



CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Meeting Tuesday March 14, 2023 @ 1:30 pm Agenda

In-person Location at:
Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

Join Meeting by Zoom at:
Join Zoom Meeting
<https://us06web.zoom.us/j/82490866247?pwd=aXJNbndSY1ZMWFVaa2M1RDIMWEdkZz09>

Meeting ID: 824 9086 6247
Passcode: 822147

Join by Phone at:
+1 312 626 6799 US (Chicago)
Meeting ID: 824 9086 6247
Passcode: 822147

1. Welcome and Introductions: Roll Call of Committee Members

- | | | |
|--|--|--|
| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
| <input type="checkbox"/> Diana Dawley | <input type="checkbox"/> Deb Williams | <input type="checkbox"/> Sharon Swope |
| <input type="checkbox"/> Kathy Hanzek | <input type="checkbox"/> Julie Smith | <input type="checkbox"/> Heidi Metz |
| <input type="checkbox"/> Brittany Palmer | <input type="checkbox"/> Breon Gardner | <input type="checkbox"/> Beth Colby Plautz |
| <input type="checkbox"/> Ellen Rasmussen | <input type="checkbox"/> Kelly Kratz | <input type="checkbox"/> Rachel Fletcher |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

3. Election of Chair - Action

Nominations: _____

Motion: _____

Second: _____

Vote on Motion: _____

4. Election of Vice-Chair – Action
Nominations: _____
Motion: _____
Second: _____
Vote on Motion: _____
5. Approval of 12/13/22 meeting minutes – Action
Motion to Approve: _____
Second: _____
Vote on Motion: _____
6. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
7. 2022 CICS Adult Advisory Committee Report – Karla Webb, Informational
8. Review and Consideration of Bylaws Central Iowa Community Services Adult Regional Advisory Committee – Karla Webb – Action
Motion: _____
Second: _____
Vote on Motion: _____
9. Possible CICS FY2023 Budget Amendment – Russell Wood, Informational
10. CICS FY2024 Annual Service and Budget Plan Draft – Karla Webb, Informational
11. Legislative Updates – Russell Wood, Informational
12. Service Planning and Development Updates – Patti Treibel Leeds, Informational
13. Agency Update/Information Sharing
14. Next Meeting Date: June 13, 2023 @ 1:30pm
15. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

**CICS Adult Regional Advisory Committee Meeting
Tuesday, December 13th, 2022 @ 1:30 pm
Minutes**

1. Welcome and Introductions: Roll Call of Committee Members
Chair Ellis called the meeting to order at 1:30PM, those present: Heidi Metz, Deb Williams, Jennifer Ellis, Rachel Fletcher, Kathy Hanzek, Jody Eaton, Breon Gardner, Kelly Kratz, Beth Colby Plautz. Others Present: Karla Webb, Betsy Stursma, and Patti Triebel Leeds joined toward the end of the meeting.
2. Adoption of the Agenda – Action
Colby Plautz motioned to adopt the agenda, Gardner second, motion passed.
3. Approval of 9/13/22 Meeting Minutes – Action
Hanzek motioned to approve the minutes, Gardner second, motion passed.
4. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
No updates available.
5. Planning and Development Update – Patti Treibel Leeds/Karla Webb, Informational
Webb shared CICS held a Crisis Intervention Training in Fort Dodge in November with 7 participants. CICS will host one more training this fiscal year on May 15, 2023. A request for proposal for intensive residential service home (IRSH) was issued in September with a proposal deadline of 11/18/22, no proposals were received. A program manager position was added to work with justice involved services. Patti Treibel Leeds, Russell Wood and the two program managers are doing a lot of work in regard to planning and outcomes and look forward to sharing more information at the next meeting. After joining the meeting, Treibel Leeds encouraged committee members to reach out to her if see gaps in service. Ellis noted she receives inquiries for respite services.
6. FY24 Budget – Betsy Stursma, Informational
Stursma explained are working on developing the FY24 budget, the administrative team will be meeting tomorrow to do further work on the budget. Are looking at expansion and enhancement of services, this is all preliminary at this time and are ideas being looked at, some of these areas include: expansion for outpatient therapy for multi-systemic family therapy, possible co-responder model with law enforcement and social worker for mental health related calls, this wouldn't be in lieu of mobile crisis; are looking at reducing funding for crisis stabilization residential services as the project with YSS will conclude at the end of the fiscal year; looking at an access center or further access center network development; expanding supported community living (SCL) and what we are offering for children, possibly residential based SCL services. Looking at potentially adding dollars for intensive residential services, recognize this

is a required service and would like to develop more beds for this service; are looking at building up community based day habilitation program that would meet the needs of individuals that current day habilitation program may not currently meet; continuing to have funding for individual placement and supports services (IPS) employment services and peer support services; looking at adding additional funds for education and training services/provider competency for training that would be helpful for providers; looking at what can do for permanent supportive housing services; have discussed possibly looking at ACT services for children; budgeting additional funds for family psychoeducation and what could we be doing additionally there as well as; are considering development of forensic care and what would this look like; looking at development of a mental health court in Story County and how we can partner; adding funds to Intensive Psychiatric Rehabilitation (IPR) and possible expansion of this service; for children's services have had providers asking about funding for consultation services for school personnel; looking at transportation and how can we increase access to transportation and community integration; looking at expanding rental assistance program as consider social determinants of health. Did find in the Code of Iowa that regions shall budget 99% of eligible funds, we anticipate will have \$21,400,000 available for FY24, CICS will have a reduction in state funds while we continue to spend our fund balance down. \$21,260,250 is the current budget amount are considering for FY24. This budget still does include funding for YSS project. Stursma will plan to share the budget out when it is closer to being finalized and asked for feedback. Colby Plautz encouraged the development of day habilitation services. Williams suggested speaking with Mark Salzer, Ph.D. with Temple University Collaborative on Community Inclusion. Gardner shared transportation in Hardin County has been difficult for individuals to access and has affected their participation at Friendship Club.

7. CICS Marketing - Betsy Stursma, Informational

Stursma reported CICS sent out a survey to gather information on marketing from advisory committees, governing board, and CICS staff. It is hard to know if our current ways of getting information out is effective. Have a small committee of staff working on marketing, CICS continues to use social media and will be bringing this in-house for staff to manage. Stursma asked for the committee to share marketing ideas with her and to complete the survey if haven't already.

8. Legislative Information – Karla Webb, Informational

Webb reported in the committee packet is the 2023 legislative session timetable and Iowa State Association of County (ISAC) Top Legislative Priorities handout. Webb summarized the ISAC handout on Competency and Treatment for Persons in the Justice System and Civil Commitments. An additional legislative objective is to change the 5% carry forward balance after FY2023 to 10% for regions. With a 10% carry forward balance regions would be in a better position to be able to maintain timely payment to providers if there was an issue in receiving the state's quarterly payment to regions.

9. Recognition of Committee Advisory Terms Ending 12/31/22 – Karla Webb, Informational

Webb reported several committee members have terms expiring at the end of this month. Webb has reached out to active members to see if they would like to renew their appointment and have heard back from most. Webb is requesting individuals interested in renewing their appointment to complete a new committee application as the applications will go before the Governing Board for appointment. Webb thanked everyone for their involvement with the adult advisory committee. Currently the individuals whose terms are expiring at the end of this month are Kathy Hanzek, Breon Gardner, Brandon Greenfield, Leatha Slauson, Kelly Kratz, Jody Eaton, Julie



Smith, Kara Anderson, and Rachel Fletcher. Webb plans to request for the Governing Board to extend terms for one year for Heidi Metz and Beth Colby Plautz as they were the most recently appointed to the committee and this will help to balance out term appointments. For vacancies, based on current information at this time if interested individuals are reappointed, it appears there will be eight vacancies for an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and possibly one vacancy for a provider representative. Committee members were encouraged to reach out to individuals who may be interested in serving and share the committee application, Webb offered to visit with anyone who may be interested in serving on the committee as well.

10. Local Community Needs

Garnder shared in Hardin County, Region 6 Peoples Rides is struggling with staffing shortage, they have one driver and if the driver is ill then members are unable to make it to Friendship Club and be involved in activities. If a bus breaks down, then that also affects people's transportation.

11. Agency Update/Information Sharing

Gardner shared have expanded services at Friendship Club, are needing to look at limiting participation to events/activities to members only, some members sign up for an activity and then do not attend. Metz, Senior Life Solutions shared their service area and services offered for individuals 65 and older. Williams shared hope to provide an update in March on what is changing in Marshalltown. Fletcher with Iowa Specialty Hospitals & Clinics shared have two more therapists starting, one in Clarion and one in Belmond/Garner location, also added other additional therapists and medication providers. Colby Plautz, Child Health Specialty Clinics, had a legislative forum with 11 legislators, discussed workforce concerns and mental health concerns, discussed starting a waiver for autism services. Kratz, 43 North Iowa is striving with individual placement and support services, just added another part-time staff due to increased referrals, are working on IRSH development to open in the spring, will be relocating residential care facility to another building, SCL program is continuing to grow, have expanded SCL to Franklin and Hardin County, numbers of individuals served with supported employment are lower in Hardin and Franklin County, heightened scrutiny will come into effect in March 2023 that will hopefully help to push services into more community based. Ellis shared Friendship Ark is trying to restart day habilitation in January and their program is community based, Ellis will be meeting with one of the MCOs to explain their community-based day habilitation program. Eaton shared Capstone Behavioral Healthcare recently purchased another house to provide SCL services and CICS assisted with startup costs. Ellis shared are planning to break ground on their eighth five bed HCBS home once the ground thaws.

12. Next Meeting Date: March 14, 2023 @ 1:30PM

13. Adjournment



Central Iowa Community Services Regional Advisory Committee

A Year in Review 2022



CICS

Supporting Individuals. Strengthening Communities.

Geographic Area: Serving Boone, Cerro Gordo, Franklin, Greene, Hamilton, Hancock, Hardin, Jasper, Madison, Marshall, Poweshiek, Story, Warren, Webster, and Wright Counties.

2022 CICS Regional Advisory Committee Membership

The CICS Adult Advisory Committee members were:

Individual who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of such an Individual:

Brandon Greenfield
Deb Williams
JD Deambra
Jody Eaton
Kathy Hanzek
Leatha Slauson

Provider Representative:

Beth Colby Plautz
Breon Gardner
Brittany Palmer
Heidi Metz
Jennifer Ellis
Julie Smith
Kara Anderson
Kelly Kratz
Rachel Fletcher
Sharon Swope

Governing Board Ex-Officio Non-Voting Members:

BJ Hoffman
Diana Dawley

Bylaws Central Iowa Community Services Adult Regional Advisory Committee

Effective Date: 5/1/22

I NAME

The name of this organization shall be Central Iowa Community Services Adult Regional Advisory Committee (hereinafter “Adult Regional Advisory Committee”)

II PURPOSE

The Adult Regional Advisory Committee, pursuant to IC 331.390(2)e; 331.392.(2)i; IAC 441-25.14.(1)i Regional governance structure will look at how services are delivered, the quality of services and help identify and prioritize service needs.

The Adult Advisory Committee may also address any mental health related issues the Adult Regional Advisory Committee feels to be appropriate.

The Adult Regional Advisory Committee shall act in an advisory role and all authority for policy making shall remain with Central Iowa Community Services Regional Governing Board (hereinafter “Regional Governing Board”)

III MEMBERSHIP

The Adult Regional Advisory Committee shall consist of a maximum of 22 members. All members shall be from counties within or provide service within the Central Iowa Community Services Region.

Ten members will be an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and ten members will be a service provider. Two members from the Governing Board will serve as ex-officio non-voting members. An effort shall be made to have representation from each of the counties within the region. Committee members shall be appointed by the Regional Governing Board. Applications shall be presented to the Governing Board by the CICS staff member designated to provide support to the CICS Adult Advisory Committee.

The Adult Regional Advisory Committee members shall serve two year terms. The appointments shall be staggered, half of the members representing an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and half of the members representing service providers shall serve until 12/31/22 with the other half of each serving until 12/31/23.

Thereafter, all appointments shall be for two years.

Members will be eligible for appointment for a total of 6 years. An individual can be reappointed again after at least one year off the committee.

Approved by Central Iowa Community Services Governing Board on April 28, 2022.

IV OFFICERS

The officers of the Adult Regional Advisory Committee shall include a chair and vice-chair. Each shall be elected at the first advisory committee meeting of the calendar year. The chair shall preside at all meetings and appoint all sub-committees as determined necessary by the adult regional advisory committee. The vice-chair shall act in the chair's absence.

The permanent recording secretary shall be a CICS staff member.

V MEETINGS

Meetings of the Adult Regional Advisory Committee shall be held in the first quarter of each calendar year and at least quarterly thereafter. The CICS staff member shall be responsible for sending written notice to all members at least one week in advance of meetings. Public notice of meetings will be provided by posting meeting date, time, and agenda on the Central Iowa Community Services website.

Special meetings can be called at any time at the request of two advisory committee members. The request for a special meeting shall be presented to the chair. The chair will then be responsible for scheduling the meeting.

A quorum will be a majority of appointed members in attendance. No action will be taken in the absence of a quorum.

Members may participate in any meeting by any means of communication that allows direct participation, including but not limited to telephone conference call and video conferencing. Members participating in this manner shall be considered present for purposes of quorum and voting.

