



## **FY23 ANNUAL SERVICE & BUDGET PLAN**

**SUBMITTED  
3/22/2022**

**GEOGRAPHIC AREA: Audubon, Dallas, & Guthrie  
APPROVED BY GOVERNING BOARD: 3/21/2022**

**BUDGET AMENDMENT APPROVED: 1/25/2023**

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# Introduction

Heart of Iowa Community Services Region 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 FY2023 Annual Service and Budget Plan covers the period of July 1, 2022 to June 30, 2023. The Annual Service and Budget Plan includes local access points, targeted case management 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.

Heart of Iowa Community Services (HICS) utilizes a Regional Governing Board made up of a Board of Supervisor member from each of the three counties that make up the region. With the addition of the children's system to the regions, three new voting members were added to the Governing Board. Those members include an adult relative of a member who utilizes MHDS services, an individual representing the education system, and a parent of a child who utilizes children's behavioral health services. Two other members are a provider of MHDS services and a Children's Behavioral Health Service provider. The HICS Region holds Advisory meetings on a quarterly basis.

## 1. Regional Governing Board

<b>Member</b>	<b>Representing</b>	<b>Voting Member</b>
Clifford Carney, Chair	Guthrie County Board of Supervisors	Yes
Brad Golightly, Vice Chair	Dallas County Board of Supervisors	Yes
Rick Thompson, Secretary	Audubon County Board of Supervisors	Yes
Larry Loss	Adults/Actively Involved Relatives of an Adult who Utilizes Mental Health and Disability Services <i>(designated by the regional adult mental health and disability services advisory committee)</i>	Yes
TBD	Parents/Actively Involved Relatives of a Child who Utilizes Children's Behavioral Health Services <i>(designated by the regional children's behavioral health services advisory committee)</i>	Yes
Lesleyann Christensen	The Regional Education System <i>(designated by the regional children's behavioral health services advisory committee)</i>	Yes
Laurie Cooley	Regional MHDS Adult Service Providers <i>(designated by the regional adult mental health and disability services advisory committee)</i>	No
Shanell Wagler	Regional Children's Behavioral Health Service Providers <i>(designated by the regional children's behavioral health services advisory committee)</i>	No

## 2. Regional Children's Advisory Committee

Member	Representing
TBD	Parents/Actively Involved Relatives of a Child who Utilizes Children's Behavioral Health Services
Lesleyann Christensen	The Education System
Shanell Wagler	Early Childhood Advocates
Deb Schrader	Child Welfare Advocates
Megan Hicks	Children's Behavioral Health Service Providers
Sarah Jennings, Audubon County Attorney	The Juvenile Court System
Dr. Nate Noble	Pediatricians
TBD	Child Care Providers
Lt. Adam Infante	Local Law Enforcement
Clifford Carney	Regional Governing Board

## 3. Regional Adult Advisory Committee

Member	Representing
Larry Loss	Parents/Actively Involved Relatives of an Adult who Utilizes Behavioral Health Services
Cindy Peeler	Iowa Hospital Association
Laurie Coolie	Adult Service Provider
Collin Albaugh	Adult Service Provider
Jesse Swensen	Guthrie County Jail Administrator
Erica Clark, Dallas County Attorney	5 <sup>th</sup> Judicial
Ann Cochran	Public Health
Jody Hollar	RN
Sgt. Tom Peterson	Local Law Enforcement
Brad Golightly	Regional Governing Board

## A. Local Access Points

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

HICS has designated the following access points for mental health and disability services:

Access Point	Address	Phone number
Adel Mental Health	309 S. 7 <sup>th</sup> Street, Suite C, Adel, IA 50003	(515) 993-1919
Heart of Iowa Community Services	318 Leroy Street, Audubon, IA 50025	(515) 494-8588
Audubon County Memorial Hospital	515 Pacific Avenue, Audubon, IA 50025	(712) 563-2611
Audubon County Jail	318 Leroy St. Ste. 4, Audubon, IA 50025	(712) 563-2631
Heart of Iowa Community Services	52747 N Avenue, Suite D, Adel, IA 50003	(515) 993-5869
Dallas County Hospital	610 – 10 <sup>th</sup> Street, Perry, IA 50220	(515) 465-3547
Dallas County Jail	201 Nile Kinnick Dr. N, Adel, IA 50003	(515) 993-5815
Eyerly Ball Community Mental Health Services	1301 Center Street, Des Moines, IA 50139	(515) 243-5181
SW Iowa Mental Health Center	610-10 <sup>th</sup> Street, Perry, IA 50220	(515) 642-1023
Heart of Iowa Community Services	200 N. 5 <sup>th</sup> Street, Guthrie Center, IA 50115	(515) 494-8588
Guthrie County Hospital	710 N. 12 <sup>th</sup> Street, Guthrie Center, IA 50115	(641) 332-2201
Guthrie County Jail	200 N. 5 <sup>th</sup> Street, Guthrie Center, IA 50115	(641) 747-2214
Safe Harbor Crisis Stabilization Center	706 Cedar Avenue, Woodward, IA 50076	(515) 642-4125
Zion Recovery	309 S. 7 <sup>th</sup> Street, Ste. B, Adel, IA 50003	(515) 993-5243

