



mindspring
MENTAL HEALTH ALLIANCE

January 2023

Happy New Year --From Mindspring



**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) – please convert to an email newsletter

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
Program Coordinator – Zoe Bardin 515-850-1467

Mindspring's Mission Statement

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

Community Education Classes for anyone and everyone

Over 50 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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Mindspring has a posting on the Community Foundation of Greater Des Moines "[GIVEdsm](https://www.givedsm.org)" website for funding for the Mindspring newsletter. With our explosive growth in numbers of people reached, we are looking for financial help.

Mindspring is hoping to convert as many "mail" subscribers to "E-mail subscribers" as possible.

If you are receiving our newsletter by mail – please send us your name, mailing address and your email address so we can convert how you receive our newsletter.

Please send the requested information to tbomhoff@mchsi.com or text to 515-344-2369.

Thanks!!

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

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.

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

We have 691 – a shortage of 904 beds.

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.

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 Delphia 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.

Healthcare Exchange Open Enrollment

Iowans can purchase or change their 2023 Affordable Care Act (ACA) individual health coverage through **Sunday, January 15, 2023**. Iowans may preview plan options at healthcare.gov.

There is a free program to help you figure out insurance options. New rules and rates for ACA marketplace health insurance.

Most can get a plan for \$10 or less/month Even high earners now qualify for financial assistance.

Contact: IOWANAVIGATOR.COM

877-474-NAVI

www.weareherewithyou.com and www.mindspringhealth.org
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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 September	2022 October	2022 November	December 2022
# of Iowa cases reported	3159	274,982	389,172	601,531	856,086	979,420	989,194	1,002,939	1,016,767
# of Iowa deaths Covid 19	79	3745	5893	7680	9475	10,051	10,152	10,276	10,343
# of suicides	194	551	132	525	146	420	470		
# of opioid deaths		208	70	250	73	161	178		
Iowa COVID-19 Information – Vaccine Information				1,843,143 58.84%	1,914,689 Booster – 1,021,765	1,986,231 Booster – 1,094,839	1,986,231 Booster – 1,094,839	2,017,120 Booster 1,142,525	Fully vaccinated 73%
# of Covid cases reported nationally	986,596	19,278,006	45,391,030	50,773,620	80,518,989	95,713,363	97,198,630	98,562,304	100,160,501
# of Covid deaths nationally	56,164	336,683	735,703	806,273	987,343	1,053,840	1,067,686	1,087,089	1,094,727

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

Recovery Community Center

Anawim and the Beacon of Life have combined their efforts to receive funding from the Iowa Dept. of Public Health to become one of four Recovery Community Centers in 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

The Beacon achieves National Alliance for Recovery Residences accreditation

[The Beacon](#), a women's recovery house in Des Moines, has become accredited by the National Alliance for Recovery Residences, which has 2,500 certified recovery houses across the nation. NARR is a nonprofit organization dedicated to expanding the availability of well-operated, ethical and supportive recovery housing. "Research from Harvard University indicates that recovery houses can decrease the average amount of time from onset of addiction to achieving the same quality of life as those who did not experience addiction from 15 years down to five years," said Melissa Vine, executive director of the Beacon. "We are honored to be the first in Iowa to complete this extensive and rigorous process and grateful for the support and insight we have received along the way." The IA Dept of Public Health contacted the Beacon late last year with the desire to bring a standardized approach to services for those in

recovery from substance use in Iowa through the NARR certification process. The Beacon serves adult women in Central Iowa who are experiencing homelessness due to domestic violence, incarceration or substance use by providing a trauma-informed residential facility and evidence-based programming and support.

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

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](#)



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 515-883-1776 www.teamcsa.org



www.weareherewithyou.com and www.mindspringhealth.org

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Community Mental Health Centers

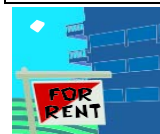
Polk Co.	Child Guidance Center – 808 5 th St. - DM – 515-244-2267
	Eyerly Ball Community MH Center, 1301 Center St., - DM - 515-241-0982
	Eyerly Ball Community MH Center 945 19 th St.- DM - 515-241-0982
	Broadlawns Medical Center- 1801 Hickman Rd,- DM – 515-282-6770
	<i>Broadlawns - New Connections Co-Occurring Outpatient Services – Medical Plaza, 2nd Floor, 1761 Hickman Road - DM 515-282-6610</i>
Dallas Co	<i>Southwest Iowa Mental Health Center</i> 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.polkcountyowa.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@dallascountyowa.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/



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

New Iowa Peer Workforce Collaborative website

<https://iowapeersupport.sites.uiowa.edu/>

Substance Abuse Resources

<https://recovery-iowa.org/>

I've learned that people forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

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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.

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, Tony Leo, offers organizations a 30-minute tutorial of the tools that YLI offers, such as their vast services and professional development offerings. If you are interested in this free tutorial contact Tony at tleo@bbbsia.org or 515-288-9025

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

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

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/myVAoutreachToolkitPreventingVeteranSuicidesEveryonesBusiness.pdf>

In the middle of every difficulty lies opportunity...

Albert Einstein



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



Care & Support Services | Interpretation | Hospice
Home Care | Community Health & Wellness
Grief & Loss

Community Providers

Mind and Spirit Counseling Center

www.mindspiritcenter.org

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

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



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>

“There is always light. If only we’re brave enough to see it. If only we’re brave enough to be it.”

-----Amanda Gorman



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.

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
(across from Methodist Hospital)

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.

Bipolar Support Group

meets every Monday evening – 6 – 7:30 PM
at **Smoky Row**, 1940 Cottage Grove Avenue

Contact us at: smokybpgroup@2022@gmail.com

Hosted by Wilky Sanon, M.S., Clinical Mental Health Counseling and Tami Halbersma, ARNP, Psychiatric Nurse Practitioner

Please Pass the Love Virtual Support Groups

Contact Alex@pleasepasstheLove.org

virtual **caregiver support group** and held every other Monday @ 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. **We are trying to find better info**

www.weareherewithyou.com and www.mindspringhealth.org

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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: candlesinthedarknessg@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.

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, WDM

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](#) can be found at this link.

Alzheimer's Virtual Support Groups in Iowa

[Events | Alzheimer's Association](#)

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

Brain Injury Alliance On-line support groups

Connect with lowans touched by brain injury

Register at: <https://biai.memberclicks.net/support-groups>

Weekly meetings: 3-4:30 pm

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, 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.

Maternal Mental Health Hotline

HRSA launched the Maternal Mental Health Hotline, a new, 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!

What is the leading cause of death for new mothers?