VI ADOPTION

These by-laws shall be adopted by both the Adult Regional Advisory Committee and the Regional Governing Board. These by-laws become effective upon approval by the Regional Governing Board.

VII REVISIONS

These by-laws will be reviewed annually and may be revised by the Adult Regional Advisory Committee with approval from the Regional Governing Board. The revision shall first be approved by the Adult Regional Advisory Committee and then presented to the Regional Governing Board. The revision shall become effective upon approval by the Regional Governing Board.

VIII TERMINATION

The Adult Regional Advisory Committee serves at the complete discretion of the Regional Governing Board. If state law changes and/or other circumstances arise, the Regional Governing Board may, upon board action, dissolve the Adult Regional Advisory Committee.

Approved by Central Iowa Community Services Governing Board on April 28, 2022.



CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Meeting Tuesday January 11, 2022 @ 1:30 pm Agenda

In-person Location at:
Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

Join Meeting by Zoom at:
<https://us02web.zoom.us/j/82538063040?pwd=cXVDNmZFalJPa2JneVNvcXJyNUNFZz09>

Meeting ID: 825 3806 3040

Passcode: 892853

Join by Phone at:
+1 312 626 6799 US (Chicago)
Meeting ID: 825 3806 3040
Passcode: 892853

1. Welcome and Introductions: Roll Call of Committee Members

- | | | |
|---|--|---|
| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
| <input type="checkbox"/> Diana Dawley | <input type="checkbox"/> Deb Williams | <input type="checkbox"/> Sharon Swope |
| <input type="checkbox"/> Kathy Hanzek | <input type="checkbox"/> Julie Smith | <input type="checkbox"/> Jody Eaton |
| <input type="checkbox"/> Brittany Palmer | <input type="checkbox"/> Breon Gardner | <input type="checkbox"/> Leatha Slauson |
| <input type="checkbox"/> Brandon Greenfield | <input type="checkbox"/> Kelly Kratz | |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

3. Election of Chair - Action

Nominations: _____

Motion: _____

Second: _____

Vote on Motion: _____

4. Election of Vice-Chair – Action

Nominations: _____

Motion: _____

Second: _____

Vote on Motion: _____

5. Approval of 10/12/21 meeting minutes – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

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

7. 2021 CICS Adult Advisory Committee Report – Karla Webb, Informational

8. Review and Consideration of Bylaws Central Iowa Community Services Adult Regional Advisory Committee – Karla Webb – Action

Motion: _____

Second: _____

Vote on Motion: _____

9. Discussion and Direction of Adult Advisory Committee Structure – Karla Webb, Action

Motion: _____

Second: _____

Vote on Motion: _____

10. Appointment of Adult Advisory Sub-Committee – Chair - Action

11. Agency Update/Information Sharing

12. Next Meeting Date: April 12, 2022 @ 1:30pm

13. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

**CICS Adult Regional Advisory Committee Meeting
Tuesday January 11, 2022 @ 1:30 pm
Minutes**

1. Welcome and Introductions: Roll Call of Committee Members

Chair Ellis called the meeting to order, those present: Diana Dawley, Kathy Hanzek, Brittany Palmer, Deb Williams, Julie Smith, Breon Gardner, Kelly Kratz, Jennifer Ellis, Sharon Swope, Jody Eaton. JD Deambra joined the meeting shortly after the meeting started. Also present Karla Webb and Betsy Stursma.

2. Adoption of the Agenda – Action

Hanzek motioned to approve the agenda, Swope second, motion approved.

3. Election of Chair - Action

Smith nominated Ellis for Chair; no other nominations received. Kratz motioned to elect Ellis as Chair, Hanzek second, motion approved.

4. Election of Vice-Chair – Action

Williams nominated Deambra for Vice-Chair; no other nominations received. Williams motioned to elect Deambra as Vice-Chair, Smith second, motion approved.

5. Approval of 10/12/21 meeting minutes – Action

Hanzek motioned to approve the 10/12/21 meeting minutes, Gardner second, motion approved.

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

Smith reported Don Gookin was at the December meeting, he discussed IDPH and DHS becoming one agency. Julie noted this will affect providers and there will be additional credentialing providers will need to meet. The Governing Board discussed a 2.5% pay adjustment for FY23, this will be reviewed in January with the budget. Karla presented the FY21 Annual Report, and this can be found on the CICS website.

7. 2021 CICS Adult Advisory Committee Report

Webb explained the Adult Advisory Committee report is for calendar year 2021 and identifies committee members, current bylaws, agendas, and meeting minutes. Webb asked committee members to let her know if they would like to see any changes to the report, no suggested changes were offered at this time.

8. Review and Consideration of Bylaws Central Iowa Community Services Adult Regional Advisory Committee – Karla Webb – Action

Webb noted no suggested changes at this time to the bylaws; no committee members had suggested changes. Hanzek motioned to accept the bylaws as they currently are, Kratz second, motion approved.

9. Discussion and Direction of Adult Advisory Committee Structure – Karla Webb, Action

Webb reported would like to visit about the current structure of the Advisory Committee and seek feedback from committee members on if the current structure is meeting their needs and if members have suggested changes to the current structure and processes. Iowa Administrative Code requires membership of the adult advisory committee to consist of adults who utilize services or actively involved relatives of such adult, service providers, and governing board representatives. The bylaws indicate each member county shall have a representative of an adult who utilizes services or actively involved relatives of such adult and service provider shall be appointed by the governing board. As CICS is 15 counties and with two ex-officio governing board members, the committee should have 32 representatives. Historically it has been a challenge to obtain representation from each county, anticipate adding representation soon from the four counties that joined CICS last summer. Webb noted a typical meeting involves report out from advisory committee members appointed to the governing board and staff report, generally meeting topics have not involved input/feedback from advisory members. Webb discussed an option of the committee chair appointing a sub-committee to look at the current structure and processes of the advisory committee and then bring information/suggestions back to the full committee for consideration. Any changes to the bylaws would need to be approved by the Governing Board.

Stursma noted annual reports are brought to the advisory committee after the reports are written and are wondering if there is a way to include input as reports are being written, timing of the reports and when they are due can be challenging.

Eaton discussed she would like to see if input could be given as the budget and reports are being developed, having worked in this area she understands there are challenges to the timing of when reports are due as you often are waiting for information and then once you get the information the report needs to be submitted to DHS. She would like to see the ability to be able to advise, share about local needs, and also provide legislative input. Eaton noted previously had the availability of local funds which allowed local decisions to be made on how to spend the local funds, she discussed an awareness activity being considered locally but they do not have funding to administer the activity.

Dawley discussed she found it helpful in the past to have people share their personal stories of attending trainings and services and supports they've received.

Kratz indicated she would be interested in serving on a sub-committee, and looking at her involvement on the advisory committee as a provider; 43 North Iowa serves multiple CICS counties and could there be a way representation could be for multiple counties. Stursma noted the current structure is the provider representative is representing one county rather than multiple counties on the advisory committee and this is something that could be looked at.



Hanzek motioned for the Chair to appoint a sub-committee to look at the current structure of the adult advisory committee and offer suggested changes, Kratz second, motion approved.

10. Appointment of Adult Advisory Sub-Committee – Chair – Action

Chair Ellis appointed Kratz, Hanzek, and committee members not present if they are interested, to a sub-committee to work with Webb and Stursma on reviewing the current advisory committee structure and bring back suggestions to the full committee. Agreed Webb would reach out to committee members not present to see if they would be interested in serving on the committee.

11. Agency Update/Information Sharing

Swope shared they are seeing about 700 visits per month by members at Mid-Iowa Triumph Center, they continue to call people that are not comfortable coming to the drop-in center, have obtained clothing for individuals, they have increased hours to 32 hours per week, have offered warming center services, increased ability to serve families, are seeing increased referrals from SATUCI and Center Associates, the center is very busy.

Hanzek noted the Friendship Club was closed last week for two days due to COVID-19 and is reopen now.

Smith with Capstone Behavioral Healthcare noted they've had staff affected by COVID-19 over the last six to eight weeks, staff haven't been as ill and have been able to do some work from home. The technology they have has been helpful, hired a new ARNP, Laura Owens.

Gardner with Friendship Club noted they served 68 individuals for their holiday party through donations, they utilized local stores to meet donation needs; are helping clients with the mental health aspects of COVID-19 and coping with wearing face coverings, it is helpful to have three staff members present at the center.

Kratz noted 43 North Iowa continues to work through COVID-19, are trying to develop intensive residential services and crisis stabilization, they are choosing to stay under 100 employees at this time, their employment services are increasing, they do not currently have any wait lists for services.

Palmer with Crossroads Behavioral Health Service noted they are seeing issues with COVID-19 also. They have an onsite psychiatric nurse practitioner in their Winterset office available to see patients, have three interns right now, and also three mental health clinicians in Winterset office.

Ellis noted Friendship Ark has been impacted by COVID-19, they have waiting lists in all four service areas.

Stursma inquired what providers are seeing in regard to workforce shortage. Eaton indicated she is on the Progress Industry Board and noted this provider did experience some loss of staff due to vaccine mandate for ICF staff. If the provider did not implement a vaccine mandate for ICF staff, then they would have lost Medicaid funding. The provider also has had issues with staff not showing up for orientation after they've been hired. Smith noted they still have a position open in their supported community living program, she would like to hire two



additional therapists, and a provider in April, with the shortage of nurses there is a challenge, they cannot pay what hospitals and traveling nurses are paid. Swope noted they are in need of peer support specialists as their members are increasing, they need money to hire more peer support specialist. Ellis noted as far as residential staff they are doing okay, they have not reopened day habilitation services and do not have enough staff to do that, they cannot expand what they can do without more staff. Ellis noted through IACP calls providers all over the state are continuing to experience staffing shortages.

12. Next Meeting Date: April 12, 2022 @ 1:30pm

13. Adjournment: Meeting adjourned at 2:20pm.





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CICS Adult Regional Advisory Committee Meeting Tuesday April 12th, 2022 @ 1:30 pm Agenda

In-person Location at:
Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

Join Zoom Meeting At:
<https://us02web.zoom.us/j/81034470350?pwd=TDZuOC9lYnpXR0l1Zytmb0Rjd0pUQT09>

Meeting ID: 810 3447 0350
Passcode: 806277

Join by Phone at:
+1 312 626 6799 US (Chicago)
Meeting ID: 810 3447 0350
Passcode: 806277

1. Welcome and Introductions: Roll Call of Committee Members

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| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
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| <input type="checkbox"/> Brandon Greenfield | <input type="checkbox"/> Kelly Kratz | <input type="checkbox"/> Kara Anderson |
| <input type="checkbox"/> Heidi Metz | <input type="checkbox"/> Beth Colby Plautz | <input type="checkbox"/> Rachel Fletcher |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

3. Approval of 1/11/22 Meeting Minutes - Action

Motion: _____

Second: _____

Vote on Motion: _____

4. Election of an Individual Who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of Such an Individual to CICS Governing Board for 2 Year Term Effective 7/1/22 - Action
Chair asks for nominations to elect
Motion: _____
Second: _____
Vote on Motion: _____
5. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
6. CICS Adult Advisory Sub-Committee Recommendations – Kelly Kratz, Kathy Hanzek, Karla Webb, Betsy Stursma – Action
Motion: _____
Second: _____
Vote on Motion: _____
7. Review and Consideration of Amendments to Bylaws Central Iowa Community Services Adult Regional Advisory Committee – Kelly Kratz, Kathy Hanzek, Karla Webb, Betsy Stursma – Action
Motion: _____
Second: _____
Vote on Motion: _____
8. Review and Discussion of CICS Management Plan Policies & Procedure Amendments – Karla Webb, Informational
9. Service Planning and Development Update – Patti Treibel Leeds, Informational
10. Legislative Update – Karla Webb, Informational
11. Agency Update/Information Sharing
12. Next Meeting Date: To Be Determined
13. Adjournment





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**CICS Adult Regional Advisory Committee Meeting
Tuesday April 12th, 2022 @ 1:30 pm
Minutes**

1. Welcome and Introductions: Roll Call of Committee Members
Chair Ellis called the meeting to order, those present: Jennifer Ellis, Diana Dawley, Sharon Swope, Kathy Hanzek, Julie Smith, Breon Gardner, Kelly Kratz, Heidi Metz, Beth Colby Plautz, Rachel Fletcher. Also present Karla Webb, Betsy Stursma, Patti Treibel Leeds, and Russell Wood joined at mid-point of the meeting.
2. Adoption of the Agenda – Action
Hanzek motioned to approve the agenda, Swope second, motion approved.
3. Approval of 1/11/22 Meeting Minutes - Action
Gardner motioned to approve the meeting minutes, Hanzek second, motion approved.
4. Election of an Individual Who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of Such an Individual to CICS Governing Board for 2 Year Term Effective 7/1/22 – Action
No nominations were received, Webb or Ellis will reach out to members that were not present to see if they would be interested in fulfilling this position and will have this item on the next meeting agenda.
5. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
Smith reported recent meetings have been discussing the transition of staff to Franklin County as the Employer of Record for CICS staff. There were increases in annual salaries, region is doing very well financially. Smith indicated there was a provider fair in Grinnell that went very well, Capstone Behavioral Healthcare and CICS were represented.
6. CICS Adult Advisory Sub-Committee Recommendations – Kelly Kratz, Kathy Hanzek, Karla Webb, Betsy Stursma – Action
Stursma shared the committee met twice and discussed the current structure, historically the committee structure has included a provider representative from each county and an individual who utilizes mental health and disability services or is an actively involved relative of such an individual from each county and two Governing Board representatives. Discussed have some providers that serve multiple counties in the region. We have had difficulty in obtaining enough members for the 32 member board, think it may be more manageable if had a smaller committee. Recommend a committee makeup of 10 individuals who utilize mental health and disability services or are an actively involved relative of such an individual, 10 provider representatives, and two ex-officio non-voting Governing Board members. This will align fairly

well with our current committee appointments. Reviewed staggering dates for committee members and extending terms for newly appointed committee members in order to stagger the appointments. Looked at changing months of the quarterly meetings and trying to align with when our reports are due to the State. Recommend moving to March, June, September, December meetings and identifying what some of the main agenda topics would be, could look at having meetings on the 2nd Tuesday of the month as are currently. Discussion was held.

