



mindspring
MENTAL HEALTH ALLIANCE

August 2022



**Take your time reading the newsletter.
It's not meant to be read quickly.**

If you are reading a hard copy of this newsletter – to access the links for more information, go to the electronic copy of the newsletter at

[Newsletter Sign Up - Mindspring Mental Health Alliance \(mindspringhealth.org\)](https://www.mindspringhealth.org)

Mindspring Mental Health Alliance
511 E. 6th St., Suite B, DM 50309
(in DM Historic East Village)
515-850-1467

<https://www.Mindspringhealth.org>

Community Impact Officer–Michele Keenan
mkeenan@mindspringhealth.org

Director of Special Initiatives– Kristi Kerner
kkerner@mindspringhealth.org

Development Director – Francis Boggus
New! Program Coordinator – Zoe Bardin

Mindspring's Mission Statement

"Empowering community members through mental health education, advocacy and support."

Community Education Classes for anyone and everyone

Over 45 community classes are **free** and information can be found at our website [Upcoming Webinars & Events - Mindspring \(mindspringhealth.org\)](https://www.mindspringhealth.org)

"Workplace Mental Health Webinars"

Call 515-850-1467 if you have questions (a cost involved)
mkeenan@mindspringhealth.com

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Facebook: @mindspringinfo Instagram: @mindspringinfo
Twitter: @mindspringinfo TikTok: @mindspringinfo



Mindspring Annual Golf Tournament and Fundraiser

When: Friday, September 16th, 2022

Where: Terrace Hills Golf Course
8700 NE 46th Ave, Altoona, IA 50009
Registration at 9:00am and shotgun start 10am.

This last year has been a busy one for Mindspring. We have over 45 on-line classes and we are working on more classes and projects with more partners. While we have a global presence, **our heart remains in Iowa, particularly the Des Moines area.**

We are humbly asking for a sponsorship and if you are a golfer - sign up a golf team! The sponsorship levels are the same - and range from \$200 to \$15,000. If a sponsorship is beyond your means. . . any amount will be appreciated by us and the thousands of people who seek our free mental health information. Your support is invaluable for us to continue our mission.

This year, Mindspring has a new and improved website to handle our golf **sponsorships** and golf **team sign-ups** and is a **one stop shop** - <https://www.mindspringhealth.org/get-involved/golf-tournament>

The tournament will be at the same place as last year. We have a limit of 36 golf teams so be sure to sign up soon!

Pro-Golfer Tadd Fujikawa will be at our Golf Tournament. Tadd qualified and played in the 2006 U.S open at the age of 15 making him the youngest golfer to play in that event. He is also the first professional golfer to come out as gay. Tadd will be joining us for the tournament.

After the tournament, awards will be MC'd by **local comedian Willie Farrell** and followed by a short comedy set.

www.weareherewithyou.com and www.mindspringhealth.org

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Inpatient Psychiatric Bed Program - June 2021

Name	County	Licensed Beds	Staffed Adult Beds	Staffed Older Adult Beds	Staffed Child Beds	Total Staffed Beds
Allen Hospital	Black Hawk	24	21	0	0	21
Broadlawns Medical Center	Polk	42	44	0	0	44
Buena Vista Regional Medical Center	Buena Vista	10	0	6	0	6
CHI Health Mercy Hospital	Pottawattamie	38	21	0	16	37
Clive Behavioral Health	Polk	100	16	0	16	32
Covenant Medical Center	Black Hawk	20	16	0	4	20
EagleView	Scott	72	20	0	10	30
Finley Hospital	Dubuque	9	0	9	0	9
Genesis Medical Center - Davenport	Scott	39	28	0	8	36
Great River Medical Center	Des Moines	8	8	0	0	8
Iowa Lutheran Hospital	Polk	68	30	12	10	52
Jennie Edmundson Hospital Behavioral Health	Pottawattamie	29	20	0	0	20
Mary Greeley Medical Center	Story	19	15	0	0	15
Mercy Medical Center - Cedar Rapids	Linn	20	15	0	0	15
Mercy Medical Center - Clinton	Clinton	14	7	0	0	7
Mercy Medical Center - Des Moines	Polk	34	24	0	10	34
Mercy Medical Center - Dubuque	Dubuque	20	16	0	4	20
Mercy Medical Center - North Iowa	Cerro Gordo	45	24	0	10	34
Mercy Medical Center - Sioux City	Woodbury	16	16	0	0	16
Ottumwa Regional Health Center	Wapello	14	0	14	0	14
Sartori Memorial Hospital	Black Hawk	15	0	15	0	15
Spencer Municipal Hospital	Clay	18	15	0	0	15
St. Anthony Regional Hospital and Nursing Home	Carroll	11	11	0	0	11
St. Luke's Methodist Hospital	Linn	72	21	9	10	40
St. Luke's Regional Medical Center	Woodbury	14	14	0	0	14
University of Iowa Hospitals and Clinics	Johnson	88	58	0	15	73
Community Hospital Total		859	460	65	113	638
Cherokee Mental Health Institute	Cherokee	36	24	0	12	36
Independence Mental Health Institute	Buchanan	60	40	0	20	60
Mental Health Institute Total		96	64	0	32	96
GRAND TOTAL		955	524	65	145	734

4.2% of Iowa's population has severe mental illness or approximately 134,000 people

Iowa 2020 Census total population is 3,190,369 X .042 = 133,996

The large chart above reflects 'staffed' beds. There is a greater number of 'licensed' beds. Finding qualified staff is the key to opening more inpatient beds.

Eagle View in Bettendorf is open and has plans to staff to 72 beds, but is doing a soft opening and will be increasing the beds slowly.

Clive Behavioral Hospital -West – The 100 inpatient psychiatric beds will eventually be 1/3 for youth and the rest for adults.

The VA hospital in Des Moines has 10 inpatient psychiatric beds. The VA hospital in Iowa City has 15 inpatient psychiatric beds.

Psych Acute Care Beds in Des Moines

Location	Adult	Children & Youth	Geriatric	Total
Mercy	18	16		34
Iowa Lutheran	68	16	12	68
Broadlawns	44			44
VA Hospital	10			10
Clive Behavioral	67	33		100
Total	179	65	12	256

See [Psychiatric Bed Supply Need Per Capita](#).

— 40 to 60 beds per 100,000 people – let's use 50 beds/100,000
3.19 million Iowa population divided by 100,000 = 31.9

31.9 X 50 beds = 1595 acute care beds are needed

As per the above chart of Iowa acute care beds, we have 955 licensed beds, but only 734 staffed beds.

References

McBain, R.K., et al. (2022, January). [Adult psychiatric bed capacity, need, and shortage estimates in California—2021](#). RAND Corporation.

Mundt, A.P. et al. (2022, January). [Minimum and optimal numbers of psychiatric beds: Expert consensus using a Delphi process](#). *Molecular Psychiatry*.

Office of Research and Public Affairs. (2016). [Psychiatric bed supply need per capita](#). Treatment Advocacy Center.

Torrey, E. F., et al. (2008). [The shortage of public hospital beds for mentally ill persons](#). Treatment Advocacy Center.

Covid 19 - By the Numbers– As of date shown -2020 - 2022

	2020 April 20	Dec 2020	2021 April 20	Dec 20 2021	2022 April	2022 May	2022 June	2022 July	2022 August
# of Iowa cases reported	3159	274,982	389,172	601,531	856,086	871,612	892,179	914,336	
# of Iowa deaths Covid 19	79	3745	5893	7680	9475	9572	9615	9719	
# of suicides	194	551	132	525	146	203			
# of opioid deaths		208	70	250	73	88			
Iowa COVID-19 Information – Vaccine Information				1,843,143 58.84%	1,914,689 Booster – 1,021,765	1,922,920 Booster – 1,034,082	1,933,003 Booster – 1,052,546	1,940,421 Booster – 1,069,826	
# of Covid cases reported nationally	986,596	19,278,006	45,391,030	50,773,620	80,518,989	83,132,374	85,981,213	89,521,016	
# of Covid deaths nationally	56,164	336,683	735,703	806,273	987,343	1,001,606	1,012,607	1,023,788	

Iowans can now find COVID-19 reporting data on the IDPH website at: idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/COVID-19-Reporting. Data on the page will be updated weekly on Wed.

The Clarinda Mental Health Institute and the Mt. Pleasant Mental Health Institute were closed by the Governor in 2015.

The Independence PMIC for children was closed in 2016 by the Governor.

The entire Clarinda MHI campus is now controlled by the Dept. of Corrections – they have a 795 bed prison and a 147 bed minimum security unit.

The entire Mt. Pleasant MHI campus is now controlled by the Dept. of Corrections – they have a 914 bed prison at the Mt. Pleasant MHI.

The Glenwood Resource Center for ID/DD persons has been scheduled to close July 2024.

In the nation, Iowa is:

- **51st** for # of mental health institute beds
- **45th** for mental health workforce availability (2021)
- **47th** for # of psychiatrists
- **46th** for # of psychologists

Find a complete list of **substance abuse providers** at: <https://idph.iowa.gov/substance-abuse/treatment>

Private mental health providers MH/DD Accredited Provider list can be found at:

https://dhs.iowa.gov/sites/default/files/MHDDAccreditedProviders_30.pdf?080920200822

Community Mental Health Centers (CMHC) – provide mental health services for individuals of all ages regardless of funding.

<https://yourlifeiowa.org/mental-health/cmhc>

Federally Qualified Health Centers (FQHC) - a reimbursement designation from HHS - community-based organizations that provide comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status.

<https://carelistings.com/find/federally-qualified-health-centers/iowa>

Crisis residential beds are residential settings that de-escalate and stabilize an individual experiencing a mental health crisis. Stays can be for 3-5 days.

Residential beds which have stays longer than 3 to 5 days are called **transitional** beds

Other types of beds available

8 residential care facilities (RCF) for persons w/MI – 135 beds
3 intermediate care facilities (ICF) for persons w/MI – 109 beds

Certified Community Behavioral Health Center (CCBHC)-a new provider type in Medicaid, designed to provide a comprehensive range of mental health and substance use disorder services to vulnerable individuals. In return, CCBHCs receive an enhanced Medicaid reimbursement rate. Required services are: crisis mental health services; screening, assessment and diagnosis; patient-centered treatment planning; outpatient mental health and substance use services; primary care screening and monitoring;* targeted case management;* psychiatric rehabilitation services;* peer support, counseling and family support services; and services for veterans There are 12 providers in Iowa receiving federal grants for CCBHC: Abbe Center, Seasons Center, Eyerly-Ball, Berryhill, Hillcrest, Plains Area, Robert Young, Elevate Housing Foundation, Heartland Family Services and Community Health Center – Leon, Prairie Ridge of Mason City and Pathways-Bremer County.

The Trevor Project (for LGBTQ+ Youth) - 1-866-488-7386

The Gay, Lesbian, Bisexual and Transgender National Hotline: 1-888-843-4564

Trans Lifeline: 1-877-565-8860

LGBT National Youth Talkline: (800) 246-7743

Crisis Text Line: Text HOME to 741741 to be connected to crisis counseling

Online Mental Health Crisis Chat: iowacrisischat.org

Life Long Links: 866-468-7887

UCS Healthcare Offers Free Transgender Support Group - Open to all transgender, queer, non-binary, gender non-confirming individuals. Whether you're just beginning your journey or somewhere beyond, please join! Allies in direct support of transgender members welcome. Meetings held weekly at UCS Healthcare. Guest speakers on special topics once per month. For transgenderdesmoines@gmail.com

YSS Launches AFFIRM Therapy

YSS introduced AFFIRM, a new affirmative therapy group for LGBTQ+ youth. The group is open to teenagers 14-18 who identify as LGBTQ+ and/or are questioning their gender or sexual orientation. Participants meet virtually each week to learn how to manage stress, enhance coping skills, make healthy choices and build a community of support.

