



Mindspring Resource and Advocacy Booklet

NOTICE: Communicating all the information typically in the Mindspring newsletter (started in 2005) is changing.

- A one-page Mindspring activities and news announcement will be sent monthly.
- Support groups will be posted at our website. <https://www.mindspringhealth.org>
- The Resource and Advocacy booklet will be sent quarterly.
- Articles of interest will be shared on Mindspring's Facebook page. Be sure to follow us @Mindspringinfo
- If you have additions or corrections to this document, please contact Mindspring at 515-850-1467.

Crisis Phone numbers and Text numbers

National Text Crisis Line
<http://www.crisistextline.org/>

9-8-8 is the National Suicide Prevention Lifeline phone

You can also 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.

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.

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**.

988 and 911

- 988 connects a person directly to a trained counselor who can address their immediate needs and de-escalate crisis situations 90% of the time.
- 988 can connect individuals to community resources such as mobile response, crisis stabilization, and other behavioral health services if needed.
- 911's focus is on dispatching Emergency Medical Services, fire and police as needed.
- Systems are designed to complement each other, and coordination is key.

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

One Iowa 515-288-4019

The Gay, Lesbian, Bisexual and Transgender National Hotline:

1-888-843-4564

Trans Lifeline: 1-877-565-8860

LGBT National Youth Talk line: (800) 246-7743

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

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

Online Mental Health Crisis Chat: iowacrisischat.org

From the Trevor Project

- [How to Signal You're an Ally in a Hostile Environment >](#)
- [Creating Safer Spaces in Schools for LGBTQ Youth >](#)
- [Friends & Family Support Systems for LGBTQ Youth >](#)
- [Suicide Risk Factors >](#)

Transgender in Iowa: Know Your Rights by ACLU.

Go their website to obtain online content and a pdf of a printer-friendly brochure

EveryStep has a website to assist you. For a current list of programs and services, Google everystep.org/programguide -An easy to read chart for qualifications for Medicaid or Hawki, home care, hospice, grief counseling, senior companions, care, support – hotline: 515-558-9946.

Primary Health Care and Behavioral Health locations

Engebretsen Clinic, 2353 SE 14th St., DsM – 515-248-5100

The Outreach Project, 1200 University, Ste 105, 515-248-1500

Eastside Center, 3509 E. 29th St., 515-248-1600

Primary Health Care Pharmacy – 1200 University, Suite 103, 515-262-0854

Contacting 988

- Individuals using a phone with an Iowa area code will be connected to an Iowa Center
- Note: The following options are given before reaching an Iowa Center:
 - 1: Veterans Crisis Line
 - 2: Spanish speaker
 - 3: Specialized LGBTQ+ support for youth (*new*)
- Callers should remain on the line.
- 988 connects a person directly to a trained counselor who can address their immediate needs and de-escalate crisis situations 90% of the time.

Crisis Services in Polk County

Polk County

Experiencing a mental health crisis?

Call 911

- Acute or untreated medical issue
 - Self-harm or suicide attempt in 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*)

[The Mental Health Mobile Crisis 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 psycho-therapists and social workers. Upon consultation between dispatchers and a social worker – it is decided whether the team needs to be activated. 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 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 1755 59th PI in WDSM. Phone: 515-358-8280

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

The police liaisons for the Des Moines Mobile Crisis team:

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

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

USE WESTCOM DISPATCH 515-222-3321 FOR CRISIS INTERVENTION TEAMS in any of the following communities

Waukee – started crisis team 1-1-22

Urbandale – started crisis team 2-1-23

Clive – started crisis team 1-1-23

West Des Moines- started crisis team 5-1-23

Norwalk – not activated yet

Dallas County Sheriff's office – not activated yet

Each city and the county will implement a Mental Health Crisis Team with a uniquely equipped car, a specially trained officer and an intervention specialist to answer mental health calls during day hours.

Thanks to Darci Alt and the Heart of Iowa Region for locating the resources to make this project a reality!

For non-emergency mental health needs for ADULTS

Call 988 or 515-288-0818

or go to



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

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 – see map on previous page.

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- Phone: 515-282-5742 – see map on previous page.

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 Clerk of Court offers the filers the Polk County Resource and Referral Line with a private room to make the call before filing. The screener is a mental health professional who is available to assist applicants and respondents before, during, and after the petition process. The role of the Pre-Petition Screener is to gather back-ground 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: 515-286-3772**

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, call 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.

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. 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.

Children's Stabilization Center

Easter Seals Iowa

Polk County Resource and Referral line - 515-288-0818 or through referral by: · Mobile Crisis · Hospital Emergency Room upon Hospital discharge ·By calling 988 or Your Life Iowa 855-581-8111 - [Website](#)

Located at Camp Sunnyside - 401 NE 66th Avenue • Des Moines, IA 50313 - Crisis Stabilization offers support to children, adults and their families recovering from crisis. The five-day program will introduce skills to assist the individuals in managing future crisis, along with supporting family. Easter Seals IA provides Children's Residential Crisis Stabilization Services to those under 18 statewide, as well as all ages Community-based Crisis Stabilization Services in the Greater Des Moines Metro Area.