HICS has designated the following access points for children’s behavioral health services:

<b>Access Point</b>	<b>Address</b>	<b>Phone number</b>
Adel Mental Health	309 S. 7 <sup>th</sup> Street, Suite C, Adel, IA 50003	(515) 993-1919
Heart of Iowa Community Services	318 Leroy Street, Audubon, IA 50025	(515) 494-8588
Audubon County Memorial Hospital	515 Pacific Avenue, Audubon, IA 50025	(712) 563-2611
Audubon Community Schools	318 Leroy St. Ste. 4, Audubon, IA 50025	(712) 563-2631
Heart of Iowa Community Services	52747 N Avenue, Suite D, Adel, IA 50003	(515) 993-5869
Dallas County Hospital	610 – 10 <sup>th</sup> Street, Perry, IA 50220	(515) 465-3547
Heartland AEA	201 Nile Kinnick Dr. N, Adel, IA 50003	(515) 993-5815
Eyerly Ball Community Mental Health Services	1301 Center Street, Des Moines, IA 50139	(515) 243-5181
SW Iowa Mental Health Center	610-10 <sup>th</sup> Street, Perry, IA 50220	(515) 642-1023
Heart of Iowa Community Services	200 N. 5 <sup>th</sup> Street, Guthrie Center, IA 50115	(515) 494-8588
Guthrie County Hospital	710 N. 12 <sup>th</sup> Street, Guthrie Center, IA 50115	(641) 332-2201
ACGC Community Schools	200 N. 5 <sup>th</sup> Street, Guthrie Center, IA 50115	(641) 747-2214
Zion/SWIAMHC Mobile Crisis	706 Cedar Avenue, Woodward, IA 50076	Local Dispatch
West Central Valley School District	309 S. 7 <sup>th</sup> Street, Ste. B, Adel, IA 50003	(515) 993-5243

## **B. Service Coordination, Targeted Case Management, Integrated Health Homes**

The following agencies provide service coordination and/or targeted case management for Heart of Iowa Community Services Region:

Service Coordination Provider	Adult /Child or Both	Location	Phone number
Heart of Iowa Community Services Service Coordination	Both	Dallas, Audubon, Guthrie	(515) 993-1722
SW IA Mental Health Integrated Health Home	Adult	Audubon, Dallas, Guthrie	(515) 642-1023
Eyerly Ball Integrated Health Home	Adult	Dallas	(515) 241-0993
Community Support Advocates Integrated Health Home	Both	Dallas	(515) 883-1776

## **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
Zion Behavioral Health	Woodward, IA	(844) 428-3878

### **24 Hour Crisis Hotline**

Provider	Location	Contact Information
Your Life Iowa	Online: <a href="https://yourlifeiowa.org/">https://yourlifeiowa.org/</a>	(855) 581-8111
Safe Harbor Crisis Line	Woodward, Iowa	(844) 428-3878

### **Crisis Evaluation**

Provider	Adult/Child/Both	Location	Contact Information
Zion Mobile Crisis	Both	Audubon, Dallas, Guthrie	Local Dispatch/911
Safe Harbor	Adult	Woodward, IA	(515) 642-4125

### **Mobile Response**

Provider	Location	Contact Information
Zion Mobile Crisis (Both Adult & Child)	Audubon, Guthrie, Dallas	Local Dispatch/911

### **Crisis Stabilization Community-based Services**

Provider	Adult/Child	Location	Contact Information
HICS is exploring options and need			

### **Crisis Stabilization Residential Services**

Provider	Adult/Child	Location	Contact Information
Safe Harbor	Adult	Woodward, Iowa	(515) 642-4125
Easter Seals	Child	Des Moines, Iowa	Mobile Crisis
YSS	Child	Ames	(515)233-2330

## 23-Hour Observation

Provider	Location	Contact Information
Safe Harbor – seeking accreditation	Woodward, Iowa	(515) 642-4125

When Heart of Iowa Region needs to utilize a crisis service in another region, HICS acts according to the host region's contract with the crisis provider. Heart of Iowa Region never requires prior authorization for a crisis service.