[Read more](#)

www.weareherewithyou.com and www.mindspringhealth.org

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Community Mental Health Centers	
Polk Co.	Child Guidance Center – 808 5 th St. - DM – 515-244-2267
	Eyerly Ball Community MH Center, 1301 Center St., - DM - 515-241-0982
	Eyerly Ball Community MH Center 945 19 th St.- DM - 515-241-0982
	Broadlawns Medical Center- 1801 Hickman Rd,- DM – 515-282-6770
	<i>Broadlawns - New Connections Co-Occurring Outpatient Services – Medical Plaza, 2nd Floor, 1761 Hickman Road - DM 515-282-6610</i>
Dallas Co	Southwest Iowa Mental Health Center 410 12th Street Perry, IA 50220 P515) 642-1023 F515) 334-4076 <i>Adel area patients should call the Perry number to be scheduled.</i>
Madison Co	Crossroads Behavioral Health Services 102 West Summit Street, Winterset – 515-462-3105
Primary Health Care and Behavioral Health	
	Engebretsen Clinic, 2353 SE 14 th St. – DM - 515-248-1400
	The Outreach Project, 1200 University, Suite 105 –515-248-1500
	East Side Center, 3509 East 29 th St. –DM – 515- 248-1600
	Primary Health Care Pharmacy, 1200 University Avenue., Suite 103 – DM – 515-262-0854
County Community Mental Health Services	
Polk Co.	Polk Co. Mental Health and Disabilities Dept. 515-286-3570 https://www.polkcountyiowa.gov/behavioral-health-disability-services/
Warren Co.	Central Iowa Community Services https://www.cicsmhds.org 1007 S. Jefferson Way, Indianola, IA 50125 515-961-1068 email: mentalhealth@warrencountiia.org https://warrencountiia.org/mentalhealth
Dallas Co.	Heart of Iowa Community Services 25747 N Avenue, Suite D, Adel, IA 50003 515-993-5872 Toll free: 877-286-3227 E-mail: dccs@dallascountyiowa.gov Website: hicsiowa.org
Madison Co.	Central Iowa Community Services https://www.cicsmhds.org Madison County Service Coordinator 112 N. John Wayne Drive, Winterset, Iowa 50273 515-493-1453 https://madisoncounty.iowa.gov/offices/community-services/
Community Providers	
Des Moines Pastoral Counseling Center 8553 Urbandale Avenue, Urbandale 515-274-4006 Accepts all insurances, sliding scale for fees. On-site psychiatrist, PA and counseling staff Free Mental Health Counseling in Spanish and English at the Library at Grace United Methodist Church Wednesdays – 2 to 6 PM For an Appointment: Por favor contacte a Alicia Krpan, at 515- 274-4006 ext. 143 – or – Contact Nathan Delange, LISW.,at 515-577-0190 Optimae Behavioral Health– and - Home Health Services 515-243-3525 – 600 E. Court Avenue 515-277-0134	

Crisis Phone numbers and Text numbers

National Text Crisis Line

<http://www.crisistextline.org/>

National Suicide Prevention Lifeline

9-8-8 is the number starting July 16, 2022

or chat with the 988 Suicide and Crisis Lifeline

at 988lifeline.org.

For every person that dies by suicide, more than 250 think seriously about it but do not die. It is possible to prevent suicide and save lives by connecting at-risk individuals to support in their area. If you are thinking of hurting yourself, tell someone who can help. If you cannot talk to your parents, your spouse, a sibling -find someone else: another relative, a friend, or someone at a health clinic.

National Human Trafficking Hotline

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community. The toll-free hotline is available to answer calls from anywhere in the country, 24 hours a day, 7 days a week, every day of the year at **1-888-373-7888**.

Alcohol, Drugs, Gambling and Suicide Prevention Lifeline –

Available 24/7. **Your Life Iowa** <https://yourlifeiowa.org>

Call 855-581-8111 Text 855-895-8398.

It is also a source for Mental Health information and resources. All topics will address needs for both children and adults.

Your Life Iowa (YLI) is an integrated project funded and managed by the Iowa Department of Public Health that offers free 24/7 help and resources on alcohol, drugs, gambling, mental health, and suicide. Local YLI ambassador, Alysa Mozak, offers organizations a 30-minute tutorial of the tools that YLI offers, such as their vast ser-vices and professional development offerings. If you are interested in this free tutorial contact Alysa at amozak@bbbsia.org or 515-288-9025 ext. 233.

Community Providers

House of Mercy (Co-occurring treatment, residential for women)

1409 Clark Street, Des Moines (515) 643-6500

Mercy One House of Mercy provides mental health counseling and psychiatric services

Iowa WARM Line – 844-775-WARM (9276) - *Provides confidential access to peer counseling and can connect people with services*



UCS Healthcare delivers comprehensive and integrated health care services. Our Des Moines office offers medical, behavioral health diagnosis and treatment including mental health therapy, psychiatric services, substance use disorder therapy and medication assisted treatment. We have offices in Ankeny and Knoxville that offer therapy and medication assisted treatment as well. We accept most insurance plans and Medicare/Medicaid (service specific) and we can also provide some services on a sliding fee scale. Spanish speaking assessments and therapy services available. Find out more at UCShealthcare.com or call 515-280-3860 or ucsinformation@ucsdsm.org

African-American Community Providers

Thriving Family Counseling Services – 2213 Grand Avenue, DM 50312 – Phone: 515-808-2900 <https://thrivingfamilieservices.com>

Aspire Counseling Center – 3520 Beaver Avenue, Suite D DM 50310 515-333-8003

Urban Dreams – 601 Forest, Avenue, DM 50314
Outpatient Substance abuse treatment and OWI services
Mental Health and Treatment Services 515-288-4742
<https://urbandreams.org/programs/admin@urbandreams.org>

ForWard Consulting, LLC – Breann Ward, CEO and therapist,
4309 University Ave., DsM – 515-410-1716 -
<http://moveforward2day.com>

www.weareherewithyou.com and www.mindspringhealth.org

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Visit everystep.org/program_guide for a current list of programs and services



<http://iowahousingsearch.org/>
A free resource to help you find a **rental home/apartment that fits your needs and budget**

What is Momentum? Momentum is a creative, supported art studio and gallery where people learn and practice positive coping tools and create art while building their own resiliency within a safe and uplifting community.



What does it do? It helps people cope, create and rebuild in positive, healthy ways

Who does it benefit? Anyone who identifies as having a mental health diagnosis or disability in Central Iowa can attend for free

 COMMUNITY SUPPORT ADVOCATES
515-883-1776
www.teamcsa.org



Amani Community Services

Amani CS started in 2014 by three African Americans who saw the need for culturally specific services in their community. Services are free, confidential and provided statewide. No referral needed. Anyone can call and make an appointment.

It is a domestic violence and sexual assault agency providing culturally specific services to African Americans in Iowa.

Services provided: individual counseling, support groups, medical, legal and housing advocacy, outreach, prevention and teen and children programming.

Phone:
Waterloo (319) 232-5660 Cedar Rapids (319) 804-0741
Davenport (563) 564-5392 Des Moines (515) 991-4589
24 hour after care line: 1 (888) 983-2533

Culturally specific services are designed to meet the needs of communities that are unserved and underserved. Services are culturally focused; values, behaviors, expectations, norms and worldview of the cultural community are present at every level of service delivery. Amani Community Services is funded by VOCA funds and grants.

Veteran Suicide Prevention Lifeline
1-800-273-8255 – press 1 Text to: 838255

Veteran Toolkit to Prevent Suicide can be downloaded from: <https://www.va.gov/nace/docs/myVAoutreachToolkitPreventngVeteranSuicidelsEveryonesBusiness.pdf>

Support Groups

Thursdays - Addiction recovery (all inclusive addiction) group in person and Facebook live every Thursday at 7pm. In person – at West Des Moines Open Bible 1100 Ashworth Road. An LGBTQ+ support group meeting will start in July.
Our Facebook group page
<https://www.facebook.com/groups/306310047070015/>
Website - Sobersoldierz.com
Contact person: Christina Gist - 515-778-2015
cibscoffee17@icloud.com

For Foster parents, as per the Ask Resource Center Foster Squad support group:
<https://www.fostersquad.org>
Support group locator provided by the “Iowa Foster and Adoptive Parents Association”:
http://www.ifapa.org/support/support_group_locator.asp

Mindspring Support Group for Families of Persons with mental illness
Eyerly Ball, 1301 Center, Des Moines, Iowa
Meetings: In person the **third Sunday** of the month from 2:30 to 4:00 pm. Contact: Susie McCauley at 515-274-5095 or mccauleyf@mchsi.com
Offering support for the family.

Please Pass the Love Virtual Support Groups
Contact Alex@pleasepasstheLove.org
8-week virtual **parent/caregiver support group** beginning Feb. 21 and held every Monday @ 7 pm
8-week virtual **educator support group** beginning Feb. 22 and held every Tuesday @ 4:30 pm
Register at www.pleasepasstheLove.org/supportgroups
8-week **Bilingual teen support group** beginning Feb. 9 and held every Wednesday @ 6-7 pm
Register at www.pleasepasstheLove.org/youth-programming

ADHD Support Group – Please contact Lauren Goetze (local CHADD coordinator) ~ GoetzeLauren@gmail.com – for dates of meetings, times, and zoom link information.

Support for Adults w/ Depression, Anxiety, Bipolar Disorder
Heartland Presbyterian Church - Candles in the Darkness
14300 Hickman Road, Clive, Iowa
Meetings: In person the **second and fourth Monday** of every month at 7:00 pm - Contact: Julie at 515-710-1487 or email: candlesinthedarknesssg@gmail.com

Post Adoption Support Group
Lutheran Church of Hope, 925 Jordan Creek Parkway, West Des Moines, Iowa
Meetings: In person monthly the on the second Tuesday from 6 pm to 8 pm. Contact: Michelle Johnson at 515-710-3047 or mijohnson@fouroaks.org
Note: childcare for all ages is provided – please RSVP

Alcoholics Anonymous
Lutheran Church of Hope. 925 Jordan Creek Parkway, West Des Moines, Iowa
Meetings: In person meetings are held **Mondays** at 12:00 pm; **Saturdays** at 9:00 am, and **Sundays** at 5:00 pm. (size is limited)
AA membership is open to all those who desire to do something about his or her drinking problem. The primary purpose of AA is to carry the message of recovery to the alcoholic seeking help. AA can serve as a source of personal experience and be an ongoing support system for recovering alcoholics.

www.weareherewithyou.com and www.mindspringhealth.org

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Al-Anon and Alateen

Lutheran Church of Hope, 925 Jordan Creek Parkway,
West Des Moines, Iowa

Meetings: In person meetings are held **Sundays** at 5:00 to 6:00 pm.
Group size is limited.

Al-Anon is a fellowship of relatives and friends of those struggling with alcohol who share experiences, strength and hope. Alateen participants may choose to attend online Al-Anon if they are not able to attend the in-person group on Sundays at 5:00 p.m.

Gamblers Support Group

Lutheran Church of Hope, 925 Jordan Creek Parkway,
West Des Moines, Iowa

Meetings: In person meetings are held **Sundays** at 6:30 pm

This program is based on recovery for compulsive gamblers, debtors/spenders and anyone who seeks recovery from their addictions. Meetings emphasize a solution rather than the problem.

Parents of Addicted Loved Ones

Lutheran Church of Hope, 925 Jordan Creek Parkway,
West Des Moines, Iowa

Meetings: In person meetings are held **Mondays** at 6:30 to 8 pm - Parents of Addicted Loved Ones is a support group of parents helping parents. They meet every week to offer education and support, at no cost, for parents who are dealing with a son or daughter battling addiction. PAL can also help spouses who have a partner with addiction issues. PAL is especially helpful for parents and spouses, but all other sober family members and friends (age 18 and older) are welcome at the meetings.

Dementia Support Group

Lutheran Church of Hope, 925 Jordan Creek Parkway
West Des Moines, Iowa

Meetings: In person meetings are held the **fourth Tuesday** of the month from 6:30 to 8:00 pm Being a caregiver to a loved one with dementia is hard, but having others to support you can help.

Dementia, Alzheimer's Caregiver Support

The Alzheimer's Association offers many free resources to caregivers, including the 24/7 help line (800-272-3900), local support groups, and education programs and information on its website – alz.org/iowa – which offers tips on daily care, information on legal and financial planning, the stages of the disease, and more. Resources from the IDPH [Alzheimer's Disease & Related Dementias Program](http://www.idph.org/Alzheimer's-Disease-&-Related-Dementias-Program) can be found at this link.