Webb will send out committee vacancies and geographic representation needed and the committee application.

Smith motioned to accept the sub-committee recommendations, Hanzek second, motioned approved.

7. Review and Consideration of Amendments to Bylaws Central Iowa Community Services Adult Regional Advisory Committee – Kelly Kratz, Kathy Hanzek, Karla Webb, Betsy Stursma – Action Stursma reviewed the bylaw changes to reflect 10 individuals who utilize mental health and disability services or are an actively involved relative of such an individual, 10 provider representatives, and two ex-officio non-voting Governing Board members. An effort will be made to have representation from each of the counties within CICS. Applications for appointment will be reviewed by the Governing Board and appointments will be made by the Governing Board. Committee appointments shall be staggered with half appointments ending 12/31/22 and 12/31/23. Meetings will be held in the first quarter of each calendar year and then quarterly thereafter. Discussion was held. Colby Plautz motioned to approve the amendments to the bylaws of the Adult Advisory Committee, Metz second, motion approved.
8. Review and Discussion of CICS Management Plan Policies & Procedure Amendments – Karla Webb, Informational
Stursma reviewed amendments to the CICS Management Plan Policies & Procedures. Changes include office location and phone updates, adult advisory appointment and committee structure, renaming offices to CICS and county, revision to conflict of interest section, adding MercyOne North Iowa as designated hospital, language cleanup regarding regional fiscal agent and fund balance, enrollment language modification identifying local CICS offices as designated access points, adjusting sliding fee scale for adult outpatient services to align with children's behavioral health sliding fee scale so removing 250% from language on gross income above 150% and identifying copayment for income between 150%-500%, language clean up in diagnostic section, changed access points to entry points in eligibility process section, service matrix added behavioral health intervention services to outpatient services for all children who meet criteria, added language to mental health inpatient treatment funding, added DD for subacute funding, corrected code section, removed required implementation from children's behavioral health services matrix, Attachment D for Adult Mental Health Disability Services identifies to see below for outpatient services for Therapy, Medication Prescribing & Management, and Assessment and Evaluation Cost Share and identifying in the Children's Behavioral Health Services the Adult Mental Health Outpatient Services includes Therapy, Medication Prescribing & Management, and Assessment and Evaluation.
9. Service Planning and Development Update – Patti Treibel Leeds, Informational



Treibel Leeds reported CICS is currently working with two providers for Intensive Residential Services, one is looking at being located in Cerro Gordo County and one in Webster County. CICS has entered into an agreement with YSS for Youth Recovery services in Cambridge. YSS is working with an architecture on design. CICS staff is working with SolutionPoint + to provide a CIT training in our region 7/18-7/22 for law enforcement, the first training will be held in Jasper County, there will be 20 slots available for trainees. Smith with Capstone Behavioral Healthcare is assisting with lining up speakers for the training. There will be additional trainings in November 2022 and May 2023 in our region. Other regions also will be hosting trainings. SolutionPoint + CIT training will also be provided at the Law Enforcement Academy. DHS requires regions to submit a quarterly report to the State regarding status of services, if would like to see this report please reach out Treibel Leeds. May is Mental Health Awareness month and the Administrative Team has discussed utilizing Trilix Marketing to raise awareness.

10. Legislative Update – Karla Webb, Informational

Wood provided a legislative update, there is a current bill that would allow regions to have a 10% ending fund balance, current legislation requires regions to have a 5% ending fund balance in a couple of years. Do not know if this will be passed as its own bill or be in Senate Appropriations or House Standings bill. Are looking at adding \$71 million to the Standings bill that would be for MHDS regional funding as the State will be fully funding Regions as of 7/1/22. There is legislation looking at paying a tiered rate for individuals in the hospital, Medicaid would pay a higher rate for individuals with higher acuity. There was legislation looking at opening more beds at MHIs, this legislation did not move forward.

Discussed the State has two Resource Centers (RC), one is Glenwood Resource Center in Glenwood, and one is Woodward Resource Center in Woodward. There is currently about 250 clients and 1600 staff at Glenwood RC. There has been an investigation into Glenwood and a settings review. The State of Iowa and Federal Government is working on a Consent Decree, the State of Iowa has chosen to move everyone out of Glenwood RC in 2 years, some individuals will be moved to Woodward RC and others moved to waiver homes in communities. CICS is the largest geographic region and anticipate some individuals will want to live within CICS. Work force issues will be a barrier in moving people into the community. Ellis noted she has heard another barrier is guardian concern for an individual to be moved into the community, she encouraged it is important for guardians to be involved in the Townhall Meetings that are held. Smith discussed there are some high need individuals currently at Glenwood RC and Woodward RC that will require a higher staffing level. Ellis noted the rate staff at the Resource Centers are being paid is higher then what community based providers are able to pay. Additional discussion was held.

11. Agency Update/Information Sharing

Gardner shared Friendship Club is doing a Mental Health Awareness Event, May 25th at Bethany Lutheran Church, they will have the local NAMI CI Director speaking and acknowledge volunteers. Smith inquired if there are trainings available such as Mental Health First Aid Training, Treibel Leeds will work with Smith on locating a training.

12. Next Meeting Date: 6/14/22 @ 1:30pm

13. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

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

In-person Location at:
Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

Join Zoom Meeting At:
<https://us02web.zoom.us/j/86854986343?pwd=TDIKQWxGaUduYm1SbXFDdHIUMEFZUT09>

Meeting ID: 868 5498 6343
Passcode: 529724

Join by Phone at:
+1 312 626 6799 US (Chicago)
Meeting ID: 868 5498 6343
Passcode: 529724

1. Welcome and Introductions: Roll Call of Committee Members

- | | | |
|---|--|--|
| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
| <input type="checkbox"/> Diana Dawley | <input type="checkbox"/> Sharon Swope | <input type="checkbox"/> Rachel Fletcher |
| <input type="checkbox"/> Kathy Hanzek | <input type="checkbox"/> Julie Smith | <input type="checkbox"/> Jody Eaton |
| <input type="checkbox"/> Brittany Palmer | <input type="checkbox"/> Breon Gardner | <input type="checkbox"/> Leatha Slauson |
| <input type="checkbox"/> Brandon Greenfield | <input type="checkbox"/> Kelly Kratz | <input type="checkbox"/> Kara Anderson |
| <input type="checkbox"/> Heidi Metz | <input type="checkbox"/> Beth Colby Plautz | |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

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

Motion: _____

Second: _____

Vote on Motion: _____

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

Chair asks for nominations to elect

Motion: _____

Second: _____

Vote on Motion: _____

5. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
6. Regional Update and Fiscal Year Changes – Russell Wood, Informational
7. Legislative Update – Russell Wood, Informational
8. Service Planning and Development Update – Patti Treibel Leeds, Informational
9. Advisory Committee Vacancies – Karla Webb, Informational
10. Local Community Needs
11. Client Spotlight for Next Meeting
12. Agency Update/Information Sharing
13. Next Meeting Date: September 13, 2022 @ 1:30PM
14. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

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

1. Welcome and Introductions: Roll Call of Committee Members

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

2. Adoption of the Agenda – Action

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

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

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

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

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

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

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

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

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

7. Legislative Update – Russell Wood, Informational

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

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

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

9. Advisory Committee Vacancies – Karla Webb, Informational

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

10. Local Community Needs

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



11. Client Spotlight for Next Meeting

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

12. Agency Update/Information Sharing

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

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

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

14. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Meeting Tuesday September 13th, 2022 @ 1:30 pm Agenda

In-person Location at:
Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

**Join on your computer, mobile app or room device
Microsoft Teams meeting**

[Click here to join the meeting](#)

Meeting ID: 242 681 632 543

Passcode: grDjdN

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

[+1 469-848-0192](#) United States, Dallas

Phone Conference ID: 801 144 156#

[Find a local number](#) | [Reset PIN](#)

1. Welcome and Introductions: Roll Call of Committee Members

- | | | |
|---|--|--|
| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
| <input type="checkbox"/> Diana Dawley | <input type="checkbox"/> Sharon Swope | <input type="checkbox"/> Rachel Fletcher |
| <input type="checkbox"/> Kathy Hanzek | <input type="checkbox"/> Julie Smith | <input type="checkbox"/> Jody Eaton |
| <input type="checkbox"/> Brittany Palmer | <input type="checkbox"/> Breon Gardner | <input type="checkbox"/> Leatha Slauson |
| <input type="checkbox"/> Brandon Greenfield | <input type="checkbox"/> Kelly Kratz | <input type="checkbox"/> Kara Anderson |
| <input type="checkbox"/> Heidi Metz | <input type="checkbox"/> Beth Colby Plautz | <input type="checkbox"/> Deb Williams |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

3. Approval of 6/14/22 Meeting Minutes - Action

Motion: _____

Second: _____

Vote on Motion: _____

4. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
5. Planning and Development Update – Patti Treibel Leeds, Informational
6. Service Coordination FY22 Summary – Linn Adams, Informational
7. FY22 Financial Information – Betsy Stursma, Informational
8. Local Community Needs
9. Client Spotlight
10. Agency Update/Information Sharing
11. Next Meeting Date: December 13, 2022 @ 1:30PM
12. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

**CICS Adult Regional Advisory Committee Meeting
Tuesday September 13th, 2022 @ 1:30 pm
Minutes**

1. Welcome and Introductions: Roll Call of Committee Members

Chair Ellis called the meeting to order at 1:30PM, Committee members present: Sharon Swope, Heidi Metz, Jennifer Ellis, Kathy Hanzek, Beth Colby Plautz, JD Deambra, Breon Gardner, Kelly Kratz, and Deb Williams. CICS staff present: Linn Adams, Patti Treibel Leeds, Betsy Stursma, and Karla Webb.

2. Adoption of the Agenda – Action

Metz motioned to approve the agenda, Gardner second, motion approved.

3. Approval of 6/14/22 Meeting Minutes - Action

Colby Plautz motioned to approve the 6/14/22 meeting minutes, Hanzek second, motion approved.

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

Deambra reported CICS recently held an ASIST Suicide Prevention Training with 15 people graduating from the training who will now be able to train others regionwide in suicide prevention. With every class taught save 10-15 people. Trainers must do three trainings in the first year and then one training per year thereafter. Governing Board meetings have included regular board activities.

5. Planning and Development Update – Patti Treibel Leeds, Informational

Treibel Leeds reported CICS sponsored a Crisis Intervention Training (CIT) in Newton in July. Seventeen officers attended from within CICS region and other regions. CICS will hold a second CIT training in November 2022 in Webster County. Treibel Leeds also discussed the ASIST Suicide Prevention Training. Regions have received administrative rule references from Health and Human Services (HHS) for evidence-based practices (EBP) and are working on this, will provide further information at a later date. 43 North Iowa is working with an architect on plans for the home where intensive residential services will be provided, anticipate this service opening in spring 2023. Regions report to the State quarterly on status of services, trainings, and EBPs. Treibel Leeds shared the new report format that will be used for the quarterly reporting to identify providers and services for adults and children, EBPs, trainings, and an area to provide additional information on projects, initiatives, and successes. The report is due in October to the State.

6. Service Coordination FY22 Summary – Linn Adams, Informational

Adams reviewed the draft FY22 Service Coordination report, highlights include creation of three Justice Involved Services positions, two Service Coordination Supervisor positions, and a

realignment of service coordination staff coverage areas. Four additional counties were added to CICS 7/1/21, saw a 46% increase in applications which is attributed to the addition of counties. Adams reviewed number of individuals served by service coordination monthly, numbers served in residential care facilities and mental health institutes, and individuals receiving CICS funding while waiting for Medicaid funded services. Adams summarized exception to policy (ETP) requests and appeals received.

7. FY22 Financial Information – Betsy Stursma, Informational

Stursma explained are wrapping up FY22 claims, FY22 projected accrual is \$13.3 million; FY22 budget was \$13,500,000. CICS is ending with a \$16 million fund balance. CICS did receive approval from the State to encumber \$7.1 million for YSS youth recovery campus, with encumbering these funds this leaves CICS with a 65% ending fund balance which is over the legislated 40% ending fund balance. Given this, are expecting a revenue reduction of \$3.5 million from the State, believe will receive \$13 million from the State for revenue. Financial information will be included in the CICS FY22 Annual report due by December 1.

8. Local Community Needs

No comments received.

9. Client Spotlight

No client spotlight.