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 psycho- therapists 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**

Central Iowa places to call to direct you to the services you are seeking

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
	Broadlawns - New Connections Co-Occurring Outpatient Services – Medical Plaza, 2 nd Floor, 1761 Hickman Road - DM - 515-282-6610
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
County Community Mental Health Services	
Polk Co.	Polk Co. Mental Health and Disabilities Dept. 515-286-3570 Director Annie Uetz https://www.polkcountyia.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@warrencountyia.org https://warrencountyia.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@dallascountyia.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/



515-288-5699 Special Needs Estate Planning – Dennis Burns
Phone: (515) 371-6768 dennis.burns@prudential.com

Remnants of Project Recovery services

(were previously called Covid Iowa Recovery services, were very extensive and all were free – these services were in place for 3 years with the help of federal funds – until the funds were exhausted))

Iowa Warm line (through the Abbe Center) - 844-775-WARM (9276) - Provides confidential access to peer counseling and can connect people with services

Statewide locations to access services

Substance abuse providers

<https://hhs.iowa.gov/substance-abuse/treatment>

Click on 2023 All Licensed Substance Use Disorder/Problem Gambling Program's List (PDF) (August 2023)

Mental health providers – whether an individual practicing alone, or a group of providers in a practice together. MH/DD Accredited Provider list

https://hhs.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. –Core services for a CMHC is covered in Chapter 224. There are 3 counties not covered by a CMHC – Des Moines, Lee and Muscatine – no one has indicated an interest in providing CMHC services to the 3 counties <https://yourlifeiowa.org/mental-health/cmhc>

72 Federally Qualified Health Centers (FQHC) - a reimbursement designation from HHS - community-based organizations that provides 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>

Recovery Community Centers (IDPH \$) – 4 funded
1 – Crush of Iowa Center in Linn County - Cedar Rapids
3 - **Full Circle** – handling Dsm (Anawim and Beacon of Life), Council Bluffs, Sioux City

MHDS Regions website: iowa MHDS Regions

MHDS Regions and AEA website:

<https://iowaaeamentalhealth.org>

DHS dashboard:

https://dhs.iowa.gov/dashboard_welcome

Regional reports:

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

Regions will have performance-based contracts. The initial contracts will begin January 1, 2022 and be for 18 months. They will include a focus on standardizing data and outcome collection, and evidence-based practices.

1-11-23 MH and Disability Services Regions Study Report
<https://www.legis.iowa.gov/docs/publications/DF/136650>

Iowa Concern Hotline (for rural and ag assistance) – [800-447-1985](tel:800-447-1985) - confidential access to stress counselors

Social media - **Connection Points:** Facebook, Instagram, Twitter, Discord and You Tube

. khyatt@dhs.state.ia.us 515-601-7899

Maternal Mental Health Hotline

Maternal Mental Health Hotline, a confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. Moms can call or text 1-833-9-HELP4MOMS (1-833-943-5746) and connect with counselors for mental health support. This resource is available in English and Spanish!

Postpartum Support International - 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, text "help" to 800-944-4773, or text en espanol 971-203-7773. <https://www.postpartum.net> - *The PSI helpline does not handle emergencies. People in crisis should call their local emergency line.*

Brain Health Now – www.brainhealth-now.org is an anti-stigma program. They have also been facilitating therapeutic brain health retreat rooms in schools.

Peer Support resources available statewide

Life Connections Virtual Recovery Center

- Join for **General** Virtual Wellness any time 4 pm-10 pm M-F or 12 pm - 6 pm on the weekends.
 - Confidentiality and Agreements required for **all** virtual wellness groups <https://lifeconnectionsrecovery.org/virtual-group-confidentiality-agreements/>
 - **Special** virtual wellness groups include:
 - Anxiety support group
 - Addiction Recovery support group
 - Anger Management group
 - Trauma support group
 - Life wellness/self-care group
 - WRAP/Wellness Toolbox group
- Wellness center phone: 563-206-1447
Wellness center manager: ta@lifeconnectionsrecovery.org
<https://lifeconnectionsrecovery.org/services/virtual-wellness-recovery/>

5:30-6:30 Mon-Fri

Abbe Statewide Warm Line

A Peer Support Specialist is always available by phone, 365/24/7. On demand, no scheduled appointments.
[844-775-9276](tel:844-775-9276)

The Only Peer Run Respite House in Iowa and the only one in a rural area in the U.S.

- Rhonda's House Peer-run Respite
 - Guests receive recovery support from trained and caring peer staff members for up to 7 days in a home-like environment.
 - Located in DeWitt-available to anyone throughout the state.
 - <https://lifeconnectionsrecovery.org/services/rhondas-house/>
 - 563-659-6625 info@lifeconnectionsrecovery.org
 - *The United States Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized peer-delivered respite services for individuals experiencing a psychiatric crisis as an evidence-based practice.*
 - <https://lifeconnectionsrecovery.org/>

New Iowa Peer Workforce Collaborative website <https://iowapeersupport.sites.uiowa.edu/>

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.

A new art show will be on Oct. 6 from 5 to 8 pm. at Mainframe Studios – 900 Keosauqua Way, Des Moines.



Who does it benefit? Anyone who identifies as having a mental health diagnosis or disability in Central Iowa can attend for free
515-883-1776 www.teamcsa.org

ADVOCACY information

State Demographic Summary - Iowa, named after the loway Indian tribe, became the 29th U.S. state in 1846. Iowa is known as the Hawkeye State and Des Moines, Iowa's largest populous county, is the capital city. The State of Iowa's 99 counties have an estimated population of **3,200,517** in **2022** which is an increase of 10,148 since 2020; <https://www.census.gov/quickfacts/fact/table/IA#>

Iowa's 99 counties have an estimated population of 3,200,517 in 2022		
Male	49.8%	1,593,857
Female	50.2%	1,606,660
	Total	3,200,517
Population under 5 years	5.8%	185,630
Population under 18 years	22.6%	723,317
	Total	908,947
Prevalence of Children w/Serious Emotional Disturbance (SED) 42,297 4.7% *		
Population > 18 and < 65	53.3%	1,705,876
Populations 65 and over	18.3%	585,695
	Total	2,291,571
Prevalence of Adults >18 w/Serious Mental Illness (SMI) 132,646 5.8%*		
<i>Educational Attainment</i>		
High School degree or higher	92.8%	
Bachelor's degree or higher	29.7%	
		Civilian veterans 5.7%
<i>Population location</i>		
Urban	63.2%	
Rural	36.8%	
Median Household Income	\$65,429	
Individuals below poverty level	11.1%	

* 42,297 number of children with SED found in 24-25 Mental Health and Substance Use Disorder Block Grant application -pg.135

* 132,646 number of adults with SMI found in 24-25 Mental Health and Substance Use Disorder Block Grant application -pg.135

Target Population	Statewide prevalence
Adults w/SMI	132,646
Children w/SED	42,297

Youth

Target Population	Statewide prevalence
Adults w/SMI	132,646
Children w/SED	42,297

SMI means Serious Mental Illness
 SED means Serious Emotional Disturbance

Most of the Information on this page comes from the 24-25 MH and SUD Block Grant application

Number of children approved for the **Children’s Mental Health waiver** as of 8/1/23* **1339**

SFY23 -Number of children receiving **System of Care** services for children with an SED* **351**

Early Serious Mental Illness – Individuals experiencing a first episode of psychosis – ESMI is a wrap-a-round service for the individual and includes family member programming. The goal is to keep the individual in school and job able.