In the postpartum period, often during the time when new parents are out of the hospital and beyond the traditional six- or eight-week post-pregnancy visit, cardiomyopathy (weakened heart muscle) and mental health conditions (including substance use and suicide) are identified as leading causes.

Did you know? 1 in 7 mothers and fathers suffer from postpartum depression

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.

"There is no better compass than compassion."

— Amanda Gorman, [Call Us What We Carry](#)

www.weareherewithyou.com and www.mindspringhealth.org

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



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)

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 988 or 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. Jan. 1, 2023 Urbandale will start using a mental health Crisis Team. 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 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

www.weareherewithyou.com and www.mindspringhealth.org

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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 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 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

Beginning July 1, 2022 - Waukee Police to Use Mental Health Crisis Team as part of a pilot program. Jan. 1, 2023 Urbandale will start using a mental health Crisis Team. 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.

Information on Epilepsy Education

Roxanne Cogil

There are a couple education programs available on the epilepsy learning portal for psychogenic seizures which is for the general public and available at no cost on-demand at [Learn.Epilepsy.com](https://www.epilepsy.com).

www.weareherewithyou.com and www.mindspringhealth.org

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Resources for the Homeless

Primary Health Care

Centralized Intake is the front door for people experiencing homelessness in Des Moines. Families who are in need of shelter should come to Centralized Intake to complete an intake and be placed on the family shelter waiting list.

All of the family and youth shelters and all programs only take referrals from Centralized Intake based on prioritization guidelines from Homeward Iowa, the governing board.

Clients and providers cannot make independent referrals to family shelters, youth shelters, rapid rehousing programs, or permanent supportive housing programs.

The other resources listed below are resources that clients can access independent of Centralized Intake.

Centralized Intake

Located at Primary Health Care (PHC)

1200 University Ave #110A

Des Moines IA 50314

Monday-Friday 8am-4pm

[515-248-1850](tel:515-248-1850)

All intakes are completed on a walk-in basis.

Central Iowa Shelter & Services (CISS)

1420 Mulberry St

Des Moines, IA 50309

[515-284-5719](tel:515-284-5719)

Shelter for both single men and women.

Bethel Mission

1310 6th Ave

Des Moines, IA 50314

[515-244-5445](tel:515-244-5445)

Shelter for single men

Joppa

2326 Euclid Ave

Des Moines, IA 50310

Providing street outreach supplies to people living unsheltered

Iowa Homeless Youth- Youth Opportunity Center

612 Locust St., Des Moines, IA 50309

[515-883-2379](tel:515-883-2379) Providing shelter, drop-in services and street

outreach to youth ages 16-24. Shelter must be accessed through Centralized Intake.

211

Ongoing resources for a variety of topics.

Eviction prevention:

HOME Inc

1618 6th Ave

Des Moines, IA 50314

[515-243-1277](tel:515-243-1277)

Landlord mitigation and landlord/tenant rights

Iowa Legal Aid

666 Walnut St Floor 25

Des Moines, IA 50309

[515-243-2151](tel:515-243-2151)



Live nationwide

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

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

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

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



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

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.

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

New website location for IDD Council – which includes the Infonet newsletter and legislative information [Home \(iowaddcouncil.org\)](http://www.iowaddcouncil.org)

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

www.weareherewithyou.com and www.mindspringhealth.org

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Suicides in Iowa 2000-2022
Opioid and Suicide 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			
178	2022	470	As of 10-31-22			

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



Polk County Behavioral Health and Disabilities Dept. / Polk County Region

Polk MHDS Adult and Child Joint Committee Meeting are held quarterly – the schedule:

- **January 17th** – 1:30 – 3:00 pm
– Polk County River Place
o Topic – FY24 MHDS System Strategies
- **April 18th** – 1:30 – 3:00 pm – Polk County River Place
o Topic – Crisis System Evaluation

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

Resource & Referral line is: 515-288-0818

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

Sequential Intercept Model
Annie Uetz

Over 14 years ago, Polk County created the Criminal Justice Coordinating Council to identify possible improvements and develop system-wide solutions that would lead to actions that improve the criminal justice system. As a guide, the SAMHSA Sequential Intercept Model is utilized to identify gaps and improve the system. (see the picture after this article)

The MHDS Region partners with community providers, law enforcement, first responders, the judicial system, jails, re-entry providers and community corrections to create programs & provide training for each intercept. Over the next few months, each intercept will be discussed.

Intercept 0 of the Sequential Intercept Model focuses on early intervention points before a charge is filed. The goal is to divert individuals from the criminal justice system or emergency departments by making connections to treatment services.

In the Polk Region we have the following intercept 0 services available to anyone who may need them:

988 – National Suicide Helpline

Behavioral Health Urgent Care (1801 Hickman Road (adults) or 1250 E 9th Street (adults and children): walk in behavioral health clinic with prescribers and therapists available for personalized care.

23-Hour Crisis Observation Center (1801 Hickman Road): safe place for any adult over 18 years of age who is experiencing psychological or psychiatric stress that does not require hospitalization.

Mobile Crisis Response Team (access by calling 911): staffed with professionals who are trained to help anyone in crisis and can assist law enforcement on mental health related emergency calls. In the City of Des Moines, a non-police based team (C.A.R.E Team) may be dispatched depending on the situation.

Community-Based Crisis Stabilization (access by calling 515-288-0818): provides supports to individuals and families in their own home with therapy and skill building services.

Residential-Based Crisis Stabilization (for children, call 515-288-0818, for adults, go to the 23-Hour Crisis Observation Center (1801 Hickman Road)): provides a safe space outside of the home for individuals and families to access therapy and skill building services.

See the sequential intercept model on the next page – it shows intercepts 0 through 5. Annie will give information on each of the 5 intercepts in future issues of the newsletter.

