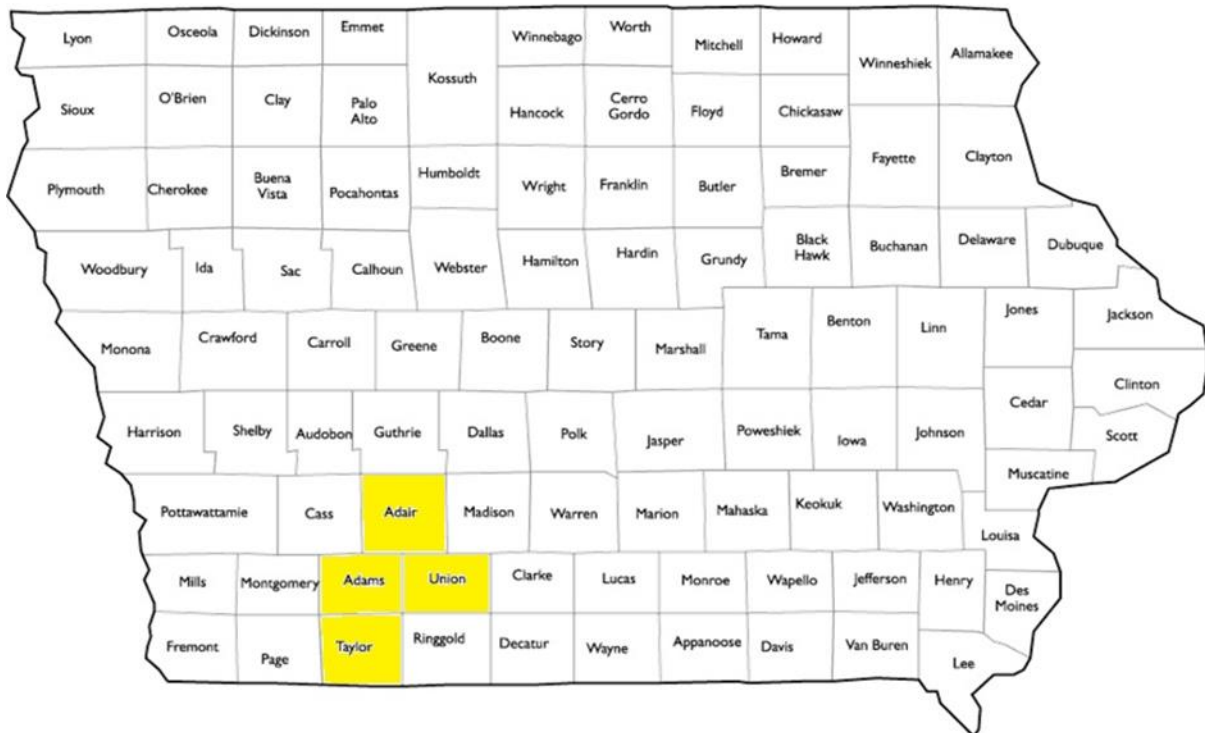


SOUTHERN HILLS REGIONAL MENTAL HEALTH

FY24 ANNUAL SERVICE & BUDGET PLAN



**SUBMITTED
10/31/23**

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

APPROVED BY GOVERNING BOARD: 10/27/23

APPROVED BY ADVISORY BOARD: 10/27/23

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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 FY2024 Annual Service and Budget Plan covers the period of July 1, 2023 to June 30, 2024. 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: Dennis Brown, Union County Supervisor; John Twombly, Adair County Supervisor; Scott Akin, Adams County Supervisor; Kim Watson, 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;; 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.****	Creston, Iowa serving all of region	bpalmer@crossroadsghs.org Brittany Palmer, Director

**** We have utilized and funded services from Heart of Iowa Community Services Region while developing our services,.

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. We are pursuing services through Heartland Family Services in Council Bluffs, Iowa.

