



SOUTHEAST IOWA LINK (SEIL)

MENTAL HEALTH AND DISABILITY SERVICES REGION

DES MOINES, HENRY, JEFFERSON,
KEOKUK, LEE, LOUISA, VAN BUREN
& WASHINGTON COUNTIES

DATE	CONVENING TIME	LOCATION
November 14, 2018	1:30pm	Henry Co. Emergency Management 900 West Washington St. Mount Pleasant, IA 52641

Southeast Iowa Link Governing Board Meeting Approved Minutes

Present: Jack Seward Jr., Marc Lindeen, Tom Broeker, Dee Sandquist, Michael Berg, Don Ross, Ryanne Wood, Ken Hyndman, Sarah Berndt, Sandy Stever, Tami Gilliland, Melinda Wells, Tracy Liptak, Kim Crutcher, Lori Moorman, Mike Litterer

- Approve Agenda** the meeting was called to order at 1:30 pm and included introductions
There is an addition under agenda item eleven new business an overview of the crisis intervention training (CIT)

Motion to approve the agenda as amended
By Michael Berg

Second Marc Lindeen Motion passes

- Consider Approval of October 10, 2018 minutes**

Motion to approve the October 10, 2018 minutes
By Michael Berg

Second Dee Sandquist Motion passes

- Update from Advisory Board members**

The Advisory Board reflected on successes which includes the region crisis intervention training (CIT) and C3 De-escalation training. C3 De-escalation brings value to staff at the recovery center.

The Department of Human Services (DHS) submitted a grant to the Centers for Medicare and Medicaid Services (CMS) to receive technical assistance for supported employment.

Message to providers to present at the SEIL Governing Board meetings. There was also a suggestion that the officers that attended CIT in October present to their local board of supervisors on what they learned at CIT.

- Consider Approval of Claims- October**

The report was viewed via overhead projector. Claims paid for October totaled \$1,491,279.05 from member counties, which reflects payments to the fiscal agent and \$415,512.94 in expenses from the fiscal agent.

Motion to approve claims for October
By Marc Lindeen

Second Tom Broeker Motion passes



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5. Consider Approval of Claims for Fiscal Agent Account

The report was viewed via overhead projector. Mandated claims totaled \$30,304.43 and service claims totaled \$349,144.25. Total claims paid for November was \$379,448.68.

Motion to approve fiscal agent account claims for October

By Michael Berg

Second Dee Sandquist

Motion passes

There was a question about the criteria for sheriff transport. Transportation is related to a 229-civil commitment and transporting people to inpatient psychiatric hospitals. This cost can include time that sheriff staff or designee spend sitting in the emergency department while a bed is being found. There is a discrepancy across the region with the magistrate or judges ordering the sheriffs to sit in the emergency departments with those individuals being held on a 229-court order. There was a suggestion to have a discussion with judges regarding ordering sheriff staff to sit in the emergency departments while psychiatric inpatient beds are being found for 229 civil commitments.

6. Receive and File Fiscal Agent Report- October

The report was viewed via overhead projector. Expenditures from the fiscal agent totaled \$415,512.94 and income totaled \$603,566.71.

Motion to receive and file the fiscal agent report for October

By Tom Broecker

Second Michael Berg

Motion passes

7. Presentation on SEIL Drop In/Recovery Centers

Tracy Liptak who is the Behavioral Health Director for Optima presented on the Optima Recovery Center services. Wellness and recovery centers allow people to be in the community and make connections in a normalizing and welcoming environment. There is a therapist that offers a group session once a week in each center. They offer education and support in a stable environment. Optima provides Recovery Center services in Burlington and Fairfield. They work on providing evidence-based services using Wellness and Recovery Action Plans (WRAP) and Illness Management and Recovery (IMR). They also bring Intensive Psychiatric Rehabilitation providers to the Recovery Centers. Lunch is provided daily at the Burlington Center. The Fairfield Center just started offering meals. The centers also welcome the general public to participate in the programs. The program in Burlington is serving fifty different people a week. Tenco crisis residential program in Fairfield uses the Wellness and Recovery Center in collaboration with the services they provide. Optima sends out a monthly calendar of activities to anyone who is interested. Optima Recovery Center have staff working on developing a SEIL Region state accredited National Alliance on Mental Illness (NAMI).