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 Cards \(mindspringhealth.org\)](https://www.mindspringhealth.org)

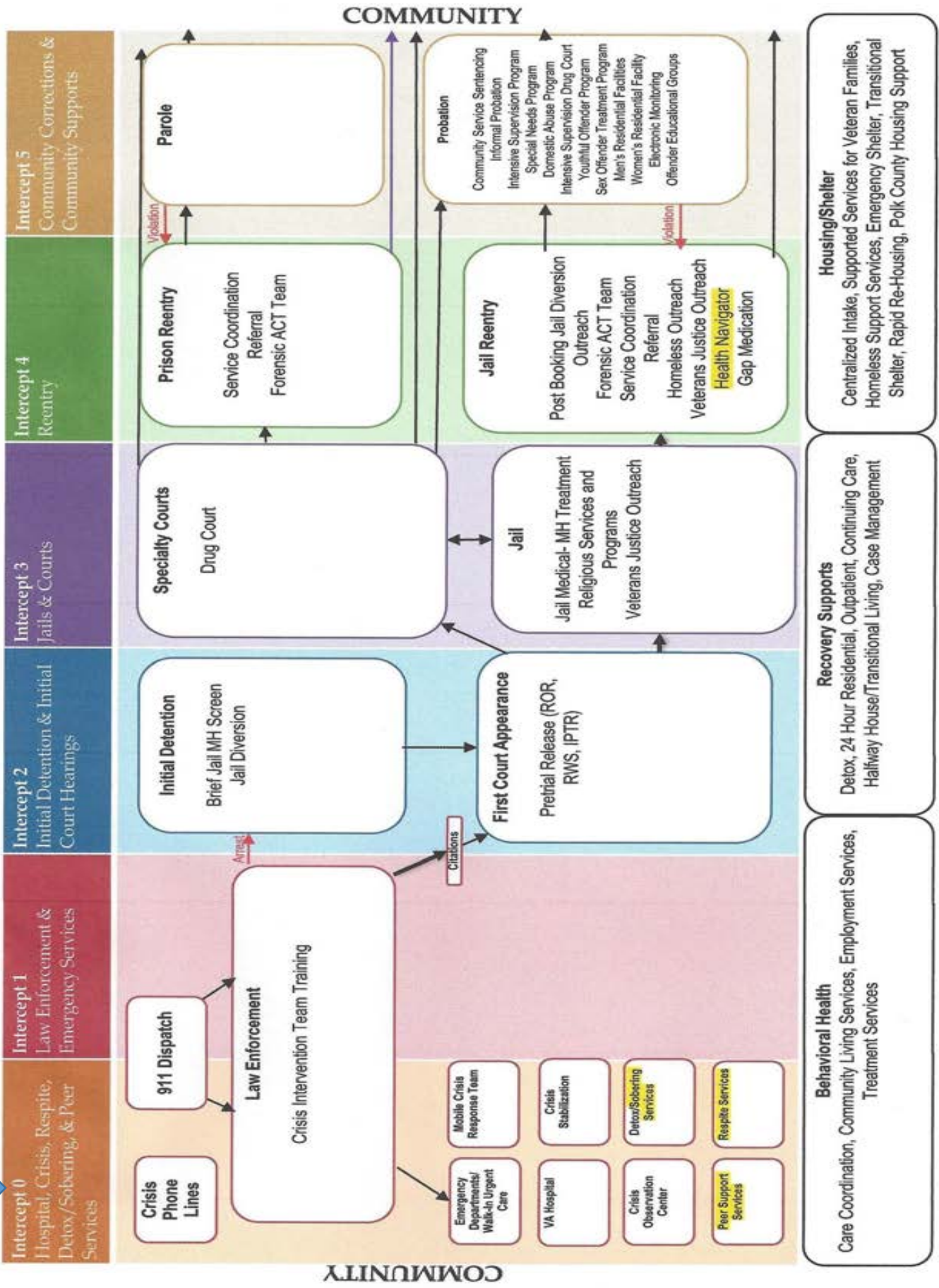
Click on the card link to purchase

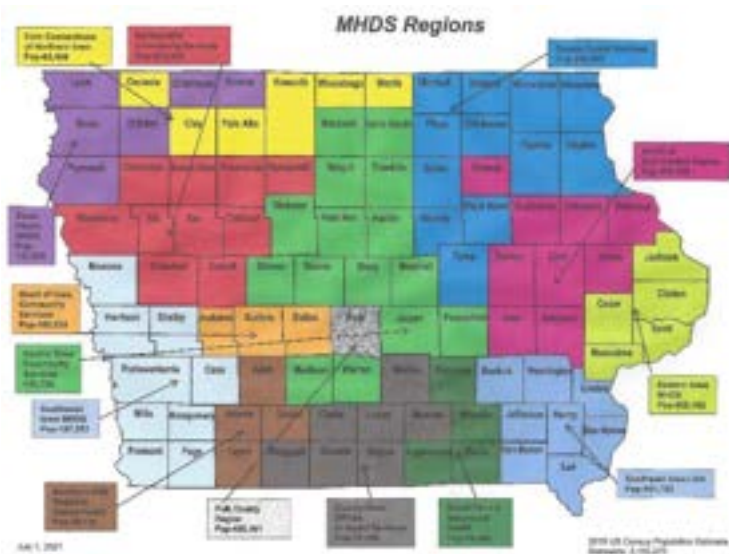
Personalize with your organizational contact information.

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



Polk County Sequential Intercept Model





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 changes at the state level

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

Alignment of DHS and IDPH

IDPH and DHS has become a new, single agency as of July 1, 2022. 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.

Feds announce settlement over Iowa disability center abuse

Associated Press 12-1-22 – ABC News

The U.S. Justice Department has announced a settlement with the

state of Iowa to resolve allegations of abuse and inadequate care at a state-run care center for people with intellectual disabilities.

The U.S. Justice Department has announced a settlement with the state of Iowa to resolve allegations of abuse and inadequate care at the state-run Glenwood Resource Center, a center for people with intellectual disabilities.

A proposed consent decree announced Thursday by the DOJ would see an independent monitor appointed to assess the state’s compliance with the decree’s terms.

“People with disabilities should not be subjected to the kind of unconstitutional conditions and ill treatment that too many have experienced at Glenwood,” Assistant Attorney General Kristen Clarke with the DOJ’s Civil Rights Division said in a statement. “This agreement makes clear that the basic constitutional rights of people with intellectual and developmental disabilities living in state-run facilities must be protected.”

In 2020, the Justice Department found that the center likely violated the constitutional rights of residents by subjecting them to human experiments — including sexual arousal research — some of which were deemed dangerous. That report identified broad failures at the center, including poor treatment of residents and failure of the Iowa Department of Human Services to respond.

The DOJ began investigating in November 2019 after reports of a high rate of deaths at the center.

In 2018, 13 workers at the center quit or were fired over abuse allegations, and five of them were later sentenced to probation for mistreating residents.

The settlement, which must still be approved by a judge, would prohibit uncontrolled and unsupervised experiments on residents, require better staffing, training and oversight for clinical care, and dramatically limit the use of restraints and seclusion on residents. It also would require substantial oversight of all aspects of Glenwood’s operation and require the state to address the underlying deficiencies that led to the alleged violation of residents’ constitutional rights.

The decree also requires more public reporting and engagement with residents’ families and would require the appointment of an independent monitor who will assess the state’s compliance with the decree’s terms.