## D. Intensive Mental Health Services

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
Safe Harbor	Woodward, Iowa	515-642-4125/844-428-3878
Infinity Health	Osceola, IA	641-342-1742

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	Des Moines, IA	515-241-0982

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	Osceola, IA	515-241-0982
Mary Greeley	Ames, IA	515-239-6747

The region has designated the following **Intensive Residential Service** providers which have been designated and meet the requirements in IAC 441—25.6(8):

Provider	Location	Contact Information
HICS is exploring a partnership with another region at this time for adult IRSH.  HICS will be putting out an RFP for children's IRSH to be located within the HICS Region.		



## E. Scope of Services & Budget and Financing Provisions

The table below identifies the scope of services offered by Heart of Iowa Community Services. All core services are available. 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 section F of Heart of Iowa’s Management Plan, 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 section F, page 18 of Heart of Iowa’s Management Plan. The Management Plan can be found online at: [hicsiowa.org](http://hicsiowa.org) under the heading ‘About.’

The region will utilize braided funding that includes regional, state, and other funding sources 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 2023 Budget	HEART OF IOWA MHDS Region	MI (40)	ID (42)	DD (43)	BI (47)	Admin (44)	Total
<b>Core Domains</b>							
<b>COA</b>	<b>Treatment</b>						
42305	Mental health outpatient therapy **	50,000					50,000
42306	Medication prescribing & management **						0
43301	Assessment, evaluation, and early identification**	2,000					2,000
71319	Mental health inpatient therapy-MHI	10,000					10,000
73319	Mental health inpatient therapy **	60,000					60,000
	<b>Crisis Services</b>						
32322	Personal emergency response system	1,000	6,000				7,000
44301	Crisis evaluation	210,000					210,000
44302	23-hour crisis observation & holding						0
44305	24-hour access to crisis response						0
44307	Mobile response **	830,000					830,000
44312	Crisis Stabilization community-based services **	12,000					12,000
44313	Crisis Stabilization residential services **	680,000					680,000
44396	Access Centers: start-up / sustainability	600,000					600,000
	<b>Support for Community Living</b>						
32320	Home health aide	200					200
32325	Respite	1,000	500	600			2,100
32328	Home & vehicle modifications						0
32329	Supported community living	88,000	6,500	500	1,000		96,000
42329	Intensive residential services	100,000	0				0
	<b>Support for Employment</b>						
50362	Prevocational services						0
50364	Job development	3,000					3,000
50367	Day habilitation	10,000	0	0	17,500		27,500
50368	Supported employment	40,000	20,000				60,000
50369	Group Supported employment-enclave						0

	<b>Recovery Services</b>						
45323	Family support						0
45366	Peer support						0
	<b>Service Coordination</b>						
21375	Case management						0
24376	Health homes						0
	<b>Sub-Acute Services</b>						
63309	Subacute services-1-5 beds						0
64309	Subacute services-6 and over beds	45,000					45,000
	<b>Core Evidenced Based Treatment</b>						
04422	Education & Training Services - provider competency						0
32396	Supported housing						0
42398	Assertive community treatment (ACT)						0
45373	Family psychoeducation						0
	<b>Core Domains Total</b>	<b>2,642,200</b>	<b>33,000</b>	<b>1,100</b>	<b>18,500</b>		<b>2,694,800</b>
	<b>Mandated Services</b>						
46319	Oakdale						0
72319	State resource centers						0
74XXX	Commitment related (except 301)	125,000					125,000
75XXX	Mental health advocate	34,207					34,207
	<b>Mandated Services Total</b>	<b>159,207</b>	<b>0</b>	<b>0</b>	<b>0</b>		<b>159,207</b>
	<b>Additional Core Domains</b>						
	<b>Justice system-involved services</b>						
25xxx	Coordination services	273,754					273,754
44346	24-hour crisis line*						0
44366	Warm line*						0
46305	Mental health services in jails	80,000					80,000
46399	Justice system-involved services-other	3,000					3,000
46422	Crisis prevention training	186,000					186,000
46425	Mental health court related costs						0
74301	Civil commitment prescreening evaluation	3,000					3,000
	<b>Additional Core Evidenced based treatment</b>						
42366	Peer self-help drop-in centers	10,000	5,000				15,000
42397	Psychiatric rehabilitation (IPR)	10,000					10,000
	<b>Additional Core Domains Total</b>	<b>565,754</b>	<b>5,000</b>	<b>0</b>	<b>0</b>		<b>570,754</b>
	<b>Other Informational Services</b>						
03371	Information & referral						0
04372	Planning, consultation &/or early intervention (client related) **						0
04377	Provider Incentive Payment						0
04399	Consultation Other						0
04429	Planning and Management Consultants (non-client related)	10,000					10,000
05373	Public education, prevention and education **	190,000					190,000
	<b>Other Informational Services Total</b>	<b>200,000</b>	<b>0</b>	<b>0</b>	<b>0</b>		<b>200,000</b>

