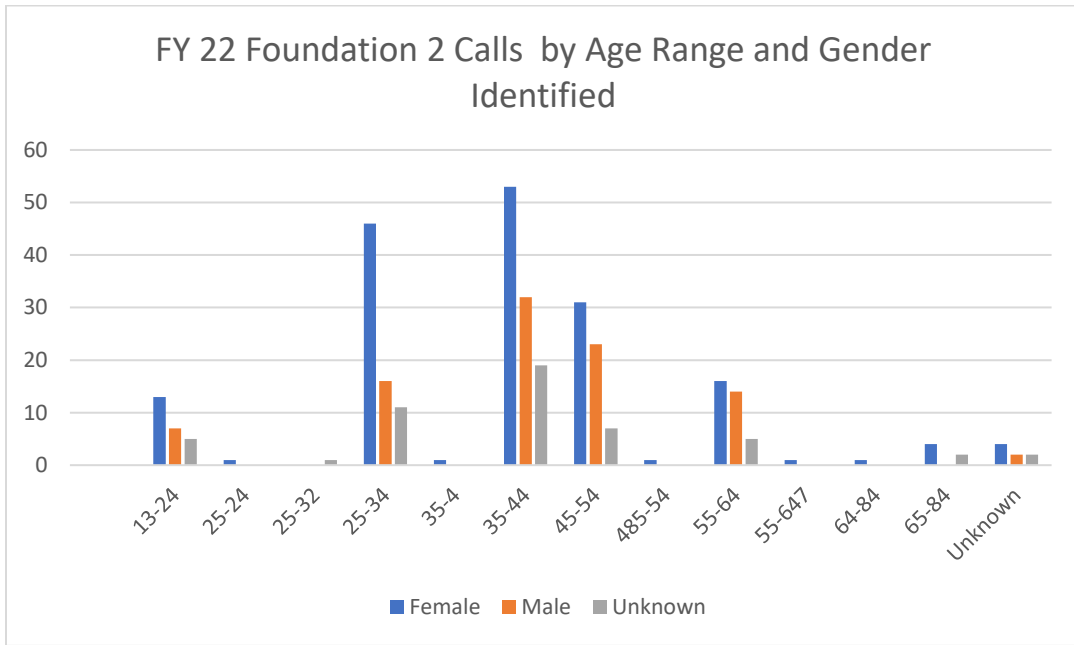
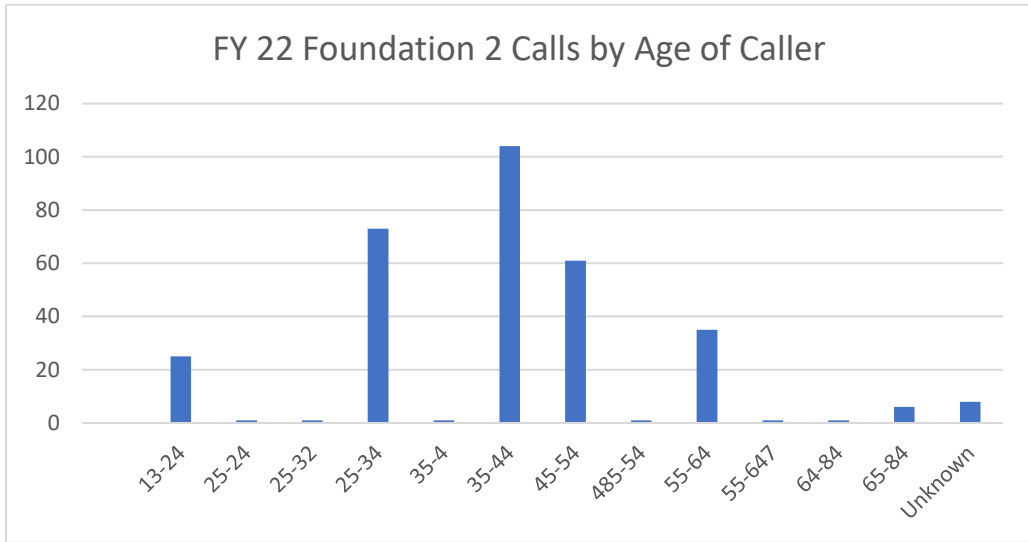
The following charts sorted the information provided by presenting issue or reason for the call, whether the call was new or a repeat caller, by gender and age groups identified by the caller.



FY 22 Foundation 2 Calls by Gender Identification and Presenting Issue



*Other Social Determinants of Health has been defined by Foundation 2 when topics such as interpersonal relationships, DV, family-related issues, or financial issues are involved in the contact.



- We will note that in the final table are that when “Paged” is noted, a direct or “warm” hand off from Foundation 2 to Plains Area Mental Health is made.
- Outcomes are reported in table format for ease of understanding.