Earlier this year, Gov. Kim Reynolds announced that the state plans to close the Glenwood Resource Center, which has treated vulnerable people since the early 1900s, by June 30, 2024.

Under the newly announced agreement, if more than one-third of current Glenwood residents move to, and are living at, Woodward Resource Center — the other state-run institution for individuals with intellectual and developmental disabilities — at any point during the decree term, then the consent decree will apply to Woodward as well.

The Iowa Department of Human Services, which oversees the Glenwood center, said in a statement Thursday that the agency “is committed to providing the highest level of care possible at Glenwood, until the last resident transitions” ahead of its closure.

Since plans to close the Glenwood facility were announced, 32 residents have been moved to other settings, the agency said, while 118 remain at the center.

The agency also indicated it is entertaining moving away from providing institutionalized care for those with intellectual disabilities, saying several providers have expressed an interest in serving Glenwood residents in community settings across the state — but added “there is substantial work to do.”

A report on proposed **changes to the Medicaid HCBS Waiver program** will be done in **January 2023**.



CDC Awards \$3 billion to bolster public health workforce, infrastructure

The Hill

The U.S. Centers for Disease Control and Prevention (CDC) announced it will award more than \$3 billion to strengthen the public health workforce and infrastructure of state, local and territorial health departments.

The funding is the first-of-its kind, while all U.S. citizens live in a jurisdiction that will receive funds under the new grant.

Iowa's share of the CDC grant is an allocation of **\$28,221,831** over five years to recruit, retain and train public health workers and improve their data, systems and processes.

[OE22-2203: Strengthening U.S. Public Health Infrastructure, Workforce, and Data Systems - Final Funding Table \(cdc.gov\)](#)

The announcement comes as the United States faces a growing shortage of healthcare workers. The Association of American Medical Colleges [estimates that by 2033](#), the country will have a shortage of up to 124,000 physicians, including both primary care physicians and specialists.

Recent research also detailed an association between a lack of mental health care providers and increased [youth suicide rates](#).

"State, local, and territorial health departments are the heart of the U.S. public health system, and the COVID-19 pandemic severely stressed these agencies, which were already weakened by neglect and underinvestment," said CDC director Rochelle Walensky [in a release](#).

"This grant gives these agencies critical funding and flexibility to build and reinforce the nation's public health workforce and infrastructure and protect the populations they serve. We are meeting them where they are and trusting them to know what works best for their communities."

At the beginning of the COVID-19 pandemic, some public health systems relied on outdated technology, like the [fax machine](#), which ended up slowing their response to the crisis. Disjointed public health systems at the state and local levels contributed to inconsistent data reporting, exacerbated by a lack of [data standards](#).

According to the CDC, the funding allotments were tailored to meet jurisdictions' unique needs and will assist communities that are economically or socially marginalized, rural communities and those with people from racial and ethnic minority groups.



In September 2020, the Iowa Department of Public Health engaged in a three-year cooperative agreement with the Centers for Disease Control and Prevention (CDC) to build public health infrastructure related to Alzheimer's disease and related dementias.

The funding for the BOLD Public Health Programs to Address Alzheimer's Disease and Related Dementias (CDC-RFA-DP23-0010) to fulfill the BOLD Infrastructure for Alzheimer's Act (P.L. 115-406). [Learn more](#)

Over 66,000 Iowans aged 65 and older have Alzheimer's Disease. It is the sixth-leading cause of death in the US, impacting nearly 6 million Americans. In addition, over 73,000 Iowans provide unpaid care for people with Alzheimer's or dementia.

Funded health departments will promote a strong public health approach to Alzheimer's disease and related dementias (ADRD). Recipients are focused on changing systems, environments and policies to promote risk reduction, to improve early diagnosis, to prevent and manage comorbidities, and to avoid hospitalizations. To accomplish this public health approach to Alzheimer's disease, recipients are using data to set priorities, to develop public health actions, to address social determinants of health, and to provide support for caregivers who take care of people with dementias.

Funded recipients' activities will align with the [Healthy Brain Initiative State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#) [PDF - 19.3 MB]

Covid Recovery Iowa is now PROJECT RECOVERY IOWA

The need for these services has not abated.

FEMA funds are 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, anxiety as well as domestic abuse

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 stressors 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>

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>

www.weareherewithyou.com and www.mindspringhealth.org

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



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



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.

**IT'S OK TO
TALK WITH
SOMEONE.**

Your community is here for you.

**END THE
STIGMA
NOW.**

brainhealth-now.org

'What if Yale finds out?'

At Yale, suicidal students are pressured to withdraw, then must apply to get back into the university — an approach under increasing attack from mental health activists and alumni.

By William Wan • [Read more »](#)

[Yale defends mental health policies under fire from students, alumni](#) By William Wan • [Read more »](#)

[Yale accused of discriminating against students with mental illness in lawsuit](#) By William Wan • [Read more »](#)

New York City to involuntarily remove mentally ill people from streets

Mayor Eric Adams announced a major push Tuesday to remove people with severe, untreated mental illness from the city's streets and subways. [Continue reading →](#)

Can San Francisco involuntarily hospitalize more homeless people like New York? No. [Here's why.](#)

Remembering Trauma: The Past and the Future

The second in a series of three articles

on Adoption Trauma

By Paula Maddox

Founder and Owner at The First Loss

www.thefirstloss.com



PTSD. Post Traumatic Stress Disorder. We hear this most often when talking about military men and women being exposed to the most harrowing of experiences. But when I heard my son's therapist say that Caleb ticks off nearly all the symptoms identified in the Diagnostic and Statistical Manual of Mental Disorders (DSM), my fear for him rose to a new level. Can he be helped? Will he fully recover? How long will it take for him to live

without situations triggering trauma responses?

The good news, she said, was that he was "textbook", meaning he would respond to known treatment regimens. So, with that statement, I breathed a sigh of relief, and then began the rigorous work of better understanding trauma. And understanding how trauma memories are triggered.

The American Psychological Association defines trauma as "an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea." For Caleb, trauma entered his life when he was separated from his birth mom. And perhaps, even earlier when he was in utero – that is, inside her womb or uterus.

Research now supports that any stress the mother experiences can transfer to the child. If the type of stress is particularly bad, this can cause the child trauma. Stress experienced by the mother can lead to elevated levels of the stress hormone cortisol in her body, which can then be passed onto her unborn child via the placenta.

Did my son's Guatemalan birth mom live under stress? She lived in poverty and drank unclean water, causing him to be born with parasites in his belly which required him to be hospitalized for the first month of his life. She may have stressed over the decision to relinquish her child for adoption. And she might have detached from her unborn child to help her cope with the relinquishment, thus exposing the child, who was to become my son Caleb, to even more elevated cortisol.