Community Living Supports						
06399	Academic services					0
22XXX	Services management	292,584				292,584
23376	Crisis care coordination					0
23399	Crisis care coordination other					0
24399	Health home other					0
31XXX	Transportation	25,000	20,000			45,000
32321	Chore services					0
32326	Guardian/conservator	2,000				2,000
32327	Representative payee	500				500
32335	CDAC	2,000				2,000
32399	Other support	1,500				1,500
33330	Mobile meals			3,000		3,000
33340	Rent payments (time limited)	11,500				11,500
33345	Ongoing rent subsidy					0
33399	Other basic needs	3,000				3,000
41305	Physiological outpatient treatment	500				500
41306	Prescription meds	750				750
41307	In-home nursing	500				500
41308	Health supplies					0
41399	Other physiological treatment					0
42309	Partial hospitalization	125,000				125,000
42310	Transitional living program	210,000				201,000
42363	Day treatment					0
42396	Community support programs	1,000				1,000
42399	Other psychotherapeutic treatment					0
43399	Other non-crisis evaluation					0
44304	Emergency care					0
44399	Other crisis services					0
45399	Other family & peer support					0
46306	Psychiatric medications in jail	7,000				7,000
50361	Vocational skills training					0
50365	Supported education					0
50399	Other vocational & day services					0
63XXX	RCF 1-5 beds (63314, 63315 & 63316)					0
63XXX	ICF 1-5 beds (63317 & 63318)					0
63329	SCL 1-5 beds					0
63399	Other 1-5 beds					0
	<b>Community Living Supports</b>	<b>683,334</b>	<b>20,000</b>	<b>0</b>	<b>3,000</b>	<b>706,334</b>
Other Congregate Services						
50360	Work services (work activity/sheltered work)					0
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	75,000				75,000
64XXX	ICF 6 and over beds (64317 & 64318)					0
64329	SCL 6 and over beds					0
64399	Other 6 and over beds					0

	<b>Other Congregate Services Total</b>	<b>75,000</b>	<b>0</b>	<b>0</b>	<b>0</b>		<b>75,000</b>
<b>Administration</b>							
11XXX	Direct Administration					475,878	475,878
12XXX	Purchased Administration					267,354	267,354
	<b>Administration Total</b>					<b>743,232</b>	<b>743,232</b>
	<b>Regional Totals</b>	<b>4,325,495</b>	<b>58,000</b>	<b>1,100</b>	<b>21,500</b>	<b>743,232</b>	<b>5,149,327</b>
<b>(45XX-XXX) County Provided Case Management</b>							
							0
<b>(46XX-XXX) County Provided Services</b>							
							0
	<b>Regional Grand Total</b>						<b>5,149,327</b>

## Table B. Revenues

<b>FY 2023 Budget</b>	<b>Heart of Iowa MHDS Region</b>		
<b>Revenues</b>			
	<b>Projected Fund Balance as of 6/30/22</b>		<b>\$ 1,214,069</b>
	<b>Local/Regional Funds</b>		<b>\$ -</b>
1010	Delinquent Property Tax		
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)		
	<b>State Funds</b>		<b>\$4,300,878.00</b>
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	4,300,878	
2643	State Incentive Funds		
	Other		
	<b>Federal Funds</b>		<b>\$ -</b>
2345	Medicaid		
2347	American Rescue Plan Act (ARPA)		
	Other		
	<b>Total Revenues</b>		<b>\$ 4,300,878</b>

11.