Melinda Wells provides Drop In Center services in Wapello through Hope Haven. They have been providing services since 2014. The hours are 4 pm to 8 pm Monday through Friday. Meals and snacks are provided nightly. The program provides support in a safe environment. The participants work on social skills, communication and community integration. They also work on coping skills and relationship skills. Hope Haven is looking for a peer support staff for the Wapello Center. Hope Haven



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provides transportation to and from the center and for community outings. Community outings include going shopping which is helpful with rural transportation issues. They have four to six people who attend nightly. People from Grandview, Columbus Junction, Morning Sun, Mediapolis and Wapello attend the program. They have a washer, dryer and shower available. They attendees to learn what services are available and how to access those services in their community. They see people who don't have other services attending their program.

Kim Crutcher and Lori Moorman presented on the First Resources Drop In Centers. They have centers in Mt Pleasant, Sigourney and Washington. The Mt Pleasant Drop In Center opened in April of 2015. They started with one staff and have added three peer support staff. Two of the peer support staff are certified peer support. Services are provided 40 hours a week and included being open Monday through Friday and from one to five pm on Saturday. From January to October they had four thousand visits, four hundred per month and sixty to seventy people attend monthly. The center helps people with mental health diagnosis and are open to the community. They provide a free noon meal, transportation, daily groups, peer support groups, Wellness Recovery Action Plans (WRAP), Illness Management and Recovery (IMR), cooking classes, daily devotions, pet therapy group and they have exercise equipment and a pool table. They celebrate birthdays once a month and holidays. They have a community calendar they distribute county wide. The attendees direct what programs are offered at the center. They have had speakers come in from Iowa Wesleyan University, Public Health and the Fellowship Cup. Staff help people access resources in the community, work on coping skills and developing natural supports. They also encourage and support attendees' talents. One attendee is an artist and through the support at the Drop In Center he has developed adult coloring books he sells on the internet. They have another individual who is good with technology. The center works with attendees to promote their happiness and wellbeing and encourages them to display their talents outside of the center. They had another attendee who would come in and use the computer and sleep. After attending for a while he told them he struggled with homelessness, lost jobs and struggled with alcoholism. Because the center was nonjudgmental it gave him hope and a place where he could belong.

The Washington Drop In Center is run by Jill Boileau. The center is open ten am to six pm Monday through Friday. They offer groups with peer support, recreational activities, resource center and computer labs. They offer hope, self-advocacy and support. July 2017 to July 2018 they have had four thousand visits. They have had two individuals become certified peer support specialists. Washington County has provided space for them to have a community garden. Jill speaks about the Washington Center in her community. The center has a collaborative relationship with a group that has provided homeless kits which includes trial size personal hygiene items, socks etc. Presenters for group programs have included Legal Aide on renter's rights, the local animal shelter and the Area Agency on Aging has partnered with them to provide Farmers Market vouchers. Lori and Jill are working ways to help support people with co-occurring addiction and mental health issues.

Mike Litterer with Hope Haven represented the Lee County Drop In Center. The program opened in 2005. Their center is open Noon until seven pm Monday through Friday. They offer snacks and an evening meal. They serve sixty to eighty people a month. They have free telephone, computer and Wi-



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staff for the data management work they do. There was also a request to see if the complex needs data could be broken out by county.