Alzheimer's Virtual Support Groups in Iowa

[Events | Alzheimer's Association](http://www.alz.org/events/event_search?etid=2&cid=08zip=50325)

https://www.alz.org/events/event_search?etid=2&cid=08zip=50325

Grief Support Group

EveryStep Grief & Loss Services, 1821 Grand Ave.
West Des Moines, Iowa

Contact: Des Moines at 515-333-5810 or
West Des Moines at 515-223-4847

Support groups are hosted at EveryStep locations in eight Iowa communities. EveryStep Grief & Loss Services' bereavement counselors are available to meet with families or visit by phone. Their support groups and services are available to anyone. To learn what services are available in your area, call the EveryStep office near you

Fireside Project - <https://firesideproject.org/psychedelic-peer-support-line> "Fireside Project's Psychedelic Peer Support Line offers free, confidential peer support by phone and text message to people in the midst of psychedelic experiences, people holding space for others who are in the midst of psychedelic experiences, and people integrating past psychedelic experiences." The line is available daily from 3 PM to 3 AM PT at 623-473-7433. It has been featured in *Esquire*, *Forbes*, *Rolling Stone*, and others.

www.weareherewithyou.com and www.mindspringhealth.org

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Postpartum Support International

has been awarded a landmark contract to operate the **first-ever Maternal Mental Health Helpline** by the U.S. Health Resources and Services Administration (HRSA). The Helpline, legislated by Congress and funded by HRSA, is available 24/7, 365 days-a-year, in English and Spanish, voice [\(800\) 944-4773](tel:8009444773), text "help" to 800-944-4773, or text en español 971-203-7773. <https://www.postpartum.net>

The PSI helpline does not handle emergencies. People in crisis should call their local emergency line.

Suicide Support Group

Coping After Suicide, Polk County Crisis and Advocacy Services
525 SW 5th, Suite H, Des Moines, IA 50309

Meetings: In person the **second Thursday** of each month from 6:00 to 7:30 pm, and the **last Saturday** of the month from 9 to 10:30 pm.

Contact Person: Kate Gilmore at 515-286-2029 or

kgilmor@co.polk.ia.us

Note: no fee

Addiction Recovery for Veterans

West Des Moines Open Bible, 1100 Ashworth Road
West Des Moines, IA 50265

Meetings: In person **every Thursday** 7 to 8:00pm
Sober Soldierz is an addiction recovery group. Each week is an open discussion format with an overview topic.

Note: Childcare is provided.

Peer Support for Peer Support is Back!!

on the **First and Third Wednesdays of Every Month**
9:30 AM

Are you someone in the workforce supporting others?

Are you a Peer Support Specialist here in Iowa?

Join this meeting to check in and hear what others are doing for their own self-care and wellness.

This virtual meeting will be co-facilitated by Laura Semprini, Nancy A. Teubel, and Amy Ortiz, picking up the PSS 4 PSS group that Todd Lange and Todd Noack started. Come be supported for the support you are providing!

Join the Zoom Meeting:

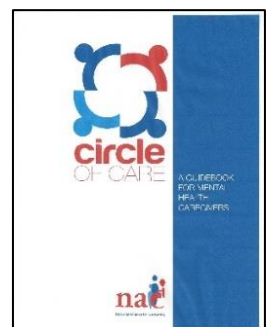
<https://us02web.zoom.us/j/83481142012pwd=R1V4U0pzZE92MHh1aGNnaWF6bUtNdz09>

Meeting ID: **834 8114 2012**

Passcode: **680016**

Dial by your location **+1 312 626 6799 US (Chicago)**

Circle of Care:
A Guidebook for Mental Health Caregivers –
go to www.mindspringhealth.org
Click on "Get Help",
Click on Guidebook for MH Caregivers
and download a copy



Help Wanted:

These 5 occupations are most needed in Iowa

KCCI-Channel 8

Registered nurses ----- 4800
Truck drivers ----- 2400
Nursing Assistants ----- 1252
Retail salespersons ----- 1201
Customer service representatives - 1013

Crisis Services in Polk County



The Mental Health Mobile Crisis

Team - The Mobile Crisis Response Team provides short term on-site crisis assessment and intervention for children, youth and adults experiencing a mental health crisis. The team is staffed with behavioral health specialists including registered nurses, Master's level

psychotherapists and social workers. **The team is activated on every mental health call to 9-1-1.** An evaluation, including a determination about the appropriate level of care needed, is completed in the field by a member of the team. The team member completing the evaluation will then make recommendations for appropriate interventions based upon the current needs of the individual in crisis. They will also provide information, education, and potential linkage to community resources.

Emergency Calls: 911 Non-Emergency Calls: 515-283-0818

Polk County

Experiencing an emergency mental health crisis?

Call 911

- Acute or untreated medical issue
- Self-harm or suicide attempt in the last 24 hours
- Safety is a concern for self, others, or property
- Highly intoxicated, in withdrawal, or needing detox

Expect Mobile Crisis Team to respond (will include police and a mental health professional)

For non-emergency mental health needs:

Call 515-288-0818

or go to

**Adults: Crisis Observation Center
1801 Hickman Rd., Des Moines, IA
Phone: 515-282-5742**

**Children: Behavioral Health Urgent Care
1250 E. 9th St., Des Moines, IA
(across the street – east - from Iowa Lutheran Hospital)
Phone: 515-263-2632**

Be clear with the dispatcher what the situation is, that it is a mental health situation. **Mental health counselors** will respond to some of Des Moines' 911 calls instead of law enforcement officers starting in July 2022. If it is a matter of life and death, the mobile crisis team is dispatched along with law enforcement.

The new approach, the Crisis Advocacy Response Effort (CARE) aims to better allocate police resources, reduce arrests and improve access to mental health programs for people in need and keep situations from escalating.

The police liaisons for the Mobile Crisis team are:
Officer Lorna Garcia (day shift) O: 515-283-4988 C: 515-205-3821
Officer Sean O'Neill (night shift 4-midnight M-F) cell 515-300-4644

Beginning July 1, 2022 - Waukee Police to Use Mental Health Crisis Team as part of a pilot program. A uniquely equipped car with a specially trained officer and an intervention specialist will answer mental health calls. Similar efforts are to be activated in Urbandale, Clive, West Des Moines, Norwalk and the Dallas County Sheriff's office.

The 23 Hour Crisis Observation Center for Adults

Is intended to meet the needs of individuals who are experiencing an acute behavioral health stressor that impairs the individual's capacity to cope with his/her normal activities of daily living. The goal of the Crisis Observation Center is to offer a place for individuals to seek crisis intervention services and stabilize them quickly so they can return to the community. The length of stay is up to 23 hours. Services offered include a nursing assessment, care/service coordination, crisis intervention therapy, and access to a psychiatric prescriber if needed. Staff include registered nurses, Master's level psychotherapists, psychiatric technicians, and care/service. These services are offered in a safe and supportive environment.

Crisis Observation Center is open 24/7.

Located at Broadlawns Hospital (1801 Hickman Rd in DSM – West Entrance)

23 hour Crisis Observation Center - Phone: 515-282-5742

See map for location



Psychiatric Urgent Care Clinic for Adults:

Will accept walk-in appointments for individuals who are experiencing an exacerbated mental health condition. Services at the clinic include mental health assessments, medication management, therapeutic counseling and coordination of services for healthcare and basic needs.

Broadlawns located at 1801 Hickman Rd in DSM – West Entrance). Hours are 9am-7pm, Monday through Friday. Serves ages 18 and older. Phone: 515-282-5742

Psychiatric Urgent Care Clinic for All Ages:

Services include, but are not limited to Mental health services, Psychiatric evaluation and assessment, Addiction medicine, Crisis services and Community resources. Onsite coordination for additional interventions will be coordinated with Eyerly Ball Community Mental Health Services, Orchard Place Integrated Health Program and other behavioral health agencies in central Iowa.

UnityPoint Health located at 1250 East 9th Street in DSM. Hours Mon-Thurs 9 AM to 7 PM, Fridays 9AM to 5PM. Serves all ages. Phone: 515-263-2632

Watch this before determining school security measures I Was Almost a School Shooter | Aaron Stark | TEDxBoulder
<https://www.youtube.com/watch?v=azR11dl-Cts>

Broadlawns Crisis Team:

Provides comprehensive emergency mental health services including assessment, triage, crisis intervention, and discharge planning. Services are available by phone or in person through our Emergency Department. In addition to being the initial contact to the Inpatient Psychiatric Unit, the crisis team assists clients in finding the programs and services that are the most appropriate for their needs.

For assistance 24 hours a day, call 515.282.5752

The Pre-Petition Screener Service

A resource for Polk County residents who want to file a petition for involuntary behavioral health services through the Clerk of Court. The screener is a mental health professional who is available to assist

www.weareherewithyou.com and www.mindspringhealth.org

You Are Not Alone. The Illness is Not Your Fault. Never Give Up Hope.



applicants and respondents before, during, and after the petition process. The role of the Pre-Petition Screener is to gather background information from both applicants and respondents and help determine if another path toward treatment may be preferable. In the event that a judge denies a petition, the screener is available to discuss appropriate next steps and help make connections with available resources.

The Pre-Petition Screener is available without an appointment Monday-Friday 8:30am to 4:30pm.

Located at the Polk County Justice Center (222 5th Ave in DSM) Phone: 515-336-0599 (direct line) or 515-282-5742 (main office)

Emergency Room: When a loved one is experiencing a mental health crisis, they have a plan to act on their suicidal, homicidal or self-harm thoughts, and you feel as if you have tried all other avenues and the current environment is unsafe, it is time to utilize an emergency room. The emergency room is used to stabilize a patient and transition them to the next appropriate treatment option.

Broadlawns Emergency Department located at 1801 Hickman Rd in DSM. Phone: 515-282-2200

Lutheran Emergency Department located at 700 E. University Ave in DSM. Phone: 515-263-5120

Methodist Emergency Department located at 1200 Pleasant St. in DSM. Phone 515-241-6213

Methodist West Emergency Department located at 1660 60th St. in WDSM. Phone: 515-343-1200

MercyOne Emergency Department located at 1111 6th Ave in DSM. Phone: 515-247-3211

MercyOne Emergency Department located at 1755 59th PI in WDSM. Phone: 515-358-8280

The Clive Behavioral Health Hospital will operate as a 134-bed independently licensed hospital on two campuses – 34 beds on the Des Moines campus at 1111 6th Avenue and 100 beds on the Clive /West campus at 1450 NW 114th Street, Clive, Iowa. Beds will eventually be 1/3 for youth and the rest for adults. The downtown location of 34 beds will be for adults with mental health and medical issues.

Clive Behavioral Health Intake & Assessment Center – accessed by calling 1- 844-680-0504. Website at: <https://clivebehavioral.com>

Crisis Services in Dallas County

Mobile Crisis Response Team: If you have a mental health crisis in your family and are in need of emergency assistance – call 911.

The Mobile Crisis Response Team provides short term on-site crisis assessment and intervention for children, youth and adults experiencing a mental health crisis. The team is staffed with behavioral health specialists including registered nurses, Master's level psychotherapists and social workers. The team is activated when a law enforcement officer responding to an emergency call requests the presence of the Mobile Crisis Team. An evaluation, including a determination about the appropriate level of care needed, is completed in the field by a member of the team. The team member completing the evaluation will then make recommendations for appropriate interventions based upon the current needs of the individual in crisis. They will also provide information, education, and potential linkage to community resources.

Safe Harbor Crisis Line: You can talk with mental health professionals if needing assistance in a non-emergency situation.

24/7 crisis line covering Dallas, Guthrie and Audubon Counties: 1-844-428-3878

Safe Harbor Crisis Center: A safe place where individuals who are experiencing a mental health crisis can voluntarily access crisis intervention services.

**Safe Harbor Crisis Center is open 24/7
Located at 706 Cedar Avenue in Woodward
Phone: 515-642-4125**

Safe Harbor Center Transitional Living Services: The transitional living program is a 3-6 month program for individuals coming out of hospitals, crisis, or jail. They receive therapy, SUD services, work services, and housing assistance.
Phone: 515-642-4125

Beginning July 1, 2022 - Waukee Police to Use Mental Health Crisis Team as part of a pilot program. A uniquely equipped car with a specially trained officer and an intervention specialist will answer mental health calls. Similar efforts are to be activated in Urbandale, Clive, West Des Moines, Norwalk and the Dallas County Sheriff's office.