10. Agency Update/Information Sharing

Gardner shared Friendship Club open house will be on 10/14/22 for their new space. Kratz shared 43 North Iowa received a good fidelity review for Individual Placement and Supports (IPS) service. Webb shared details for the Story Co. Mental Health Expo on 9/20/22.

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

12. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Meeting Tuesday, December 13th, 2022 @ 1:30 pm Agenda

In-person Location at:

Story County Human Services Center, 126 S. Kellogg Ave., Conference Room West 2nd Floor, Ames, IA 50010

Join Zoom Meeting at:

<https://us06web.zoom.us/j/86769511503?pwd=OWVHYzE1a08zMDYxSlc1VnZLM2orUT09>

Meeting ID: 867 6951 1503

Passcode: 680341

Join by phone at:

+1 312 626 6799 US (Chicago)

Meeting ID: 867 6951 1503

Passcode: 680341

1. Welcome and Introductions: Roll Call of Committee Members

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|---|--|--|
| <input type="checkbox"/> BJ Hoffman | <input type="checkbox"/> JD Deambra | <input type="checkbox"/> Jennifer Ellis |
| <input type="checkbox"/> Diana Dawley | <input type="checkbox"/> Sharon Swope | <input type="checkbox"/> Rachel Fletcher |
| <input type="checkbox"/> Kathy Hanzek | <input type="checkbox"/> Julie Smith | <input type="checkbox"/> Jody Eaton |
| <input type="checkbox"/> Brittany Palmer | <input type="checkbox"/> Breon Gardner | <input type="checkbox"/> Leatha Slason |
| <input type="checkbox"/> Brandon Greenfield | <input type="checkbox"/> Kelly Kratz | <input type="checkbox"/> Kara Anderson |
| <input type="checkbox"/> Heidi Metz | <input type="checkbox"/> Beth Colby Plautz | <input type="checkbox"/> Deb Williams |

2. Adoption of the Agenda – Action

Motion to Approve: _____

Second: _____

Vote on Motion: _____

3. Approval of 9/13/22 Meeting Minutes - Action

Motion: _____

Second: _____

Vote on Motion: _____

4. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
5. Planning and Development Update – Patti Treibel Leeds/Karla Webb, Informational
6. FY24 Budget – Betsy Stursma, Informational
7. CICS Marketing - Betsy Stursma, Informational
8. Legislative Information – Karla Webb, Informational
9. Recognition of Committee Advisory Terms Ending 12/31/22 – Karla Webb, Informational
10. Local Community Needs
11. Agency Update/Information Sharing
12. Next Meeting Date: March 14, 2023 @ 1:30PM
13. Adjournment





CICS

Supporting Individuals. Strengthening Communities.

**CICS Adult Regional Advisory Committee Meeting
Tuesday, December 13th, 2022 @ 1:30 pm
Minutes**

1. Welcome and Introductions: Roll Call of Committee Members
Chair Ellis called the meeting to order at 1:30PM, those present: Heidi Metz, Deb Williams, Jennifer Ellis, Rachel Fletcher, Kathy Hanzek, Jody Eaton, Breon Gardner, Kelly Kratz, Beth Colby Plautz. Others Present: Karla Webb, Betsy Stursma, and Patti Triebel Leeds joined toward the end of the meeting.
2. Adoption of the Agenda – Action
Colby Plautz motioned to adopt the agenda, Gardner second, motion passed.
3. Approval of 9/13/22 Meeting Minutes – Action
Hanzek motioned to approve the minutes, Gardner second, motion passed.
4. Highlights of Regional Governing Board – Julie Smith and JD Deambra, Informational
No updates available.
5. Planning and Development Update – Patti Treibel Leeds/Karla Webb, Informational
Webb shared CICS held a Crisis Intervention Training in Fort Dodge in November with 7 participants. CICS will host one more training this fiscal year on May 15, 2023. A request for proposal for intensive residential service home (IRSH) was issued in September with a proposal deadline of 11/18/22, no proposals were received. A program manager position was added to work with justice involved services. Patti Treibel Leeds, Russell Wood and the two program managers are doing a lot of work in regard to planning and outcomes and look forward to sharing more information at the next meeting. After joining the meeting, Treibel Leeds encouraged committee members to reach out to her if see gaps in service. Ellis noted she receives inquiries for respite services.
6. FY24 Budget – Betsy Stursma, Informational
Stursma explained are working on developing the FY24 budget, the administrative team will be meeting tomorrow to do further work on the budget. Are looking at expansion and enhancement of services, this is all preliminary at this time and are ideas being looked at, some of these areas include: expansion for outpatient therapy for multi-systemic family therapy, possible co-responder model with law enforcement and social worker for mental health related calls, this wouldn't be in lieu of mobile crisis; are looking at reducing funding for crisis stabilization residential services as the project with YSS will conclude at the end of the fiscal year; looking at an access center or further access center network development; expanding supported community living (SCL) and what we are offering for children, possibly residential based SCL services. Looking at potentially adding dollars for intensive residential services, recognize this

is a required service and would like to develop more beds for this service; are looking at building up community based day habilitation program that would meet the needs of individuals that current day habilitation program may not currently meet; continuing to have funding for individual placement and supports services (IPS) employment services and peer support services; looking at adding additional funds for education and training services/provider competency for training that would be helpful for providers; looking at what can do for permanent supportive housing services; have discussed possibly looking at ACT services for children; budgeting additional funds for family psychoeducation and what could we be doing additionally there as well as; are considering development of forensic care and what would this look like; looking at development of a mental health court in Story County and how we can partner; adding funds to Intensive Psychiatric Rehabilitation (IPR) and possible expansion of this service; for children's services have had providers asking about funding for consultation services for school personnel; looking at transportation and how can we increase access to transportation and community integration; looking at expanding rental assistance program as consider social determinants of health. Did find in the Code of Iowa that regions shall budget 99% of eligible funds, we anticipate will have \$21,400,000 available for FY24, CICS will have a reduction in state funds while we continue to spend our fund balance down. \$21,260,250 is the current budget amount are considering for FY24. This budget still does include funding for YSS project. Stursma will plan to share the budget out when it is closer to being finalized and asked for feedback. Colby Plautz encouraged the development of day habilitation services. Williams suggested speaking with Mark Salzer, Ph.D. with Temple University Collaborative on Community Inclusion. Gardner shared transportation in Hardin County has been difficult for individuals to access and has affected their participation at Friendship Club.

7. CICS Marketing - Betsy Stursma, Informational

Stursma reported CICS sent out a survey to gather information on marketing from advisory committees, governing board, and CICS staff. It is hard to know if our current ways of getting information out is effective. Have a small committee of staff working on marketing, CICS continues to use social media and will be bringing this in-house for staff to manage. Stursma asked for the committee to share marketing ideas with her and to complete the survey if haven't already.

8. Legislative Information – Karla Webb, Informational

Webb reported in the committee packet is the 2023 legislative session timetable and Iowa State Association of County (ISAC) Top Legislative Priorities handout. Webb summarized the ISAC handout on Competency and Treatment for Persons in the Justice System and Civil Commitments. An additional legislative objective is to change the 5% carry forward balance after FY2023 to 10% for regions. With a 10% carry forward balance regions would be in a better position to be able to maintain timely payment to providers if there was an issue in receiving the state's quarterly payment to regions.

9. Recognition of Committee Advisory Terms Ending 12/31/22 – Karla Webb, Informational

Webb reported several committee members have terms expiring at the end of this month. Webb has reached out to active members to see if they would like to renew their appointment and have heard back from most. Webb is requesting individuals interested in renewing their appointment to complete a new committee application as the applications will go before the Governing Board for appointment. Webb thanked everyone for their involvement with the adult advisory committee. Currently the individuals whose terms are expiring at the end of this month are Kathy Hanzek, Breon Gardner, Brandon Greenfield, Leatha Slauson, Kelly Kratz, Jody Eaton, Julie



Smith, Kara Anderson, and Rachel Fletcher. Webb plans to request for the Governing Board to extend terms for one year for Heidi Metz and Beth Colby Plautz as they were the most recently appointed to the committee and this will help to balance out term appointments. For vacancies, based on current information at this time if interested individuals are reappointed, it appears there will be eight vacancies for an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and possibly one vacancy for a provider representative. Committee members were encouraged to reach out to individuals who may be interested in serving and share the committee application, Webb offered to visit with anyone who may be interested in serving on the committee as well.

10. Local Community Needs

Garnder shared in Hardin County, Region 6 Peoples Rides is struggling with staffing shortage, they have one driver and if the driver is ill then members are unable to make it to Friendship Club and be involved in activities. If a bus breaks down, then that also affects people's transportation.

11. Agency Update/Information Sharing

Gardner shared have expanded services at Friendship Club, are needing to look at limiting participation to events/activities to members only, some members sign up for an activity and then do not attend. Metz, Senior Life Solutions shared their service area and services offered for individuals 65 and older. Williams shared hope to provide an update in March on what is changing in Marshalltown. Fletcher with Iowa Specialty Hospitals & Clinics shared have two more therapists starting, one in Clarion and one in Belmond/Garner location, also added other additional therapists and medication providers. Colby Plautz, Child Health Specialty Clinics, had a legislative forum with 11 legislators, discussed workforce concerns and mental health concerns, discussed starting a waiver for autism services. Kratz, 43 North Iowa is striving with individual placement and support services, just added another part-time staff due to increased referrals, are working on IRSH development to open in the spring, will be relocating residential care facility to another building, SCL program is continuing to grow, have expanded SCL to Franklin and Hardin County, numbers of individuals served with supported employment are lower in Hardin and Franklin County, heightened scrutiny will come into effect in March 2023 that will hopefully help to push services into more community based. Ellis shared Friendship Ark is trying to restart day habilitation in January and their program is community based, Ellis will be meeting with one of the MCOs to explain their community-based day habilitation program. Eaton shared Capstone Behavioral Healthcare recently purchased another house to provide SCL services and CICS assisted with startup costs. Ellis shared are planning to break ground on their eighth five bed HCBS home once the ground thaws.

12. Next Meeting Date: March 14, 2023 @ 1:30PM

13. Adjournment



Bylaws Central Iowa Community Services Adult Regional Advisory Committee

Effective Date: 5/1/22

I NAME

The name of this organization shall be Central Iowa Community Services Adult Regional Advisory Committee (hereinafter “Adult Regional Advisory Committee”)

II PURPOSE

The Adult Regional Advisory Committee, pursuant to IC 331.390(2)e; 331.392.(2)i; IAC 441-25.14.(1)i Regional governance structure will look at how services are delivered, the quality of services and help identify and prioritize service needs.

The Adult Advisory Committee may also address any mental health related issues the Adult Regional Advisory Committee feels to be appropriate.

The Adult Regional Advisory Committee shall act in an advisory role and all authority for policy making shall remain with Central Iowa Community Services Regional Governing Board (hereinafter “Regional Governing Board”)

III MEMBERSHIP

The Adult Regional Advisory Committee shall consist of a maximum of 22 members. All members shall be from counties within or provide service within the Central Iowa Community Services Region.

Ten members will be an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and ten members will be a service provider. Two members from the Governing Board will serve as ex-officio non-voting members. An effort shall be made to have representation from each of the counties within the region. Committee members shall be appointed by the Regional Governing Board. Applications shall be presented to the Governing Board by the CICS staff member designated to provide support to the CICS Adult Advisory Committee.

The Adult Regional Advisory Committee members shall serve two year terms. The appointments shall be staggered, half of the members representing an individual who utilizes mental health and disability services or is an actively involved relative of such an individual and half of the members representing service providers shall serve until 12/31/22 with the other half of each serving until 12/31/23.

Thereafter, all appointments shall be for two years.

Members will be eligible for appointment for a total of 6 years. An individual can be reappointed again after at least one year off the committee.

Approved by Central Iowa Community Services Governing Board on April 28, 2022.

IV OFFICERS

The officers of the Adult Regional Advisory Committee shall include a chair and vice-chair. Each shall be elected at the first advisory committee meeting of the calendar year. The chair shall preside at all meetings and appoint all sub-committees as determined necessary by the adult regional advisory committee. The vice-chair shall act in the chair's absence.

The permanent recording secretary shall be a CICS staff member.

V MEETINGS

Meetings of the Adult Regional Advisory Committee shall be held in the first quarter of each calendar year and at least quarterly thereafter. The CICS staff member shall be responsible for sending written notice to all members at least one week in advance of meetings. Public notice of meetings will be provided by posting meeting date, time, and agenda on the Central Iowa Community Services website.

Special meetings can be called at any time at the request of two advisory committee members. The request for a special meeting shall be presented to the chair. The chair will then be responsible for scheduling the meeting.

A quorum will be a majority of appointed members in attendance. No action will be taken in the absence of a quorum.

Members may participate in any meeting by any means of communication that allows direct participation, including but not limited to telephone conference call and video conferencing. Members participating in this manner shall be considered present for purposes of quorum and voting.

VI ADOPTION

These by-laws shall be adopted by both the Adult Regional Advisory Committee and the Regional Governing Board. These by-laws become effective upon approval by the Regional Governing Board.

VII REVISIONS

These by-laws will be reviewed annually and may be revised by the Adult Regional Advisory Committee with approval from the Regional Governing Board. The revision shall first be approved by the Adult Regional Advisory Committee and then presented to the Regional Governing Board. The revision shall become effective upon approval by the Regional Governing Board.