Foundation 2 Call Outcome

	Female	Male	Unknown
Consulted with Professional, Contract Call Paged	2		
Consulted with Professional; Provided Agency Information	2	2	
Contract Call Paged	6	2	1
Counseled; Provided Education/Information; Consulted with Professional	1		
Counseled	62	45	36
Counseled; Consulted with Professional	1		
Counseled; Contract Call Paged	9	2	
Counseled; Contract Call Paged; Referred	1		
Counseled; Created Safety Plan	18	6	2
Counseled; Created Safety Plan; MCO Referral	3		
Counseled; MCO Referral		1	
Counseled; Provided Agency Information	6	7	
Counseled; Provided Education/Information		1	
Counseled; Provided Education/Information; Consulted with Professional; Contract Call Paged			1
Counseled; Provided Education/Information; Created a Safety Plan; Consulted with Professional; Provided Agency Information; Contract Call Paged			1
Counseled; Provided Education/Information; Provided Ongoing Support; Created Safety Plan	2		
Counseled; Provided Education/Information; Referred		1	
Counseled; Provided Ongoing Support	2	2	1
Counseled; Provided Ongoing Support; Created Safety Plan	1		
Counseled; Referred	2	1	
Consulted with Professional	1		
Follow Up Attempt; Counseled	1		1
MCO Referral	1	1	
Provide Information about insurance; Counseled	1		
Provide Information on Treatment Services		1	
Provided Agency Information	32	8	7
Provided Education/Information	2	6	2
Provided Education/Information; Provided Agency Information	2	2	
Provided Information on Treatment Services; Counseled		1	
Provided Information on Treatment Services; Counseled; Provided Education/Information		1	
Provided Ongoing Support; Created Safety Plan	1		
Referred, Provided Agency Information	4	1	
Referred; Counseled	6	2	
Referred; Provided Agency Information	1	1	
Referred; Provided Education/Information	1		
Scheduled Follow Up; Counseled	1		

Peer Drop-In Center

A drop-in center in LeMars, Iowa is operated by Plains Area Mental Health. It is utilized for day programming attended by community individuals, many who with The Pride Group. Other communities as described in tables following.

Total Visits	935
Total cost	\$46,041.67
Average Cost per Visit	\$49.25

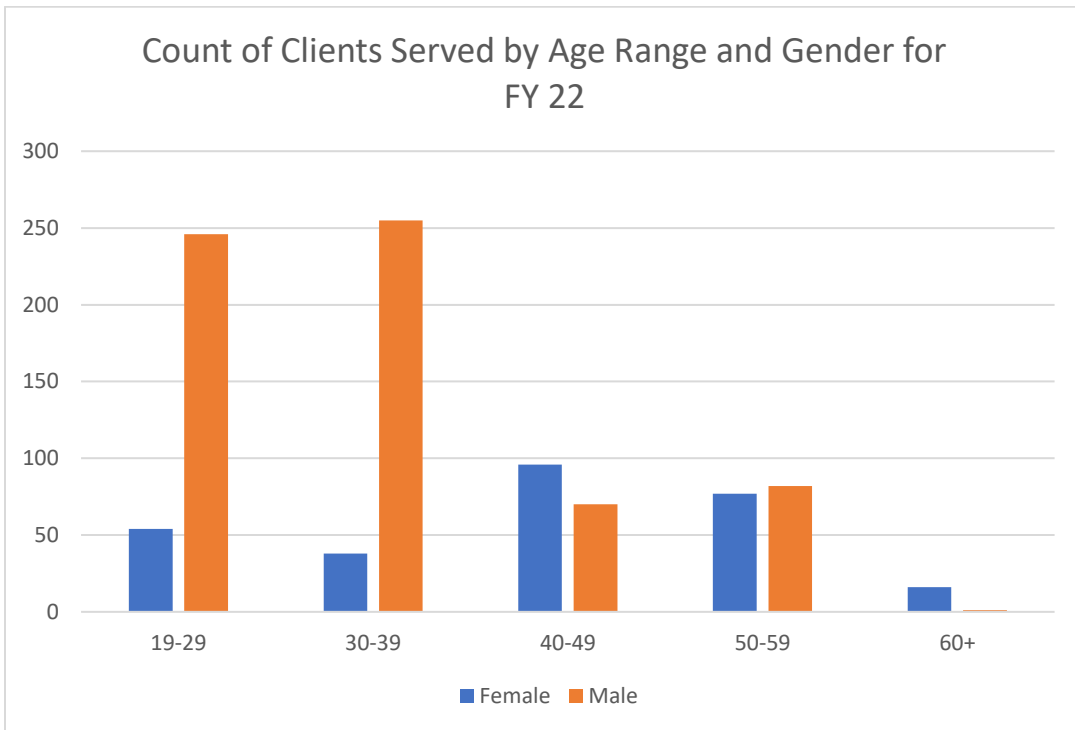
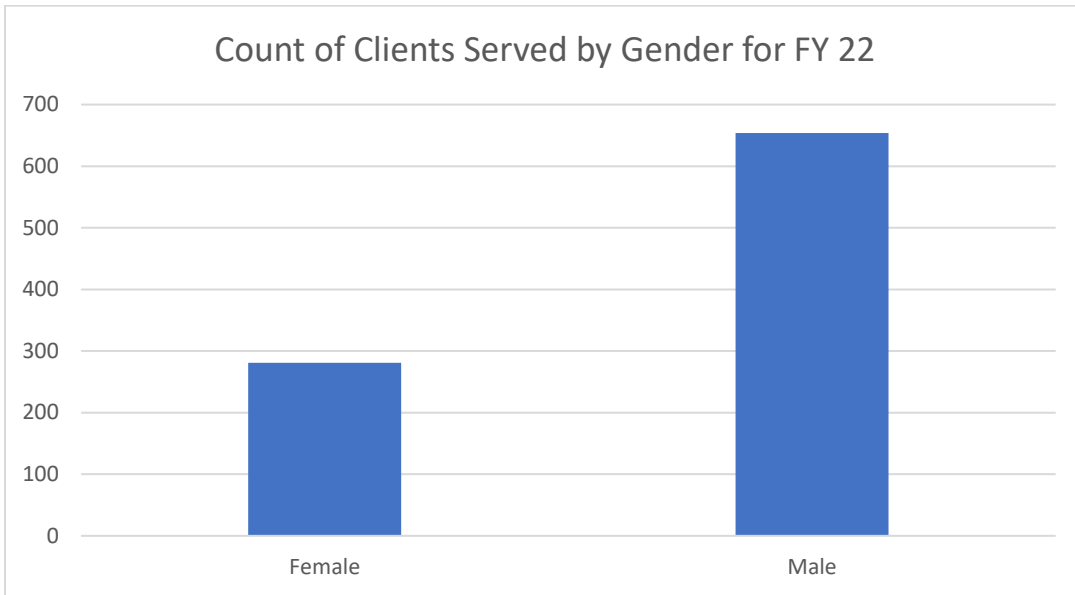
Total SRR Visits	509
Total Cost	\$46,041.67
Average cost per SRR Client	\$90.46