Crisis Services in Warren County

If you have a mental health crisis in your family and are in need of emergency assistance – call 911

Mobile Crisis Response: Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring—in an individual's home, the community, or other locations where an individual lives, works, attends school, or socializes. This line also provides support on the telephone, day or night, for people looking for immediate help with their emotions or mental health. **To access mobile crisis response, call the Your Life Iowa Crisis line 24/7 at 855-581-8111**

Crisis Services in Madison County

If you have a mental health crisis in your family and are in need of emergency assistance – call 911

Mobile Crisis Response: Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring—in an individual's home, the community, or other locations where an individual lives, works, attends school, or socializes.

To access mobile crisis response, call the Your Life Iowa Crisis line 24/7 at 855-581-8111

Special Needs Estate Planning – Dennis Burns

Phone: (515) 371-6768 dennis.burns@prudential.com



Live nationwide July 16, 2022.

The National Suicide Prevention Lifeline number is transitioning to the 3-digit number 9-8-8

A reminder that emergency calls still need to go to 911 – if police or an ambulance are needed

Call 988 for suicide prevention, mental health crisis support – it is a talk line, not the number to call to dispatch services.

www.weareherewithyou.com and www.mindspringhealth.org

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Suicides in Iowa 2000-2022
Opioid Deaths in Iowa 2016-2022

Iowa Dept. of Public Health

<https://idph.iowa.gov/substance-abuse/substance-use-and-problem-gambling-data-reporting/in-the-know-common-data-reports>

Total Opioid Deaths	Year	Total Suicides	24 and under	25 thru 44	45 thru 69	70 and older
	2000	288	51	115	78	44
	2001	304	67	97	102	38
	2002	310	55	122	96	37
	2003	351	58	118	131	44
	2004	345	60	119	127	39
	2005	331	57	120	120	34
	2006	336	57	121	126	32
	2007	331	49	116	130	36
	2008	383	55	138	148	42
	2009	368	56	129	135	48
	2010	375	49	118	163	45
	2011	423	58	150	174	41
	2012	380	65	141	140	34
	2013	445	66	148	172	59
	2014	409	72	117	177	43
	2015	424	77	139	166	42
176	2016	459	68	161	186	44
201	2017	470	85	151	173	61
136	2018	495	71	170	201	53
156	2019	521	81% increase from 2000- 2019			
208	2020	551	91% increase from 2000-2020			
250	2021	525	As of 12-31-21			
88	2022	203	As of 5-31-22			

**2021-2022 data is preliminary and is subject to change*

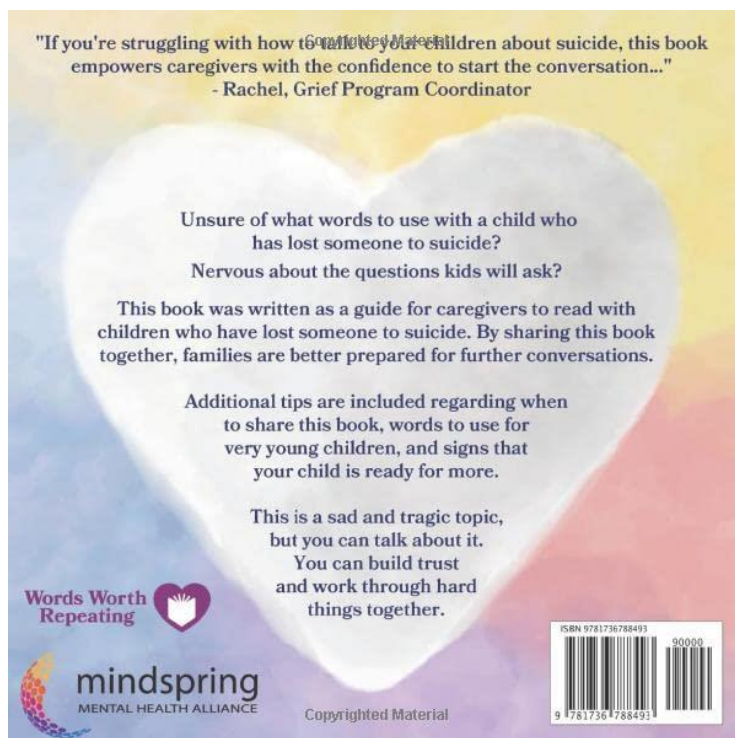
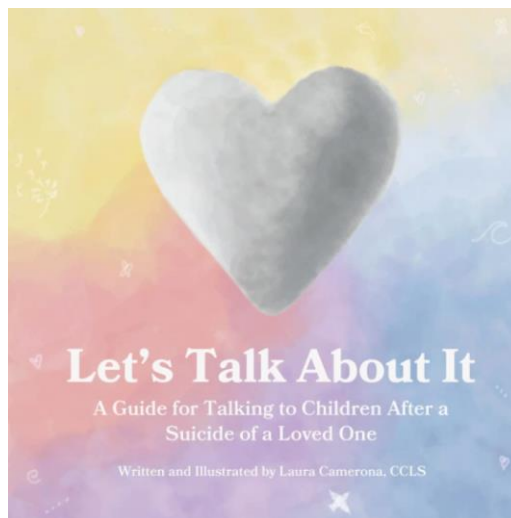


Organization Name

Organization Phone Number
 Organization Street, City, State Zip
 organization website

Communicating with Someone in Crisis Who Has a Psychiatric Illness

- SLOW DOWN
- GIVE THEM SPACE
Don't make them feel trapped
- BE CALM. Express support and concern.
- SPEAK SLOWLY AND SOFTLY.
- USE SHORT, SIMPLE SENTENCES.
- AVOID sudden or quick movements.
- BE HELPFUL. Respond to basic needs.
Be low key. "We are all here to help."
- GIVE FIRM, CLEAR DIRECTIONS;
One person should talk to the subject.
- RESPOND TO DELUSIONS or HALLUCINATIONS by talking about the person's feelings rather than what he or she is saying.
- LISTEN to their story.
- EXPLAIN POLICY, especially if handcuffed.



What should I do?

Three Critical Situation Cards to have at your fingertips

1. Do's and Don'ts Communicating with Someone in a Mental Health Crisis
2. Suicide Prevention
3. Compassionate Communication

To purchase, go to: [View Our Crisis Guides & Cards - Mindspring \(mindspringhealth.org\)](https://www.mindspringhealth.org)

Click on the card link to purchase

Personalize with your organizational contact information.

Cards are available in English & Spanish
 Shipping costs are included in the purchase price
The 3 cards have been copyrighted.

www.weareherewithyou.com and www.mindspringhealth.org
You Are Not Alone. The Illness is Not Your Fault. Never Give Up Hope.



Let's Talk About It: A Guide for Talking to Children After a Suicide of a Loved One

Paperback – Large Print, May 5, 2022

by [Laura Cameron](#) (Author), [Susan Dannen](#) (Editor), [Lindsey Jenkins](#) (Contributor), [Kristi Kerner](#) (Contributor)

This book gives adults the words to talk to kids after the death of a loved one by suicide.

Talking about mental health with your child and supporting their feelings after losing a loved one to suicide is important. For a long time, many people in society have avoided talking about suicide. Unfortunately, not talking about it doesn't make it go away. Many people struggle to find the right words for this conversation, and so, this book was created as a resource to help guide the conversation.

Honest and simple explanations help children make sense of what has happened. Supportive phrases and suggestions in this book can help children find coping skills, people to talk to, and words to describe their feelings.

After reviewing the information and tips on the first pages, an adult can read the remainder of the book with the child. The words and illustrations make it appropriate for most situations, no matter the family dynamics, race, culture, or relationship to the deceased.

This book gives families the words to use after loss. It can be used as a tool in therapy or with grief groups.

Available for purchase through Amazon Prime \$11

Amazon Smiles

Remember, if you want Amazon to donate to Mindspring Mental Health Alliance, you need to start each shopping session at the URL <http://smile.amazon.com/ch/42-1333379>. You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Choose: **Mindspring Mental Health Alliance**

MH



Polk County Supervisors replace nonprofit with new department to manage behavioral health and disability services in Polk County and in the Polk County Region

Board Chair Angela Connolly said of Polk County's commitment to behavioral health and disability services, "Polk County is nationally recognized for the implementation of our crisis services, and we are excited that this allows us to return to our core mission."

Polk County Mental Health Meetings you can attend:

Advisory Council Boards meet on 3rd Tuesday of the month

- Children's Advisory Council
1:30 – 2:30 PM
- Joint Advisory Council
2:30 to 3:00 PM
- Adult Advisory Council
3 – 4 PM

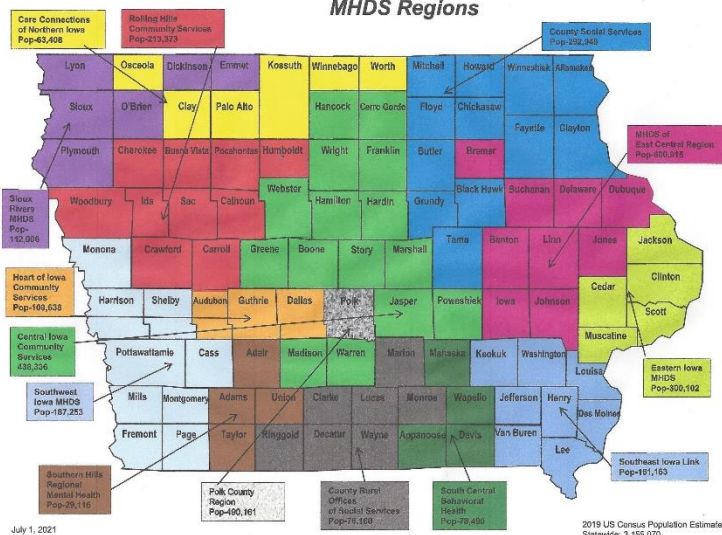
Polk County Behavioral Health and Disabilities Dept is 515-286-3570.

The CEO is Annie Uetz.
<https://www.polkcountyiowa.gov/behavioral-health-disability-services/>.

www.weareherewithyou.com and www.mindspringhealth.org

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MHDS Regions



The Iowa Mental Health System has 14 regions

At <https://dhs.iowa.gov/mhds-providers/providers-regions/regions>

You can find the following items:

- Map of Approved MHDS Regions
- Regional CEO Contacts
- Regional Coordinators of Adult Disability Services
- Regional Coordinators of Children's Behavioral Health Services
- DHS Community Systems Consultants
- Regional Services Waiting List
- Each region's website
- Each region's children's behavioral health services implementation plan
- Each region's complex service needs regional community plans
- Each region's regional service system management plan

Of the 14 MHDS Regions in the state of Iowa, Polk County is the only 1 county region.

MHDS Regions website: <https://www.iowamhdsregions.org>

MHDS Regions & AEA website: <https://iowaeeamentalhealth.org>

Dashboard: https://dhs.iowa.gov/dashboard_welcome

Major change at the state level



Alignment of DHS and IDPH

IDPH and DHS has become a new, single agency as of July 1. This alignment – creating a new Department of Health and Human Services – aims to integrate programs, policies, and practices to improve service delivery with a population health approach, and to leverage funding more effectively.

HEALTH AND HUMAN SERVICES ALIGNMENT

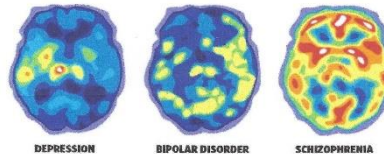
Connie Fanselow, IHHS

There have always been extensive connections between Iowa's public health and human services work to help all Iowans live safe, stable, and healthy lives. By coming together, Iowans can be served more effectively and efficiently through: MHDS.