VIII TERMINATION

The Adult Regional Advisory Committee serves at the complete discretion of the Regional Governing Board. If state law changes and/or other circumstances arise, the Regional Governing Board may, upon board action, dissolve the Adult Regional Advisory Committee.

Approved by Central Iowa Community Services Governing Board on April 28, 2022.

CENTRAL IOWA COMMUNITY SERVICES
MENTAL HEALTH AND DISABILITY SERVICES
FY 2024
ANNUAL SERVICE AND BUDGET PLAN



CICS

Supporting Individuals. Strengthening Communities.

SUBMITTED

GEOGRAPHIC AREA: Boone, Cerro Gordo, Franklin, Greene, Hamilton, Hancock, Hardin, Jasper, Madison, Marshall, Poweshiek, Story, Warren, Webster, Wright Counties

REVIEWED BY ADVISORY COMMITTEES:

APPROVED BY GOVERNING BOARD:

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DRAFT

Introduction

CICS was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service (MHDS) Region in compliance with Iowa Code 331.390. The Annual Service and Budget Plan is a component of the Management Plan, which includes three parts: Annual Service and Budget Plan, Annual Report, and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2024 Annual Service and Budget Plan covers the period of July 1, 2023 to June 30, 2024. The Annual Service and Budget Plan includes local access points, targeted case management and service coordination providers, crisis services, intensive mental health services, a description of the scope of services to be provided including core services, budget and financial provisions, and provider reimbursement provisions.

All funding for CICS is provided through the general fund of the state of Iowa. CICS is taking steps to meet the legislated ending fund balance of 20% at the end of FY2023.

At the time of this report, current CICS Governing Board Directors are:

Erich Kretzinger - Boone County

Chris Watts - Cerro Gordo County

Richard Lukensmeyer - Franklin County

Dawn Rudolph - Greene County

Jerry Kloberdanz - Hamilton County

Gary Rayhons – Hancock County

BJ Hoffman - Hardin County

Brandon Talsma - Jasper County

Phil Clifton - Madison County

Jarret Heil - Marshall County

Diana Dawley - Poweshiek County

Lisa Heddens - Story County

Mark Snell - Warren County

Mark Campbell - Webster County

Karl Helgevold – Wright County

JD Deambra - Individual who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of such an Individual

Julie Smith - Ex-officio, non-voting Provider Representative

Allie Wulfekuhle - Parent/Actively Involved Relative of a Child who Utilizes Children’s Behavioral Health Services

Kendra Alexander - The Education System

Andrea Dickerson - Ex-officio, non-voting Children’s Behavioral Health Service Provider

The CICS Adult Advisory Committee members are:

Individual who Utilizes Mental Health and Disability Services or is an Actively Involved Relative of such an Individual:

JD Deambra
Kathy Hanzek
Ellen Rasmussen
Deb Williams

Provider Representative:

Jennifer Ellis
Rachel Fletcher
Breon Gardner
Kelly Kratz
Heidi Metz
Brittany Palmer
Beth Colby Plautz
Sharon Swope
Julie Smith

Governing Board Ex-Officio Non-Voting Members:

Diana Dawley
BJ Hoffman

The CICS Children's Behavioral Health Advisory Committee Members are:

Allie Wulfekuhle - Parent/Actively Involved Relative of a Child who Utilizes Children's Behavioral Health Services
Joy Meinders - Parent/Actively Involved Relative of a Child who Utilizes Children's Behavioral Health Services
Andrea Dickerson - Children's Behavioral Health Service Provider
Melinda Struthoff – Children's Behavioral Health Service Provider
Kelly Moore - Early Childhood Advocate
Lori Price - Early Childhood Advocate
Rita Baker - Early Childhood Advocate
Clarissa Thompson - Child Welfare Advocate
Keith Halleland - Child Welfare Advocate
Karie Foster - The Education System
Kendra Alexander - The Education System
Chief Rob Burdess - Local Law Enforcement
Emilea Lundberg - The Juvenile Court System
Shirley Faircloth - The Juvenile Court System
Dejah Roman - Child Care Provider
Dr. Jack Swanson - Pediatrician
Dawn Rudolph - Regional Governing Board
Lisa Heddens - Regional Governing Board

A. Local Access Points

An access point is a part of the CICS service system trained to complete MHDS regional applications for persons with a disability.

CICS has designated the following CICS office access points for adult mental health and disability services and children's behavioral health services.

Access Point	Location	Contact Information
CICS - Boone County	900 W 3rd St., Boone IA 50036	515-433-4883
CICS - Cerro Gordo County	5 S. Delaware Ave., Mason City IA 50401	319-231-4287
CICS - Franklin County	123 1st Ave SW, Hampton IA 50441	641-456-2128
CICS - Greene County	114 N. Chestnut St., Jefferson IA 50129	515-433-4883
CICS - Hamilton County	500 Fairmeadow Dr., Webster City IA 50595	515-832-9550
CICS - Hancock County	236 State St., Garner IA 50438	641-373-4735
CICS - Hardin County	1201 14th Ave., Eldora IA 50627	641-939-8167
CICS - Jasper County	315 W. 3 rd St. N, Ste. 200, Newton IA 50208	641-841-1167
CICS - Madison County	112 John Wayne Dr., Winterset IA 50273	641-640-2418
CICS - Marshall County	101 East Main St., Marshalltown IA 50158	641-754-6390
CICS - Poweshiek County	200 4 th Ave. W, Suite 202, Grinnell IA 50112	641-236-9199
CICS - Story County	126 S Kellogg Ave. Suite 001, Ames IA 50010	515-663-2928
CICS - Warren County	1007 S Jefferson Way, Indianola IA 50125	515-961-1068
CICS - Webster County	308 Central Ave., Fort Dodge IA 50501	515-573-1485
CICS - Wright County	120 1 st Ave. NW Ste. 1, Clarion, IA 50525	515-532-3309

B. Service Coordination and Targeted Case Management

The following agencies provide service coordination and/or targeted case management for CICS.

Service Coordination Provider	Adult/Child/Both	Location	Contact Information
CICS - Boone County	Both	900 W 3rd St., Boone IA 50036	515-433-4883
CICS - Cerro Gordo County	Both	5 S. Delaware Ave., Mason City IA 50401	319-231-4287
CICS - Franklin County	Both	123 1st Ave. SW, Hampton IA 50441	641-456-2128
CICS - Greene County	Both	114 N. Chestnut St., Jefferson IA 50129	515-433-4883
CICS - Hamilton County	Both	500 Fairmeadow Dr., Webster City IA 50595	515-832-9550
CICS - Hancock County	Both	236 State St., Garner IA 50438	641-373-4735
CICS - Hardin County	Both	1201 14th Ave., Eldora IA 50627	641-939-8167
CICS - Jasper County	Both	315 W. 3 rd St. N, Ste. 200, Newton IA 50208	641-841-1167
CICS - Madison County	Both	112 John Wayne Dr., Winterset IA 50273	641-640-2418
CICS - Marshall County	Both	101 East Main St., Marshalltown IA 50158	641-754-6390
CICS - Poweshiek County	Both	200 4 th Ave. W, Suite 202, Grinnell IA 50112	641-236-9199
CICS - Story County	Both	126 S Kellogg Ave. Suite 001, Ames IA 50010	515-663-2928
CICS - Warren County	Both	1007 S Jefferson Way, Indianola IA 50125	515-961-1068
CICS - Webster County	Both	308 Central Ave., Fort Dodge IA 50501	515-573-1485
CICS - Wright County	Both	120 1 st Ave. NW, Clarion IA 50525	515-532-3309
Amerigroup Iowa, Inc.	Both	1089 Jordan Creek Parkway, West Des Moines IA 50266 Website: https://www.uhcommunityplan.com/	1-800-464-9484 TTY: 711
Capstone Behavioral Healthcare, Inc	Adult	1123 1 st Ave E, Suite 200, Newton IA 50208	641-792-4012
Center Associates Integrated Health Services	Both	9 North 4 th Ave., Marshalltown IA 50158	641-752-1585
ChildServe	Both	5406 Merle Hay Road, Johnston IA 50131	515-727-8750
ChildServe	Both	1915 Philadelphia St., Ames IA 50010	515-232-7220
Community Support Advocates	Both	6000 Aurora Ave. Suite. B, Des Moines IA 50322	515-883-1776
County Social Services Intensive Care Management	Both	1206 S. Main St. Suite. D, Charles City IA 50616	641-257-6199
Crossroads Behavioral Health Services	Both	1003 Cottonwood Rd., Creston IA 50801	641-782-8457

DHS Case Management	Both	400 SW 8 th St., Des Moines IA 50319	515-242-6877
DHS Case Management Marshall County Office	Both	1301 Summit St., Marshalltown IA 50158	641-844-1510
Ellipsis	Child	918 SE 11 th St., Des Moines, IA 50309	515-282-9377
Eyerly Ball Community Mental Health Services	Adult	105 S Marshall, Boone IA 50036	515-298-0181
Eyerly Ball Community Mental Health Services	Adult	2521 University Blvd., Suite 121, Ames IA 50010	515-598-3300
Eyerly Ball Community Mental Health Services	Adult	1301 Center St., Des Moines IA 50139	515-243-5181
Four Oaks Family and Children Services	Child	5400 Kirkwood Blvd. SW, Cedar Rapids IA 52404	319-364-0259
Iowa Total Care	Both	1370 Timberlake Manor Pkwy, Chesterfield MO 63017 Website: https://www.iowatotalcare.com/	1-833-404-1061
Orchard Place Child Guidance Center	Child	620 8 th St., Des Moines IA 50309	515-256-3450
Prairie Ridge Integrated Behavioral Healthcare	Adult	123 1st Ave. SW, Hampton IA 50441	641-456-2365
Prairie Ridge Integrated Behavioral Healthcare	Adult	320 N. Eisenhower Ave., Mason City, IA 50401	641-424-2391
Stepping Stone Family Services	Both	1308 8 th St. #5, West Des Moines, IA 50265	515-276-6338
UnityPoint Health - Berryhill Center	Both	720 Kenyon Road, Fort Dodge IA 50501	515-955-7171
YSS, Inc.	Child	125 South 3 rd St., Ames IA 50010	515-233-2250

C. Crisis Planning

The following accredited crisis services are available to residents of the region for crisis prevention, response, and resolution.

24 Hour Crisis Response

Provider	Location	Contact Information
Capstone Behavioral Healthcare, Inc.	1123 1 st Ave. E, Suite 200 Newton IA 50208	641-792-4012
Capstone Behavioral Healthcare, Inc.	200 4 th Ave. W, Grinnell IA 50112	641-260-8270
Center Associates	9 N 4th Ave., Marshalltown IA 50158	641-752-1585
Crossroads Mental Health	102 W. Summit, Winterset IA 50273	515-462-3105
Eyerly Ball Community Mental Health Services	2521 University Blvd, Suite 121, Ames IA 50010	515-598-3300
Eyerly Ball Community Mental Health Services	1301 Center St., Des Moines IA 50139	515-243-5181
Eyerly Ball Community Mental Health Services	105 S Marshall, Boone IA 50036	515-298-0181
Plains Area Mental Health	106 W. Washington St., Suite 2, Jefferson IA 50129	712-792-2991
Prairie Ridge Integrated Behavioral Healthcare	320 N Eisenhower Ave., Mason City IA 50401	641-424-2391
UnityPoint Health - Berryhill Center	720 Kenyon Rd., Fort Dodge IA 50501	515-955-7171

24 Hour Crisis Hotline

Provider	Location	Contact Information
Your life Iowa – Foundation 2, Inc.	1714 Johnson Ave. NW, Cedar Rapids IA 52405	Phone: 855-581-8111 Text: 855-895-8398 Chat: www.YourLifelowa.org

Crisis Evaluation

Provider	Adult/Child/Both	Location	Contact Information
Capstone Behavioral Healthcare, Inc.	Both	1123 1 st Ave. E, Suite 200 Newton IA 50208	641-792-4012
Capstone Behavioral Healthcare, Inc.	Both	200 4 th Ave. W, Grinnell IA 50112	641-260-8270
Center Associates	Both	9 N 4th Ave., Marshalltown IA 50158	641-752-1585

Crossroads Mental Health	Both	102 W. Summit, Winterset IA 50273	515-462-3105
Eyerly Ball Community Mental Health Services	Both	2521 University Blvd., Suite 121, Ames IA 50010	515-598-3300
Eyerly Ball Community Mental Health Services	Both	1007 S. Jefferson Way, Indianola IA 50125	515-243-5181
Eyerly Ball Community Mental Health Services	Both	105 S Marshall, Boone IA 50036	515-298-0181
Plains Area Mental Health	Both	106 W. Washington Street, Suite 2, Jefferson IA 50129	712-792-2991
Prairie Ridge Integrated Behavioral Healthcare	Both	320 N Eisenhower Ave., Mason City IA 50401	641-424-2391
UnityPoint Health - Berryhill Center	Both	720 Kenyon Rd., Fort Dodge IA 50501	515-955-7171

Mobile Response

Provider	Location	Contact Information
Eyerly Ball Community Mental Health Services	945 19 th St., Des Moines IA 50314	855-581-8111

Crisis Stabilization Community-based Services

Provider	Adult/Child	Location	Contact Information
Eyerly Ball Community Mental Health Services	Both	945 19 th St., Des Moines IA 50314	855-581-8111

Crisis Stabilization Residential Services

Provider	Adult/Child	Location	Contact Information
Infinity Health	Adult	219 W Washington St., Osceola, IA 50213	641-342-1742
Guidelink Access Center	Adult	300 Southgate Ave., Iowa City, IA 52240	319-688-8000
Mental Health Access Center of Linn County	Adult	501 13 th St. NW, Cedar Rapids, IA 52405	319-892-5612
North Iowa Regional Services	Adult	1440 W. Dunkerton Rd., Waterloo, IA 50703	319-291-2455
Plains Area Mental Health, Inc. – Turning Point	Adult	900 Early St., Sac City, IA 50583	712-662-8055
Youth Shelter Care of North Central Iowa, Inc.	Child	301 Avenue M West, Fort Dodge IA 50501	515-955-4222
YSS, Inc.	Child	703 Burnett Ave., Ames IA 50010	515-233-2330
YSS, Inc.	Child	50 North Eisenhower Ave., Mason City IA 50401	641-423-7362
Zion Integrated Behavioral Health/Safe Harbor	Adult	706 Cedar Ave., Woodward, IA 50276	515-642-4125

23-Hour Observation

Provider	Location	Contact Information
MercyOne North Iowa	1000 4 th St. SW, Mason City, IA 504	641-428-7000
Zion Integrated Behavioral Health/Safe Harbor	706 Cedar Ave., Woodward, IA 50276	515-642-4125

CICS has entered into a Memorandum of Understanding (MOU) with the following regions to acknowledge agreement to follow the host region contract with the crisis service provider who is located outside of the CICS region that has agreed to serve CICS residents: County Rural Office of Social Services, County Social Services, Heart of Iowa Community Services, and MHDS of East Central. In the event a MOU is not in place, CICS will follow the host region contract for crisis services.