While separation loss trauma might not manifest in all adopted children with debilitating symptoms, it was the start of a lifetime of significant mental health issues for Caleb. From diagnoses ranging from ADHD, RAD, and ODD to Depression, Personality Disorder and PTSD, he has led a life filled with often debilitating symptoms. Without knowing about separation loss and the resulting trauma that causes brains to develop differently, we

jumped from one medical professional to another who never put the pieces together about the cause of his behaviors.

As Caleb was growing up, we continued to parent him using the tried-and-true methods of reward/punishment, boundary setting, and disciplinary actions that the medical community suggested. And we took him to talk therapy to uncover underlying causes of his non-compliance and lack of response to traditional parenting methods. This was not effective, again, due to lack of trauma-informed medical professionals. So, we continued to muddle ahead, doing the best we could to help Caleb as best we could.

Looking back on his life, I'm filled with painful memories of decisions that exacerbated his initial trauma. Knowing what we know now, our decisions would have been more thoughtful around how they would impact his inner wounds.

When his Dad and I divorced, Caleb had to endure another separation loss. While parents shouldn't stay together for the kids, had we known this decision would have added more inner wounds, perhaps we would have worked harder to keep our family unit intact. This realization brings with it regret and grief over how his life might have been filled with less trauma had his Dad and I remained together.

As he aged into his teens, the extent of Caleb's behavioral symptoms grew. He was acting in more self-destructive and risky ways. Beyond concerned, we thought he'd end up in jail or dead if we didn't take drastic steps. So, when he was 16, we enrolled him into a therapeutic boarding school where troubled kids could get stronger discipline, boundary-setting and counseling from professionals trained in working with kids like our son. They would work the "magic" that we couldn't.

Again, knowing what we know now, this was the absolute worst thing we could have done – cause yet another separation loss for Caleb to endure. And, what's even worse, this therapeutic boarding school was eventually found to be using outdated methods which the state's Department of Human Services considered abuse, resulting in its closure two years after he left.

Other comparatively smaller experiences also contributed to the amount of trauma my son has endured. But they have all combined to create deep and broad inner wounds that have lived inside him for years, festering, being triggered by various situations and contributing to his diminished quality of life.

Triggers to his trauma come from smells, sounds, sights, dates, memories and numbers associated with specific events. These triggers cause him to feel anxious, panicky, depressed. In the past, he abused substances to lessen the pain. His Dad and I learned he was an alcoholic at the age of 23 when he was admitted to ICU for necrotized pancreatitis. I packed a bag (including funeral clothes) and traveled overnight 18 hours to arrive to find him fighting for his life.

Doctors were not encouraging, saying "if he survives, he'll have a long, hard recovery." Miraculously, he started to recover after a week where we anguished over watching him go through a harsh detox, handcuffed and strapped to the bed to avoid hurting himself or pulling out any of the multiple tubes that had been inserted into his body. His bloated jaundiced body struggled every second and finally won the biggest battle he has ever had to fight. Alive but now a Type I acquired diabetic, he's gives himself daily insulin injections and regularly monitors

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his blood sugar as he tries to live sober.

A small price to pay for life. But difficult for him on so many levels. And knowing that he nearly died because he needed to numb the pain from his inner wounds... and that we could have gotten him early treatment had we only known then what we know now... well, that is a regret that will live within me forever.

The years of living with both regret and grief about the past takes on feelings of contempt for the lack of trauma-informed consulting during the adoption process. We were not informed of potential trauma from separation loss. Our adoption agency didn't operate in a trauma-informed manner where the best interests of the child are considered. When we asked about bonding, it was shrugged off as not being an issue. Our trust in them was misplaced. The grief and regret of how we would have dealt with Caleb's behaviors had we only known will always be part of my own inner hurts.

Jumping ahead to today... at 26, he is embracing his mental health challenges and diagnoses. He is receiving medications that help him manage his behaviors. And talk therapy helps support him, too. Trauma therapies have been suggested, with one specifically being recommended.

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. When the brain's information processing system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense inner suffering. Once the block is removed, healing can take place. In short, EMDR therapy heals the mind.

EMDR therapy is an eight-phase treatment where eye movements are used. Each trauma is addressed separately, so this will be a long road to travel. But as negative beliefs around each trauma are reformulated, physiological arousal is reduced and new associations are created around each trauma. And the results from EMDR are typically quicker than from traditional talk therapy.

After EMDR sessions, some people feel more emotional than usual. They may notice body sensations and they may have vivid dreams about the specific trauma they are working to reframe in their brain. But the trauma feels less significant and old triggers won't have the same negative impact as in the past.

Another trauma therapy that hasn't been discussed for Caleb but offers the same memory focused approach is Accelerated Resolution Therapy (ART.) ART is derived from EMDR.

Memory reconciliation focuses on facing a fear and overcoming it through a guided process that helps patients unlearn reactions to unwanted memories from a single event or an entire life. Positive responses can occur in as little as 5 sessions and sometimes in a single session.

Regardless of which traumatic memory therapy treatment is ultimately used, I am hopeful (dare I say, confident) that my son will emerge more mentally and emotionally strong. These therapies combined with talk therapy and medications are part of his future dealing with past trauma.

The long haul in recovery from mental health challenges is exhausting, frustrating, and scary. It is also filled with hope, as we learn more and rely on trauma-informed professionals for

medication and therapy treatments that are specific to Caleb's needs. My son is eager to start trauma memory therapy so he can begin to live a happier and more fulfilled life. And this mom is glad he has made this decision.

Article 3 of 3 will be in the February 2023 Mindspring newsletter.

Paula@thefirstloss.com 515-314-5070

Paula Maddox is a lived experience adoption trauma parent. She is the mother of two adult adoptee children.

For nearly 25 years, Paula and her former husband have endured the harsh realities of childhood trauma, along with the daily and long-term psychological, physical and emotional impact of behavioral issues on family members. She has lived and loved through compassion fatigue and secondary trauma.

Paula's son, Caleb, is a young adult in recovery from mental health conditions as a result of adoption trauma as well as alcohol use disorder.

Paula is traveling a path toward full recovery with Caleb as he struggles with daily challenges, while demonstrating personal courage and seeking continued supportive care.

Paula is a lived experience adoption trauma speaker.