4 Teams are located in Cedar Rapids, Des Moines, Mason City, and Sioux City.

In FY23, the 4 teams served **102** individuals

Estimated prevalence- Iowa individuals experiencing a first episode of psychosis is **957**.

Youth Substance Use Disorder Services - Currently, among Iowa’s 99 licensed substance use treatment providers, 3 provide a residential substance use disorder treatment level of care (ASAM level 3), for a total of **58** beds dedicated to this age group, statewide.

Trauma can have serious consequences to brain development and brain health. A resource to explore the healing from trauma is <http://www.iowaaces360.org>: ACES (adverse childhood experiences) – preventative strategies are also a focus.

In 2022, of the total number of abused or neglected children, **5,225 (46%)** were 5 years of age or younger, **2,903 (26%)** were between 6-10 years, and the remaining **3,105 (28%)** were older than 11 years.

Of 34,512 assessments for child abuse or neglect in calendar year 2022, 7010 (25%) of child abuse assessments resulted in a finding of “founded” abuse. Founded child abuse assessments involved 9,421 unique children.

Iowa DHS reports sharp increase in reports of child abuse - Reports of child abuse are on the rise in Iowa. The Iowa Department of Human Services says 2021 saw an increase of more than 5,000 reports. In 2021, there were nearly 36,000 assessments for child abuse or neglect. In 2020, it was just over 30,000. The department believes the pandemic played a factor in this since fewer assessments were taken in 2020 due to people staying at home. Most mandatory reporters were not routinely seeing children like usual - - - KCCI-TV8



The **Iowa Youth Survey** is a bi-annual survey of Iowa youth in grades 6th, 8th and 11th. The IYS has been administered since 1999 by the Iowa Dept. of Public Health. Of 327 Iowa school districts, 192 public and private schools registered to participate in the 2021 IYS. Not every registered school participated. The total number of students that participated in the survey was 46,091.

Participation by School Type and Grade

	6 th graders	8 th graders	11 th graders	Total
Public School	15,321	16,872	13,288	45,481
Private School	192	176	242	610
Total	15,513	17,048	13,530	46,091
	X 8%	X 11%	X 12%	
	1241	1875	1624	4740 had made a plan to kill themselves in the last 12 mo.
				or 10.3%
	15,513	17,048	13,530	
	X 4%	X 5%	X 5%	
	621	852	677	2150 reported attempting to kill themselves in the last 12 mo.

See iowayouthsurvey.idph.iowa.gov

or 4.7%

Astounding numbers shown – but remember this is reflective of 192 school districts (58.7% of the total) out of 327 school districts.

Families of children with mental health issues and advocates continue to identify lack of trained providers for children and youth, lack of crisis services specifically for children, a need for more therapeutic school settings, need for more providers skilled in treating co-occurring MH and SUD, and access to school-based mental health as barriers to children with an SED being able to live successfully in the community.

Adults

SMI means Serious Mental Illness
 SED means Serious Emotional Disturbance
 SUD means Substance Use Disorder

Most of the Information on this page comes from the 24-25 MH and SUD Block Grant application

Target Population	Statewide prevalence
Adults w/SMI	132,646
Children w/SMI	42,297

Adults with SMI/Older Adults with Serious Mental Illness/Rural/Homeless

The following prevalences were found:

- SAMHSA URS Table 1 2021 identifies a prevalence rate for Iowa of adults with SMI of **5.4%** or 132,646.

For adults 18 and above (2,291,571), the National Survey of Drug Use and Health, 2021, reported:

- 4.94% of Iowans 18 years or older had serious thoughts of suicide in the past year or 113,203 Iowans
- 9.33% reported a major depressive episode in the past year 213,804 Iowans.
- 6.46% had an SMI, while adults 18-25 had almost double the rate at 11.98% or 148,395 Iowans have SMI
- 25.26% reported having any mental illness in the previous year (**or 1 in 4**) or 578,851 Iowans
- For adults 18-25, higher rates of serious mental illness and major depressive episodes in the past year were noted while the overall adult population and the 18- 25 population accessed mental health services at essentially the same rate of 20%.

Estimated number of people in need vs. how many are being served in SUD programs

Population	Aggregate in Need	Aggregate in Treatment
Pregnant Women	1805	280
Women with Dependent Children	64,251	3433
Individuals w/co-occurring MH/SUD	186,709	3174
Persons who inject	53,977	1403
Persons experiencing homelessness	207	375

Of the 23 accredited community mental health centers in Iowa, 17 are licensed outpatient substance abuse providers, too.

United Way Central Iowa estimates there are 6000 homeless students in Iowa.

The state's targeted services to people experiencing homelessness.

- The federal **PATH** program for individuals with a mental illness at risk of experiencing homelessness. Six agencies provide PATH outreach services in **six (6) rural and urban counties statewide**.
- The Thirteen (13) MHDS Regions fund supportive and transitional housing programs for individuals with mental health and/or disabilities at risk of homelessness statewide.
- Nine (9) Iowa HHS staff work with the **SOAR** project to assist individuals applying for SSI/SSDI.
- Iowa HHS received a federal **Treatment for Individuals Experiencing Homelessness** grant (*\$1 million over 5 years*) focusing on providing integrated substance use and mental health services to individuals.

