



CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Meeting Minutes Tuesday January 12, 2021 @ 1:30 pm

SPECIAL NOTE TO THE PUBLIC: Due to recommendations to limit gatherings to no more than ten (10) people in order to help slow the spread of the COVID-19 virus, public access to the meeting was provided via zoom.

1. Welcome and Introductions: Roll Call of Committee Members:

Chair Ellis called the meeting to order, those present: Diana Dawley, Kathy Hanzek, Nikki Fischer, JD Deambra, Julie Smith, Mary Nelson, Jennifer Ellis, Jody Eaton, Jeff Vance. Also present Brittany Palmer, Patti Treibel-Leeds, and Karla Webb

2. Adoption of the Agenda – Action

Motion by Vance to approve the agenda, second by Hanzek, all ayes, motion passed.

3. Election of Chair - Action

Eaton nominated Jennifer Ellis, second by Smith, all ayes, motion passed.

4. Election of Vice-Chair – Action

Smith nominated Deambra, second by Eaton, all ayes, motion passed.

5. Approval of 10/13/20 meeting minutes – Action

Motion by Deambra to approve the minutes, Hanzek second, all ayes, motion passed.

6. Review and Consideration of Bylaws Central Iowa Regional Advisory Committee – Karla Webb – Action

Webb explained no suggested changes to the current adult advisory committee bylaws at this time; the bylaws require a review each January. In April, the bylaws will need revised for 7/1/21 with the addition of Cerro Gordo, Webster and Wright Counties joining CICS region. Eaton asked if the same committee structure will be in place or if changes are anticipated. Webb indicated there are no anticipated changes to the committee structure at this time, if the Advisory Committee would like to consider changes that is an option and Webb would welcome feedback. No changes were suggested at this time.

7. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational

Smith discussed the CICS Governing Board has been focused on CARES Act funding. Smith shared how Capstone Behavioral Healthcare was able to access CARES Act funding which was

very helpful to them with additional costs related to COVID-19. The Governing Board also has been focused on new counties joining CICS.

8. 2020 CICS Adult Advisory Committee Report – Karla Webb, Informational

Webb discussed the Adult Advisory Committee report is compiled after each calendar year and includes committee members, bylaws, agendas, and meeting minutes. There were no suggested changes to the report.

9. Cerro Gordo, Webster and Wright Counties Joining CICS – Karla Webb, Informational

Webb reported work has been underway for the planning of the three counties joining CICS effective 7/1/21. 28E agreements have been signed, staffing recommendations and interviews have been completed, FY22 budgeting work is occurring, information regarding current providers contracted with CSS for the counties joining CICS has been obtained and a review of services and rates is underway, providers will need to be enrolled in the CICS provider network prior to contracting, a service gap analysis will also be completed as part of planning.

10. Resource Center Community Integration Transition Planning – Linn Adams, Informational

Webb provided information regarding the Community Integration Transition Plan as Adams was unavailable. The focus is to move individuals from Glenwood and Woodward Resource Centers into community living with services and supports to live in the least restrictive setting. Forty individuals have identified interest in living in the CICS region, 16 of these individuals have residency with CICS and 24 would have residency with another region but identify interest in living within CICS region. There are multiple stages of the transition, Stage 3 the individual is in active transition and stage 4 a provider has been identified. CICS service coordination staff will be involved as individuals transition to the community. Eaton asked about Money Follows the Person (MFP), Webb noted this is still available, Ellis indicated there are limits of 4 individuals in a home with MFP so this may not be available to everyone moving.

11. CARES Act COVID-19 Funding – Patti Treibel-Leeds, Informational

Treibel-Leeds provided information regarding the funding process implemented by CICS for providers and schools to apply initially for \$10,000, then up to \$20,000 and then larger grants. Several providers and schools accessed funding and CICS offices also utilized funding for items such as PPE, automated equipment such as faucets and paper towel dispensers, and technology needs. A project with Trilix was done to develop 1-2 minute short videos regarding various mental health topics and reaching out to CICS for support. \$1.3 million of the \$3.2 million received in CARES Act funds was expended. The timeframe to expend the funds has been extended, the final date has not been identified by the State, CICS Administrative team intends to initiate planning to determine use for the remaining funds.

12. Service Planning – Patti Treibel-Leeds, Informational

Treibel-Leeds shared information regarding development of subacute services with Mary Greeley Medical Center with the anticipation of this service becoming available this June. Crisis Stabilization Community Based (CSCB) services will be available starting 1/18/21, the service will work together with mobile crisis response (MCR) services with Eyerly Ball Community Mental



Health Services and Integrated Telehealth Partners. Individuals can access the service by calling Your Life Iowa Crisis Line and requesting MCR services. MCR will complete an assessment and if determined appropriate will refer the individual to CSCB. The individual will then be contacted by a therapist to complete an eligibility assessment. CSCB is up to a 5 day service which includes but is not limited to the following services: therapist, medication management, peer support, linkage to ongoing services, and case management. Webb noted MGMC will no longer be providing crisis stabilization residential services, they continue to provide transitional living center services and will be adding the subacute services. It is anticipated with this service change; occupancy will increase at the current service location. Treibel-Leeds discussed the Access Center Network concept and shared a service matrix flow chart walking an individual through an originating situation to how various services may be accessed. More information and education will be made available as the network is further developed.

13. Agency Update/Information Sharing

Nelson shared the drop-in-center usually hosts 55-60 people for a Christmas party, this year that needed to look differently with the pandemic, they held several small gatherings and provided care packages to individuals who are not attending the drop-in-center at this time. Currently they can serve 10 individuals a day at the drop-in-center, individuals need to schedule for the day they plan to attend. Eaton shared a personal story of someone she knows who utilized the crisis line and MCR and was taken to a hospital for stabilization, she shared her experience as one who helped to develop the services to seeing the services accessed by someone she knows and the value of the services. Palmer shared her support of the services currently available and being developed and hopes that the services will become available within other regions. Vance shared some direct support staff are receiving the COVID-19 vaccine. Dawley thanked everyone for the services they provide. Smith shared she is working with a few people that have been difficult to place into services, she looks forward to the new services being developed and welcomes help in trying to address the needs of the current individuals she is working with. Deambra shared NAMI CI wellness center is closed and will be reopening soon, have been sending out care packages to individuals and are looking forward to using the van they recently purchased. Fischer shared she has been with her position for six months and the information she receives through the committee is helpful. Ellis indicated they are preparing for vaccine distribution for staff and members. Webb explained the building their office is in is currently locked to the public for COVID-19 precautionary measures, a phone is available in the entry way of the building for individuals to call the offices in the building, they are meeting with people via appointment and walk-in basis.

13. Next Meeting Date: April 13, 2021 @ 1:30pm

15. Adjournment at 2:39pm.