Total Clients Served	165
Total Cost	\$46,041.67
Average Cost per Client	\$279.04

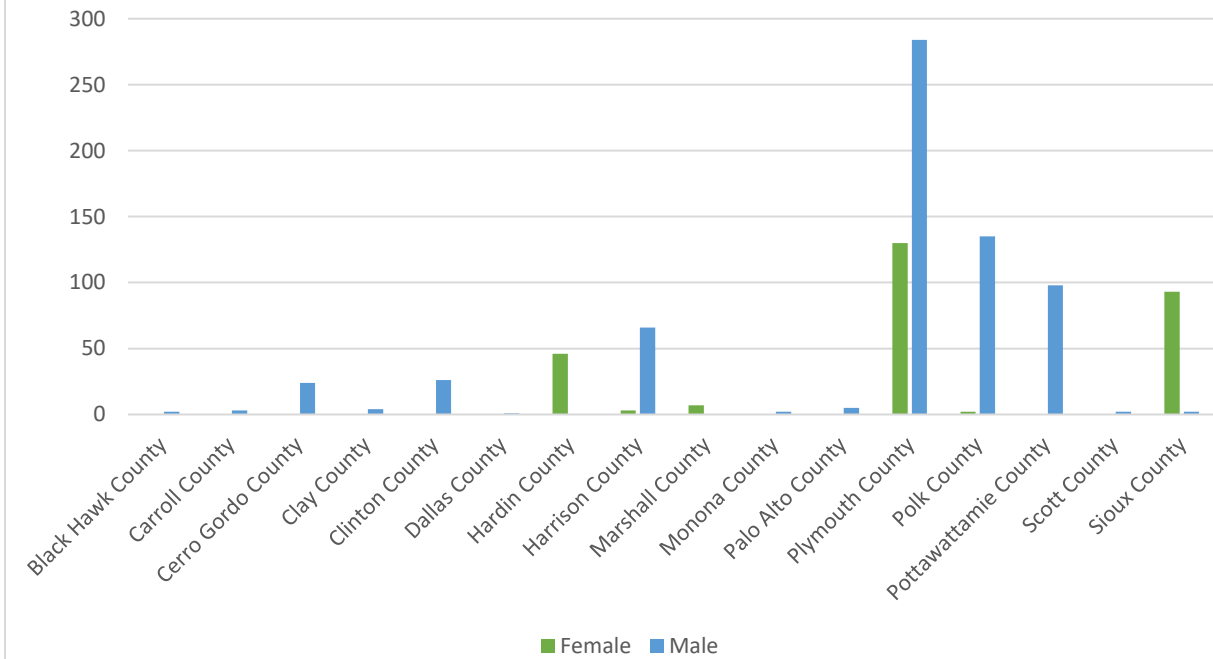
Total SRR Clients Served	95
Total Cost	\$46,041.67
Average Cost per Client	\$484.65

Total Number of Client Visits	935
Number of Months Open	11
Average Number of Client Visits Per Month	85

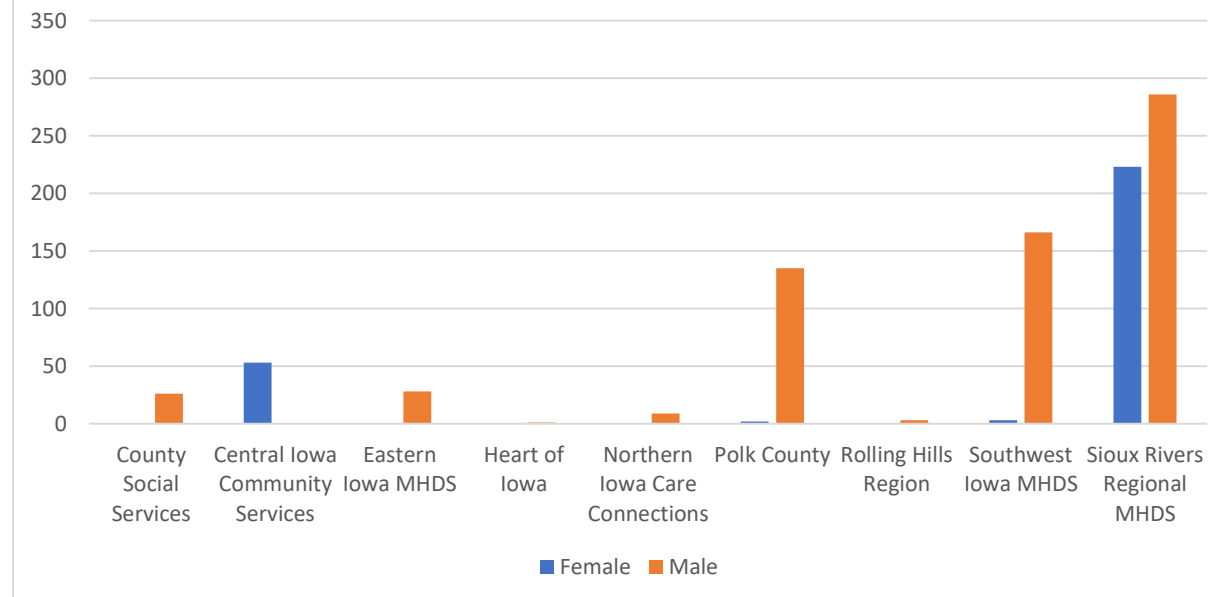
The Drop-in Center is used by the 3 licensed RCF facilities (1-40 bed [The Pride Group], 2-16 or less beds [Pride 1 and Pride 2]) located within Plymouth County borders. It is also used by consumers that do not gain legal county residency when placed for services with those facilities. Information shared was provided to the Region by Plains Area Mental Health. The following tables display a breakdown of clients by gender, age and gender, County of Legal Residence, as well as Region of Legal Residence.