Iowa's 65 and older population is 585,695.

The state's targeted services to the older adult population.

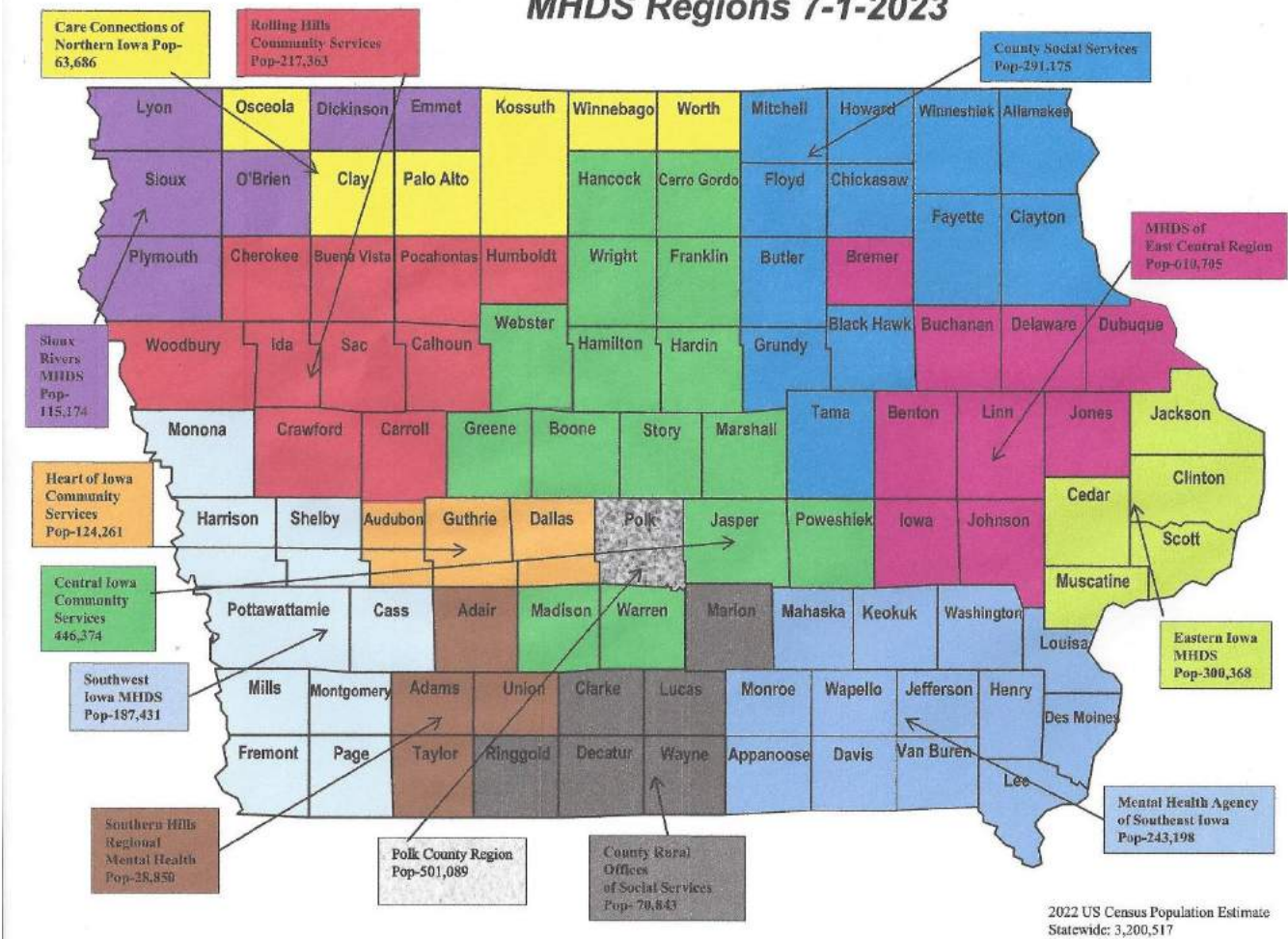
- Medicaid coverage (if eligible) Medicare (federal funds)
- Iowa HHS oversees the **PASSR** process which screens all individuals with mental health or intellectual disabilities seeking admission to nursing facilities.
- Iowa HHS coordinates training on this process with providers and works with the PASSR contractor to review treatment plans to ensure that individuals are receiving all appropriate services while in nursing facilities and are also provided supports needed to return to community settings when indicated.
- Iowa's PASSR process emphasizes use of short-term stays in nursing facilities to encourage return to lower levels of care when appropriate.
- Iowa also has an **HCBS elderly waiver**. The waiver allows individuals who qualify for nursing home level of care to remain in their homes with services. Mental health services are a service provided through the waiver.

In August 2021 -**7618** were receiving services through the elderly waiver, 540 were pending approval.

0 were on the waiting list – elderly waivers are always funded so the waiting list is always -0-.

The Elderly Waiver is the only waiver that does not cap enrollment.

MHDS Regions 7-1-2023



The state's crisis system.

- Iowa's 13 Mental Health and Disability Services regions are responsible for making a set of crisis services available in each region.
- These services include mobile crisis response, crisis evaluation, crisis stabilization-residential and community-based, subacute mental health services, 23 hour observation and holding,
- The availability of these services is identified in coverage maps at this link: <https://hhs.iowa.gov/mhds/crisis-services>
- Iowa has mobile crisis availability in all but 4 of the 99 counties.
- Iowa has two 988 centers that answer Iowa calls, chats and texts. The 988 centers have the capacity to warm transfer to mobile crisis response in the caller's area.