Motion to approve the SEIL FY18 Annual Report

By Marc Lindeen

Second Michael Berg

Motion passes

11. New Business

The first Crisis Intervention Training (CIT) for the region was held 10/22-10/26/2018. The next CIT training is scheduled for the second week in April 2019 at the Emergency Management Building in Mt. Pleasant. Fifteen officers from six of our eight counties attended the October CIT. Feedback included forty hours is a huge time investment. CIT builds upon itself and forty hours provides the best option for learning all the important pieces, engaging in role plays is valued and meeting the providers from the officer's community are important components during the forty-hour training. Overall evaluation score was 7.8 out of a total score of 8 and all officers would recommend their peers attend. All regions struggle with getting officers to the forty-hour CIT training, so our region is not unique. The goal is to begin to include 911 dispatch, correction offices in the county facilities and state prison facilities, all first responders, state patrol etc. in the forty-hour CIT. Some places have reached out to the state patrol offices to have state patrol support areas where officers are at the CIT training to help local law enforcement offices meet service needs.

SEIL has eleven officers who are CIT trainers; we just lost another officer in October. One officer who attended CIT would like to become a trainer and we may have one more interested. The CIT Committee would like to have the CIT trained officer pool at minimum of fifteen up to twenty maximum. Currently we have three trained officers who have stepped up and provide leadership to the CIT committee, their communities and other law enforcement agencies in the SEIL Region. To facilitate their knowledge and leadership skills having them attend a week-long San Antonio CIT would be beneficial to CIT and a request is being made to ask the SEIL Governing Board to consider funding the travel costs for these officers to go to San Antonio. The officers have talked to their supervisors about going to San Antonio and have gotten that approval. Officers would also like to participate in a ride along with the San Antonio CIT. The SEIL budget for CIT for this fiscal year was designated for hosting CIT. The costs to host CIT have been reduced due to not needing to rent space and having a smaller group decreased food costs. The remaining training funds can be used for the travel costs to San Antonio and to send new training officers to their second forty-hour CIT.

SEIL is working on development of mobile crisis. Having our mental health providers and law enforcement officers building relationships will lead to better mobile crisis outcomes. CIT and mobile crisis need to work together for maximum outcomes. CIT officers submit a data collection sheet after every call they respond to with a crisis component, so the region is gathering data to help with service development. The governing board members are invited to observe the April 2019 CIT.



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There are five crisis intervention models:

Crisis Intervention Team usually two law enforcement officers responding together- both are trained in a 40-hour training curriculum. With this model 25% of the law enforcement agency should be CIT trained.

Co-Responder Model is a specially trained law enforcement officer and a mental health crisis worker responding together to mental health calls for service.

Mobile Crisis Response Team mental health professionals respond at the request of law enforcement officers on the scene of calls, helps stabilize the encounter and secures mental health services.

Case Management Team law enforcement officers carry a case load of consumers and engage with individuals who have repeated interactions with law enforcement and work in collaboration with mental health professionals.

Tailored Approach selects a variety of response options to build a comprehensive program, every patrol officer must respond effectively to mental health calls, have primary officers who collaborate with community resources to coordinate criminal justice and mental health resources.

There was a brief discussion of the Governor's Children's Mental Health Initiative. There was a Mental Health and Disability Services (MHDS) Region CEO on the committee. There was good conversation of who is going to be the authority for the children's mental health system. At the third meeting there was a draft plan presented, however, it was unclear who wrote that draft. In the draft the MHDS Regions would be the managing entity. The draft didn't speak to financing of the children's service system. The governance of the children's service system could be a different governing board separate from the MHDS Region or a blend of the adult and children's system governing board. If the board is blended governing board members would expand to include service providers from children's services.

With the start of the 2019 Legislative Session the monthly Legislative Briefings will begin in January. Board of supervisors would like to have bullet points of discussion items for those meetings prepared for review at the December governing board meeting.

12. Adjourn

Motion to adjourn

By Michael Berg

Second Dee Sandquist

Motion passes

Minutes submitted by Marc Lindeen, Secretary, December 4, 2018. MLsb