- An integrated organizational structure that brings like functions and services together
- Shared direction among state staff and partners and shared connection with the big picture.
- A welcoming and efficient 'front door' to health and human services.
- Closed loops and warm handoffs to connect Iowans seamlessly to services and supports that are right for them
- Improved use and integration of data to make informed decisions and provide seamless service to Iowans
- Active work continues to move towards an HHS, one-agency structure to meet needs of Iowans by:
 - providing well-connected access to services and supports and
 - maintaining consistent communication and support to local and state partners
 - providing "one door" access for people seeking services and supports
 - leveraging federal funding
- A public website has been developed that includes communications, updates, presentations, and the contract and deliverables for the Public Consulting Group: <https://hhsalignment.iowa.gov/>
- A functional organization chart for the combined agencies has been developed and is still being refined
- Director Garcia also has been meeting with project managers and leadership staff from DHS and IDPH to talk about the mission, vision, and branding projects – a survey was sent out to all staff for input
- Work continues on developing a table of organization that goes beyond the core functions of the new agency, on developing a combined website, and "branding" – meaning a new logo and what agency documents and forms will look like.
- Respective IT leads for both agencies to start a list of IT projects that will need to be considered over the next several years.
- The state legislature passed the Health and Human Services Appropriation bill, HF2578 • Division XI on page 60 contains language related to the merger of the agencies
- This language creates a transition year, and authorizes us to continue to do our work while we are in the process of combining the departments
- The technical bill for next legislative session is in development. So far, the bill is 342 pages long with over 800 sections – there is a lot to change in Iowa Code and there will also be a lot of work to do in updating administrative rules.
- A bill was passed before the end of the legislative session to codify this alignment effort and more legislation is anticipated in 2023 to support the changes.
- The two agencies will begin operating as one integrated organization in July 2022, although program alignment efforts and physical workspace changes will be ongoing.
- A final change package was issued in March:
 - o The two agencies will begin to function as one department of Health and Human Services on July 1, 2022
 - o There will be nine divisions across the combined operations:
 1. Administration
 2. Strategic Operations
 3. Disability and Behavioral Health
 4. Community Access
 5. Medicaid
 6. State-operated Facilities
 7. Family Wellbeing and Protection
 8. Public Health
 9. Compliance
- Disability and Behavioral Health will include:
 - mental health
 - crisis response
 - suicide prevention

- substance use disorders
 - gambling
 - disability supports
 - community integration
 - disability prevention
 - State Disability Administrator
 - State Mental Health Administrator
 - State Substance Abuse Administrator
 - An overall Behavioral health strategy and increased community integration work
- There is a functional organizational chart a part of the change package – defines the categories of work functions, but not where individual staff will be assigned – that is still coming and will include looking at specific programs, applying needed FTEs and time, looking more closely at operating functions and what programs are complimentary
 - A consultant is looking at central offices – we will be housed in one space, but it is not known yet whether that will be the Hoover Building or the Lucas Building
 - This framework provides a foundation and structure to embed equity considerations within administrative functions, programs, and services.
 - The focus areas within the framework are organizational culture, internal policies and procedures, data equity, planning and performance improvement, and community engagement and partnerships

THE BRAIN CAN GET SICK TOO.



brainhealth-now.org



We have to remain humble about our understanding of the brain, because even our most powerful tools remain pretty blunt instruments for decoding the brain. In fact, we still do not know how to decipher the basic language of how the brain works.

— **Thomas R. Insel**

Covid Recovery Iowa is now

PROJECT RECOVERY IOWA

The need for these services has not abated.

FEMA funds have been exhausted.

Additional funding has been found and is hopefully going to meet needs 7-1-22 through June 2023

Statewide MH crisis counseling program is continuing

Moved from a virtual to a hybrid approach

Have a daily presence on Facebook

Able to attend county fairs and community events, health fairs, summer camps and youth activities, school events

Individuals call with all sorts of concerns and needs including housing, employment, food as well as feelings of isolation, fearfulness, and anxiety

Continues to offer crisis lines, virtual outreach counselors, short term, individual supports and referrals and specific activities

Over the next year the focus will be on mental well-being, recognizing mental health stressor and anxiety, and reaching out to places of employment

Here are the free resources

8 Dimensions of Wellness

<https://www.facebook.com/groups/304914707458079>

A Home For Hobbies

<https://www.facebook.com/groups/1673775739439502>

www.weareherewithyou.com and www.mindspringhealth.org

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A Place For Everything
<https://www.facebook.com/groups/309913920328197/about>

A Place For Everything:
<https://www.facebook.com/groups/309913920328197>

Book Club For Elders:
<https://www.facebook.com/groups/317037909640155>

Book Club: <https://www.facebook.com/groups/280051713313291>

COVID Numbers:
<https://www.facebook.com/groups/3316321331756451>

Domestic Violence:
<https://www.facebook.com/groups/277973576605783>

Easing Anxiety Over Covid-19:
<https://www.facebook.com/groups/276474223635311>

Four Legged Therapy:
<https://www.facebook.com/groups/785206062013450>

How Does Your Garden Grow:
<https://www.facebook.com/groups/298450564668994>

Inclusion For All:
<https://www.facebook.com/groups/1527902267369280>

Iowa - A – Zinnia:
<https://www.facebook.com/groups/599308484061448>

Meditation & Yoga:
<https://www.facebook.com/groups/1146630482359182>

Meet The (Grand)Parents:
<https://www.facebook.com/groups/645444526101023>

Month of Sundays:
<https://www.facebook.com/groups/567884850554888>

Next Level Gaming:
<https://www.facebook.com/groups/3439379396086318>

Over Coffee:
<https://www.facebook.com/groups/345471240189484>

Parenting in a Pandemic
<https://www.facebook.com/groups/937325153412822>

Songs From The Good Old Days With Carlene Hall:
<https://www.facebook.com/groups/2284812245146972>

Story Starters:
<https://www.facebook.com/groups/1109759116060849>

Substance Use:
<https://www.facebook.com/groups/337667384277299>

Sunday Connections:
<https://www.facebook.com/groups/3324026684308403>

Tell Me A Story:
<https://www.facebook.com/groups/1581970971987124>

Village of Hope:
<https://www.facebook.com/groups/2748982981997549>

Vivo En Iowa:
<https://www.facebook.com/groups/224936542192851>

Well, That Looks Good Enough to Eat:
<https://www.facebook.com/groups/603062780395504>

Work Resources:
<https://www.facebook.com/groups/261569204943086>

Agricultural and Rural Education available on request:
Stress on the Farm – Strategies that Help Farmers with stress reduction
Stress on the Farm – Strategies to Help Each Other During a Pandemic

Ongoing sessions: - FREE

Avoiding Burnout in a Crisis – The ABC is for Self-Care **Question. Persuade. Refer (QPR)** – Three simple steps anyone can learn to help save a life from suicide.

Workplace Diffusion – Virtual one-hour sessions are a safe place to talk about the way work has changed due to the COVID-19 pandemic.

Connection Points: COVID Recovery Iowa–Facebook, Instagram, Twitter, Discord and You Tube www.COVIDrecoveryiowa.org

Iowa WARM Line – 844-775-WARM (9276) - *Provides confidential access to peer counseling and can connect people with services*

Iowa Concern – 800-447-1985 - *confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics.*

Spanish Line – 531-800-3687 - Click on [Pre-Teen Support Groups](#)
Click on [Teen Support Groups](#) Click on [Parent Support Groups](#)

Services for Older Americans – contact Ash Roberts 531-800-4450
aroberts@heartlandfamilyservice.org

DOJ investigation Related to the State Resource Centers

Iowa has received a Resource Center report.

- There is not a final consent decree yet – that is likely to take at least a couple more months
- DHS is responsible to identify a monitor to review progress and compliance to the consent decree
- Seeking a qualified experienced individual that will be able to provide guidance and technical assistance

A second report on ADA compliance in the state has been issued

- No draft consent decree has not been provided to DHS yet

Community Integration Efforts for State Resource Center Residents (Glenwood and Woodward)

- Collaborative work continues with resource centers, MCO, and MFP
- Significant increase in number of residents in referral stage (especially Glenwood)
- Many guardians interested in closer to home, so working through some of those challenges, such as out of state •
- Overwhelming support from providers willing to serve individuals and review referrals and build services
- MFP has added staff and is geared up to support a record number of transitions this year

CONTRACT AWARDED FOR CENTER OF EXCELLENCE

The contract was awarded to: University of Iowa Center for Disability and Development (CDD) through an RFP process and the project started April 1, 2022.

It will be a centralized location for technical assistance related to the development and implementation of evidence-based practices supported by the state.



- The Center will provide technical assistance to the MHDS Regions on the consistency in implementation and fidelity monitoring of three Evidence Based Practices throughout the state:
 - Assertive Community Treatment
 - Individual Placement and Support
 - Permanent Supportive Housing
- They will assess the current EBPs required in Iowa Code and administrative rules for the MHDS Regions to implement and provide recommendations on aligning with nationally recognized EBPs

The Center for Excellence will provide:

- **Project Management**
 - Develop a leadership team to meet quarterly that includes DHS staff, MHDS regional representation, IDPH staff and other key stakeholders
 - Develop work plans specific to each EBP
- **EBP Training and Fidelity Monitoring**
 - Identify all trainings and fidelity monitoring currently taking place in the state and develop a plan to fill any gaps identified
 - Provide trainings and fidelity monitoring as needed – all components of the model, consultation and train the trainer
 - Provide technical assistance to MHDS Regions on fidelity monitoring
- **Analysis of EBPs in Iowa**
 - Complete analysis of EBPs provided in Iowa for adults with SMI, children with SED, and individuals with co-occurring conditions
 - Review EBPs the regions are currently responsible for and recommendations for alignment with current best practices, workforce capacity, and the needs of the individuals accessing the system
 - Develop a system for ongoing periodic reviews

Legislation that has been signed by the Governor



SF463 – which makes it easier for physical therapists, occupational therapists, audiologists, and speech language therapists to work across state lines without having to get additional licenses.

Individuals who get services from one of these professionals may have greater access to services because of this bill, particularly those living in border communities.

- ✓ **HF 2246** – which allows psychology students to get a temporary license while they are in their internship, allowing their supervisors to bill for their services. This means more practices may open up spots for interns, which increases access to mental health services.
- ✓ **HF 2546** – which requires DHS to implement tiered reimbursement for inpatient psychiatric services based on the individual's acuity
- ✓ **SF 513** – which requires that mental health, substance use, or housing crisis reports to law enforcement are to remain confidential
 - MH, SUD, or housing crisis reports to law enforcement are to remain confidential when they are used specifically for the crisis intervention; should be provided to the mental health practitioner and individual when requested
 - Changes to 125 and 229 to allow facility to detain an individual who is likely to injure themselves or others not longer than 12 hours and must contact magistrate in that time period.
- ✓ **SF2216** – which requires DHS to develop intensive psychiatric units at the MHIs for adults and children
- ✓ **HF2549** – which establishes a mental health practitioner loan repayment program for psychiatrists, psychiatric ARNPs, prescribing psychologists, psychologists, social workers, mental health counselors, and marriage/family therapists
- ✓ **HF2580** – which reorganizes and reduces the number of Area Education Agencies

- ✓ **SF2197** - will appoint a task force to investigate and find ways to make sure all children with disabilities receive the special education services they are entitled to, even if they go to a private school.
- ✓ **SF 2345** - will make sure the newborn screening each hospital does after the birth of a child to detect genetic conditions is updated and includes the full array of screenings possible.
- ✓ **HF 2167** - updates the definition of autism to align with the manuals health care professionals use to diagnose, and make sure insurance covers the treatment as they would other brain health conditions.
- ✓ **HF 604** - helps connect parents of children who are deaf or hard of hearing with the resources they need to make sure their children do not fall behind in school.
- ✓ **HF2575** – Education Appropriations –
 - Continued funding to AEA for mental services, including mental health awareness training
 - Additional funding for vocational rehabilitation to use towards federal match
- ✓ **HF 2578 HHS Appropriations**
 - IDPH received funding to support:
 - The brain injury services program, including resource facilitator services
 - Regional autism assistance programs – coordination and collaboration services
 - Rural psychologists intern program
 - DSM University program to train physicians on recognizing signs of mental illness
 - Rural psychiatric residency programs for 6 residents
 - Psychiatric training for physician assistants and nurse practitioners to expand the mental health workforce
 - Problem gambling and substance use disorder prevention and treatment services
 - A crisis line for children's mental health crisis
 - DHS funding to support:
 - Autism Support Program – in an amount aligned to previous and current year expenditures
 - Children's System of Care Programs
 - U of IA, child health specialty clinics
 - Orchard Place
 - Tanager
 - Four Oaks
 - Medicaid received
 - An increase for ABA services rates
 - An increase for BHIS (Behavioral Health Intervention Services) rates
 - An increase for ICF-ID rates
 - Other DHS items included:
 - Authorization to submit a state plan amendment to include functional family therapy and multisystemic therapy under Medicaid
 - Property tax relief fund balance transferred to the regional incentive fund
 - **Changes to requirements for the MHDS Regions: • Removing implementation requirements**
 ---Making it clear that an exempted county is only exempted from the 3-county regional and completing 28E agreement.
 ---An exempted county is a region and must meet all regional requirements.
 - U of IA psychiatric residency program with MHI, resource centers, state training school and Oakdale
 - Requires insurance to accept out of state telehealth providers if they meet the state requirements.