In accordance with the guidelines below, the stages where the existing/proposed system is:

	Partial Implementation About 50% of counties	Majority Implementation At least 75% of counties
Someone to talk to		X
Someone to respond		X
Safe place to go or to be	X	

Stages of implementation selections:

- **Someone to talk to:** Your Life Iowa/ 988 takes the call 24/7 statewide for MH /SUD Crisis and for individuals seeking services for themselves or others.
- **Someone to respond:** 988/YLI is available statewide. YLI/ 988 offers warm hand-offs for some services but are not fully implemented for MH/SUD
- **Safe place to go or to be:** Iowa is actively developing a system for certifying recovery residences via NARR. Iowa has 15 crisis stabilization residential services for adults and six crisis stabilization for children. There are 12 -23 hour observation and holding.

Iowa is in the process of applying for a statewide CCBHC grant.

[Funding for the CCBHC state planning grants](#) was authorized by the Bipartisan Safer Communities Act (BSCA) in 2022 to address the country's mental health crisis. CCBHCs provide crisis services that are available 24 hours a day, 7 days a week and serve anyone who requests care for mental health or substance use, regardless of their ability to pay. This expansion of CCBHCs builds on the Administration's previous work to launch the 988 Suicide & Crisis Lifeline and further builds the crisis continuum of care.

If Iowa is awarded a statewide CCBHC grant in 2024, the State is moving to a crisis system which will utilize CCBHC's as a coordinator for all services within a specific geographic area.

CCBHC means Certified Community Behavioral Health Clinic - A Certified Community Behavioral Health Clinic (CCBHC) is a specially-designated clinic that provides a comprehensive range of mental health and substance use services. CCBHCs serve anyone who walks through the door, regardless of their diagnosis and insurance status.

Based on SAMHSA's National Guidelines for Behavioral Health Crisis Care, how the state will develop the crisis system.

The state is in the CCBHC Planning Grant process and plans to integrate the required crisis services in the CCBHC criteria with the current crisis system, using the CCBHC framework to develop full statewide access to crisis services that are in compliance with the CCBHC criteria.

113 standards to meet in 6 areas

9 required services

- Screening, Assessment, and Diagnosis
- Comprehensive Outpatient BH Service Across the Entire Life Cycle
- Patient-Centered Care Planning
- Case Management
- Peer and Family Support
- Psychiatric Rehabilitation
- Medical Screening and Monitoring
- Services for Armed Forces and Veterans
- Mobile Crisis
- A CCBHC can use a Designated Collaborative Organization (DCO) to provide up to 49% of the (non-crisis) required service encounters

Proposed map of 9 CCBHC's in the state divides it into similar population areas.

CCBHC Catchment Distribution – procurement for CCBHC in each area

1 Northwest	388,904	12%
2 North	356,544	11%
3 Northeast	289,381	9%
4 Southwest	221,879	7%
5 Capital	501,089	16%
6 South Central	272,756	9%
7 East	300,368	9%
8 Southeast	427,010	13%
9 East Central	412,551	13%

In other states where there is a state-wide CCBHC system, **CCBHC's are demonstrating savings** – the savings will bring costs down so the state legislature can afford to sustain the higher Medicaid bills after the CCBHC federal grant ends.

- It is the expectation that the selected CCBHC's collaborate with existing providers when there are effective, established mechanisms to provide that care in the region.
- The CCBHC would serve as a lead coordinator of services and will be expected to fill gaps in the BH continuum of services in the community they serve.

If Iowa submits a successful application - CCBHC statewide grants will be awarded in 2024.

In the meantime, HHS is planning with prospective CCBHC's and holding listening forums with providers and the public.

The Payoff

- For individuals and families ■ Timely access to high-quality, comprehensive, data-driven, evidence-based, person-centered, coordinated and integrated care
 - For providers ■ The payoff for providers for achieving compliance with CCBHC standards is a Prospective Payment System (PPS) rate for their services, which is a **Cost+** reimbursement methodology
 - For Managed Care Organizations ■ Network of high-functioning BH providers integrated meaningfully with the healthcare and social services delivery systems and the improved outcomes (and lower costs) that come with the network
 - For Iowa ■ Participation in the federal demonstration program enables Iowa to access enhanced Federal Medical Assistance Percentages (FMAP) for CCBHC services
- [Transforming Behavioral Healthcare in Iowa: CCBHC Planning Grant | Iowa Department of Health and Human](#)

TYPES OF BEDS

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/mental illness – 135 beds

3 intermediate care facilities (ICF) for persons w/Mental illness – 109 beds

<http://iowahousingsearch.org/>

A free resource to help you find a **rental home/apartment** that fits your needs and budget.

Inpatient Psychiatric Bed Program - November 2022



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	44	44	0	0	44
Buena Vista Regional Medical Center	Buena Vista	10	0	10	0	10
CHI Health Mercy Hospital*	Pottawattamie	38	21	0	16	37
Clive Behavioral Health	Polk	100	20	0	14	34
EagleView	Scott	72	36	0	0	36
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	24	12	12	48
Jennie Edmundson Hospital Behavioral Health	Pottawattamie	29	24	0	0	24
Mary Greeley Medical Center	Story	19	18	0	0	18
Mercy Medical Center - Cedar Rapids	Linn	20	10	0	0	10
MercyOne Medical Center - Cedar Falls	Black Hawk	15	0	15	0	15
MercyOne Medical Center - Clinton	Clinton	14	7	0	0	7
MercyOne Medical Center - Dubuque	Dubuque	20	16	0	4	20
MercyOne Medical Center - North Iowa	Cerro Gordo	45	24	0	10	34
MercyOne Medical Center - Sioux City	Woodbury	20	7	3	0	10
MercyOne Medical Center - Waterloo	Black Hawk	20	16	0	4	20
Ottumwa Regional Health Center	Wapello	14	0	14	0	14
Spencer Municipal Hospital	Clay	15	10	0	0	10
St. Anthony Regional Hospital and Nursing Home	Carroll	11	11	0	0	11
St. Luke's Methodist Hospital	Linn	72	13	9	14	36
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		828	430	72	97	599
Cherokee Mental Health Institute	Cherokee	36	24	0	12	36
Independence Mental Health Institute	Buchanan	56	40	0	16	56
Mental Health Institute Total		92	64	0	28	92
* Last updated 6.28.21						
GRAND TOTAL		920	494	72	125	691

Psychiatric In-patient beds in Des Moines

Location	Adult	Children & Youth	Geriatric	Total
Iowa Lutheran	68	16	12	68
Broadlawns	44			44
VA Hospital	10			10
Clive Behavioral	67	33		100
Total	161	49	12	222

Have your loved ones been boarded in the ER hallways waiting to be admitted? Do we need a standard protocol for admittance? Why has your loved one been denied?