Drop In Center Service Provided by Gender and County of Residence

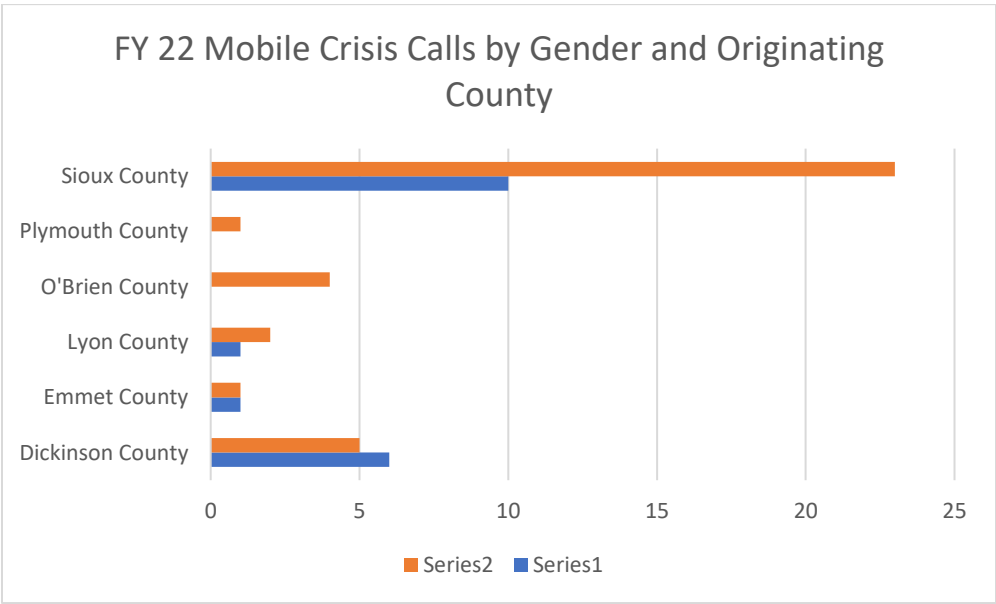
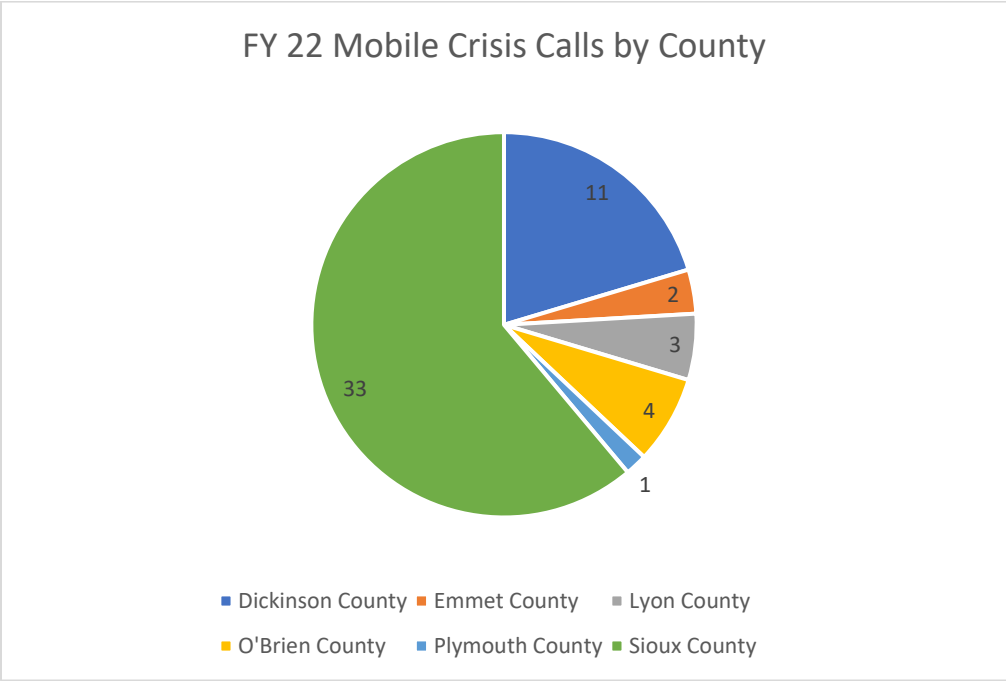