Important to Polk County



Mental Health Resources for Native & Indigenous Persons

Mental Health America

Indigenous Story Studio: creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based)

- **Strength of the Sash** and **Tomorrow's Hope:** suicide prevention
- **Making it Right:** community justice, policing
- **Just a Story:** mental health stigma

One Sky Center: The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people

- **A Guide to Suicide Prevention**
- **Presentations and Publications:** number of downloadable resources by topic (addiction treatment, adolescents, crisis care & disaster management, disparity of health services, mental health management, and more)

WeRNative: a comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large

- **My Culture – Traditions, Identity**
- **My Life – My Mind – Building Mental Resilience, Mental Health Challenges, Getting Help,** and more (including specific MH issues)
- **My Relationships – Relationships & Dating, Sexual Health**
- **Ask Auntie:** similar to advice column – type in your question and it will pull up similar ones; if none answer what you're asking, Auntie Amanda will write up an answer and notify you when it is posted

StrongHearts Native Helpline: The StrongHearts Native Helpline (1-844-762-8483) is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

Mental Health Resources for Latinx/Hispanic Communities

Mental Health America

Sevelyn, a mental health support platform designed for the Latino community (Clive, Iowa)

Therapy for Latinx: national mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

- **Therapist Directory**
- **Book Recommendations**

Latinx Therapy: breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others.

The Focus on You: self-care, mental health, and inspirational blog run by a Latina therapist.

American Society of Hispanic Psychiatrists
americansocietyhispanicpsychiatry.com

National Alliance for Hispanic Health – healthyamericas.org

National Latino Behavioral Health Association – nlbha.org

National Latinx Psychological Association – nlpa.ws

Supporting Mental Health of Immigrant Communities

Mental Health Resources for Black Communities

Mental Health America

Black Emotional and Mental Health (BEAM): BEAM is a training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

- **Toolkits & Education:** graphics on accountability, self-control, and emotional awareness; journal prompts; articles on Black mental health
- **Videos:** trainings, webinars, recorded and available for free

The Boris Lawrence Henson Foundation: changing the perception of mental illness in the African-American community by encouraging people to get the help they need; focuses on stigma/self-stigma reduction and building trust between Black people & the mental health field.

- **Resource Guide:** directory of mental health providers and programs that serve the Black community; includes therapists, support groups, etc, but also digital content, faith-based programs, educational programs, etc

Therapy for Black Girls: online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area

- **Therapist Directory:** find trusted therapists that can help you navigate being a strong, Black woman; can search for in-office therapist by your location or virtual therapist.

The Loveland Foundation: financial assistance to Black women & girls seeking therapy

Therapy for Black Men: primarily a therapist directory for Black men seeking therapy; includes some resources and stories.

Dr. Ebony's My Therapy Cards: self-exploration card deck created by a Black female psychologist for other women of color; created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

Innopsych: InnoPsych's mission is to bring healing to communities of color by changing the face and feel of therapy. They strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color; and to create a major shift in how communities of color (or POCs) view therapy.

Safe Black Space: Safe Black Space is the umbrella under which various services are offered to address people of African ancestry's individual and community reactions to cultural and racial trauma.

Mental Health Resources for Asian American/Pacific Islander Communities

Mental Health America

Asian American Psychological Association (AAPA): dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy.

- **Fact Sheets**
- **Bullying Awareness Campaign**
- **LGBTQ+ Resources**

Asian & Pacific Islander American Health Forum: focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders

- **Community Care Package:** COVID focused weekly digital "community care package" includes inspirational stories, resources in a variety of languages, tools for adjusting and managing mental health, and platform to share your story/connect with others

Asian American Health Initiative: part of the Montgomery County Dept of Health & Human Services, but they have a lot of general Asian American resources

- o [Online Photo Novels](#)

[National Asian American Pacific Islander Mental Health Association](#)

- o [Directory of Mental Health Service Providers for Asian Americans, Native Hawaiians, and Pacific Islanders \(by state\)](#)
- o [COVID-19 Resources](#)
- o [Combating Racism Resources](#)

[southasiantherapists.org:](#) directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghanistani and Nepali heritage.

[Asian Mental Health Collective:](#) raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally.

[Asians for Mental Health Directory](#)

[Asian Americans with Disabilities Resource Guide](#)

[National Asian American Pacific Islander Mental Health Association](#)

Mental Health Resources for Arab/Middle Eastern/Muslim/ South Asian Communities

Mental Health America

[South Asian Public Health Association](#)

[AMEMSA Fact sheet](#) - AMEMSA is a political identity construction grouping Arab, Middle Eastern, Muslim, and South Asian communities together under shared experiences.



Volunteer Opportunity

Mindspring Mental Health Alliance is looking to improve its support group programming. We are currently seeking volunteers to facilitate these support groups. Ideal candidates will have lived mental health experiences and/or work or study in the mental health sector. Interested? Please reach out to volunteer@mindspringhealth.org.

So let us not return to what was normal but reach toward what is next.
----- *Amanda Gorman*

Mindspring Statistics

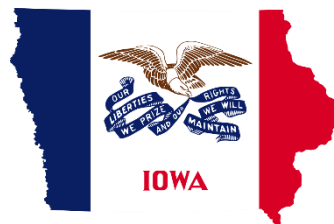
- 73,057 attendees in live webinars Jan-June (16,187 Jan-June 2021)
- 98% of participants know more about MH after attending (96.2% avg 2017-2021)
- 6 sessions of Mental Health in the Workplace (May-June)

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2022 State of Iowa Health Assessment

[Healthy Iowans: Iowa State Health Assessment June 2022](#)

An Excellent and refer to



report to read

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Population in Iowa by Age, 2020		
Age Group	Estimate	Percent
0 to 5 years	233,211	7%
6 to 11 years	241,674	8%
12 to 17 years	250,674	8%
18 to 24 years	313,856	10%
25 to 34 years	398,796	13%
35 to 44 years	390,589	12%
45 to 54 years	357,591	11%
55 to 64 years	411,034	13%
65+ years	566,136	18%

3,190,369

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Excerpt:

Some Iowans struggle to find mental health care. There are far fewer mental health providers in Iowa than the national average. In 2020, the ratio of population to mental health providers for the state was 610:1 compared to the national average of 270:1.

Frequent mental distress is defined as 14 or more mentally unhealthy days in the last month. Differences exist by age, sex, education, income, race and ethnicity, and for people with disabilities. In 2019, in Iowa living with disability were more than four times more likely to experience frequent mental distress than those without disability (34.4% v. 7.9%). In 2020, people in Iowa with incomes less than \$25,000 were more than three and a half times more likely to experience frequent mental distress than those with incomes \$75,000 or more (24.9% v. 6.8%).

In 2020, there were 552 deaths by suicide in Iowa. Of these, 81.9% were male (452), 60 were ages 18- 24, and 17 were under age 18.

Also troubling are the numbers of Iowa high school students who reported seriously considering suicide, making a plan to attempt it, actually attempting suicide, and injuring themselves from attempts. Female students and students who identify as lesbian, gay, or bisexual are more likely to have these dangerous thoughts and to act on them by attempting suicide.

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Excessive Drinking by Age and Sex, 2020		
Population	Iowa %	US%
Age 18-44	32.2	23.4
Age 45-64	20.8	15.5
Age 65+	7.2	7.4
Female	16.6	13.6
Male	29.1	21.3

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Phantom Provider Lists limit Medicaid mental healthcare access, study finds

Health Affairs

Dive Brief:

- Researchers found significant discrepancies between provider directories and the actual availability of providers in a large study examining access to mental health services among Medicaid recipients in Oregon.

Directories full of “phantom” providers may prevent patients from obtaining necessary mental health care in a timely manner, the study authors said.

- The inaccurate listings may be especially harmful for Medicaid enrollees, who already face high rates of serious mental illness, according to the researchers at Oregon Health and Science University and Johns Hopkins University.
- “Constraining or disguising supply is an insidious barrier to realizing access to mental health treatment,” Howard Goldman, of the University of Maryland in Baltimore, wrote in an opinion piece accompanying the research findings in the July issue of Health Affairs.

Research from Yale and Cornell universities, published earlier this year in Health Affairs, showed that managed care provider directories may overstate the availability of doctors to see Medicaid patients and suggested that private insurers may be padding networks with physicians unwilling to treat program beneficiaries.

The Oregon Health study, though limited to one state, shows federal and state efforts to enforce network adequacy standards may be falling short, the authors concluded.

Overall, 58% of network directory listings were “phantom” providers who did not see Medicaid patients, including 67% of mental health prescribers, 59% of mental health non-prescribers, and 54% of primary care providers.

To read the entire article, go to: [‘Phantom’ provider lists limit Medicaid mental healthcare access, study finds | Healthcare Dive](#)

Please note: AMOS completed a similar studies on Medicaid and health exchange insurers in 2014-15. The same discrepancies were found. Reports were brought to the attention of the Insurance Commissioner and state legislative staff. Nothing was done.

Community & Family Resources, Prelude Behavioral Services merge

Business Record



Two Iowa mental health and substance abuse treatment agencies announced they have merged to more effectively support the growing need for services in central and eastern Iowa.

The merger between [Community & Family Resources](#) and Prelude Behavioral Services was effective July 1. Both

CFR and Prelude offer prevention and education services, inpatient and outpatient treatment, transitional housing, gambling prevention and other mental health services.

CFR offers these services in the Fort Dodge, Webster City and Ames areas. Prelude Behavioral Services will continue to offer these services in eastern and central Iowa under the name [Community & Family Resources](#).

The merger will “build upon the successful programs and services Prelude provided to central and eastern Iowa, by bolstering their infrastructure with the strong management experience of CFR.” CFR President Bob Thode said in a press release. “Both of our organizations have a strong and long-standing positive reputation in our communities and this merger will continue to serve our clients and families with no disruption.”

The merger brings together the best of both organizations, said Prelude’s board chair, Char Austin. “Our mission is to serve individuals and families impacted by substance use and other mental health disorders, and this joining of forces will strengthen our ability to do such and reach more people.”

Physicians’ groups issue ‘call to action’ for integrating behavioral health into primary care

By Business Record Staff



Health insurers, employers and other stakeholders need to rally around a set of key solutions to address the crisis in behavioral health services, groups representing U.S. physicians said today.

The American Medical Association and seven other leading physician organizations have established the BHI Collaborative, a group dedicated to catalyzing effective and sustainable integration of behavioral and mental health care into physician practices.

A new [call-to-action article](#) from those physician organizations — published today in the medical journal Health Affairs — urges a unified and collective effort by stakeholders across the health care system to support equitable, whole-person care for patients and their families. Those initiatives fall under the umbrella of behavioral health integration, or BHI.

“Even with a clear recognition that our primary care systems must urgently embrace a paradigm shift to stem the growing behavioral health crisis, there remain significant challenges in building clinical pathways that provide whole person care,” said Dr. Gerald Hamon, immediate past president of the AMA and co-author of the call to action. “These challenges cannot be overcome by physicians alone, and we are calling on payers and policymakers, among other industry stakeholders, to rally around a set of key solutions in partnership with physicians.”

Up to 70% of primary care visits involve a behavioral health component, and it’s estimated that fewer than half of U.S. adults who reported a mental health condition before the pandemic received any treatment for that condition. Additionally, between 13% and 20% of U.S. children and adolescents — or approximately 15 million youths — experience a behavioral health disorder in any given year with suicide as the second leading cause of death among 10- to 24-year-olds.

With an initial focus on primary care, the collaborative is “committed to ensuring a professionally satisfying, sustainable physician practice experience and will act as a trusted partner to help them overcome the obstacles that stand in the way of meeting their patients’ mental and behavioral health needs,” according to a description on its website.

The organizations say the “paradigm shift” is urgently needed to accelerate the adoption of BHI into physician practices.