As per the above chart- between June 2021 and November 2022, the number of Iowa acute care beds **have dropped** from 955 licensed beds to 920 and from 734 staffed beds down to 691.

Adults w/SMI in Iowa	132,646	Is 691 beds enough?
Children w/SED in Iowa	42,297	

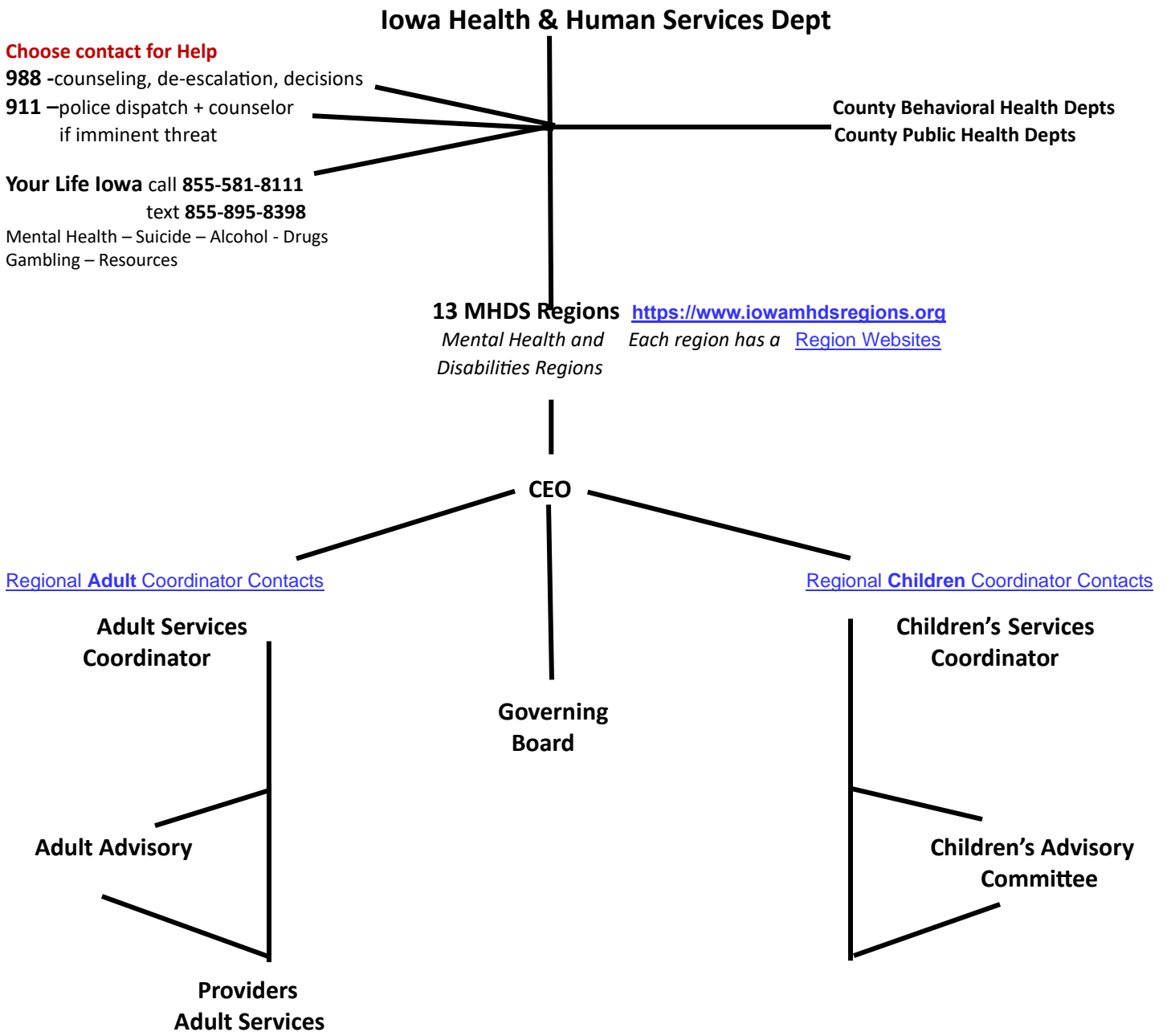
See [Psychiatric Bed Supply Need Per Capita](#).

— 40 to 60 beds per 100,000 people – let's use 50 beds/100,000
3.2 million Iowa population divided by 100,000 = 32

32 X 50 beds = 1600 acute care beds are needed according to the formula.

We have 691 – a shortage of 909 beds.

Picture of the Iowa Mental Health and Disability Services System



The **Governor's Boards & Commissions Review Committee** met to hear comments from more than 70 individuals, and hundreds more submitted written comments prior to the meeting. The initial [recommendations](#) eliminated about 70 committees, reorganized another 47, consolidated 52, and made no changes to 88.

- The Commissions on Deaf Services, Persons with Disabilities, Status of Women, African American, Asian Pacific Islander, and Native American Affairs would be eliminated. An expanded Human Rights Commission would take on the role of these commissions.
- Under these recommendations, most boards and commissions in the Iowa Department of Health & Human Services (HHS) would be eliminated, with their work placed under a new committee structure that aligns with HHS divisions.
- The State Children's Behavioral Health System Board, the Mental Health/Disability Services Commission and the Tobacco Commission will consolidate and merge. They will likely be a subcommittee to the HHS Council. The HHS Council will be a merging of the DHS Council and the Iowa State Board of Health.