Plains Area Drop in Center by MHDS Region for FY 22

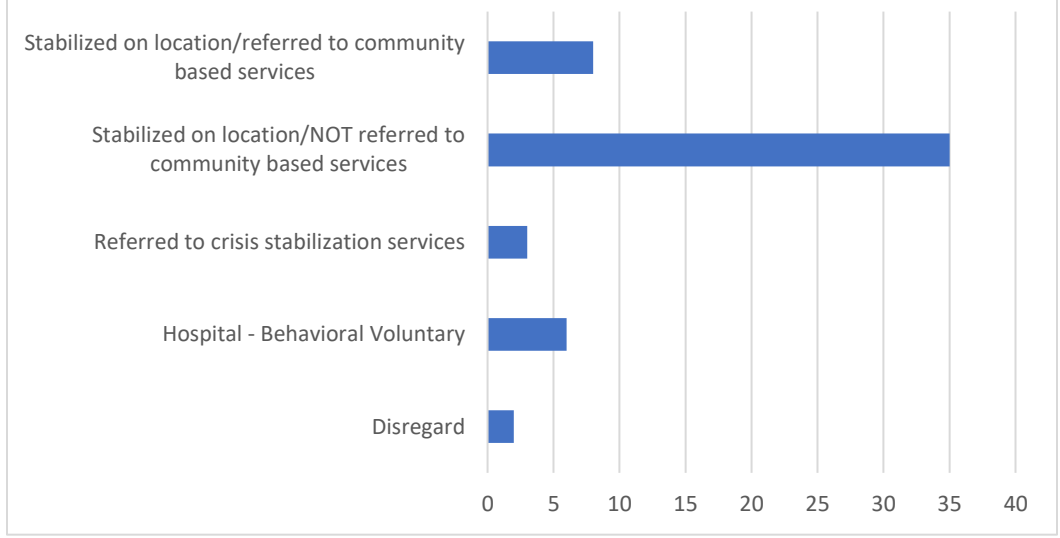


Mobile Crisis

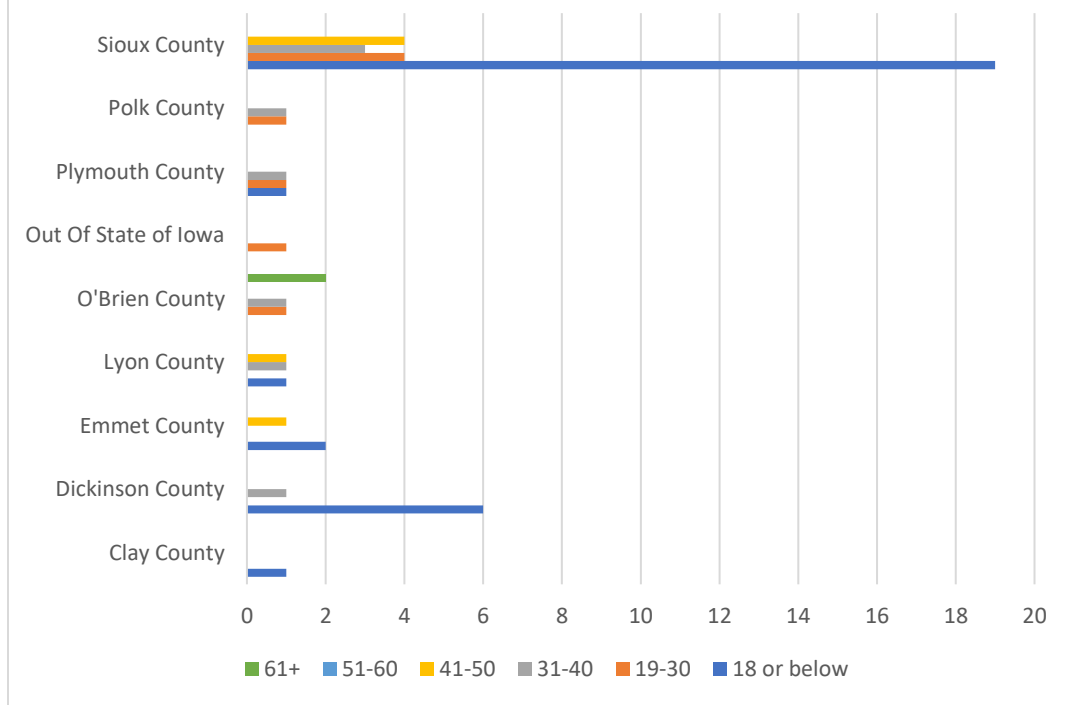
Sioux Rivers Regional MHDS contracted with Seasons Center for Behavioral Health for its Mobile Crisis Service provision. Data collection was recommended by the Data Analytics Committee for reporting out Mobile Crisis Services. Seasons Center provided the following information.

