



FY21 ANNUAL REPORT

**SUBMITTED
12/01/2021**

GEOGRAPHIC AREA: *Audubon, Dallas, Guthrie*
APPROVED BY GOVERNING BOARD: 11/22/2021

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Introduction

Heart of Iowa region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report 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 FY2021 Annual Report covers the period of July 1, 2020 to June 30, 2021. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	56	618	674	40
Mental Illness, Intellectual Disabilities	2	9	11	40, 42
Mental Illness, Other Developmental Disabilities	0	2	2	40, 43
Mental Illness, Brain Injury	0	1	1	40, 47
Intellectual Disabilities	4	7	11	42
Brain Injury	0	1	1	47
Total	62	638	700	

Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

FY 2021 Actual GAAP	Heart of Iowa Community Services MHDS Region	MI (40)		ID (42)		DD (43)		BI (47)		Other	Total
		A	C	A	C	A	C	A	C	A	
Core											
	Treatment										
42305	Psychotherapeutic Treatment - Outpatient	36	7								43
71319	State MHI Inpatient - Per diem charges	6									6
73319	Other Priv./Public Hospitals - Inpatient per diem charges	5									5
Basic Crisis Response											
32322	Support Services - Personal Emergency Response System	1		1							2
44301	Crisis Evaluation	145	39								184
44313	Crisis Stabilization Residential Service (CSRS)	23									23
Support for Community Living											
32320	Support Services - Home Health Aides	1									1
32325	Support Services - Respite Services	2									2
32329	Support Services - Supported Community Living	18	1	9				1			29
Support for Employment											
50364	Voc/Day - Job Development	1									1
50367	Day Habilitation	2		1		1					4

FY 2021 Actual GAAP	Heart of Iowa Community Services MHDS Region	MI (40)		ID (42)		DD (43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
50368	Voc/Day - Individual Supported Employment	5		3								8
	Recovery Services											
	Service Coordination											
	Sub-Acute Services											
	Core Evidence Based Treatment											
Core Subtotals:		245	47	14		1		1				308
Mandated												
74XXX	Commitment Related (except 301)	83	2									85
75XXX	Mental health advocate	65	1									66
Mandated Subtotals:		148	3									151
Core Plus												
Justice System Involved Services												
25XXX	Coordination services	309	6									315
46305	Mental Health Services in Jails	168	1									169
Additional Core Evidence Based Treatment												
42366	Psychotherapeutic Treatment - Social Support Services	2	4	5	5							16
Core Plus Subtotals:		479	11	5	5							500
Other Informational Services												
Community Living Support Services												
22XXX	Services management	173	12									185
31XXX	Transportation	15	1	2								18
32335	Consumer-Directed Attendant Care	2										2
32399	Support Services - Other	2										2
33330	Mobile Meals	1						1				2
33340	Basic Needs - Rent Payments	13										13
33399	Basic Needs - Other	10										10
41305	Physiological Treatment - Outpatient	1										1
41306	Physiological Treatment - Prescription Medicine/Vaccines	3	1									4
41307	Physiological Treatment - In-Home Nursing	1										1
42309	Psychotherapeutic Treatment - Partial Hospitalization	23										23
42310	Psychotherapeutic Treatment - Transitional Living Program	24										24
42396	Psychotherapeutic Treatment - Community Support Programs	3	4		1	1						9
46306	Prescription Medication (Psychiatric Medications in Jail)	152										152
63329	Comm Based Settings (1-5 Bed) - Supported Community Living	1										1
Community Living Support Services Subtotals:		424	18	2	1	1		1				447
Congregate Services												
64329	Comm Based Settings (6+ Beds) - Supported Community Living	1										1
64XXX	RCF-6 and over beds	13										13
Congregate Services Subtotals:		14										14
Administration												
Uncategorized												
Regional Totals:		1,310	79	21	6	2		2				1,420

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

Date Designated	Access Center
July 1, 2021	Safe Harbor Crisis Center, Woodward, IA
May 1, 2021	CHCSI, Osceola, IA

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by sub rule 25.6(2), and documentation of each team's most recent fidelity score.

Date Designated	ACT Teams	Fidelity Score
August 2019	Eyerly Ball, Polk County	

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

Date Designated	Subacute
5/1/2021	CHCSI, Osceola, IA

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual's clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.

- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

Date Designated	Intensive Residential Services
	HICS is still working with a provider to develop this service. HICS is willing to contract with a provider in another region if needed due to the workforce shortage, but this region is hopeful an agreement with a local provider will be possible.