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For employers, health plans and other payers in the health care system, the call-to-action outlines five solutions to accelerate widespread adoption of behavioral health integration by primary care practices:

1. Expand coverage and fair payment for all stakeholders using BHI models.
2. Evaluate how and when to apply cost-sharing for integrated services (whether delivered in person or via telehealth).
3. Assist primary care practices by offering technical support, provider training and regional sharing of resources.
4. Minimize or eliminate utilization management practices for BHI services.
5. Launch whole-person, employer-based behavioral health programs with intentional culture-focused work to destigmatize behavioral health.

Want the latest on Peer Support Services in Crisis Care?

Looking to increase your mental health workforce?

A 17 page report was released June 2022 by SAMHSA. Access it here: [Advisory: Peer Support Services in Crisis Care \(mcusercontent.com\)](https://www.samhsa.gov/2k22/peer-support-services-in-crisis-care)

Peer support workers—also known as peers— are individuals with lived experience who have sustained recovery from a mental or substance use disorder, or both.

They assist others entering or in recovery with reducing the recurrence of symptoms, more commonly known as relapse.

Peers model recovery, promote shared understanding, focus on strengths, offer positive coping strategies, and provide information and resources.

Peers may engage in a range of non-clinical activities to support individuals or families of individuals in or seeking recovery from a substance use disorder, mental illness, or both. Activities may include mentoring, advocating for people in recovery, leading recovery groups, and building relationships.

These activities supplement other services an individual may receive.

The role of the peer is unique in that it is based on the concept of mutuality—or sharing similar experiences. Peers offer a non-hierarchical relationship that differs from individuals' relationships with clinicians. Peers enhance the work of an individual's clinical care team and support them and their families as they navigate recovery.

For more information, please read the report from SAMHSA indicated on the previous page.

If you want to become a peer support specialist, a family peer support specialist or a peer recovery coach - training is provided by the University of Iowa on behalf of the National Resource Center for Family Centered Practice.

The Project Director
 Lisa D'Annunzio
 National Resource Center
 MTP4 Room 162
 Iowa City, IA 52242-5000
 Phone: (319) 541-6079
 E-Mail: lisa-daunno@uiowa.edu

The website:
[Trainings – Iowa Peer Workforce Collaborative \(iowapeersupporttraining.org\)](https://www.trainings-iowa-peer-workforce-collaborative.org)

No act of kindness, no matter how small, is ever wasted.
 - - - - Aesop

Lifting the Veil | Youth in Recovery

Business Publications



A panel discussion with experts on youth mental health. Facilitators are Suzanne de Baca, President of Business Publications and Andrew Allen, CEO of YSS. Representatives of Clive Behavioral Health, Orchard Place, Children's and Family Services and Child Serve.

View the presentation at [dsm Lifting the Veil - Youth In Recovery - YouTube](https://www.dsm.org/2022/06/22/youth-in-recovery)

Excellent observations for parents and youth with mental health challenges.

[Read the 2021 issue of Lifting the Veil](#)

[Read the 2020 issue of Lifting the Veil](#)

[Read the 2019 issue of Lifting the Veil](#)

[Read the 2017 issue of Lifting the Veil](#)

S. 2938 – Bipartisan Safer Communities Act is now Federal Law

National Council for Mental Well-being

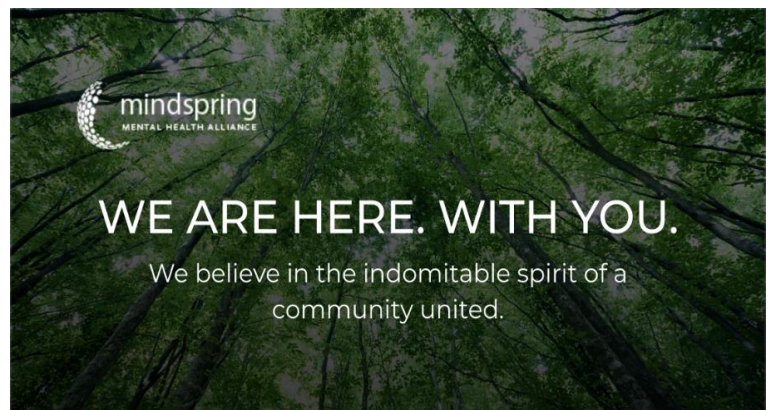
On June 24, Congress passed the [Bipartisan Safer Communities Act](#) and President Biden signed the bill into law the following day. This new law dramatically increases funding for lifesaving mental health and substance use care programs by expanding [Certified Community Behavioral Health Clinics](#) nationwide, and by boosting funding for 988 implementation and crisis services, mental health awareness training programs, and the community mental health block grant.

It's one of the most consequential investments in mental health and substance use treatment and services in more than 50 years.

 We are waiting for a summary of the bill to pass along to you. Here is the website to take a look at the information so far:

[S.2938 - 117th Congress \(2021-2022\): Bipartisan Safer Communities Act | Congress.gov | Library of Congress](https://www.congress.gov/bills/117/s/2938)

Rules will need to be written before implementation of the new law can take effect.



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Two Celebrities to Attend our Golf Tournament

Mindspring Mental Health Alliance



Pro-Golfer Tadd Fujikawa will be at our Golf Tournament. Tadd qualified and played in the 2006 U.S. Open at the age of 15 making him the youngest golfer to play in that event.

After the tournament, awards will be emceed by local comedian Willie Farrell and followed by a short comedy set.

6th Avenue Flats Opens in Des Moines

YSS

On July 7, a grand opening ceremony was held for Sixth Avenue Flats, a new affordable housing project located just north of downtown Des Moines.

A portion of the apartments will be reserved for YSS youth who have aged out of the foster care system and are experiencing homelessness. The youth will receive on-site support from YSS and educational services from Des Moines Area Community College (DMACC).

"This is a space that people will be confident, be safe, and be proud that they live here," said Andrew Allen, YSS President & CEO. The \$12 million project was developed by Jack Hatch and Michael Kiernan, along with architect Simonson & Associates and general contractor Koester Construction.

YSS has long been involved in supporting and advocating for former foster care youth, as well as fighting to end youth homelessness.

Since 2002, YSS has led the Iowa Aftercare Services Network (IASN), which was established after the tragic death of Reggie Kelsey, an 18-year-old youth who experienced homelessness and mental health issues after aging out of foster care.

Iowa Homeless Youth Centers (IHYC), a YSS organization in Des Moines, works to eliminate homelessness among youth and young adults with a drop-in center, emergency beds, and daily meals.

YSS's involvement in Sixth Avenue Flats is yet another way the organization is working with community partners to provide education, counseling, and stability for youth who need it most.



FIRST OF THREE SIM-IA TRUCKS UNVEILED AT IOWA STATE CAPITOL

The first of three Simulation in Motion-Iowa (SIM-IA) trucks funded by an \$8 M Helmsley Charitable Trust grant has arrived in Iowa, ready to provide valuable hands-on experience for rural

health care professionals and first responders using state-of-the-art equipment and patient simulators.

SIM-IA will offer critical education to rural emergency medical responders and health care providers while removing the obstacles of cost, distance, and time off for travel.

"These volunteers traditionally would have to travel hours and hours to come to cities like Des Moines or up to Sioux City or any of the major population centers to receive their training. That's a lot to ask for these volunteers," said Walter Panzirel, a Helmsley trustee who attended the [June 21](#) launch at the Iowa State Capitol. "And now, with these trucks, the training can be at home."

The custom-built mobile simulation units, about the size of a semi-trailer truck, are equipped with a simulated ambulance cab, a simulated emergency room, and a control room. The first truck, which will be housed in Swisher, Iowa, and serve the eastern third of the state, is embarking on a weeks-long state tour following the route of RAGBRAI (the state's annual bicycle ride), hosting simulation education sessions for first responders, EMTs, paramedics, nurses, and physicians.

Two other trucks, currently under construction, will serve central Iowa and eastern Iowa.

"Whether the providers are in Adams County or the town of Zearing, SIM-IA allows us to bring this education to their doorstep," said Julie Zerwic, dean of the University of Iowa College of Nursing. "Three custom-built mobile simulation units will soon be traversing the rural roads of Iowa, bringing high-quality, real-world clinical simulation education to healthcare providers."

Iowa is the fifth state to launch a Helmsley-funded Simulation in Motion program.

YSS unveils plans, name "Ember" for new nature-based youth recovery campus

Business Record

YSS shared the designs for its new youth recovery campus that will be located south of Ames and announced the facility's name: **Ember**.

"Ember symbolizes a small glowing fragment of a fire that can be revived when nurtured and cared for. The name reminds families and youth there is always hope," YSS President and CEO Andrew Allen said.

The 50-acre campus, located near Cambridge, will offer 70 beds for emergency shelter, crisis stabilization and residential addiction treatment for youths with a nature-based and trauma-informed design focus, led by Iowa State University associate professor of landscape architecture.

Outdoor features on Ember's campus will include shade shelters, walking trails, a pond, playground, sensory garden and recreational activities such as pickleball, basketball and ropes courses. YSS will break ground on the facility on Aug. 9 at 10 a.m.

Name Change for Iowa Center for School Mental Health

Business Record

The University of Iowa College of Education has announced the largest gift in its 175-year history, \$15 million from the Scanlan Family Foundation. The gift will rename the [Iowa Center for School Mental Health](#) to the **Scanlan Center for School Mental Health**, pending approval from the Board of Regents, and expand mental health services for schools and veterans in Iowa and across the country in collaboration with the [Belin-Blank Center](#).

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July was National Minority Mental Health Awareness Month also known as BIPOC Mental Health Month

BIPOC is Black, Indigenous and People of Color. Mental Health America had provided information in a toolkit for BIPOC Mental Health Month on six core cultural categories:

1. American Indian/Alaska Native
2. Arab/Middle Eastern/Muslim/South Asian
3. Multiracial
4. Black/African American
5. Latinx/Hispanic
6. Asian/Pacific

Sent 7-18-22 - In Part 1 of the recognition of BIPOC Mental Health Month – we presented the **historical context** for American Indian/Alaska native, Arab/Middle Eastern/Muslim/ and the Multi-racial cultural categories.

Sent 7-25-22 - In Part 2 of the recognition of BIPOC Mental Health Month – we presented the historical context for the Black/African American, Latina/Hispanic and Asian/Pacific cultural categories.

We listed the location of the complete toolkit [2022-BIPOC-MHM-Toolkit.pdf \(mhanational.org\)](#) and gave direction to “Beyond the Numbers”. At this location each cultural category has the following topics addressed:

- Historical context (contained in Parts 1 and 2)
- Barriers to Well-being
- Cultural Beliefs
- Strengths and Resiliency Factors

It was emphasized all are confronted by health equity issues. All have been historically traumatized which contributes to mental health issues. [Transgenerational trauma](#) is the transference of emotional, physical, or social pain from one person to their descendants. It goes much deeper than just learned behavior. We are talking about [epigenetics](#). It's about how environmental influence can change the expression of certain genes.

We received a response from one of our subscribers – a gentleman from the United Kingdom.

“As someone of Jewish descent I recognize the issue of inherited trauma. My grandparents escaped pogroms (murderous rounding up of Jewish people) in Ukraine. In my extended family we've learned of individuals as young as four who were shot dead or killed in the Holocaust. I'm sad to see you haven't included Jewish people in your message. What will you do to redress this omission please?”

The MHA toolkit did not include persons of Jewish descent. Mindspring recognizes persons of Jewish descent experience transgenerational trauma due to the horror of the Holocaust.

Historical context – the Holocaust



The Holocaust, also known as the Shoah, was the genocide of European Jews during World War II. Between 1941 and 1945, Nazi Germany and its collaborators systematically murdered some six million Jews across German-occupied Europe; around two-thirds of Europe's Jewish population. The

murders were carried out in pogroms and mass shootings; by a policy of extermination through labor in concentration camps; and in gas chambers and gas vans in German extermination camps, chiefly Auschwitz-Birkenau, Belzec, Chelmno, Majdanek, Sobibor, and Treblinka in occupied Poland.

By mid-1942, victims were being deported from ghettos across Europe in sealed [freight trains](#) to extermination camps where, if they survived the journey, they were gassed, worked or beaten to death, or killed by disease, starvation, cold, medical experiments, or during [death marches](#). The killing continued until the end of World War II in Europe in May 1945.

Transgenerational Trauma and the Holocaust

Writer Emily Cohen, wrote the following:

“What if something happens and you never come home, Em?”

