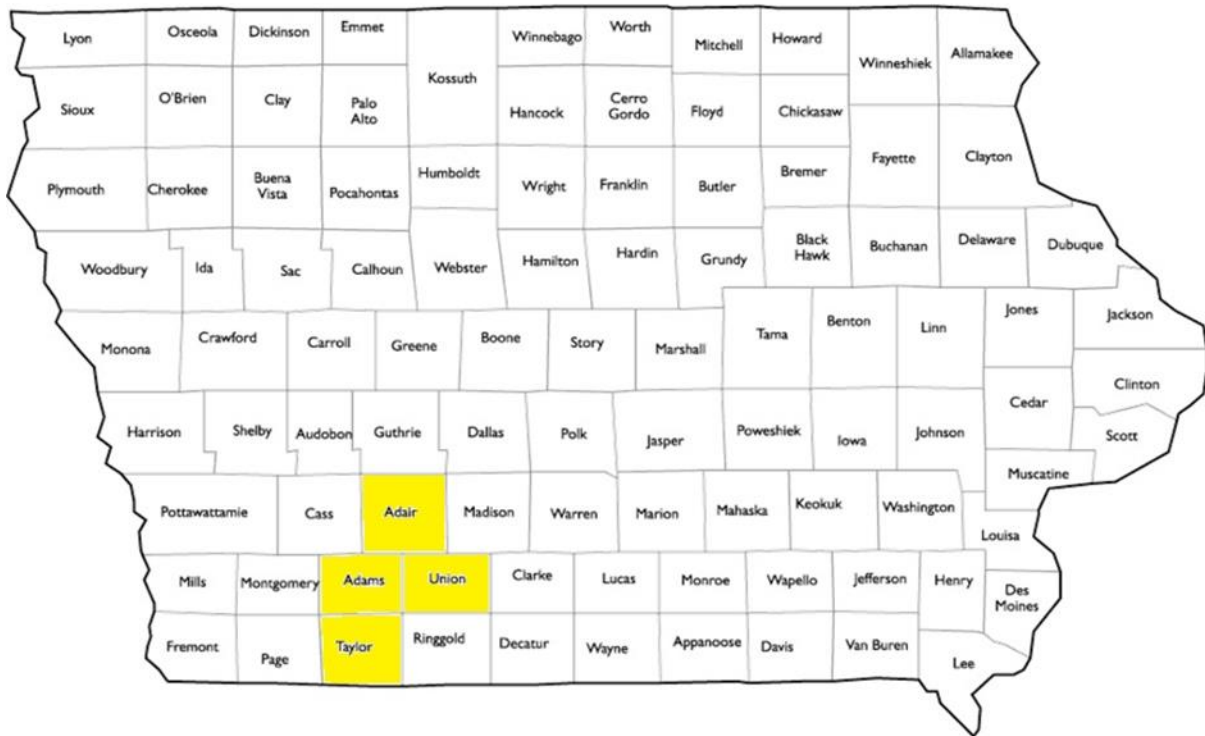


SOUTHERN HILLS REGIONAL MENTAL HEALTH

FY23 ANNUAL SERVICE & BUDGET PLAN



**SUBMITTED
04/01/22**

GEOGRAPHIC AREA: *Adair, Adams, Taylor, Union Counties*

APPROVED BY GOVERNING BOARD: 3/25/22

APPROVED BY ADVISORY BOARD: 3/25/22

Table of Contents

Introduction	2
A. Local Access Points.....	2
B. Service Coordination and Targeted Case Management	3
C. Crisis Planning.....	3
D. Intensive Mental Health Services.....	5
E. Scope of Services & Budget and Financing Provisions	6
Table A. Expenditures	7
Table B. Revenues	11
Table E. County Levies	12
G. Financial Forecasting Measures	12
H. Provider Reimbursement Provisions	13

Introduction

Southern Hills Regional Mental Health was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service (MHDS) Region in compliance with Iowa Code 331.390. The annual service and budget plan 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.

The FY2023 Annual Service and Budget Plan covers the period of July 1, 2022 to June 30, 2023. The Annual Service and Budget Plan includes local access points, targeted case management providers, crisis services, intensive mental health services, a description of the scope of services to be provided including core services, budget and financial provisions, and provider reimbursement provisions.