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
None yet designated		

The Region is looking at designating Sioux Rivers Assessment and Crisis Stabilization Center in Sioux City Iowa

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
Trivium Life Services	Atlantic, Iowa	712-243-2668

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 2024 Budget	Southern Hills MHDD	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						\$ -
73319	Mental health inpatient therapy **	\$ 15,000					\$ 15,000
Crisis Services							
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 75,000					\$ 75,000
44302	23 hour crisis observation & holding	\$ 5,000					\$ 5,000
44305	24 hour access to crisis response	\$ 27,500					\$ 27,500
44307	Mobile response **	\$ 10,000					\$ 10,000
44312	Crisis Stabilization community-based services **	\$ 10,000					\$ 10,000
44313	Crisis Stabilization residential services **	\$ 130,000					\$ 130,000
44379	System building & sustainability - Crisis						\$ -
44396	Access Centers: start-up / sustainability						\$ -
Support for Community Living							
32320	Home health aide						\$ -
32325	Respite						\$ -

32328	Home & vehicle modifications						\$ -
32329	Supported community living						\$ -
42329	Intensive residential services						\$ -
	Support for Employment						
50362	Prevocational services						\$ -
50364	Job development						\$ -
50367	Day habilitation	\$ 1,000					\$ 1,000
50368	Supported employment						\$ -
50369	Group Supported employment-enclave						\$ -
50379	System building & sustainability - IPS & Vocational						\$ -
	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						\$ -
32379	System building & sustainability - Supported housing						\$ -
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)	\$ 12,000					\$ 12,000
45373	Family psychoeducation						\$ -
45379	System building & sustainability - FPE & Recovery Svcs						\$ -
	Core Domains Total	\$ 465,500	\$ -	\$ -	\$ -		\$ 465,500
	Mandated Services						
46319	Oakdale						\$ -
72319	State resource centers						\$ -

74XXX	Commitment related (except 301)	\$ 8,500					\$ 8,500
75XXX	Mental health advocate	\$ 7,000					\$ 7,000
	Mandated Services Total	\$ 15,500	\$ -	\$ -	\$ -		\$ 15,500
Additional Core Domains							
	Justice system-involved services						
25xxx	Coordination services						\$ -
25378	Contracted 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 Wellness / Wellness and Recovery Centers						\$ -
42379	System building & sustainability - Non crisis						\$ -
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
22378	Contracted services management						\$ -
23376	Crisis care coordination						\$ -
23378	Contracted 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	\$ 90,000					\$ 90,000
33330	Mobile meals						\$ -
33340	Rent payments (time limited)						\$ -
33345	Ongoing rent subsidy	\$ 6,000					\$ 6,000
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		\$ 15,000				\$ 15,000
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	\$ 226,000	\$ 55,000	\$ -	\$ -		\$ 281,000
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 130,000					\$ 130,000
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 130,000	\$ -	\$ -	\$ -		\$ 130,000
Administration							
11XXX	Direct Administration					217,560	\$ 217,560
12XXX	Purchased Administration					48,000	\$ 48,000
	Administration Total					\$ 265,560	\$ 265,560
	Regional Totals	\$ 837,000	\$ 55,000	\$ -	\$ -	\$ 265,560	\$ 1,157,560
(45XX-XXX)County Provided Case Management							\$ -
(46XX-XXX)County Provided Services							\$ -
	Regional Grand Total						\$ 1,157,560

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	\$ -
14951	MHDS fiscal agent reimbursement to MHDS regional member county	\$ -

Table B. Revenues

FY 2024 Budget	Southern Hills Mental Health		
Revenues			
	Projected Fund Balance as of 6/30/23		\$ 292,850
	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		\$ 1,162,720.00
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	1,162,720	
2643	State Incentive Funds		
	Other		
	Federal Funds		\$ -
2345	Medicaid		
	Other		
	Total Revenues		\$ 1,162,720

Total Funds Available for FY2024	\$ 1,455,570
FY24 Actual Regional Expenditures	\$ 1,157,560
Accrual Fund Balance as of 6/30/2024	\$ 298,010

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.