CICS also has MOUs with Care Connections of Northern Iowa and County Social Services for access to crisis services located within CICS.

CICS plans to explore the addition of a co-responder model for mobile crisis response and also look at potential needed changes for mobile crisis response dispatch services.

43 North Iowa, Inc. is planning for development of crisis stabilization residential services, the goal is to have these services available in FY2024. Funding for sustainability of crisis stabilization residential services is budgeted for FY2024.

CICS is partnering with YSS, Inc. for development of Ember Youth Recovery Campus near Cambridge, IA where crisis stabilization residential services will be available as well as other services including, but not limited to, emergency

shelter and residential addiction treatment services for youth. CICS entered into a multi-year contract with YSS, any encumbered funds not expended by the end of FY2023 will be included in CICS' FY2023 ending fund balance.

D. Intensive Mental Health Services

CICS has entered into MOUs with County Rural Office of Social Services, County Social Services, Heart of Iowa Community Services, and MHDS of East Central for access center services located outside of the CICS region. CICS also has MOUs with Heart of Iowa Community Services and Rolling Hills Community Services for access to subacute services located within CICS.

ACT services are currently available in Boone and Story Counties through Eyerly Ball Community Mental Health Services, Hamilton and Webster Counties through UnityPoint – Health Berryhill Center, and Cerro Gordo, Hancock, and Franklin Counties through Prairie Ridge Integrated Behavioral Healthcare. CICS is pursuing possibilities for expansion of ACT services into other counties.

CICS is actively working with agencies to formalize an access center network and is intending to establish staff position(s) to provide coordination services for individuals who utilize services within the access center network as well as these positions will help to coordinate the access center network providers. Funding is budgeted for sustainability of subacute services and startup funds for subacute service expansion.

CICS is working with 43 North Iowa, Inc. for development of intensive residential services (IRS), intent is to have this service available in FY2023 or early FY2024.

The region has designated the following provider(s) as an **Access Center** that meet the requirements according to IAC 441—25.6(1) in a coordinated manner in one or more locations:

Provider	Location	Contact Information
Infinity Health	219 W Washington St., Osceola, IA 50213	641-342-1742
Guidelink Access Center	300 Southgate Ave., Iowa City, IA 52240	319-688-8000
Mental Health Access Center of Linn County	501 13 th St. NW, Cedar Rapids, IA 52405	319-892-5612
North Iowa Regional Services	1440 W. Dunkerton Rd., Waterloo, IA 50703	319-291-2455
Zion Integrated Behavioral Health/Safe Harbor	706 Cedar Ave., Woodward, IA 50276	515-642-4125

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been designated and meet the requirements in IAC 441—25.6(2).

Provider	Location	Contact Information
Eyerly Ball Community Mental Health Services	2521 University Blvd., Suite 121, Ames IA 50010	515-598-3300
UnityPoint Health – Berryhill Center	720 Kenyon Rd., Fort Dodge IA 50501	515-955-7171
Prairie Ridge Integrated Behavioral Healthcare	320 N. Eisenhower Ave., Mason City IA 50401	641-424-2391

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

Provider	Location	Contact Information
Infinity Health	219 W Washington St., Osceola, IA 50213	641-342-1742
Guidelink Access Center	300 Southgate Ave., Iowa City, IA 52240	319-688-8000
Mental Health Access Center of Linn County	501 13 th St. NW, Cedar Rapids, IA 52405	319-892-5612
Mary Greeley Medical Center	124 S. Hazel Ave., Ames IA 50010	515-239-6747
North Iowa Regional Services	1440 W. Dunkerton Rd., Waterloo, IA 50703	319-291-2455
Zion Integrated Behavioral Health/Safe Harbor	706 Cedar Ave., Woodward, IA 50276	515-642-4125

E. Scope of Services & Budget and Financing Provisions

The FY2024 budget was developed by the finance team based on utilization for the current year and service development and expansion plans. The budget was reviewed and approved by the CICS Administrative Team; the final step of the budget process is approval by the CICS Governing Board.

As stated in Iowa Code 331.397 (2): *Within funds available the region shall pay for such services for eligible persons when payment through the medical assistance program or another third party payment is not available unless the person is on a waiting list for such payment, or it has been determined that the person does not meet the eligibility criteria for any such service.* As the funder of non-Medicaid services, CICS is filling the gap for funding for services and support for individuals who are ineligible for Medicaid, prior to eligibility determination for Medicaid, and for services not covered by Medicaid. CICS assists individuals in applying for all funding available to them and will collaborate on individualized planning for services and supports, incorporating all funding streams available through regional Service Coordinators.

The table below identifies the scope of services offered by CICS. All core services are available, with the exception of intensive residential services which is in development. If there is not funding identified in a core service column, it is because it has not been needed historically. If an individual needs funding for a core service and meets eligibility requirements found in the Eligibility section of the CICS Mental Health and Disability Services Management Plan Policies and Procedures manual, funding will be made available. Core services for children’s behavioral health are identified by (**) after the service name. Eligibility guidelines for children’s behavioral health services are located in the Eligibility section of the CICS Mental Health and Disability Services Management Plan Policies and Procedures. The current Policies and Procedures can be found at: www.cicsmhds.org.

The region will utilize braided funding that includes regional, state, and other funding sources as necessary and available to meet the service needs within the region. Federal funding, third-party payors, and other nongovernmental funding is to be used prior to expending state regional service payment dollars.

Table A. Expenditures

FY 2024 Budget	CICS MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$ 145,000	\$ 10,000	\$ 10,000	\$ 10,000		\$ 175,000
42306	Medication prescribing & management **	\$ 40,000					\$ 40,000
43301	Assessment, evaluation, and early identification **	\$ 5,000	\$ 5,000	\$ 5,000	\$ 5,000		\$ 20,000
71319	Mental health inpatient therapy-MHI	\$ 200,000					\$ 200,000
73319	Mental health inpatient therapy **	\$ 25,000					\$ 25,000
	Crisis Services						
32322	Personal emergency response system	\$ 1,000	\$ 1,000	\$ 2,000	\$ 1,000		\$ 5,000
44301	Crisis evaluation	\$ 700,000					\$ 700,000
44302	23 hour crisis observation & holding	\$ 40,000					\$ 40,000
44305	24 hour access to crisis response						\$ -
44307	Mobile response **	\$ 1,200,000					\$ 1,200,000
44312	Crisis Stabilization community-based services **	\$ 250,000					\$ 250,000
44313	Crisis Stabilization residential services **	\$ 100,000					\$ 100,000

44379	System Building & Sustainability- Crisis	\$ 1,200,000					\$ 1,200,000
44396	Access Centers: start-up / sustainability	\$ 1,000,000					\$ 1,000,000
	Support for Community Living						
32320	Home health aide						\$ -
32325	Respite		\$ 7,500	\$ 10,000	\$ 2,500		\$ 20,000
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 500,000	\$ 200,000	\$ 250,000	\$ 50,000		\$ 1,000,000
42329	Intensive residential services	\$ 150,000					\$ 150,000
	Support for Employment						
50362	Prevocational services	\$ 8,000	\$ 8,000	\$ 9,000			\$ 25,000
50364	Job development						\$ -
50367	Day habilitation	\$ 350,000	\$ 350,000	\$ 350,000	\$ 175,000		\$ 1,225,000
50368	Supported employment	\$ 20,000	\$ 50,000	\$ 50,000	\$ 5,000		\$ 125,000
50369	Group Supported employment-enclave	\$ 5,000	\$ 5,000	\$ 10,000			\$ 20,000
50379	System Building & Sustainability- IPS & Vocational	\$ 25,000	\$ 25,000	\$ 20,000	\$ 5,000		\$ 75,000
	Recovery Services						
45323	Family support	\$ 40,000	\$ 5,000	\$ 5,000			\$ 50,000
45366	Peer support	\$ 8,000	\$ 1,000	\$ 1,000			\$ 10,000
	Service Coordination						
21375	Case management						\$ -
24376	Health homes						\$ -
	Sub-Acute Services						
63309	Subacute services-1-5 beds						
64309	Subacute services-6 and over beds	\$ 300,000					\$ 300,000
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	\$ 20,000	\$ 20,000	\$ 20,000	\$ 15,000		\$ 75,000
32379	System Building & Sustainability - Supported Housing	\$ 1,000,000					\$ 1,000,000
32396	Supported housing	\$ 500,000					\$ 500,000
42398	Assertive community treatment (ACT)	\$ 150,000					\$ 150,000
45373	Family psychoeducation	\$ 10,000					\$ 10,000
45379	System Building & Sustainability - FPE & Recovery Services	\$ 65,000					\$ 65,000
	Core Domains Total	\$ 8,057,000	\$ 687,500	\$ 742,000	\$ 268,500		\$ 9,755,000
	Mandated Services						
46319	Oakdale	\$ 50,000					\$ 50,000
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 1,000,000					\$ 1,000,000
75XXX	Mental health advocate	\$ 250,000					\$ 250,000
	Mandated Services Total	\$ 1,300,000			\$ -		\$ 1,300,000
	Additional Core Domains						
	Justice system-involved services						
25xxx	Coordination services	\$ 652,815					\$ 652,815
25378	Contracted Coordination Services	\$ 100,000					\$ 100,000

44346	24 hour crisis line*						\$ -
44366	Warm line*						
46305	Mental health services in jails	\$ 250,000					\$ 250,000
46399	Justice system-involved services-other						\$ -
46422	Crisis prevention training	\$ 300,000					\$ 300,000
46425	Mental health court related costs	\$ 250,000					\$ 250,000
74301	Civil commitment prescreening evaluation						
	Additional Core Evidenced based treatment						
42366	Peer Wellness / Wellness and Recovery Centers	\$ 645,000	\$ 175,000	\$ 20,000	\$ 10,000		\$ 850,000
42379	System Building & Sustainability – Non-Crisis	\$ 700,000					\$ 700,000
42397	Psychiatric rehabilitation (IPR)	\$ 27,000					\$ 27,000
	Additional Core Domains Total	\$ 2,924,815	\$ 175,000	\$ 20,000	\$ 10,000		\$ 3,129,815
	Other Informational Services						
03371	Information & referral	\$ 50,000					\$ 50,000
04372	Planning, consultation &/or early intervention (client related) **						\$ -
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)	\$ 50,000					\$ 50,000
05373	Public education, prevention and education **	\$ 300,000	\$ 50,000	\$ 25,000	\$ 25,000		\$ 400,000
	Other Informational Services Total	\$ 400,000	\$ 50,000	\$ 25,000	\$ 25,000		\$ 500,000
	Community Living Supports						
06399	Academic services						\$ -
22XXX	Services management	\$ 1,500,000	\$ 150,000	\$ 150,000	\$ 50,000		\$ 1,850,000
22378	Contracted Services Management						
23376	Crisis care coordination	\$ 185,000					\$ 185,000
23378	Contracted crisis care coordination						
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 550,000	\$ 350,000	\$ 75,000	\$ 25,000		\$ 1,000,000
32321	Chore services						\$ -
32326	Guardian/conservator	\$ 2,000	\$ 1,000	\$ 1,000	\$ 1,000		\$ 5,000
32327	Representative payee	\$ 10,000	\$ 4,500	\$ 4,000	\$ 1,500		\$ 20,000
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)	\$ 150,000	\$ 30,000	\$ 10,000	\$ 10,000		\$ 200,000
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs	\$ 40,000	\$ 15,000	\$ 15,000	\$ 10,000		\$ 80,000
41305	Physiological outpatient treatment	\$ 2,000	\$ 2,000	\$ 1,000			\$ 5,000
41306	Prescription meds	\$ 7,500	\$ 2,500	\$ 5,000			\$ 15,000
41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -

42309	Partial hospitalization						\$ -
42310	Transitional living program						\$ -
42363	Day treatment						\$ -
42396	Community support programs	\$ 2,500	\$ 2,500	\$ 2,500	\$ 2,500		\$ 10,000
42399	Other psychotherapeutic treatment						\$ -
43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services						\$ -
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail	\$ 50,000					\$ 50,000
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds						\$ -
63399	Other 1-5 beds						\$ -
	Community Living Supports	\$ 2,499,000	\$ 557,500	\$ 263,500	\$ 100,000		\$ 3,420,000
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 400,000	\$ 50,000	\$ 50,000			\$ 500,000
64XXX	ICF 6 and over beds (64317 & 64318)	\$ 200,000					\$ 200,000
64329	SCL 6 and over beds	\$ 150,000					\$ 150,000
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 750,000	\$ 50,000	\$ 50,000	\$ -		\$ 850,000
Administration							
11XXX	Direct Administration					\$ 2,000,000	\$ 2,000,000
12XXX	Purchased Administration					\$ 400,000	\$ 400,000
	Administration Total					\$ 2,400,000	\$ 2,400,000
	Regional Totals	\$ 15,930,815	\$ 1,520,000	\$ 1,100,500	\$ 403,500	\$ 2,400,000	\$ 21,354,815
(45XX-XXX)County Provided Case Management							
							\$ -
(46XX-XXX)County Provided Services							
							\$ -
	Regional Grand Total						\$ 21,354,815

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances)

13951	Distribution to MHDS regional fiscal agent from member county						\$ -
14951	MHDS fiscal agent reimbursement to MHDS regional member county						\$ -

*24 hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.