Paula

Caleb

Gilbert High seniors form organization aimed at promoting mental health

"Moving forward" is more than just a phrase to several Gilbert High seniors pushing to make a social and positive change in their high school. Weston Congdon, Ben Melody, Dalton Nelson and Adelaide Searles are some of the founding members of Moving Forward. It's an organization that's completely student-led that they started last December, shortly after the death of a classmate who died by suicide in November 2021. [Read more](#)

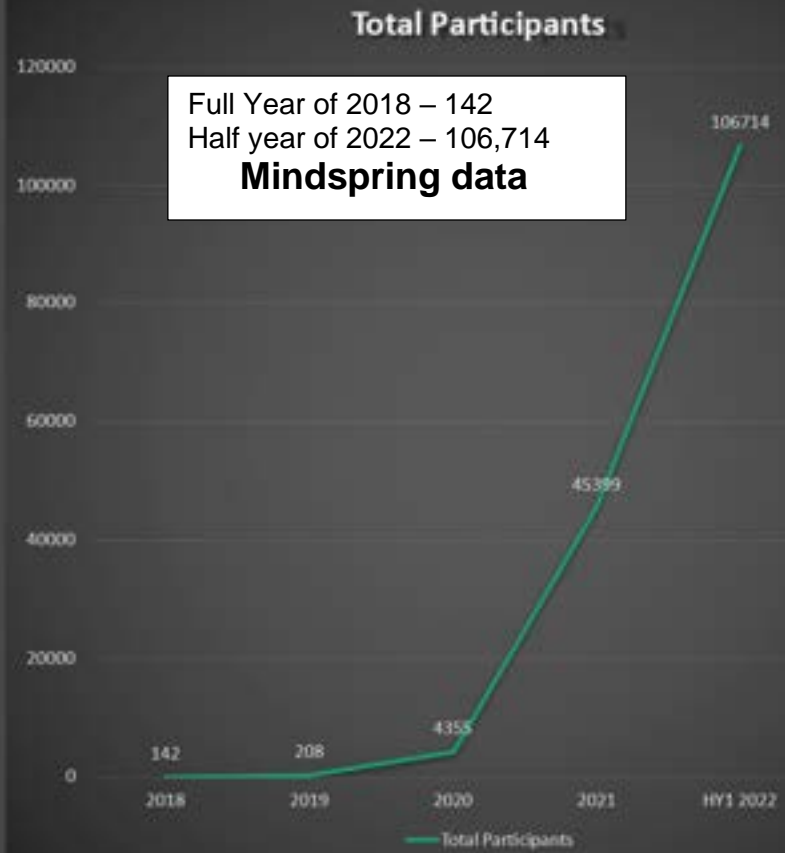
HAPPY NEW YEAR!

Discoveries about Mindspring

Agency Impact

Course Participation 2018- June 2022

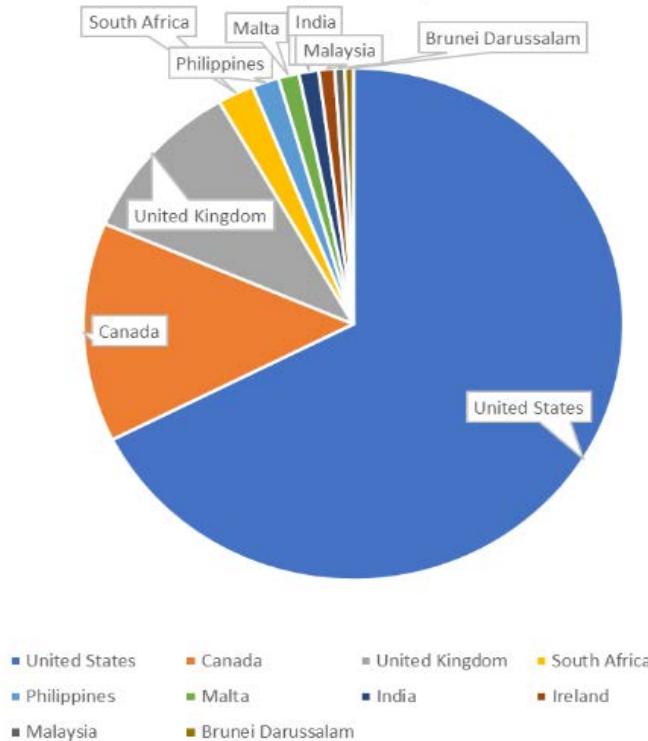
2018-2021 data annualized – reporting half year data for 2022



Local, Statewide, Nationwide and Global impact of Mindspring free on-line webinars

In 2020, the pandemic changed how we do business. We began our on-line portal with a series of Inspirational speakers. The success of the new way of communicating with our community set the stage for our present on-line webinar business.

Webinar Participation: Top 10 Locations



Program Effectiveness

97.5%

of program participants report knowing more about mental health after attending a Mindspring program

Audience

Current audience

Potential audience



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

Facebook Page followers

33,422

Instagram followers

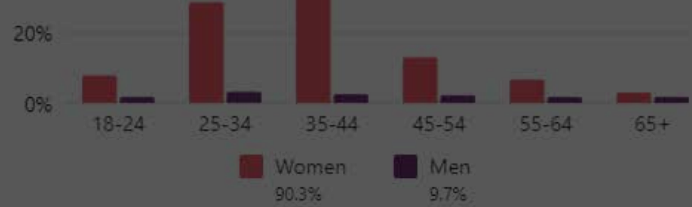
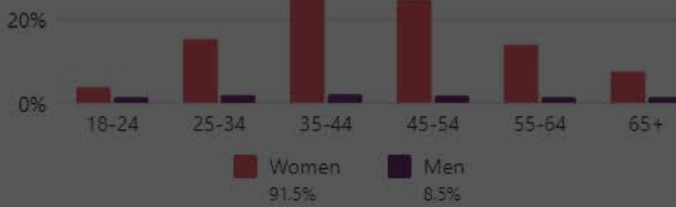
1,710

Social Media Growth

Age & gender

Age & gender

November 2021: 5,100 Facebook Followers
November 2022: 33,422 Facebook Followers



Children's Mental Health

September 2022: 673 average live webinar attendance
October 2022: 1040 average live webinar attendance

Compare to Child Mind Institute: 130 average live webinar attendance

Mindspring also conducts "Hearing Voices" simulation training and assists with CIT training at ILEA, Des Moines Police Academy, Westcom Dispatch, police dispatchers, and others.