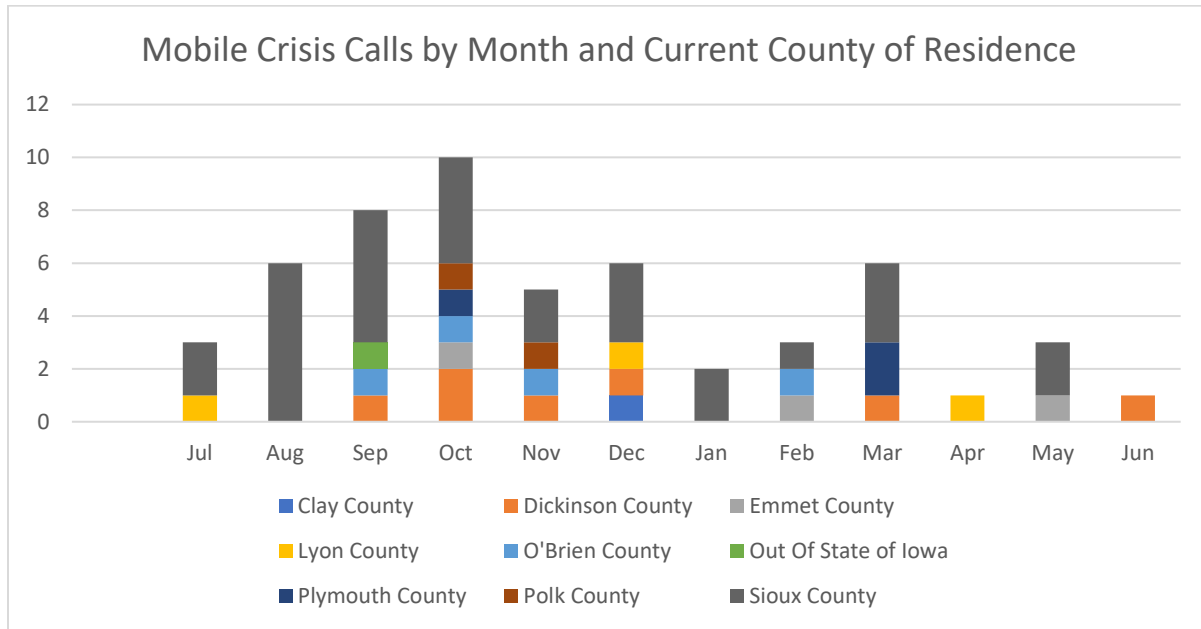


FY 22 Result of Calls Received by Mobile Crisis



Mobile Crisis Services by County and Age





*Noting again that the current county of residence that shows in the count may not have been at the time of the call received for Mobile Crisis, that call originated within Sioux Rivers and the individual receiving services may have moved out of the region since the services were provided.

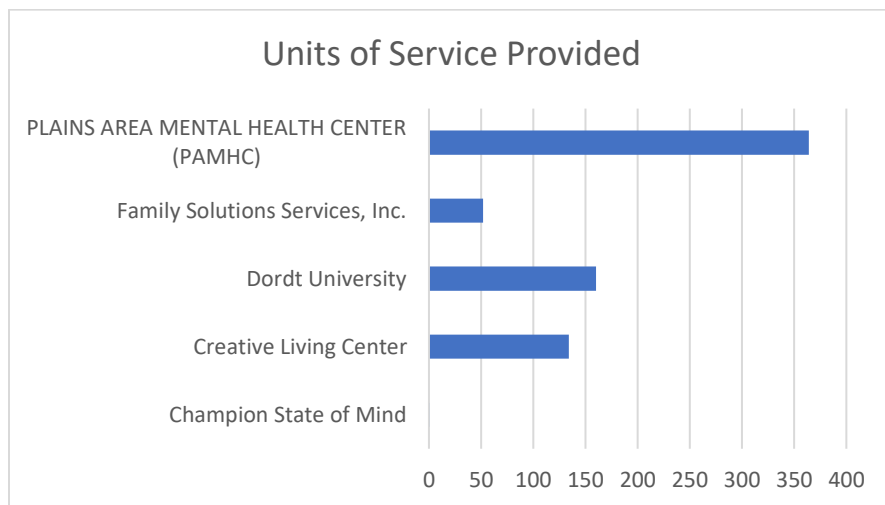
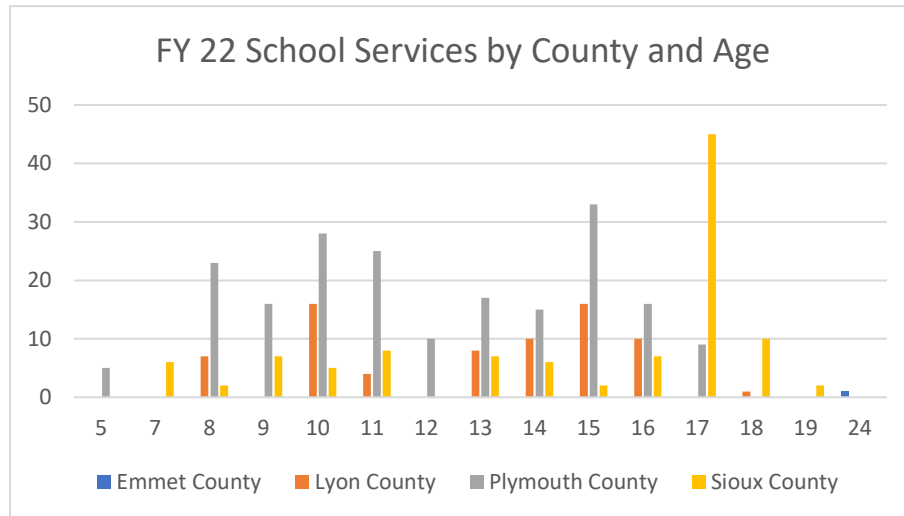
The region continued its efforts in working with the Mobile Crisis Unit to reach fidelity with this program. The major obstacle being that fidelity guidelines make provision of the service in a rural area difficult to achieve. The region continues discussions with Seasons to establish the basis of reporting that covers all calls, whether they meet fidelity guidelines or not. It is also known that many times, mobile crisis staff has spent more time than allowed, by the fidelity guidelines. The region continues its effort to work with Seasons Center to maintain credible data in this regard.