**Core services for children with a serious emotional disturbance (SED)

Table B. Revenues

FY 2024 Budget	CICS MHDS Region		
Revenues			
	Projected Fund Balance as of 6/30/23		\$ 11,374,433
	Local/Regional Funds		\$ 125,000
1010	Delinquent Property Tax	-	
25xx	Other Governmental Revenues	-	
4XXX-5XXX	Charges for Services	-	
5310	Client Fees	20,000	
60XX	Interest	75,000	
6XXX	Use of Money & Property	-	
8XXX	Miscellaneous	30,000	
9040	Other Budgetary Funds (Polk Transfer Only)	-	
		-	
	State Funds		\$ 17,845,520
24XX	State/Federal pass thru Revenue	-	
2644	State Regional Service Payments	17,845,520	
2643	State Incentive Funds	-	
	Other	-	
		-	
	Federal Funds		\$ -
2345	Medicaid	-	
2347	American Rescue Plan Act (ARPA)	-	
	Other	-	
		-	
	Total Revenues		\$ 17,970,520

Total Funds Available for FY24	\$ 29,344,953
FY24 Projected Regional Expenditures	\$ 21,354,815
Projected Accrual Fund Balance as of 6/30/24	\$ 7,990,138

F. Financial Forecasting Measures

The following is a description of the financial forecasting measures used by CICS in the identification of service needs and funding necessary for services.

Historical service utilization is the starting point for all financial projections and costs of additional services added throughout the year are analyzed prior to budgeting. The FY2024 budget was developed to continue current funding for core services for children and adults; development and expansion of core and additional-core services for children and adults; continued funding of additional core services and non-core services and development and expansion of non-core services. CICS' intent is to continue to expand the provider network for services.

In FY2024 CICS would like to expand community integrated day habilitation services and expand Individual Placement and Support (IPS) services within the region. In FY2023 CICS let a planning grant for development of permanent supportive housing (PSH), CICS intends to continue to work on development of PSH in FY2024 and has budgeted sustainability funding for this service and client-related expenses following the development of a PSH program. CICS has budgeted for expansion of family psychoeducation services and development of additional peer support services. CICS is planning for development of a forensic care program and expansion of justice involved service coordination with services to be offered by CICS staff and one contracted provider. CICS is working with stakeholders in Story County for the development of a mental health court program to be implemented in late FY2023 or early FY2024. CICS is continuing to partner with other MHDS regions to offer crisis intervention training with law enforcement as well as de-escalation training, ex-Factor - mental wellness and resiliency, and crisis communication for dispatchers throughout the state of Iowa and as a part of the training curriculum at the Iowa Law Enforcement Academy.

CICS has budgeted for system building and sustainability for expansion of Assertive Community Treatment services for adults, intensive residential services, and intensive psychiatric rehabilitation services.

CICS has budgeted funding for multi-systemic family therapy and multi-dimensional family therapy. Additional areas of focus include a project with YSS, Inc. to provide the Hazelden Lifelines curriculum to schools within the CICS region, and potential development of Assertive Community Treatment services and residential based supported community living services for children.

CICS is exploring transportation options to enhance community integration and would like to consider expanding the rental assistance program.

The chart below identifies and defines specific services and projects funds needed, based on current utilization and available services.

Scope of Services/Projection of Funds Needed				
	Domains and Services		Projection of Need	Development & Expansion
Core Domains				
	Treatment			
	Mental health outpatient therapy	Includes medication prescribing and management, therapy. Access standards: emergency within 15 minutes of contact, urgent within one hour of contact or 24 hours of phone contact, routine within 4 weeks of request for appointment (within 45 miles).	\$55,000	\$120,000 Expansion
	Medication prescribing & management	Medication prescribing services with the individual present, including but not limited to, determining how the medication is affecting the individual, determining any drug interactions or adverse drug effects, proper dosage level. Medication management services provided with the individual present or on behalf of the individual, including but not limited to, monitoring effectiveness, compliance of medication regime, coordination with care providers, investigating medical interactions,	\$40,000	

		reviewing lab reports and activities pursuant to licensed prescriber orders.		
	Assessment, evaluation & early identification	The clinical review by a mental health professional of the current functioning of the individual using the service in regard to the individual's situation, needs, strengths, abilities, desires, and goals to determine the appropriate level of care. Early identification means the process of detecting developmental delays or untreated conditions that may indicate the need for further evaluation.	\$20,000	
	Mental health inpatient therapy- MHI Private	24 hour settings that provide services to treat acute psychiatric conditions provided in a licensed hospital with a psychiatric unit or a licensed freestanding psychiatric hospital. Primary goal is to provide a comprehensive evaluation, rapidly stabilize symptoms, address health and safety needs, and develop a comprehensive and appropriate discharge plan. Access within 24 hours and close proximity.	\$200,000 \$25,000	
Crisis Services				
	Personal emergency response system	An electronic device connected to a 24-hour staffed system, which allows the individual to access assistance in the event of an emergency.	\$5,000	
	Crisis evaluation	The process used with an individual to collect information related to the individual's history and needs, strengths, and abilities in order to determine appropriate services or referral during an acute episode. Access within 24 hours.	\$700,000	
	23 hour crisis observation & holding	A level of care provided up to 23 hours in a secure and protected, medically staffed, psychiatrically supervised treatment environment.	\$40,000	
	24 hour access to crisis response	Outpatient (24 Hour Crisis Response Services) - short term individualized mental health services following a crisis screening or assessment, which are designed to restore the individual to prior functional level.	-	
	Mobile response	A mental health service which provides on-site, face-to-face mental health crisis services for individuals experiencing a mental health crisis. Mobile crisis staff have the capacity to intervene, wherever the crisis is occurring, including but not limited to the individual's place of residence, emergency rooms, police stations, outpatient mental health settings, schools, recovery centers, or any other location where the individual lives, works, attends school, or socializes.	\$1,200,000	
	Crisis Stabilization community-based services	Services provided in community-based settings to de-escalate and stabilize an individual following a mental health crisis	\$250,000	
	Crisis Stabilization residential services	Services provided in short-term, non-community-based residential settings to de-escalate and stabilize a mental health crisis.	\$100,000	
	System Building & Sustainability - Crisis	Non-client related operational buildout costs to secure needed workforce and infrastructure to start-up, sustain, and expand required Crisis Services.	\$100,000	\$1,100,000 Development & Expansion
	Access Centers: start-up/ sustainability	Start-up, sustainability, and coordination costs for a regionally designated access center. (**Actual services provided in an access center should be funded under the corresponding service chart of account code).		\$1,000,000 Development
Support for Community Living				
	Home health aide	Unskilled medical services which provide direct personal care. This service may include assistance with activities of daily living, such as helping the recipient to bathe, get in and out of bed, care for hair and teeth, exercise, and take medications specifically ordered by the physician.	-	
	Respite	A temporary period of relief and support for individuals and their families provided in a variety of settings. The intent is to provide a safe environment with staff assistance for individuals who lack an adequate support system to address current issues related to a disability. Respite may be provided for a defined period of time; respite is either planned or provided in response to a crisis.	\$20,000	
	Home & vehicle modifications	A service that provides physical modifications to the home or vehicle that directly address the medical health or remedial needs of the individual that are necessary to provide for the health, welfare, and safety of the member and to increase or maintain independence.	-	
	Supported community living	Services provided in a non-institutional setting to adult persons with mental illness, intellectual, or developmental disabilities to meet the persons' daily living needs. Access standards within 4 weeks of request.	\$700,000	\$300,000 Development

	Intensive residential services	Intensive, community-based services provided 24 hours a day, 365 days a year to individuals with a severe and persistent mental illness or multi-occurring conditions. Providers of intensive residential service homes are enrolled with Medicaid as providers of HCBS Habilitation or HCBS Intellectual Disability Waiver Supported Community Living and meet additional criteria specified in Iowa Administrative Code 441.25.6(7).	\$150,000	
Support for Employment				
	Prevocational services	Services that focus on developing generalized skills that prepare an individual for paid or unpaid employment; skill development includes, but is not limited to, following directions, attending to tasks, task completion, problem-solving, and safety and mobility training; can be provided in a variety of settings.	\$25,000	
	Day habilitation	Services that assist or support the individual in developing or maintaining life skills and community integration. Services shall enable or enhance the individual's functioning, physical and emotional health and development, language and communication development, cognitive functioning, socialization and community integration, functional skill development, behavior management, responsibility and self-direction, daily living activities, self-advocacy skills, or mobility.	\$225,000	\$1,000,000 Expansion
	Job development	An approach to helping individuals participate as much as possible in competitive work in integrated work settings that are consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice of the individuals. Services are targeted for individuals with significant disabilities for whom competitive employment has not traditionally occurred; or for whom competitive employment has been interrupted or intermittent as a result of a significant disability including either individual or group supported employment, or both, consistent with evidence-based practice standards published by the Substance Abuse and Mental Health Services Administration. Access standards within 60 days of request.	-	
	Supported employment		\$125,000	
	Group Supported employment-enclave	The job and training activities in business and industry settings for groups of no more than eight workers with disabilities. Group settings include enclaves, mobile crews, and other business-based workgroups employing small groups of workers with disabilities in integrated, sustained, paid employment.	\$20,000	
	System Building & Sustainability - IPS & Vocational	Non-client related operational buildout costs to secure needed workforce and infrastructure to start-up, sustain, and expand Evidence-based and Vocational services.		\$75,000 Expansion
Recovery Services				
	Family support	Family support peer specialist and peer support specialist that assist the family of an individual to live successfully, including but not limited to, education and information, individual advocacy, family support groups, and crisis response.	\$50,000	
	Peer support		\$10,000	
Service Coordination				
	Case management	Service provided by a case manager, service coordinator, or Health Home through an interdisciplinary array of medical care, behavioral health care, and community-based social services and supports. Assists individuals in gaining access to needed medical, social, educational, and other services through assessment, development of a care plan, referral, monitoring, and follow-up using a strengths-based service approach that helps individuals achieve specific desired outcomes leading to a healthy self-reliance and interdependence with their community. Access within 10 days of request.	-	
	Health homes		-	
Sub-Acute Services				
	Subacute services-1-5 beds	A comprehensive set of wraparound services for persons who have had or are at imminent risk of having acute or crisis mental health symptoms that do not permit the persons to remain in or threatens removal of the persons from their home and community, but who have been determined by a mental health professional and a licensed health care professional, subject to the professional's scope of practice, not to need inpatient acute hospital services.		
	Subacute services-6 and over beds		\$50,000	\$250,000 Expansion