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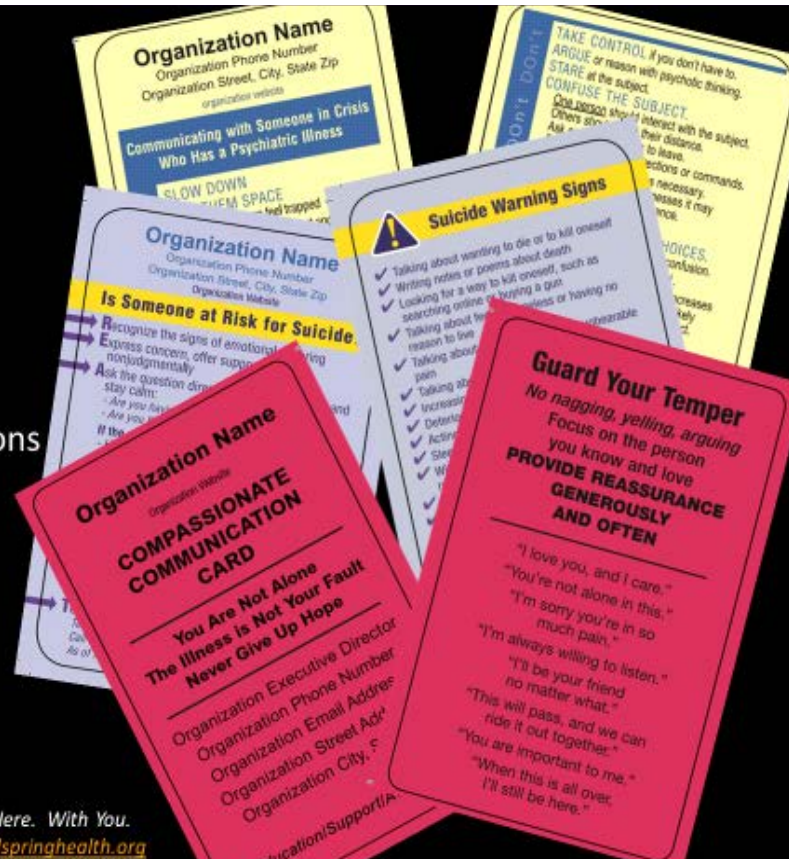


Communication Pieces

1. Virtual community education classes
2. 'We Are Here. With You' Covid response platform
3. Virtual Workplace education classes
4. 24/7 on-demand courses and presentations
5. Monthly newsletter
6. Three Crisis Cards (*available for sale*)
7. Website
8. Social media
9. Information and Referral Warm line
10. Quarterly Community Conversations

Support groups, Children's Book

We are Here. With You.
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Warm fuzzies

Date: Thu, Jul 28, 2022 at 8:57 PM

Received, thank you. You are a fantastic resource and I am Actively promoting your pay and non-pay community and professionals, resources. I hope this helps you to keep providing your webinars for people such as myself, who work largely unpaid for multiple Care and support centred services in and out of the community. Online and offline. I unfortunately do not get the kind of access to education in my country, as many would expect. Incurring Adversity throughout my own life, being a part of the Intersectional communities (including born with neurological function and kidney function issues, abnormal bone development via full term prenatal distress which has resulted in a 38yr old newly discovered Neuro-Divergent, Autistic and physically disabled woman that is a mom, carer, student, volunteer and aspiring Paid Employment Returnee that is following your webinar series closely to hopefully drag myself and my own little family out of our current situation!) I use my own Adversities and experiences overcoming them to help others. I find it extremely rewarding and hope to make as big an impact in my communities as you are at Mind Spring. Keep up whatever you are doing. It's working! Kind regards and best wishes

N_____

Date: Thu, Aug 11, 2022 at 12:02 PM

Hello, Sorry, I confused the time. I did have an opportunity to watch it afterwards and it was wonderfully inciteful. As a victim support worker in community, I have had at many times observed hoarding and have had to set up a Mental Health Intervention conference team on one occasion to support the client while the health centre and housing assisted with a safe clean up. Trauma can be so very complex. I appreciate the resources provided. I have attended webinars in the past and look forward to future webinars.

C_____

Date: Thu, Oct 20, 2022 at 1:41 PM

This was absolutely the best thing I've heard on eating disorders. Thank you so so much for doing this. My family does not understand and hopefully they will listen to this and get a better understanding. My nutritionist just released me because I wouldn't agree to be hospitalized right now. It's been so upsetting but listening to this helped me to understand where she's coming from. My blood pressure has been dropping to the point of passing out. I've been extremely emotional about losing her. She is wonderful and knows how I feel before I even say it. Thanks again for doing this. Looking forward to more of these hopefully that will help me and my family. Sent from my iPhone



Warm Fuzzies (cont'd)

Date: Fri, Aug 19, 2022 at 7:54 AM

Hello info! Being in therapy for various issues not related to my cPTSD, I realize we may have been going about this backwards. I have been told EMDR will not work for me, as I have had too much trauma in the past. This seminar has given me questions to ask her, and possibly a way of restructuring my therapy goals.

This may have been a life saver for me, as I thought it was depression causing my suicidal ideation. No worries about that, my therapist and I have a contract and I have held up my end. As a disabled (due to one of the traumatic events) paralegal, I understand the importance of honoring contracts.

This may be something you consider adding to another Webinar. Contracts, if not with a therapist (a suffering person may not have one) then with someone trusted, who is not a member of the immediate family. This may save a life, as my contract has saved my life several times over. Thank you for responding so quickly to my SOS.

Sincerely, T_____

Date: Sun, Sep 25, 2022 at 2:35 PM

I found that you delivered this session with great energy and conviction. On so many occasions over the past few years I have felt I was going a bit mad with the impact of it all. You have helped me to understand and allow space for all those bereavements I experienced : not being able to visit my 96 year old father and hug him, having to choose between which of my three children and their families I would bubble up with and the double stress for my daughter dealing with a serious health diagnosis.

I must thank you for your constant presence on zoom as well as your enthusiasm through this difficult time of transition back to the new normal. Knowledge is power. I have already applied some of your ideas within my pastoral work at Durham Cathedral in the North East of England. Keep on keeping going - we all need wonderful practitioners like you! Kind regards, F_____



A Story Submitted to Mindspring **Sailing My Ship**

”
I'll never forget that dark, sub-zero morning this past January as I sat in my car outside the clinic, shivering more from anxiety than from cold, waiting to go in for the doctor's appointment that I'd scheduled and unscheduled and rescheduled now three times out of fear. I was going to do it. I had to.

I needed help.

