

**Central Iowa Community Regional Advisory Board Meeting**  
**Tuesday April 9, 2019 @ 1:30 pm**  
**Story County Human Services Center**  
**Multipurpose Room, 126 S. Kellogg Ave., Ames, Iowa 50010**

**Members Attending:** Tim Rogers, Allen Fagerland, Wendie Cooper, Julie Gibson, Anne Vance, Kirsten Klepfer, Grace Sivadge, Terry Johnson, Doug Bailey, were present in person. Linda Romero and Marion Kresse called into the meeting.

Staff Attending: Jody Eaton, Karla Webb, Betsy Stursma, Russell Wood

- I. Welcome and Introductions:** Wendie Cooper called the meeting to order at 1:30pm, introductions were made.
- II. Approval of 1/8/19 meeting minutes:** Wendie Cooper noted change for date to 1/8/19 for meeting minutes. Grace Sivadge motioned to approve meeting minutes and Anne Vance seconded, motion carried.
- III. Highlights of Regional Governing Board:** Wendie deferred to the CICS Administrative team members present to discuss Governing Board topics. Wendie noted she is sharing personal stories of individuals and families at the Governing Board meetings.
- IV. Review of Recommended Changes to CICS Regional Advisory Board Bylaws:** Karla reviewed the recommended changes to the bylaws. The bylaws will be tabled to the July meeting as did not have 2/3 of the Regional Advisory Board present today to address the revisions.
- V. FY20 Annual Service and Budget Plan Report:** Karla reviewed the CICS FY20 Annual Service and Budget Plan report.
- VI. Mental Health and Disability Services Funding Presentation:** This presentation was tabled to the July 2019 Advisory Board meeting.
- VII. Legislative Updates:**  
Russell discussed HF690 Children's Mental Health and HF691 Regional Fund balance, both are passed out of the House and have passed out of Senate Committee.

HF691 - under current law regions can only have 20% ending fund balance and need to have ending fund balance spent down within in next year. HF691 allows regions to have 40% fund balance, this would allow CICS to pay bills at the start of

the fiscal year and to expend funds for unknown costs that may arise. Currently do not have a bill that changes the amount regions can levy. This fiscal year CICS is on track to spend what we can actually levy. This will mean in order to add funding of services in the future CICS may need to reduce funding of services in another area in order to afford a new service.

HF690 is a policy bill on children's mental health services. There is a companion bill in the Senate. HF690 has specific information on services that will need to be available or developed. Funding for children's mental health services has not been identified. The bill does require at least one coordinator of disability services, this would be a position such as the local CICS directors hold. The bill is specific for children with a serious emotional disturbance, does not include children with intellectual disability.

The bill requires a children's advisory board separate from the adult regional advisory board and adds three members to the CICS Governing Board, this would include an AEA representative with voting abilities, a parent of a child who utilizes behavioral health services with voting abilities, and a children's provider without voting abilities. Currently an individual that utilizes mental health/disability services or a family member of such an individual is appointed to the Governing Board and does not have voting abilities, the legislation would change this position to a voting member.

#### **VIII. Access Center and Intensive Residential Service Home (IRSH) meetings:**

Russell provided a handout for Access to Crisis Services. Russell discussed if an individual has a crisis they may call 911 or the CICS crisis line. When calling the CICS crisis line, the crisis line can contact 911 if the situation warrants, call mobile crisis response team which can stabilize the individual where they are at or assist the individual in referral to local emergency room, or the crisis line can stabilize/counsel the individual over the phone. Discussed having the crisis line dispatch community-based crisis stabilization (CBCS) services, this would be a service we do not currently have available and would need to be developed in our region.

If someone is arrested CICS offers mental health services to individuals while in jail which includes telepsychiatry, therapy, intensive psychiatric rehabilitation, jail diversion, and funding of psychiatric medications

CICS has 5 transitional living center (TLC) services throughout the region that offers 30-90 days of support to individuals.

Access Center requirement, HF2456 requires regions must provide access to coordination services, subacute, crisis stabilization residential services, and

substance abuse treatment. Options include housing all of these services within one building or offer these services at different locations and have coordination among these services. Currently are discussing having a lead agency that would coordinate Access Center services which would include residential based crisis stabilization, subacute, substance use services. Are reviewing if the lead agency would also activate mobile crisis response team services, community-based crisis stabilization, and 23 hour observation. Access Center services are no eject/no reject services and are for individuals who do not need inpatient services.

Discussion was held regarding the Access Center network concept and services. Discussed what is the role of the Emergency Department and how do services at the Emergency Department get funded, such as lab work being completed as part of a mental health assessment.

**IX. Service Coordination Report:** Betsy Stursma reported at the six month average for this fiscal year service coordination is serving on average 629 individuals/month, this is in line with numbers served per month last year. At end of December 2018 service coordination has processed 998 funding applications, this is slightly higher than a year ago. Service Coordination Specialists have completed 142 ICAP or Locus assessments compared to 101 last year.

**X. Agency Update/Information Sharing:** Anne Vance noted CIRSI is back into their regular location in Grinnell. Grace Sivadge discussed Warren and Madison Counties are part of NAMI Greater Des Moines and there currently is a Mind Matter project at the Science Center on mental health. Are also involved in CIT training and have trained about 100 law enforcement officers at ILEA. Russell Wood discussed the opening of the CICS Center of Franklin County drop in center in March, have about 12 people attending on a regular basis, they are open four days/week and are looking at adding open hours during the weekend. Terry Johnson with Genesis Development discussed are in conversation with CICS regarding providing prescriber services in Greene County. Julie Gibson discussed in Jasper County are holding a MHFA training May 1<sup>st</sup>, a Talk Saves Lives training, in June will be holding an empathy training and virtual reality regarding psychosis, are mailing a postcard with magnet with crisis line information and Jasper County website with information regarding mental health services and access to mental health appointments. Wendie Cooper discussed NAMI CI has a coordinator, Melonie Stall that is going out to high schools presenting Ending the Silence training.

**XI. Next Meeting Date:** July 9, 2019 @ 1:30PM

**XII. Adjournment:** Anne Vance motioned to adjourn at 2:50pm and Grace Sivadge seconded, motion carried.