I hear my mother's voice in my head as I pack for a trip to New York. I can feel the knot in my stomach move up to my throat and suddenly, I'm nauseous. I go to the bathroom and vomit. This isn't the first time I've felt paralyzed before leaving on a trip and it won't be the last. And, just like so many times before, I cancel the trip at the last minute. “I'm sick,” I tell my friend. “I have to cancel.” And I feel instant relief. Relief that I'll be home, safe, and I won't have to worry about never coming back.

It wasn't until after I began writing my memoir and connecting the dots of my fear of traveling alone away from family did I realize that what I was experiencing was intergenerational trauma. A term that has only recently become more well-known, intergenerational trauma is trauma that is passed down from previous generations to their children and grandchildren, who then carry the invisible weight of a trauma — such as the Holocaust — that they didn't even experience first-hand.

Intergenerational trauma can appear both psychologically (as in the case of my fear of travel) as well as physically, with second-generation Holocaust survivors displaying higher than normal rates of chronic illness, cardiovascular disease, high blood pressure, and other genetic abnormalities, such as lower levels of cortisol, a hormone that helps your body manage stress.

In my case, my mother (I called her “Mutti,” German for mother) instilled the fear of travel in me based on her experiences during the Holocaust. Most of the people who were “picked up” by the Nazis, some under the auspices of going on a trip, did not return to their families. Instead, they were exterminated in concentration camps. Mutti's very real fear of someone close to her packing a bag and leaving her was transmitted to me, even though I was born in the U.S. 19 years after the Holocaust ended.

As far back as I can remember, Mutti would explain all the horrible things that could happen to me when I was away from home every time I wanted to go anywhere. Even a trip as short and close to home as a Girl Scout overnight camping trip was deemed danger-ous. In that case, I actually made it to camp and then had an anxiety attack after dinner, calling my dad to come pick me up.

Keeping their children — whether born during, at, or after the end of World War II — safe and protected from the world was a common theme for families of Holocaust survivors. Most second-generation survivors, or ‘2Gs’ as we call ourselves, grew up in highly overprotective environments and were allowed few freedoms. Constant location checks were the norm and some of us rarely went anywhere without our parents — or at least without strict supervision.

As my 2G cohort entered adulthood and became parents, we continued the cycle of intergenerational trauma with our children.

At the National Institute of Health – the following page can be found with multiple listings of research articles on transgenerational trauma.

[Transgenerational transmission of trauma in families of Holocaust survivors: the consequences of extreme family function-ing on resilience, sense of coherence, anxiety and depression - PubMed \(nih.gov\)](#)

At the **Wikipedia** location for transgenerational trauma [Transgenerational trauma - Wikipedia](#) – more populations are identified and multiple articles referenced. Transgenerational trauma can be a collective experience that affects [groups of people](#) who share a [cultural identity](#) (e.g., [ethnicity](#), [nationality](#), or [religious identity](#)). It can also be applied to single families or individual parent–child [dyads](#). For example, survivors of individual [child abuse](#) and both direct survivors of the collective trauma and members of subsequent generations individually may develop [complex post-traumatic stress disorder](#).

Research of the Month

Treatment Advocacy Center

Black patients with mental illness are more likely to be restrained in an emergency department

Physical and chemical restraints are often used in an emergency department setting for agitated patients. In an analysis of patients undergoing emergency psychiatric evaluation in a large academic medical center emergency department in North Carolina, researchers found that Black patients with mental illness were more likely to experience both physical and chemical restraint. A diagnosis of bipolar or a psychotic disorder were also significant predictors for restraint use in the emergency department setting. The results of the study, published in *Psychiatric Services*, suggest that more work is needed to reduce bias and promote equity in emergency psychiatric care.

Smith, C. M., et al. (July 2022). [Association of Black race with physical and chemical restraint use among patients undergoing emergency psychiatric evaluation](#). *Psychiatric Services*.

Race not a factor in characteristics of hospitalized patients who are reported to law enforcement

Physical assaults are common in inpatient psychiatric hospitals. Previous research indicates that two-thirds of psychiatric hospital staff have been physically assaulted in a one-year period and an estimated [20%](#) of individuals with mental illness may commit an act of violence while admitted to a hospital. Some of these assaults may be reported to law enforcement and result in legal charges or arrest for the patient.

In a chart review of a psychiatric hospital in the Northeastern United States, researchers found 124 instances of assault of patients on staff. The study, published in *Psychiatric Services*, found that race was not a significant factor in assaults that are reported to law enforcement. Patients with a diagnosis of a psychotic disorder who assaulted staff were more likely to be reported to law enforcement than those with other diagnoses, as well as those who had previous criminal histories. Although, in this study, race was not a factor in reporting assaultive patients to law enforcement, there is documented, persistent racial bias in the criminalization of individuals with mental illness that needs to be monitored to ensure racial and ethnic minorities do not continue to be disproportionately impacted in all areas.

Chaffkin, J., et al. (July 2022). [Characteristics of assaultive patients whom inpatient psychiatric staff report to law enforcement](#). *Psychiatric Services*.

Disparities in psychotropic medication prescribing in adults with schizophrenia

Non-Hispanic whites with schizophrenia are more likely to be prescribed clozapine, whereas racial-ethnic minorities are more likely to

be prescribed long-acting-injectable medications, according to an analysis of US Medicaid data published in *Psychiatric*

Services. Clozapine is the most effective antipsychotic medication for treatment-resistant schizophrenia and is difficult to access in the United States, whereas long-acting-injectable formulations are used to address treatment nonadherence in patients. The authors suggest that the divergences in psychotropic medication prescribing among racial-ethnic groups are due to the uneven distribution of providers that prescribe clozapine and concurrent indications of risk for treatment nonadherence in racial minorities, such as substance use disorders.

Bareis, N., et al. (September 2021). [Variation in psychotropic medication prescribing for adults with schizophrenia in the United States](#). *Psychiatric Services*.

LGBTQ Older Adults Conference 2022

One Iowa

Reports estimate that there are currently around 3 million LGBT adults over age 50 in the United States, which is expected to grow to about 7 million by 2030.

LGBT older adults face unique challenges as they age – they are more likely to face poverty, homelessness, and poor physical and mental health than their heterosexual peers.

At our upcoming [LGBTQ Older Adults Conference](#), we bring experts from the medical, social service, and advocacy fields together to dive into these issues and hear directly from community members.

LGBTQ Older Adults Conference 2022

Friday, **August 19th**

8 a.m. - 2:00 p.m. (Registration begins at 7:30)

Unity Point Resource & Education Center

1200 Pleasant Street, Des Moines, IA 50309

[Ticket Link](#)

Iowa Veterinarians

Axios

As more Americans are welcoming furry friends into their homes, a veterinarian shortage is causing long waits and lapses in care for our pets. In Iowa our vet numbers have remained steady in recent years, [evading the national drop-off](#).

Why it matters: Veterinarians are particularly important for Iowa's ag-centric economy. People rely on them for house pets and bigger animals.

State of play: Loan repayment programs, coupled with Iowa State's powerhouse veterinarian school, have helped vet employment rates stay higher, said Randy Wheeler, executive director of the Iowa Veterinary Medical Association. The average student loan debt for a veterinarian in 2019 was \$183,302, according to the American Veterinary Medical Association.

Federal veterinary loan repayment program offers vets \$25,000 a year over three years if they practice in a high-need area, Wheeler said. Iowa also created its own vet loan repayment program in 2020. A small number of rural vets can get up to \$60,000 annually over four years. The program is set to expand in 2023.

Yes, but: Even if Iowa isn't suffering as much as other states, there are shortages in rural areas and emergency care.

Between the lines: Veterinarians have reported high levels of burnout and one out of six have reported [contemplating suicide](#).

- Women, who make up 80% of veterinarians, are two times more likely to die by suicide than the general public, NPR [reports](#).
- "You're dealing with life and death on a daily basis," Wheeler said.

www.weareherewithyou.com and www.mindspringhealth.org

You Are Not Alone. The Illness is Not Your Fault. Never Give Up Hope.



mindspring
MENTAL HEALTH ALLIANCE

Joint Press Release: National Alliance on Mental Illness and Mindspring Reach Settlement Agreement

DES MOINES, IOWA—The National Alliance on Mental Illness (“NAMI”) and Mindspring Mental Health Alliance, Inc. (“Mindspring”) have reached a settlement agreement following a 2021 lawsuit brought by NAMI over allegations of trademark infringement after Mindspring’s voluntary separation from NAMI.

Both parties advocate for those affected by mental illness and agree this is a vital step in moving forward with their respective missions.

###

The National Alliance on Mental Illness is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

Through extensive education, exhaustive outreach and expert resources, Mindspring works with community members to forge a way forward beyond mental illness. There is strength in unity and together we have the tools to conquer even the toughest challenges.

For further inquiries, please contact:

Glenn O’Neal, NAMI Chief Communications Officer
703-524-7600
media@nami.org

Michele Keenan | Community Impact Officer
Mindspring Mental Health Alliance
mkeen@mindspringhealth.org

No Mindspring or Mindspring donor money was used to defend or settle the Complaint, Claims and / or Action. Thank you for your continued support of Mindspring Mental Health Alliance. We are on track to provide mental health education to over 200,000 individuals this year!

The latest article related to the lawsuit: <https://www.desmoinesregister.com/story/news/crime-and-courts/2022/07/01/nami-settles-trademark-lawsuit-former-des-moines-affiliate-mindspring/7792078001/>

MindSpring Mental Health Alliance
511 E. 6th St., Suite B
Des Moines, Iowa 50309

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CALENDAR OF EVENTS

Wed., Sept. 14 - MindSpring Board Meeting

Will be at an off-site meeting place

Jan, Mar, May, July, Sept., Nov

Location: 511 E. 6th St., Suite B, DM
4:30 to 6 PM

Community Impact Officer- Michele Keenan
515-850-1467

mkeenan@mindspringhealth.org

Director of Special Projects –

Kristi Kerner 515-850-1467

kkerner@mindspringhealth.org

New! Program Coordinator - Zoe Bardin

Development Director – Francis Boggus

-----MindSpring Board of Directors-----

President Ashley Adams

Vice-Pres Matt Connolly 515-975-9600

Treasurer – Matt Pick 515-222-2377

Secretary – Kristin Kuykendall

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515-344-2369

James Crosby Staci Burr

Ian Fitzsimmons Mitch Smith

Allyne Smith Brock Milligan

Andrea Brown Mike Webster

Jessica Haggerty

If you are interested in Board membership -

Please become involved with one of our

committees first. Contact the Director of Special

Projects to discuss what committees we have. –

515-850-1467 or kkerner@mindspringhealth.org

We See You. We Accept You. We've Got You.

<https://www.mindspringhealth.org>

Facebook: @mindspringinfo

Instagram: @mindspringinfo

Twitter: @mindspringinfo

TikTok: @mindspringinfo

How can you help individuals with mental illness and their families?

Volunteer – Join a committee!!

Advocacy and Outreach, Governance,

Membership, Education & Support,

Fundraising and Finance

Tax Deductible Donations

Who do you contact at MindSpring?

Contact: Community Impact Officer -

Michele Keenan- 515-850-1467

mkeenan@mindspringhealth.org

Regarding: Community Education, Webinars and

Workplace Mental Health Education Webinars, any

other educational activities, Program funding,

Marketing, requests for information and resources,

Legal

Contact: Director of Special Initiatives –

Kristi Kerner kkerner@mindspringhealth.org 515-

850-1467

Regarding: Fundraising, Financials, Social

media, Website, Marketing, Newsletter, MindSpring

Presentations, resource tables, requests for

information and resources

Letters to the Editor

You are welcome to send letters

to the editor by mail or E-mail. If

you receive our newsletter by e-

mail and would rather receive it

by snail mail – or if you receive

our newsletter by snail mail and

would rather receive it by e-mail

– communicate your preference

to: tbohmf@mchsi.com

Ways to Donate to MindSpring

-- Cash, Check

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--Through Employee Giving

programs or Direct Donation

programs such as United Way

-- MindSpring Endow Iowa Fund

Facebook – MindSpring has

been granted verified N/P

status and can now solicit

donations.

In estate planning,

designating a donation to

Mindspring can be made in

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withyou.com and www.mindspringhealth.org

You Are Not Alone. The Illness is Not Your Fault. Never Give Up Hope.