As I sat there waiting in my car, memories of the past ten turbulent years skittered across my recollection like snowflakes dancing across the pavement outside. The heavy ache of that first taste of depression in college. The obsessions with calories and the food rituals I'd developed to curb the gnawing pain of sadness and the crippling anxiety that was eating me alive. The breathless despair that bowled me over and immobilized me when I moved to New York after college to pursue higher education. The shame of quitting and moving back home because I couldn't handle it. The starvation and self-flagellation as I tortured my body, trying vicariously to control a whirlwind of emotions that seemed only controllable through food. The attempt to run away from myself by moving to Boston to try again for higher education. The breakdown four months later that left me hurtling between frenzied anxiety and zombie-like despair for months. The shame of quitting and moving back home...again. The exhausted willingness to be committed, a pile of skin and bones, to an intensive treatment center for eating disorders. The trauma of restoring my weight. The thick, impenetrable fog of meaninglessness which washed over me for years afterwards, punctuated by bursts of fevered insomnia and fury and self-hatred. The blessed, temporary relief from the stability of getting a full-time job and The unexpected move to a new house which knocked me off my feet again and sent me back down the black hole of despair. The baby step toward suicide I took but luckily was too scared to complete. The magical summer of flying ecstasy and spiritual awakening when all seemed perfect. The sudden fall from grace, slipping again into the blackness harder than ever before. The hole in my heart that was just too much to bear. The desperate plans to finally end it forever. And then, last month, the light switch which suddenly flipped in my brain and sent my mood from negative ten to positive 100 in the span of a ten-minute drive to work, after which I'd raced home, applied for yet another higher education program online, and left my job, the job that had kept me afloat both financially and emotionally. And down, down, down I crashed. Again.

So now, here I was in my car. Exhausted. Storm-tossed. Afraid. Yet hopeful that maybe, just maybe, the doctor could give me an answer.

I knew about bipolar disorder from my college psychology classes, as well as from TV and books. Over the years, hurried health care professionals had variously diagnosed me with depression, anxiety, and anorexia, but my gut kept telling me there was a bigger "umbrella" issue giving fire to these respective diagnoses. After all, every treatment attempt for each isolated problem seemed to agitate the others like a game of whack-a-mole. My intuition suspected that these singular problems were mere pieces of a bigger puzzle. So, I'd compiled all my memories, and with immense terror, I walked into the clinic and talked to the doctor.

The diagnosis: Bipolar Disorder Type II.

I was so relieved, so grateful. I finally had a name for this pain, an answer to my ten years of suffering.

And then I realized: this was only the first step of a long journey.

What next?

Sailing my ship (cont'd)

Having an answer, it seemed, only resulted in more questions. What medications, if any, should I take? Should I try therapy? What would I tell my family? Should I tell them at all? Though the doctor gave me some information, my mind still brimmed with uncertainties. I felt very alone and wished there was someone I could talk to. Someone who understood what I was going through.

Since I wasn't working at the time, I would bide my long, bleak days half-heartedly attending online events via Eventbrite, an app through which professional organizers can host and publicize their events. While scrolling through my "Health and Wellness" recommendations the following day, I happened to notice that, in two days, an organization called Mindspring was hosting a free webinar entitled, "Understanding Bipolar Disorder."

My jaw dropped.

This was *exactly* what I needed! Not only could I learn more about my newly-diagnosed condition, but maybe this webinar could help give me words to explain it to my family as well. I live with my sister, who is also my best friend, and I desperately wanted to tell her about my diagnosis, to talk honestly with her about how I felt, but I just didn't know where to begin. It seemed far too daunting to open that conversation, especially for someone too depressed to say more than five words a day. This webinar was an opportunity to trust that someone who understood what I was going through could share the words I didn't know how to say. So, with what limited energy I had, I mustered the courage to ask my sister to attend the webinar with me, and she said yes.

What a blessing and success that next hour was for me! I felt so validated and felt an enormous burden lifted off my shoulders as Mindspring thoroughly and sensitively addressed each aspect of bipolar disorder, from symptoms to treatments. Both my sister and I paid close attention, and she curiously but kindly asked me questions throughout. I now had a starting point to share my own feelings and experiences with her, and she had the tools and knowledge to understand and support me along my journey. Learning together about our new reality brought us closer in a way that I couldn't have done without Mindspring's empathetic and informed guidance.

In addition, I now had a list of resources for further learning, as well as ideas for effective treatment options. After doing lots of research on different websites I'd learned about during the webinar, I contacted a therapist online who specialized in treating bipolar disorder. We clicked instantly. Together we made huge strides forward. Having someone who intimately understood my condition made a world of difference, and thanks to Mindspring's detailed guidance regarding various therapeutic techniques, I was able to request specific modes of therapy which I'd learned could be particularly helpful for folks with bipolar, including cognitive behavioral therapy (CBT), psychoeducation, and interpersonal and social rhythm therapy (IPSRT). Within the short span of four months, I'd made more progress with my new therapist than I'd made in ten years of general therapy.

I soon discovered through my Eventbrite recommendations that Mindspring actually had tons of other free webinars as well. One called "Understanding Anxiety" was up next week, followed by "Understanding Depression" and "Understanding Eating Disorders." Perfect! Together, my sister and I dutifully watched every webinar, at least one per week (a "lunch and learn" tradition!), and continued to expand our knowledge, resources, and of course, our own relationship. Furthermore, each webinar gave me new fodder to discuss with my therapist, enriching our conversations and offering new insights into myself and my healing process. Supported by my sister, my therapist, and the kind folks at Mindspring who I trusted to help guide me, I didn't feel nearly so alone anymore.

Now, almost one year later, I look back on those days and marvel at how far I've come. I have a stable job which gives me purpose. I'm doing well in school and will graduate this spring as a certified medical assistant. My sister and I have grown even closer over our tender, honest conversations about mental health. I've befriended my inner storms and learned how to dress for all types of "weather patterns." And I owe so much of my continued recovery to Mindspring, who truly changed my life by guiding both me and my family along this trajectory of healing.

As novelist Louisa May Alcott once wrote, "I am not afraid of storms, for I am learning how to sail my ship."



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MENTAL HEALTH ALLIANCE



Mindspring has an Apparel Shop with an assortment of choices in short sleeve, long-sleeve shirts, hooded sweatshirts, jackets... and more [Shop here!](#)

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Des Moines, Iowa 50309

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CALENDAR OF EVENTS

Wed., Jan. 11 - Mindspring Board Meeting
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

mkeen@mindspringhealth.org

Director of Special Projects –
Kristi Kerner 515-850-1467

kkerner@mindspringhealth.org

Program Coordinator -Zoe Bardin
zbardin@mindspringhealth.org
515-850-1467

Development Director – Francis Boggus

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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

*Update!! The 2023 Golf Tournament will be on **September 22, 2023.***

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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

mkeen@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: tbornhoff@mchsi.com

Ways to Donate to MindSpring

-- Cash, Check
-- Credit/Debit Card on-line at 'Donate' on our website
-- 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 your will.

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