The governing board for Southern Hills Regional Mental health consists of one member of the board of supervisors from each member county, one family member of a consumer utilizing services, and one provider member. Members are: Ron Riley, Union County Supervisor; John Twombly, Adair County Supervisor; Scott Akin, Adams County Supervisor; Pam Wilmarth, Taylor County Supervisor, Clint Brown, Crossroads provider member and Kris Richey, family member.

Our adult advisory board is comprised of service providers in the region who serve our consumers. Members are: Dan Downing, New Horizons; Jana Dailey; CARE; Kendalyn Huff, Innovative Industries; Brittany Palmer, Crossroads Behavioral Health and Summer Murdock, Iowa Focus.

Our children's governing board has the following members: Morgan Christensen, Crossroads Children's Service Coordinator; Pam Wilmarth, Taylor County Supervisor; Kathy Hanafan, Green Hills Area Education; Blake Lauffer, Juvenile Court System; Cheri Standing, MD, pediatrician; and Brittany Palmer, Crossroads Behavioral Health.

Our advisory boards have undergone many changes this year due to staff turnover among providers, COVID illnesses, and low to non-attendance at scheduled meetings.

A. Local Access Points

An access point is a part of the Southern Hills Regional Mental Health service system trained to complete MHDS regional applications for persons with a disability.

Southern Hills Regional Mental Health has designated the following access points for mental health and disability services.

Access Point	Location	Contact Information
Adair County Public Health	Greenfield, Iowa	641-743-6173
Crossroads Behavioral Health	Creston, Iowa	641-782-8457/641-278-1193
Southern Hills Regional Mental Health	106 Central #106, Glenwood, Iowa	712-525-1337

Southern Hills Regional Mental Health has designated the following access points for children's behavioral health services.

Access Point	Location	Contact Information
Crossroads Behavioral Health	Creston, Iowa	641-782-8457/641-278-1193

Southern Hills Regional Mental Health	106 Central #106, Glenwood, Iowa	712-525-1337

B. Service Coordination and Targeted Case Management

The following agencies provide service coordination and/or targeted case management for Southern Hills Regional Mental Health.

Service Coordination Provider	Adult/Child/Both	Location	Contact Information
Department of Human Services Targeted Case Management	Both	Audubon, Iowa	712-563-4600
Crossroads Behavioral Health	Both	Creston, Iowa	641-782-8457/641-278-1193
Americagroup Iowa, Inc.	Both		800-600-4441
Iowa Total Care	Both		833-404-1061

C. Crisis Planning

The following accredited crisis services are available to residents of the region for crisis prevention, response and resolution.

24 Hour Crisis Response

Provider	Location	Contact Information
Crossroads Behavioral Health	Creston, Iowa	641-782-8457

24 Hour Crisis Hotline

Provider	Location	Contact Information
Your Life Iowa	Online: https://yourlifeiowa.org/	

Crisis Evaluation

Provider	Adult/Child/Both	Location	Contact Information
Crossroads Behavioral Health	Both	Creston, Iowa	641-782-8457

Mobile Response

Provider	Location	Contact Information
The region is in the process of contracting for or starting their own mobile response team.***		

***The region is also in discussion with two adjoining regions to utilize and contract with their mobile response teams. We have utilized and funded services from Heart of Iowa Community Services Region.

Crisis Stabilization Community-based Services

Provider	Adult/Child	Location	Contact Information
None at this time			

The region will contract with Southwest Iowa MHDD to utilize their community based crisis stabilization provider.

Crisis Stabilization Residential Services

Provider	Adult/Child	Location	Contact Information
Harbor Point	Adult	Clarinda, Iowa	712-850-1389

23-Hour Observation

Provider	Location	Contact Information
Community Health Centers of Southern Iowa	Osceola, Iowa	Samantha Cannon, CEO 641-446-2383 ext 1250

Southern Hills Regional Mental Health honors the contract rates of the provider’s home region.

D. Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** that meet the requirements according to IAC 441—25.6(1) in a coordinated manner in one or more locations:

Provider	Location	Contact Information
The region is currently in the process of designating Community Health Centers of Southern Iowa	Osceola, Iowa	Samantha Cannon, CEO 641-446-2383 ext 1250

There have been delays in designating due to lack of some requested information. The designation process will be completed when information is received.

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been designated and meet the requirements in IAC 441—25.6(2).