C. Financials

Table C. Expenditures

FY 2021 Accrual	HEART OF IOWA MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	44,622					44,622
42306	Medication prescribing & management **						-
43301	Assessment, evaluation, and early identification **						-
71319	Mental health inpatient therapy-MHI	125,890					125,890
73319	Mental health inpatient therapy **	44,637					44,637
	Crisis Services						
32322	Personal emergency response system	844	5,100				5,944
44301	Crisis evaluation	72,369					72,369
44302	23-hour crisis observation & holding						-
44305	24-hour access to crisis response						-
44307	Mobile response **	5,901					5,901
44312	Crisis Stabilization community-based services **						-
44313	Crisis Stabilization residential services **	637,337					637,337
44396	Access Centers: start-up / sustainability						-
	Support for Community Living						
32320	Home health aide	160					160
32325	Respite	1,943					1,943
32328	Home & vehicle modifications						-
32329	Supported community living	29,910	16,890		10,227		57,026
42329	Intensive residential services						-
	Support for Employment						
50362	Prevocational services						-
50364	Job development	171					171
50367	Day habilitation	3,367	528	462			4,357
50368	Supported employment	60,218	15,306				75,524
50369	Group Supported employment-enclave						-

FY 2021 Accrual	HEART OF IOWA MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
	Recovery Services						
45323	Family support						-
45366	Peer support						-
	Service Coordination						
21375	Case management						-
24376	Health homes						-
	Sub-Acute Services						
63309	Subacute services-1-5 beds						-
64309	Subacute services-6 and over beds						-
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency						-
32396	Supported housing						-
42398	Assertive community treatment (ACT)						-
45373	Family psychoeducation						-
	Core Domains Total	1,027,369	37,824	462	10,227		1,075,881
	Mandated Services						
46319	Oakdale						-
72319	State resource centers						-
74XXX	Commitment related (except 301)	68,850					68,850
75XXX	Mental health advocate	24,806					24,806
	Mandated Services Total	93,657	-	-	-		93,657
	Additional Core Domains						
	Justice system-involved services						
25xxx	Coordination services	185,133					185,133
44346	24-hour crisis line*						-
44366	Warm line*						-
46305	Mental health services in jails	80,208					80,208
46399	Justice system-involved services-other	2,102					2,102
46422	Crisis prevention training	48,240					48,240
46425	Mental health court related costs						-
74301	Civil commitment prescreening evaluation						-
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	15,172	24,787				39,958
42397	Psychiatric rehabilitation (IPR)						-
	Additional Core Domains Total	330,854	24,787	-	-		355,640
	Other Informational Service						
03371	Information & referral						-
04372	Planning, consultation &/or early intervention (client related) **						-
04377	Provider Incentive Payment						-
04399	Consultation Other						-
04429	Planning and Management Consultants (non-client related)	16,960					16,960
05373	Public education, prevention and education **	369,852					369,852
	Other Informational Services Total	386,812	-	-	-		386,812

FY 2021 Accrual	HEART OF IOWA MHDS Region	MI (40)	ID (42)	DD (32)	BI (47)	Admin (44)	Total
Community Living Supports							
06399	Academic services						-
22XXX	Services management	308,501					308,501
23376	Crisis care coordination						-
23399	Crisis care coordination other						-
24399	Health home other						-
31XXX	Transportation	18,670	10,983				29,653
32321	Chore services						-
32326	Guardian/conservator						-
32327	Representative payee						-
32335	CDAC	5,011					5,011
32399	Other support	340					340
33330	Mobile meals	211			2,940		3,151
33340	Rent payments (time limited)	16,118					16,118
33345	Ongoing rent subsidy						-
33399	Other basic needs	3,042					3,042
41305	Physiological outpatient treatment	125					125
41306	Prescription meds	205					205
41307	In-home nursing	2,029					2,029
41308	Health supplies						-
41399	Other physiological treatment						-
42309	Partial hospitalization	131,442					131,442
42310	Transitional living program	204,139					204,139
42363	Day treatment						-
42396	Community support programs	34,250	2,100	5,600			41,950
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	12,246					12,246
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	7,625					7,625
63399	Other 1-5 beds						-
	Community Living Supports	743,953	13,083	5,600	2,940		765,576

FY 2021 Accrual	HEART OF IOWA MHDS Region	MI (40)	ID (42)	DD (32)	BI (47)	Admin (44)	Total
Other Congregate Services							
50360	Work services (work activity/sheltered work)						-
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	140,738					140,738
64XXX	ICF 6 and over beds (64317 & 64318)						-
64329	SCL 6 and over beds	7,625					7,625
64399	Other 6 and over beds						-
	Other Congregate Services Total	148,363	-	-	-		148,363
Administration							
11XXX	Direct Administration					924,482	924,482
12XXX	Purchased Administration						-
	Administration Total					924,482	924,482
	Regional Totals	2,731,007	75,693	6,062	13,167	924,482	3,750,412
(45XX-XXX) County Provided Case Management							
							-
(46XX-XXX) County Provided Services							
							-
	Regional Grand Total						3,750,412

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	2,272,514
14951	MHDS fiscal agent reimbursement to regional member county	729,445
15481	Distribution to Other MHDS Regional Fiscal Agent (CARES Act)	50,000

* 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). Please Note: Amounts shown also include services provided to Adults.