Who's on the Executive Council overseeing realignment? 5 members

Governor, Sec. of State, State Treasurer, Sec of Ag, and State Auditor

Major changes at the state level

STATE OF IOWA DEPARTMENT OF

Health AND Human

SERVICES

Complete realignment of State Government was passed thru SF514 reducing 37 state agencies to 16. SF514 is a 1349 page bill – 20 divisions of change.

See the Organizational Plan [here](#)

See the Governor's Plan for Realignment [here](#)

To read the bill – go to

<https://www.legis.iowa.gov/docs/publications/LGE/90/SF514.pdf>

Bills signed by the Governor went into effect 7-1-23.

The 2023 Interim: Time to Prepare for 2024

Iowa Infonet

Iowa's legislature meets for about four months each year to decide how to spend money and make changes to Iowa law. That's not a lot of time. Much of the work gets done during the "interim", the months the Legislature is not in session (June-December).

We are now in the interim. Here is a list of some of the work that will be going on this interim:

- Continuing the work of reorganizing state gov't
- Looking at all boards and commissions to decide if they are necessary.
- Reviewing HCBS waivers
- Developing the new public assistance verification process
- Improving state information technology to support all the changes
- Complying with the next Dept. of Justice (DOJ) ruling

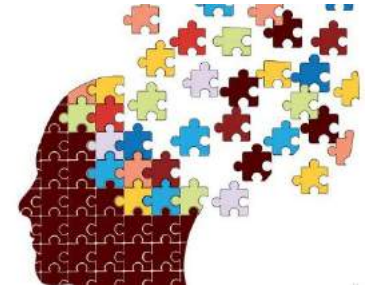
HHS Alignment and State Reorganization

- Will be changes to HHS with programs coming into HHS and leaving HHS
- Transitioning in:
 - Dept on Aging
 - Dept of Human Rights
Juvenile justice
Human Rights Commission
 - Volunteer Iowa
 - Early Childhood IA
 - Foster Care Review Board
- The Behavioral Health and Disability Services Division will be divided into two divisions with the addition of aging:
 - Behavioral Health Division
 - Aging and Disability Services Division

More Change is Coming!!

HMA to study Iowa Health and Human Services Delivery System

Iowa Infonet



The IA Dept. of Health & Human Services (HHS) has hired **Health Management Associates (HMA)** to study the delivery system of HHS programs across the state. This is one of those important reviews taking place during the interim.

"How Iowans access Health and Human Services is different in almost every county," explained Director Kelly Garcia. "With 95 different administrative systems, there are inconsistencies that make it difficult for Iowans to navigate services and burdensome for local gov't's to administer the programs."

During the Covid 19 pandemic, it was a major challenge to navigate the multiple layers of decision-makers for every program at the state, regional, county, and sometimes, at the city level. "These challenges result in significant inefficiencies that can delay getting necessary funding, resources and other supports to people on the front-line providing services to Iowans. This assessment aims to understand these systems and provide solutions to improve them.

The assessment will study why the current systems are structured the way they are and the historical context of such decisions. The study will also examine existing operational capabilities and gaps and the funding and resource models that drive the current systems.

Throughout the assessment, HMA will engage with stakeholders to gather input which will be used to form the final recommendations. You can see the progress on the website – hhs.iowa.gov/service-delivery-alignment-assessment-project

HHS hopes the assessment will help the agency more clearly understand the linkages that currently exist between systems and current Medicaid programs, who the primary beneficiaries are, who the decision-makers involved in each system are and how to better connect the services to the Iowans who need them. Program include:

- Local public health agencies
- Environmental health
- I-Smile (dental program)
- Women, Infants, Children (WIC)
- Maternal and Child Health
- Family Planning
- Tobacco Community Partnerships
- Decategorization projects (DECAT)
- Community Partnership for Protecting Children
- Certified Community Behavioral Health Centers (CCBHC)
- MHDS Service Regions
- Integrated Provider Network
- Aging and Disability Resource Centers
- Area Agencies on Aging
- Early Childhood Iowa Regions

--Community Action Agencies
--Emergency Preparedness Regions
--Local Public Health
--Delivered Medicaid Services

HMA will issue a final report in the fall with their recommendations. The recommendations will include:

- At least two proposed service delivery options
- At least two proposed funding models

What does this mean to you? You may work with an MHDS region, public health agency and an Aging Resource Center but each local office may cover a different area of the state. There are dozens of these "service areas". HHS wants to make sure these service areas are seamless so it is easy to find what you need. Does the service area matter? Does it create a barrier? These are just a couple of the questions HMA will be looking at when it makes its recommendations, which may include a single service area map (or fewer of these regions).

Suicides in Iowa 2000-2023
Opioid and Suicide Deaths in Iowa 2016-2023

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			
258	2021	525	As of 12-31-21			
237	2022	588	As of 12-31-22			
119	2023	270	As of 7-31-23			

Year	Suicides in U.S.
1970	22,000
1975	27,063
1980	26,869
1985	29,453
1990	30,906
1995	31,284
2000	29,350
2005	32,637
2010	38,364
2015	44,493
2018	48,344
2019	47,511
2020	45,979
2021	48,183
2022	49,449

US suicides rose steadily over last two decades to an all-time high in 2022 – Associated Press Sept 2023
 Suicide rates are **300 times higher** for individuals in the 1st week following an inpatient hospitalization & **200 times higher** the 1st month. The need for both out-patient and inpatient care teams to focus on managing suicidality for individuals making transitions of care is vital to client life and well-being (Chung et al., 2019) The need for both out-patient and inpatient care teams to focus on managing suicidality for individuals making transitions of care is vital to client life and wellbeing.