Provider	Location	Contact Information
The region has not yet designated an ACT team.		

The region is the process of designating an ACT team through contracting with an adjoining region. Their ACT team will provide services in the regional counties.

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

Provider	Location	Contact Information
Community Health Centers of Southern Iowa ****	Osceola, Iowa	Samantha Cannon, CEO 641-446-2383 ext 1250

**** Designation process has not been completed at the time of this report. There have been delays in designation due to lack of some requested information. Designation will be completed when information received.

The region has designated the following **Intensive Residential Service** providers which have been designated and meet the requirements in IAC 441—25.6(8):

Provider	Location	Contact Information
The Region has not designated an Intensive Residential Service Provider. ****		

****At the time of this report, there are not yet any active providers but several are in development. It is the Region’s intention to contract with another region for these services once they are developed.

E. Scope of Services & Budget and Financing Provisions

The table below identifies the scope of services offered by Southern Hills Regional Mental Health. All core services are available. If there is not funding identified in a core service column, it is because it has not been needed historically. If an individual needs funding for a core service and meets eligibility requirements outlined by the policy and procedure manual, funding will be made available. Core services for children’s behavioral health are identified by (**) after the service name

For any required service not listed in a specific budget line item, the region will reallocate dollars identified in other line items

Eligibility guidelines for all services can be found in the Southern Hills Policies and Procedures manual found at www.dhs.iowa.gov

Table A. Expenditures

FY 2023 Budget	Southern Hills MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$ 175,000					\$ 175,000
42306	Medication prescribing & management **						\$ -
43301	Assessment, evaluation, and early identification **						\$ -
71319	Mental health inpatient therapy-MHI	\$ 1,000					\$ 1,000
73319	Mental health inpatient therapy **	\$ 10,000					\$ 10,000
	Crisis Services						
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 75,000					\$ 75,000
44302	23 hour crisis observation & holding	\$ 2,500					\$ 2,500
44305	24 hour access to crisis response	\$ 27,500					\$ 27,500
44307	Mobile response **						\$ -

44312	Crisis Stabilization community-based services **						\$ -
44313	Crisis Stabilization residential services **	\$ 150,000					\$ 150,000
44396	Access Centers: start-up / sustainability						\$ -
	Support for Community Living						
32320	Home health aide						\$ -
32325	Respite						\$ -
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 135,000					\$ 135,000
42329	Intensive residential services						\$ -
	Support for Employment						
50362	Prevocational services	\$ 1,500					\$ 1,500
50364	Job development						\$ -
50367	Day habilitation	\$ 3,500					\$ 3,500
50368	Supported employment	\$ 3,000					\$ 3,000
50369	Group Supported employment-enclave						\$ -
	Recovery Services						
45323	Family support						\$ -
45366	Peer support						\$ -
	Service Coordination						
21375	Case management						\$ -
24376	Health homes						\$ -
	Sub-Acute Services						
63309	Subacute services-1-5 beds	\$ 5,000					\$ 5,000
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)						\$ -
45373	Family psychoeducation						\$ -
	Core Domains Total	\$ 589,000	\$ -	\$ -	\$ -		\$ 589,000
	Mandated Services						
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 8,500					\$ 8,500

75XXX	Mental health advocate	\$ 12,600					\$ 12,600
	Mandated Services Total	\$ 21,100	\$ -	\$ -	\$ -		\$ 21,100
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						\$ -
46422	Crisis prevention training						\$ -
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers						\$ -
42397	Psychiatric rehabilitation (IPR)						\$ -
	Additional Core Domains Total	\$ -	\$ -	\$ -	\$ -		\$ -
Other Informational Services							
03371	Information & referral						\$ -
04372	Planning, consultation &/or early intervention (client related) **						\$ -
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)						\$ -
05373	Public education, prevention and education **						\$ -
	Other Informational Services Total	\$ -	\$ -	\$ -	\$ -		\$ -
Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	\$ 20,000	\$ 40,000				\$ 60,000
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 60,000					\$ 60,000
32321	Chore services						\$ -

32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)						\$ -
33345	Ongoing rent subsidy	\$ 8,000					\$ 8,000
33399	Other basic needs						\$ -
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	\$ 50,000					\$ 50,000
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	\$ 138,000	\$ 40,000	\$ -	\$ -		\$ 178,000
Other Congregate Services							
50360	Work services (work activity/sheltered work)		\$ 15,000				\$ 15,000
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 210,000					\$ 210,000