For the Fiscal year end 6/30/22, a full contracted year, this is the information reported through the contract:

	Child (0-18)	Adult
Total Calls	30	24
Average Response Time from Dispatch	32.52 Minutes	
Average Length of Call	1.62 Hours	
Cost of Services to Region	\$283,763.76	
Average Cost of Service per call	\$5,254.88	
Disposition of Calls:		
Disregard	2	3.70%
Hospital - Behavioral Voluntary	6	11.11%
Referred to crisis stabilization services	3	5.56%
Stabilized on location/NOT referred to community-based services	35	64.81%
Stabilized on location/referred to community-based services	8	14.81%

Access to School Based Services

Sioux Rivers Regional MHDS continues to contract with its regional mental health centers through access grants for which individual students are tracked by their minimum data set and submitted for payment by the Region. The Region has also been in discussion with regional schools to evaluate the need for in school services and to what extent the school districts are able to contribute financial resources to the cost of the non-billable time spent by the mental health providers offering in school services. The following is information provided by the mental health providers regarding their services provided within regional schools and school aged youth.



	Total Amount Paid	Number of Units	Unit Cost
Champion State of Mind	\$250.00	1	\$250.00
Creative Living Center	\$113,249.91	134	\$845.15
Dordt University	\$4,000.00	160	\$25.00
Family Solutions Services, Inc.	\$1,125.16	52	\$21.64
PLAINS AREA MENTAL HEALTH CENTER (PAMHC)	\$56,777.88	364	\$155.98

Regional Staff Activities

Sioux Rivers Regional MHDS encourages staff to participate in community boards and advisory committees to promote the region in our local communities. Many of the staff participate on the Children’s Advisory Board meetings, as well as many of the individual county planning council’s and local school district meetings. Staff also have representation on many of our providers’ advisory boards. Staff are always invited to participate in the Regional Governance Board meetings.

Many of those boards include but are not limited to the following: Creative Living Center Advisory Board, Sioux County Planning Council, Lyon County Planning Council and Multi-Disciplinary meeting in several regional counties. Regional Staff is involved with the Hope Haven IPS Steering Committee and the Hope Haven and Plains Area IHS meetings. Staff has attended statewide trainings through the Iowa State Association of Counties, Justice Involved Services, Public Health Leadership Training, Stepping Up Initiatives, and many statewide Children’s Planning and Service Planning Meetings at the local school districts, and was very active participating and leading many of the fidelity subgroup meetings that made final recommendations to the State regarding the SAMSHA Fidelity Areas.

Many of the Regional Disability Service Coordinators and our Regional Judicial Advocate participate in local and state boards in a leadership capacity including the Elderbridge Agency on Aging Board of Directors (Beth Will, Chair), the Elderbridge Agency on Aging Advisory Board (Lisa Rockhill, Vice-Chair), Iowa Community Services Association (Lisa Rockhill, Secretary), Discovery House Board of Directors (Dickinson County), Dickinson County Healthcare Coalition, Lyon County Behavioral Health Team Meeting, Dickinson County Familiar Faces Meeting, the statewide Community Services Network and Operations Committee (statewide regional data system) with 2 expert users within the region, Steering Committee for Evidenced Based Practices, Cherokee MHI Advisory Board, O’Brien County Suicide Coalition, Judicial Advocates Board (Abby, Secretary).

Regional staff also are involved in presenting to many area groups such as Kiwanis and Rotary Club presentations on a variety of topics, as well as trainers for the C3 De-Escalation Curriculum (Lisa Rockhill), ACES (Lisa Rockhill). Staff have also participated in the following trainings: ASSIT, IABLE, PASRR, IME Presentations, and Public Health Series on Gambling, Suicide and Statewide Resources, Escape, mitigation, and Survival Training “Escaping Violent Encounters”, and presenting to local college level classes at Northwest Iowa Community College.

Regional Strategic Planning

The region participated in a strategic planning session facilitated by Parlay Consulting last fall and completed early in the 2022 calendar year. The following is the one-page summary presented to the Governance Board.

Appendix A



2024 Strategic Plan – Executive Summary

Mission

Our mission is to thoughtfully, creatively & responsibly meet the mental health needs of the residents of the region.

Vision

Sioux Rivers Regional Mental Health & Disabilities Services provides access, information, and coordination of funding, while providing for the health, hope, and successful outcomes of the residents in our region who have mental health and intellectual/developmental disabilities, including those with multi-occurring substance use issues, health issues, physical disabilities, brain injuries, and other complex human service needs.

Values

- Welcoming & Accessible
- Able to refer for integrated screening, early identification and early intervention
- High quality and, wherever possible, evidence based
- Organized into community-based support
- Individualized planning provided in the most appropriate, least restrictive setting
- Designed to include individuals and families as partners in their own care
- Designed to leverage multiple financing strategies with the region including increased use of Medicaid funded services and Iowa Health and Wellness Plan
- Supported by provision of training and technical assistance to individuals and families, as well as to providers and other partners.

Practical Vision

We will have...

Elevated & Listened Consumer Voice | Visionary & Comprehensive Services
Sustainable & Responsible Finances | Improved & Intentional Communications
Seamless & Committed Partners | Unified & Consistent Sioux Rivers Region

Strategic Directions

We will achieve this by...

Strengthening Our Team	Engaging Our Partners	Supporting Our Communities
<p>Fiscal Year 2024 Goals</p> <ul style="list-style-type: none"> ▪ By the end of FY24, we will have built and operationalized accountability and appropriate oversight to the implementation of the Strategic Plan. ▪ By end of FY24, we will have clarity & solidarity for the Region staff. ▪ By the end of FY24, we will have created and implemented an effective marketing plan across the Region. 	<ul style="list-style-type: none"> ▪ By the end of FY24, we will have improved regular & consistent engagement of providers and community partners. 	<ul style="list-style-type: none"> ▪ By the end of FY24, we will have identified & adjusted access to the needed services to improve lives. ▪ By the end of FY24, we will have a variety of programming that is flexible & adaptable to meet the challenging needs of the community and state guidelines. ▪ By the end of FY24, consumers will have a safe place to share needs & wants with professionals & peers.