Table D. Revenues

FY 2021 Accrual	Heart of Iowa MHDS Region		
Revenues			
	FY20 Annual Report Ending Fund Balance		962,710
	Adjustment to 6/30/20 Fund Balance		
	Audited Ending Fund Balance as of 6/30/20 (Beginning FY21)		722,766
	Local/Regional Funds		2,688,085
10XX	Property Tax Levied	2,624,893	
12XX	Other County Taxes	1,432	
16XX	Utility Tax Replacement Excise Taxes	61,760	
25XX	Other Governmental Revenues		
4XXX-5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest		
6XXX	Use of Money & Property		
8XXX	Miscellaneous		
9040	Other Budgetary Funds (Polk Transfer Only)		
	State Funds		136,603
21XX	State Tax Credits	78,080	
22XX	Other State Replacement Credits	58,308	
24XX	State/Federal pass thru Revenue		
2644	MHDS Allowed Growth // State Gen. Funds	215	
29XX	Payment in Lieu of taxes		
	Other		
	Federal Funds		1,011,417
2345	Medicaid		
2347	CARES Act	961,417.00	
	Other		
	Total Revenues		3,786,105

Total Funds Available for FY21	4,508,871
FY21 Actual Regional Expenditures	3,750,412
Accrual Fund Balance as of 6/30/21	758,459

*** ALL revenue amounts are based on FY21 AFR for Audubon and Dallas Counties. At the time of completing this report, Guthrie County did not have the FY21 AFR completed and to the Dept. of Management. Therefore, Guthrie County amounts are from FY20 County Budget found on the Dept. of Management website.

Table E. County Levies

County	2018 Est. Pop.	Regional Per Capita	FY21 Max Levy	FY21 Actual Levy	Actual Levy Per Capita
AUDUBON	5,506	25.84	142,275	142,275	25.84
DALLAS	90,180	25.84	2,330,251	2,330,251	25.84
GUTHRIE	10,720	25.84	277,005	277,005	25.84
Total HEART OF IOWA Region	106,406		2,749,531	2,749,531	

D. Status of Service Development in FY2021

In the spring of 2021, Heart of Iowa was able to get Guthrie and Audubon County to sign their Stepping UP Resolutions so all Counties in the HICS Region are designated as NACO Stepping Up Counties. In the fall of 2021, HICS applied for Audubon and Guthrie Counties to join Dallas as Innovator Counties as part of the Stepping Up initiative and they were accepted.

Discussions have begun within the 5th Judicial in Dallas and Guthrie regarding the development of Specialty Courts. This is an exciting opportunity to formalize the process that is already occurring in our court system throughout our Region and will create better consistency for our MI, SUD, and Veteran population.

Discussions are taking place with an ID provider regarding Intensive Residential Service development. Heart of Iowa Region is willing to assist in the development of the program including hiring and retention of staff, training needs, resource, and referral as well as assistance with service coordination and crisis coordination. At this time, efforts are hampered due to staff shortages. Conversations will continue and solutions will continue to be sought. If needed, HICS will contract with a provider in a neighboring region until services are developed within Heart of Iowa Region.

In July of 2021, HICS was able to designate Safe Harbor as an Access Center. A MOU was developed with CHCSI, located in CROSS region for the sub-acute piece with the hopes that through new service development, Safe Harbor will eventually develop the sub-acute piece in house.

E. Outcomes/Regional Accomplishments in FY2021

Heart of Iowa focused a lot this year on working with schools on the distribution of CARES Act dollars. Therapy in schools was increased as needed. Special needs populations were focused on in certain schools to develop sensory rooms where needed and special equipment was purchased for other programs.

Another major initiative in the HICS Region this past year was to get the word out about what we do. Marketing was huge due to lack of knowledge in the community about the MHDS Regions. HICS participated in a rebranding campaign and focused on educating the community about our Region and Brain Health.

HICS also developed a partnership with Mindspring Mental Health Alliance and formalized our relationship with their affiliate so our members and their families had support groups and information readily available to them. We are working hard to bring together peers for lunch and learns to watch the many webinars Mindspring offers and to develop their own natural peer groups.

HICS staff are all trained as Mental Health First Aid instructors and have assisted two Dallas County Deputies and one West Des Moines Police Officer in getting trained as instructors. This is all to assist in our efforts to provide CIT training at the Iowa Law Enforcement Academy. Last year, we provided that training three times; in April, August, and December and in total trained approximately 245 new officers from all over the state of Iowa. Heart of Iowa Region is very proud of this program.

In 2021, Heart of Iowa also partnered with SolutionPoint Plus to bring various trainings into the Region. We started with crisis de-escalation for the Safe Harbor Crisis Stabilization program which was offered several times through the year. We then brought in a Wellness and Resiliency program directed at Law Enforcement to target their personal well-being. This was offered twice through the year and was well received. We will be bringing that back in 2022 along with Crisis De-escalation and CIT for some local departments. We are very excited about this partnership.