



# CICS

Supporting Individuals. Strengthening Communities.

## **CICS Adult Regional Advisory Committee Meeting Tuesday June 14th, 2022 @ 1:30 pm Minutes**

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

Chair Ellis called the meeting to order at 1:30PM, those present: Sharon Swope, Rachel Fletcher, Heidi Metz, Jennifer Ellis, Kathy Hanzek, Beth Colby Plautz, Jody Eaton, and Brittany Palmer joined at 2:20pm. Also present: Patti Treibel Leeds, Russell Wood, and Karla Webb.

### 2. Adoption of the Agenda – Action

Swope motioned to approve the agenda, Colby Plautz second, motion approved.

### 3. Approval of 4/12/22 Meeting Minutes - Action

Metz motioned to approve the 4/12/22 meeting minutes, Swope second, motion approved.

### 4. Election of an Individual Who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of Such an Individual to CICS Governing Board for 2 Year Term Effective 7/1/22 - Actionmh

Webb reported Deambra is interested in being reappointed to this position. Chair Ellis asked for nominations. Colby Plautz motioned to elect JD Deambra as the representative to the Governing Board, Metz second, motion approved.

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

Smith and Deambra were not present. Wood provided updates through agenda item 6.

### 6. Regional Update and Fiscal Year Changes – Russell Wood, Informational

Wood reported effective 7/1/22 all funding for the mental health and disability service (MHDS) system will come from the State and be sent to the MHDS regional fiscal agent. Counties will need to send fund balances to the regional fiscal agent by 6/30/22. Staff has also been reviewing our regional ending fund balance. Historically there were 10 employing counties in the region, beginning 7/1/22 all staff will become a Franklin County employee. Total there will be 29 CICS staff, of those staff three staff will be hybrid employees where they are CICS employees and performing work for the county they are located in. This transition has taken a significant amount of staff time. Story County is the current Regional Fiscal Agent.

7. Legislative Update – Russell Wood, Informational

Wood reported MHDS regions wanted to see a change in the amount of ending fund balance regions can have in a couple of years by moving this cap from 5% to 10%, no legislation was passed in regard to this. Governor Reynolds did sign a loan repayment program for mental health professionals and did some changes to provisional licensing for Doctor of Psychology and a licensure program for psychologist to prescribe medications. There was a push to open more high acuity beds at mental health institutes, this did not pass. Legislation did pass for a tiered reimbursement for inpatient behavioral health care, it is hoped this will help in meeting the need for high acuity beds. Have also been working on forensic care for individuals who are involved with the justice system to receive treatment in an alternative setting, no funding was allocated to this.

8. Service Planning and Development Update – Patti Treibel Leeds, Informational

Treibel Leeds reported CICS let a request for proposal for Intensive Residential Service Home (IRSH) and did receive one proposal from 43 North Iowa. The CICS Governing Board approved to move forward with developing a contract for startup and service costs with 43 North Iowa. 43 North Iowa intends to open a four bed IRSH site, hoping to have the service open by January 2023. Through a statewide initiative, regions have been meeting for several months to review nine evidence based practices and provide recommendations to regional CEOs who have then provided the recommendations to DHS. Evidence based practices this involves are: Permanent Supportive Housing, Consumer Operated Services, Illness Management and Recovery/Intensive Psychiatric Rehabilitation, Intensive Placement Services, Co-Occurring Disorders for Substance Abuse and Mental Health, Positive Behavioral Supports, ACT, and Family Psycho Education. It has been recommended to discontinue Strength Based Case Management as this is not a model provided in the state any longer. Regions are responsible to make sure they are in compliance with their contract with DHS, an area being worked on is identifying outcomes for crisis services, the intent is to pilot this soon. July 18<sup>th</sup>-July 22<sup>nd</sup>, 2022 CICS is hosting a Crisis Intervention Training (CIT) with SolutionPoint+ from San Antonio, the training will be held in Jasper County. This is a 5 day training, 20 people can be trained at one time, the training is currently full. Capstone Behavioral Healthcare has assisted in arranging speakers for the training. CICS will be hosting two other CIT trainings in the next several months. August 8<sup>th</sup>- August 12<sup>th</sup>, 2022 CICS is sponsoring an ASIST Train the Trainer suicide prevention training to be held in Ames, 24 people can be trained. Individuals who take the training will need to provide training three times in the first year and then annually thereafter to maintain training certification.

9. Advisory Committee Vacancies – Karla Webb, Informational

Webb reported there are currently five vacancies for an individual who utilizes mental health and disability services or is an actively involved relative of such an individual. Currently have 10 provider representatives, Webb will be reaching out to the most recently appointed provider representatives to see if they will extend their term in order to balance out term rotations. Counties unrepresented are Boone, Greene, and Warren. There is a committee application form that needs completed to apply for appointment and Webb can provide this.

10. Local Community Needs

Ellis shared staffing continues to be a need. Colby Plautz shared she is working with a group trying to restart adult day services, are currently working to get the licensure for this service.



## 11. Client Spotlight for Next Meeting

If interested in sharing a client spotlight, please reach out to Webb before the next meeting.

## 12. Agency Update/Information Sharing

Swope reported have continued to increase daily how many people are coming to drop in center, continue with sanitation, people seem to be doing better, are in the process of hiring two peer support staff. Fletcher with Iowa Specialty Hospitals is adding a new therapist and working to hire another therapist, they have a long wait list. Are working to hire a psychiatrist also, just opened a Webster City office, they currently have 12 therapists and two medication providers. Colby Plautz is with Child Health Specialty Clinic, and they are looking for a nurse. Metz is with Senior Life Solutions, she is located in Britt, her program is currently full, are educating the community as much as they can to get the word out about their programs. Eaton reported she serves on a couple of provider boards, one being Capstone Behavioral Healthcare and they continue to recruit and hire staff and have recently finished a remodel, they struggle with being able to hire direct support staff as does Progress Industries. Both providers are looking at some additional ways to try to retain staff. Hanzek noted Friendship Club is working on expansion of space. Ellis is with Friendship Ark, last August they started a pilot project to partner with Night Owl Support Systems to support individuals overnight and during the day with staff not on site, and they then provide in-person staff services based on the individual's needs. This has been successfully and are currently adding a fourth bedroom to the pilot location. Plan to break ground to build a new home in Spring 2023.

Wood shared at a staff onboarding event last week did an exercise with staff to identify priority areas for the next year. There is still a perception that Iowa does not have mental health services, priority is to provide a clear picture of what services are available. Additional priorities identified are to complete a service gap analysis, housing, and provider/employee development with potentially a more focused approach with staff development. Webb shared information regarding CICS funding available for individuals to access two crisis therapy services at no cost to them with contracted outpatient therapy providers through the end of August. Wood shared 988 is going to have a soft start in mid-July in Iowa with the plan to develop marketing.

13. Next Meeting Date: September 13, 2022 @ 1:30PM

14. Adjournment