64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 210,000	\$ 15,000	\$ -	\$ -		\$ 225,000
Administration							
11XXX	Direct Administration					209,538	\$ 209,538
12XXX	Purchased Administration					48,000	\$ 48,000
	Administration Total					\$ 257,538	\$ 257,538
	Regional Totals	\$ 958,100	\$ 55,000	\$ -	\$ -	\$ 257,538	\$ 1,270,638
(45XX-XXX)County Provided Case Management							
							\$ -
(46XX-XXX)County Provided Services							
							\$ -
	Regional Grand Total						\$ 1,270,638

Table B. Revenues

FY 2023 Budget	Southern Hills MHDS Region		
Revenues			
	Projected Fund Balance as of 6/30/22		\$ 273,503
	Local/Regional Funds		\$ -
1010	Delinquent Property Tax		
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		\$ 1,098,048.00
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	1,098,048	
2643	State Incentive Funds		
	Other		
	Federal Funds		\$ -
2345	Medicaid		
2347	American Rescue Plan Act (ARPA)		

	Other		
		Total Revenues	\$ 1,098,048

Total Funds Available for FY2023	\$ 1,371,551
FY23 Actual Regional Expenditures	\$ 1,270,638
Accrual Fund Balance as of 6/30/2023	\$ 100,913

Table E. State Revenues

County	2020 Est. Pop.	FY2023 State Dollars
Adair	7,059	268,242
Adams	3,588	136,344
Taylor	6,092	231,496
Union	12,157	461,966
Southern Hills Region	28,896	1,098,048

G. Financial Forecasting Measures

The following is a description of the financial forecasting measures used by Southern Hills Regional Mental Health in the identification of service need and funding necessary for services.

- Historical service utilization and cost
- Community meetings to determine continuing and possible new needs including the planned children’s behavioral services.
- Tracking of fund balance and monthly expenditures.
- Exploration of reduction in services if it becomes necessary in the fiscal year due to increased mandated expenditures.

H. Provider Reimbursement Provisions

The following is a description of the types of funding used by Southern Hills Regional Mental Health

- **Fee for service:**
The Region will contract with MHDS providers whose base of operation is within the region. Southern Hills Regional Mental Health may also honor contracts that other regions have with their local providers or may choose to contract with providers outside of the region. A contract may not be required with providers that provide one-time or as needed services. A fee for service approach will be utilized in most provider contracts outlining the services to be provided and the rate of reimbursement. All payments will be based on a pre-authorized request for service authorization with the exception of court ordered payments, such as civil commitment costs and crisis services.
- **Block grant payments:** A block grant payment has been and will be continued to be used for our Community Behavioral Health Center. All other sources of payment options will be utilized by the Center first. The Center is responsible for determining eligibility based on Regional policies and procedures. A monthly report will be sent to the Region for tracking purposes.
- **Use of nontraditional providers:**
When a non-traditional provider arrangement is more appropriate than a fee for service approach with a contracted provider, the Coordinators of Disability Services will work with the region's CEO to request such arrangements. A non-traditional provider may be an individual, organization and/or business who delivers services in the consumer's home and/or other community setting. Non-traditional providers typically are individuals, organizations, or businesses which do not provide MHDS services as a part of their normal business. These services are not to provide treatment but are supportive and may be rehabilitative in focus, and are initiated when there is a reasonable likelihood that such services will benefit the consumer's functioning, assist them in maintaining community tenure, and act as an alternative way to achieve the consumer's stated goals or outcomes. A request for funding can be made by any consumer, or the consumer's authorized representative, to utilize non-traditional providers for services as approved in the Regional Management Plan. Non-traditional providers may be subject to certain licensing, certification, accreditation or other state approval standards.
- **Incorporation of all funding sources for individuals including Medicaid:** The Region is the payer of last resort, ensuring that all other possible funding sources are accessed first. The Region is responsible for ensuring that MHDS services are available to all residents of the region regardless of funding source. Southern Hills Regional Mental Health will ensure that individuals apply for all funding sources prior to accessing regional funding, including private insurance, Medicaid, Medicare and other funding mechanisms which ensure that individuals and their families are able to optimally live, work, and recreate in integrated communities of their choice.