<b>Total Funds Available for FY2023</b>	5,514,947
<b>FY23 Actual Regional Expenditures</b>	5,149,327
<b>Accrual Fund Balance as of 6/30/2023</b>	365,620

## **F. Financial Forecasting Measures**

The following is a description of the financial forecasting measures used by Heart of Iowa Community Services Region in the identification of service need and funding necessary for services.

Heart of Iowa Community Services (HICS) Region is home to Dallas County which has posed its own challenges since it is the fastest growing county in the state. From history and census data, we know that the population of our region grows by at 3,000 per year. We serve approximately 400 new individuals in mental health and disability services each year. HICS is committed to developing a service system that serves individuals in a co-occurring trauma informed way that wraps services around our citizens in need, in order to assist in recovery.

Previously, HICS had the lowest levy in the state at \$25.84. While we were able to develop new services, we were not able to adequately develop a fully functioning system to meet our citizens at every level of crisis. With the new system of funding, HICS anticipates developing a co-responder model with law enforcement that imbeds a clinician with a mental health officer in the majority of our departments to respond to mental health calls. There is also a plan in place to further develop a co-occurring inpatient unit within the region for immediate access to substance use services for our individuals with SUD and Mental Health needs. This unit will also house mobile crisis in order to reduce mobile crisis response time across the region.

Another goal of adding these services and creating this system is the greater ability for pre-booking jail diversion. Because we have the ability to interact with individuals in the onset of psychosis along with greater options for treatment, we are better able to assist individuals toward recovery and divert them from the justice system.

As a result of this effort, the law enforcement agencies involved have agreed to having 100% of their departments CIT trained. It is anticipated this part of the project will be completed by early 2023. SolutionPoint+ has been contracted for the training portion of the project. HICS has utilized SolutionPoint+ since 2020 for Crisis De-escalation training, Law Enforcement Wellness and Resiliency, and CIT training. We are looking forward to a continued partnership.

HICS recently changed its telehealth model to Flowstate Health in each of its county hospitals and jails. It is anticipated that more individuals will be diverted to crisis services rather than inpatient and we will have the ability to wrap services around and prevent subsequent hospitalizations with our new model.

HICS is concentrating on a welcoming, holistic, person centered, trauma informed approach in each of the services provided within the region. The budget is going to reflect greater costs in FY23 due to the increase in dollars per capita. HICS sees this as our opportunity to develop a fully functioning collaborative system to meet the needs of our most vulnerable children and adults.

## **G. Provider Reimbursement Provisions**

The following is a description of the types of funding used by Heart of Iowa Community Services Region.

- **Fee for service:** Heart of Iowa contracts with MHDS providers whose base of operation is within the region. Heart of Iowa may also honor contracts that other regions have with their local providers or may choose to contract with providers outside of the region. A contract may not be required with providers that provide one-time or as needed services. A fee for service approach will be utilized in most provider contracts outlining the services to be provided and the rate of reimbursement. All payments will be based on a pre-authorized request for service authorization with the exception of court ordered payments, such as civil commitment costs and crisis services.
- **Block grant payments:** This payment type is used when no other funding stream is available and startup costs are needed.
- **Compensation for a “system of care” approach:** System of Care funding is utilized when Medicaid is not available and multiple services are a part of the services being utilized.
- **Use of nontraditional providers:** When a non-traditional provider arrangement is more appropriate than a fee for service approach with a contracted provider, the Coordinators of Disability Services will work with the region’s CEO to request such arrangements. A non-traditional provider may be an individual, organization and/or business who delivers services in the consumer’s home and/or other community setting. Non-traditional providers typically are individuals, organizations, or businesses which do not provide MHDS services as a part of their normal business. These services are not to provide treatment but are supportive and may be rehabilitative in focus, and are initiated when there is a reasonable likelihood that such services will benefit the consumer’s functioning, assist them in maintaining community tenure, and act as an alternative way to achieve the consumer’s stated goals or outcomes. A request for funding can be made by any consumer, or the consumer’s authorized representative, to utilize non-traditional providers for services as approved in the Regional Management Plan. Non-traditional providers may be subject to certain licensing, certification, accreditation or other state approval standards.
- **Incorporation of all funding sources for individuals including Medicaid:** Heart of Iowa is responsible for ensuring that MHDS services are available to all residents of the region regardless of funding source. (Insert region) 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.
- Heart of Iowa Region may allow for a family unit to exceed the \$2000/\$3000 limit in admin rule for FY23 (331.393)(2.h.) when a child is in need of BHIS services and the child is not eligible for Medicaid and the family shows they are not able to fund the sliding fee scale.