This strategic planning process included members of the Regional Governance Board, Many of the Regional Providers, stakeholders, and Regional Staff.

JuvoNow Telehealth Services - 7/1/21 - 6/30/22

10/26/2022

Sioux Rivers MHDS

★★★★★ 4.5 39% cases were rated.

127	05:11 hh:mm
*Response Time 01:17 hh:mm	*Placement Time 08:47 hh:mm

Demographics Overview

112 Total Patients

55 Male

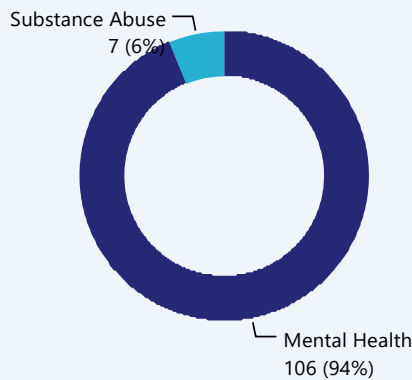
57 Female

10 repeat patients = 25 cases / 19.6% of total cases

Adult (18-54)	70.08%
Adolescent (13-17)	18.11%
Geriatric (55+)	9.45%
Child (5-12)	2.36%

*Median

Case Outcomes

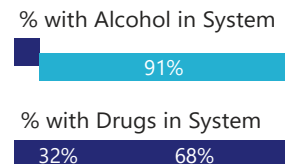
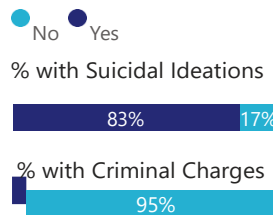
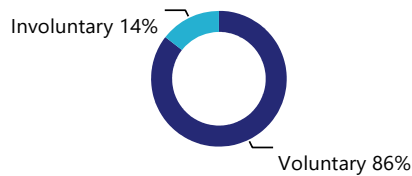


Average Calls per Placement

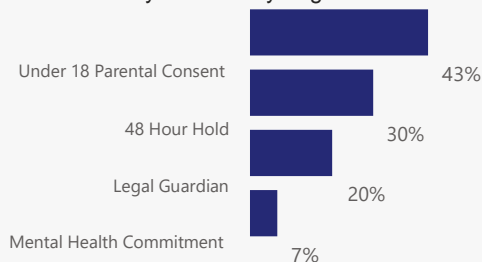
143

Outcome	% of Cases	# of Cases
Mental Health Inpatient	46%	59
Mental Health Outpatient	37%	47
Discharged Back To Facility	9%	11
Substance Abuse Outpatient	4%	5
Left AMA	2%	2
Substance Abuse Residential	2%	2
Other	1%	1
Total	100%	127

Following data is based on 60% of total cases.

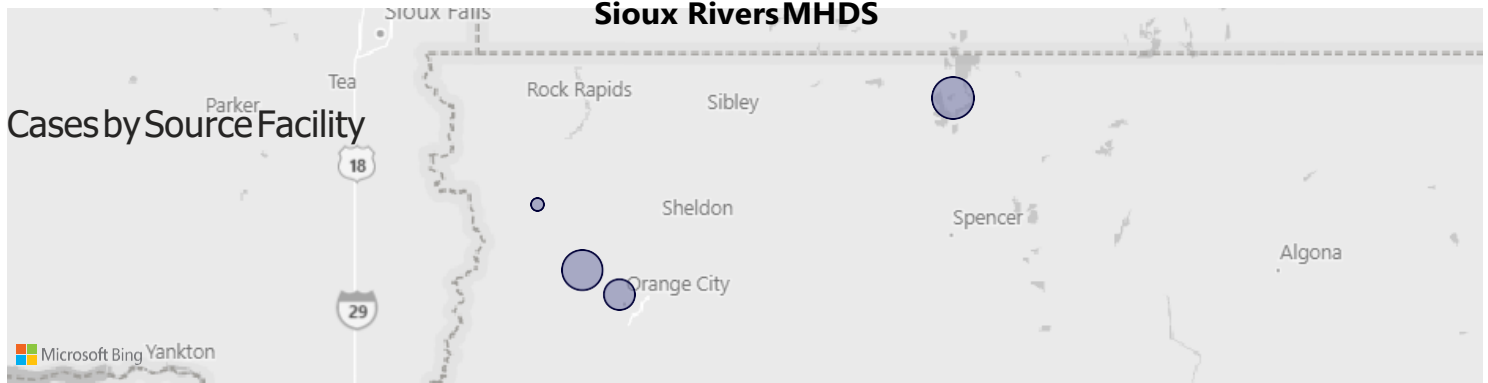


% of Involuntary Patients by Legal Status



Outcome	Mental Health	Other
48 Hour Hold	100%	
Legal Guardian	67%	33%
Mental Health Commitment	100%	
Under 18 Parental Consent	92%	8%
Voluntary	87%	13%
Total	88%	12%

JuvoNow Telehealth Services - 7/1/21 - 6/30/22



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Source Facility	% of Cases	# of Cases
Lakes Regional Healthcare	37%	46
Sioux Center Health	36%	45
Orange City Area Health System	24%	30
Hegg Health Center	3%	4

Accepted Patients by Facility