Core Evidence-Based Treatment				
	Education & Training Services - provider competency	Training related to provider competency in delivering co-occurring integrated services, trauma-informed services, and evidence-based practices.	\$75,000	
	System Building & Sustainability- Supported housing	Non-client related operational buildout costs to secure needed workforce and infrastructure to start-up, sustain, and expand Evidence-based and Supportive services.		\$1,000,000 Development
	Supported housing	A combination of housing and services intended as a cost-effective way to help people live more stable, productive lives; tenancy not predicted on services.	\$500,000	
	Assertive community treatment (ACT)	An intensive and highly integrated approach for community mental health service delivery. ACT programs serve individuals whose symptoms of mental illness result in serious functioning difficulties in several major areas of life, often including work, social relationships, residential independence, money management, and physical health and wellness.	\$150,000	
	Family psychoeducation	Services including the provision of emotional support, education, resources during periods of crisis, and problem-solving skills consistent with evidence-based practice standards published by the Substance Abuse and Mental Health Services Administration.	\$10,000	
	System Building & Sustainability - FPE & Recovery Services	Non-client related operational buildout costs to secure needed workforce and infrastructure to start-up, sustain, and expand Evidence-based and Recovery services.		\$65,000 Expansion
Mandated Services				
	Oakdale	Hospital Services provided at Iowa Medical & Classification Center Code of Iowa Chapter 812.	\$50,000	
	Commitment related (except 301)	Diagnostic Evaluations/Sheriff transportation/Legal representation	\$250,000	\$750,000 Development
	Mental health advocate		\$250,000	
Additional Core Domains				
Justice System-Involved Services				
	Coordination services	Service coordination provided to individuals in the justice system.	\$402,815	\$250,000 Expansion
	Contracted coordination services	Contracted service coordination provided to individuals in justice system	\$100,000	
	24 hour crisis line	Crisis Hotline (fee paid to vendor) (24 Hour Crisis Line) Telephone crisis service- program that operates a crisis hotline either directly or through a contract. The service shall be available 24 hours a day and seven days a week including, but not limited to, relief of distress in pre-crisis and crisis situations, reduction of the risk of escalation, arrangements for emergency on-site responses when necessary, and referral of callers to appropriate services.	-	
	Warm line	A line staffed by peer counselors, who provide nonjudgmental, nondirective support to an individual who is experiencing a personal crisis.	-	
	Mental health services in jails	Outpatient mental health services provided to individuals in criminal justice settings.	\$250,000	
	Justice system-involved services-other	Other support services within the justice system.	-	
	Crisis prevention training	Educational and Training Services Safety training for law enforcement, first responders, etc., regarding mental health awareness such as Crisis Intervention Training (CIT).	\$300,000	
	Mental Health Court Related Costs	Legal and court related services for mental health court related expenses.		\$250,000 Development
	Civil commitment prescreening evaluation	Evaluations completed prior to commitment with goal to divert individuals from commitment process.	-	
Additional Core Evidence-Based Treatment				
	Peer Wellness / Wellness and Recovery Centers	Social Support services- drop in centers and clubhouse centers.	\$850,000	
	System Building & Sustainability - Non crisis	Non-client related operational buildout costs to secure needed workforce and infrastructure to start-up, sustain, and expand Evidence-based and Intensive mental health services. (Wellness Centers, IRSH, ACT, IPR, Transitional Living)		\$700,000 Development & Expansion

	Psychiatric rehabilitation (IPR)	Individualized services designed to increase the consumer's ability to function independently to prevent or reduce the need for services in a hospital or residential setting and to promote the consumer's recovery of the ability to perform a valued role in society.	\$27,000	
Other Informational Services				
	Information & referral	Activities designed to provide facts about resources available/help to access those resources.	\$50,000	
	Planning, Consultation and/or early intervention (client related)	Consultation - advisory activities directed to a service provider to assist the provider in delivering services to a specific person; Early intervention - services designed to address the social, emotional, and developmental needs of children at their earliest stages to decrease long-term effects and provide support in meeting developmental milestones.	-	
	Planning and management consultants (non-client related)	Advisory activities directed to a service provider to assist the provider in planning, developing, or implementing programs; or in solving management or administrative problems; or addressing other concerns in the provider's own organization.	\$50,000	
	Public education, prevention and education	Education services - activities that increase awareness and understanding of the causes and nature of conditions or factors which affect an individual's development and functioning. Prevention - efforts to increase awareness and understanding of the causes and nature of conditions or situations which affect an individual's functioning in society. Prevention activities are designed to convey information about the cause of conditions, situations, or problems that interfere with an individual's functioning or ways in which that knowledge can be used to prevent their occurrence or reduce their effect, and may include but are not limited to, training events, webinars, presentations, and public meetings.	\$400,000	
Other Community Living Support Services				
	Services management	Designed to help individuals and families identify service needs and coordinate service delivery but which do not constitute case management.	\$1,850,000	
	Crisis Care Coordination	Coordination service provided during an acute crisis episode that facilitates working together to organize a plan and service transition programming, including working agreements with inpatient behavioral health units and other community programs. The service shall include referrals to mental health services and other supports necessary to maintain community-based living capacity, including case management as defined herein.	\$185,000	
	Transportation	Services for consumers to conduct business errands or essential shopping, to receive medical services not reimbursed through Title XIX, to go to and from work, recreation, education or day programs, and to reduce social isolation.	\$250,000	\$750,000 Expansion
	Guardian/conservator	Activities provided as required by the court system to handle the personal business of the individual.	\$5,000	
	Representative payee	Activities provided to manage an individual's finances.	\$20,000	
	Rent payments (time limited)	Rent payment to avoid homelessness.	\$50,000	\$150,000 Expansion
	Other basic needs	Other costs associated with basic necessities.	\$80,000	
	Physiological outpatient treatment	Activities designed to prevent, halt, control, relieve, or reverse symptoms or conditions which interfere with the normal physiological functioning of the human body.	\$5,000	
	Prescription meds	Prescription medication, including medication prescribed for psychiatric conditions.	\$15,000	
	Community support programs	Comprehensive programs to meet individual treatment and support needs of consumers, which enable consumers with a mental illness, intellectual disability, or a developmental disability to live and work in a community setting.	\$10,000	
	Psychiatric medications in jail	Psychiatric medication funded for individuals in jail	\$50,000	
Other Congregate Services				
	RCF 6 and over beds	Long-term care given to adults or children who stay in a residential setting rather than in their own home or family home.	\$500,000	
	ICF 6 and over beds	Intermediate Care Facility, non-Medicaid only.	\$200,000	
	SCL 6 and over beds	Services and supports determined necessary to enable consumers to live and work in a community, and is provided in Licensed RCF facility	\$150,000	

	6 and over beds. Services are directed to enhancing consumer's ability to regain or attain higher levels of independence, or to maximize current levels of functioning.		
Projection of need based on current services and funding		\$11,194,815	
Funds allocated for expansion of services			\$7,760,000

G. Provider Reimbursement Provisions

CICS will contract with MHDS providers and non-traditional providers who meet contracting eligibility requirements and whose base of operation is in the region or is a provider who is not contracted with their host region and is providing services funded by CICS. The Region retains the right to select service providers to be a part of the CICS provider network. Providers must be approved CICS MHDS network providers in order to be eligible for regional funding. New providers may be added to the provider network if it is determined that either a particular individual will benefit from the service (as determined by the individual's inter-disciplinary team) or that the provider shall provide service(s) that will enhance the service system. CICS will also honor contracts that other regions have negotiated with their local providers. A contract may not be required with providers that provide one-time or as needed services.

In order to support service expansion efforts, CICS may offer requests for proposals (RFPs) in combination with other strategies. The following is a description of the types of funding used by CICS:

- **Fee-for-service:**
A fee-for-service approach will be utilized in most provider contracts, outlining the services to be provided and the rate of reimbursement. Services provided under a fee-for-service model are reimbursed based on a service funding request and prior authorization process, with the exception of civil commitment-related expenses and crisis services.
- **Block grant payments:**
CICS may utilize block grant payments when a service does not fit the traditional fee-for-service method of payment and may be considered to cover costs of new services until a fee-for-service rate can be established. Other uses may be to provide access to crisis services and assertive community treatment services.
- **Incorporation of all funding sources for individuals including Medicaid:**
The region is responsible for ensuring that MHDS services are available to all residents of the region regardless of funding source. CICS will ensure that individuals apply for all funding sources prior to accessing regional funding, including private insurance, Medicaid, Medicare, and other funding mechanisms, which ensure that individuals and their families are able to optimally live, work, and recreate in integrated communities of their choice.

In addition to resource guidelines of Iowa Code 331.395, CICS will exempt one vehicle per adult household member.

CICS requires providers to meet all applicable licensure, accreditation, and certification standards. CICS has contracted with the providers identified below. Additional providers, including non-traditional providers, may be added throughout the year as services are developed to meet the service needs of individuals.

43 North Iowa	111 2 nd St. NE	Mason City	50401
Achieve Mental Health Inc.	814 Railroad St.	Iowa Falls	50126
Access, Inc.	PO Box 268	Hampton	50441
Arc of Story County	130 S. Sheldon Ave., Ste. 302	Ames	50010
Arc of Marshall County	1934 Taylor Ave.	Marshalltown	50158

Belmond Community Hospital	403 1 st St. SE	Belmond	50421
Brain Injury Association of Iowa	1556 S. First Ave., Ste. A	Iowa City	52240
Brian Vold, ARNP	814 Railroad St.	Iowa Falls	50126
Capstone Behavioral Healthcare	1123 1 st Ave E, Ste 200	Newton	50208
Center Associates	9 North 4th Ave.	Marshalltown	50158
Central Iowa Juvenile Detention Center	2317 Rick Collins Way	Eldora	50627
Central Iowa Psychological Services	223 S. Walnut Ave.	Ames	50010
Central Iowa Recovery, Inc.	1610 Collins St, Ste 2	Webster City	50595
ChildServe Community Options	1915 Philadelphia St.	Ames	50010
Choices Therapy Services, LLC	2829 Buena Vista Drive	Clive	50325
Christian Opportunity Center	1602 North 14th St.	Indianola	50125
CIRSI, Inc.	111 E. Linn St.	Marshalltown	50158
Classroom Clinic	PO Box 951	Carroll	51401
Community & Family Resources	211 Ave M West	Fort Dodge	50501
Crossroads Mental Health Center	1003 Cottonwood Rd.	Creston	50801
Deb Thompson dba DHT Consulting and Training	2801 68 th St.	Urbandale	50322
Duncan Heights, Inc.	236 State. St.	Garner	50438
Eyerly Ball Community Mental Health Services	945 19th St.	Des Moines	50314
Foundation 2, Inc.	1714 Johnson Ave. NW	Cedar Rapids	52405
Freedom Pointe of Greater Webster County	1303 A St., Ste. 003	Fort Dodge	50501
Friendship Ark, Inc.	130 S. Sheldon Ave., Ste. 203	Ames	50014
FIA Friendship Club, Inc.	602 S Oak St., PO Box 622	Iowa Falls	50126
Goshorn Psych-Services, PLLC	410 E. Robinson St., Ste. A-2	Knoxville	50138
Grace C Mae Advocate Center, Inc.	2501 S. Center, Ste. M	Marshalltown	50158
Greene County Family Medicine	1000 W Lincoln Way St, Ste 100	Jefferson	50129
Heartland Senior Services	205 S. Walnut	Ames	50010
HIRTA Transit	2824 104th St.	Urbandale	50322
House of Mercy	1409 Clark St	Des Moines	50314
Integrated Telehealth Partners	1501 42 nd St., Ste. 120	West Des Moines	50266
Integrated Treatment Services, LLC	303 S. 2nd Ave. W	Newton	50208
Interpreters Unlimited	PO Box 27660	San Diego	92198
Iowa Judicial Branch	1111 E. Court Ave.	Des Moines	50319
Iowa Specialty Hospital - Clarion	403 1 st St. SE	Belmond	50421
Life Connections LC	240 N. Bluff Blvd., Ste. 206	Clinton	52732
LifeWorks Community Services	1303 A St.	Fort Dodge	50501
Lori Schoh DBA @The Mental Health Lab, PLLC	515 6 th Ave.	Grinnell	50112
Lutheran Services in Iowa (LSI)	3125 Cottage Grove Ave.	Des Moines	50311
Mainstream Living	2012 E. 13th St.	Ames	50010
Mason City Clinic	250 S. Crescent Dr.	Mason City	50401
Mary Greeley Medical Center	1111 Duff Ave., PO Box 863	Ames	50010
MercyOne North Iowa Medical Center	1449 Northwest 128 th St.	Clive	50325
Mid-Iowa Triumph Recovery Center, Inc.	204 E Linn St., Ste A, PO Box 1774	Marshalltown	50158
MIW, Inc.	909 S. 14th Ave., PO Box 966	Marshalltown	50158
Midwest Counseling	PO Box 313	Williamsburg	52361
NAMI Central Iowa	424 5 th St.	Ames	50010

New Beginnings Counseling Service	6200 Aurora Ave, Ste 103E	Urbandale	50322
Norse Ventures LLC, dba Thrive	1924 SW Cascade Falls Drive	Ankeny	50023
One Vision	1200 North 9 th St. West	Clear Lake	50428
Optimae Life Services	602 E Grand Ave.	Des Moines	50301
Orchard Place	2116 Grand Ave.	Des Moines	50312
Pillar of Cedar Valley	1410 W Dunkerton Road	Waterloo	50703
Plains Area Mental Health Center	180 10 th St. SE, Ste. 201	LeMars	51301
Prairie Ridge Integrated Behavioral Healthcare	320 N Eisenhower Ave.	Mason City	50401
Premier Payee, Inc.	100 E Euclid Ave., Ste. 137	Des Moines	50313
Progress Industries	202 N 3 rd Ave W.	Newton	50208
Region Six Resource Partners	903 E. Main St.	Marshalltown	50158
The Salvation Army	PO Box 1681	Ames	50010
Spring Harbor Residential Services	123 1 st St. SE	Mason City	50401
The Respite Connection, Inc	2469 106 th St., Ste. 220	Urbandale	50322
Trilix Marketing Group	615 Third St., Ste. 300	Des Moines	50309
UnityPoint Health – Berryhill Center	720 Kenyon Road	Fort Dodge	50501
Van Diest Medical Center	2350 Hospital Dr.	Webster City	50595
Youth & Shelter Services, Inc.	420 Kellogg Ave.	Ames	50010
Youth Shelter Care of North Central Iowa, Inc.	301 Ave. M West	Fort Dodge	50501

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