In the nation, Iowa is:

- **51st** for # of mental health institute beds (2023)
- **45th** for mental health workforce availability (2023)
- **47th** for # of psychiatrists
- **46th** for # of psychologists

WORKFORCE

Difference in numbers from 2014 AMOS workforce report to report given by Greg in 2021 for numbers effective for 2019 - Office of Statewide Clinical Education Programs (U. of IA)

	2014 AMOS report	2019 G.Nelson report	2020
ARNP's	146	216	207
PA's	20	46	
Psychiatrists	237	223	
Child Psychiatrists	35	32	
Psychologists	564	529	
Primary Care doctors	6294	5927	5908

Broadlawn's psychiatric residency program – first 4 psychiatry graduates in 2022, 4 annually thereafter

- 2022 –2 stayed in Iowa, 1 to Indiana and 1 to Montana.
- 2023-2 staying in Iowa, 1 to MN-2 going to out of state to 1 year child fellowships w/ plans to return to Iowa upon completion.

DSM Mercy psychiatric residency program – first 4 psychiatry graduates in 2022, 4 annually thereafter

- 2022- 2 stayed at Mercy DSM. One left after her 3rd year to complete a child/adolescent fellowship in Chicago. One returned to his home state of California.
- 2023- 1 will be doing a consult fellowship out east. One signed with Clive Behavioral Health. One signed with IDX. The last one is undecided.

Mason City- Mercy psychiatric residency program – 3 psychiatry graduates in? advertising for residency manager

U. of Iowa psychiatric residency program (MHI's, Oakdale, Eldora psychiatry residency program)–9 psychiatry graduates and 3 fellowships per year

2018-2023 UIHC Psychiatry Residency Graduates

Residency Program	Total Entering Practice	Entering Iowa Practices	Entering Non-Iowa Practices	% Entering Iowa Practices
Psychiatry*	54	30	24	56%

Renovations underway for a Des Moines sobering center - Des Moines Register: Renovations are underway for a new sobering center. The Polk Co Board of Supervisors agreed to pay \$246,000 in startup costs for the center located at 1914 Carpenter Ave., which will serve as a "safe place" for people seeking support and treatment for alcoholism and other types of services. The board will also share the more than \$1 million in annual operating costs with the city of Des Moines,

Advocate Resources

[Bill Tracker](#) [Action Center](#)
[Calendar & Legislative Town Halls](#)
[Guide to the Iowa Legislature](#)
[Advocacy Toolkit](#)

New website location for IDD Council – which includes the Iowa Infonet newsletter and legislative information.

[Home \(iowaddcouncil.org\)](http://www.iowaddcouncil.org)

Let your state representative and senator hear from you!

Call, email, text, or write them. Meet with them at the Iowa Capitol or agree to meet at another location.

Find your state senator, representative and other elected officials: <https://www.legis.iowa.gov/legislators/find>

House Switchboard: 515.281.3221

Senate Switchboard: 515.281.3371

Legislative Emails: FIRSTname.LASTname@legis.iowa.gov

Iowa Governor Contact Form:

<https://governor.iowa.gov/contact-office-governor>

Iowa Capitol mailing address:

State Capitol Building, 1007 East Grand Avenue,
Des Moines, Iowa 50319

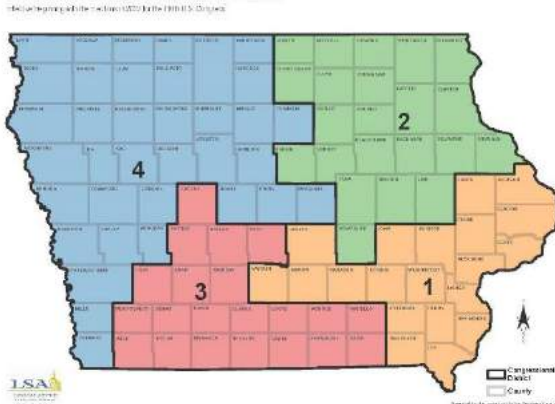
You are represented by 2 US Senators, 1 US Representative

- US Senator Joni Ernst:
www.ernst.senate.gov
- US Senator Chuck Grassley:
www.grassley.senate.gov

You are represented by one US Representative

- #2 - US Rep. Ashley Hinson: hinson.house.gov
- #1 - US Rep. Marianne Miller-Meeks:
millermeeks.house.gov
- #3 - US Rep. Zach Nunn: nunn.house.gov
- #4 - US Rep. Randy Feenstra: feenstra.house.gov

IOWA CONGRESSIONAL DISTRICTS



Two non-partisan sites for information:

<https://crsreports.congress.gov/>

Congressional Research Service – non-partisan

<https://www.cbo.gov/> - Congressional Budget Office

You can find information on state and federal candidates state and federal congressional persons, state and federal officeholders at <https://justfacts.votesmart.org/>

You can find the campaign donors of state political candidates here: <https://www.followthemoney.org/>

Federal candidates campaign donors are now found at <https://www.opensecrets.org/>

ARE YOU REGISTERED TO VOTE?

Go to the Iowa Secretary of State's website –

<https://sos.iowa.gov>

On the home page, on the upper right side of the page - Elections

- [Request an Absentee Ballot](#)
- [Am I Registered to Vote in Iowa?](#)
- [Register to Vote](#)
- [Track Your Absentee Ballot](#)
- [Find Your Precinct/Polling Place](#)

You must re-register if your name has changed or your residence has changed since the last time you voted.

The general election is on November 5, 2024.

A primary is June 4, 2024.

Offices on the 2024 General Election Ballot

U.S. OFFICES

- U.S. President/Vice President
- U.S. Representative (all districts)

STATE OFFICES

- State Senator (even-numbered districts 2-50)
- State Representative (districts 1-100)

COUNTY OFFICES

- Some members of county boards of supervisors
- County Auditor
- County Sheriff
- Any vacant offices needing to be filled

NON-PARTISAN OFFICES

- Some township officers
- County public hospital trustees
- Soil and water conservation district commissioners
- County agricultural extension council members
- Any vacant offices needing to be filled

JUDGES STANDING FOR RETENTION

- Judges may stand for retention at the General Election before their terms expire