



Iowa Department of Human Services

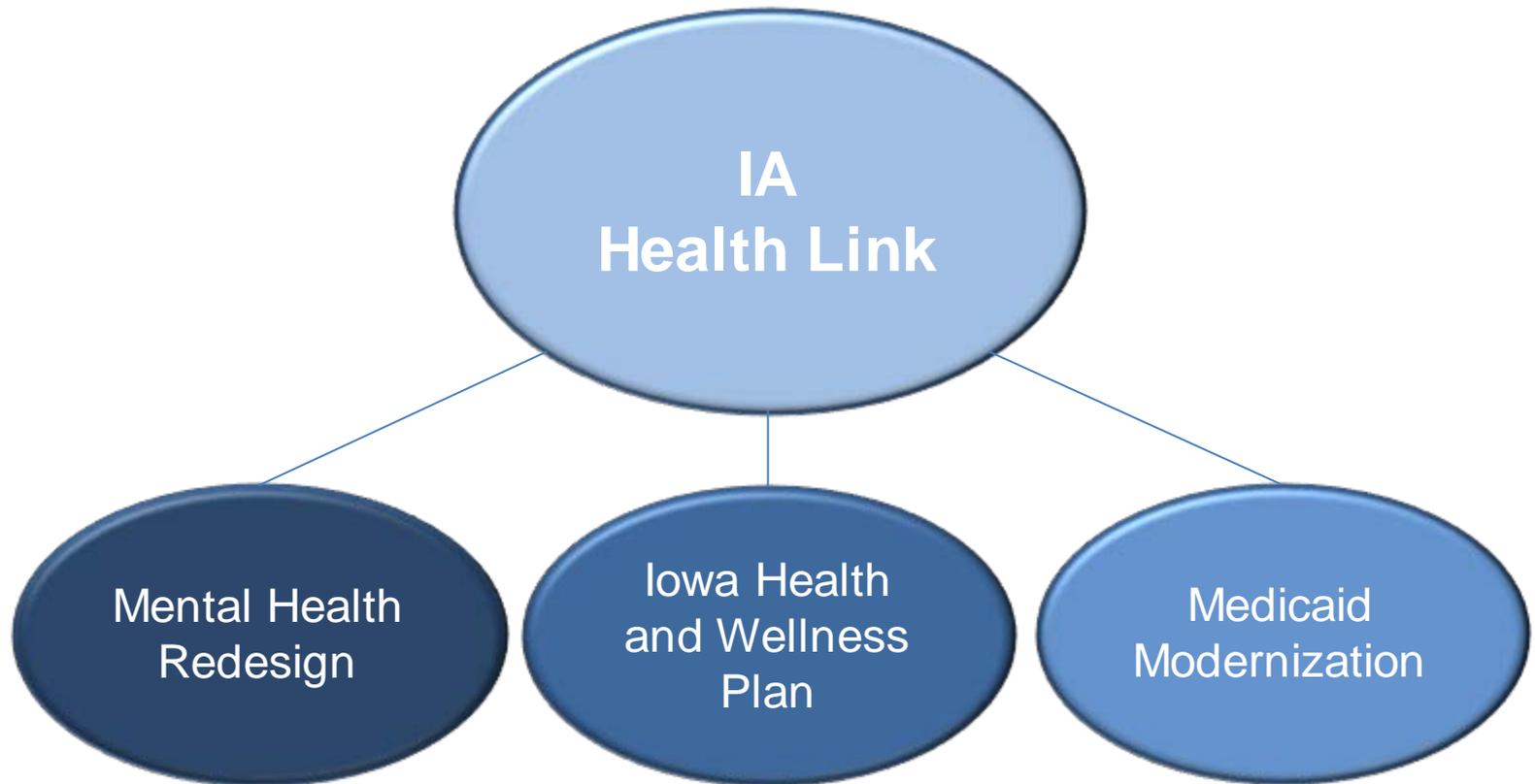
# **Mental Health System Update**

**Director Charles M. Palmer**

DHS Council Meeting

August 12, 2015

# Iowa has experienced major health system change



# A Total System

- Significant changes in Iowa's overall health delivery system to provide patient-centered, holistic care closer to home
- Major investment in these changes

## Changes include:

- Iowa Health and Wellness Plan
- Mental Health and Disability Redesign
- Medicaid Modernization

# Vision Moving Forward

- Comprehensive, holistic, person-centered continuum of coordinated services that range from prevention to physical/behavioral health care as well as long-term care
- A system that focuses on the needs of the individual – not individuals fitting into the system
- A range of services and settings, including specialized settings

# Current Mental Health System

- Focus on patient-centered care and coordinated services
- New initiatives leading to quality care options closer to home
- Tens of thousand more lowans served
- Governance system oversees local service development that meets established standards
- Significant financial investment by local/state/federal partners

# What is new in mental health?

- In 2011, DHS presented a plan to redesign Iowa's mental health system and implemented it in July 2014.
- The goal was to provide:
  - Equitable access to a uniform and integrated array of basic, core services;
  - Services based on best practices and that are cost effective; and
  - Services that support Iowans with disabilities to achieve the quality of life they desire in their communities.

# How are mental health services provided in Iowa?

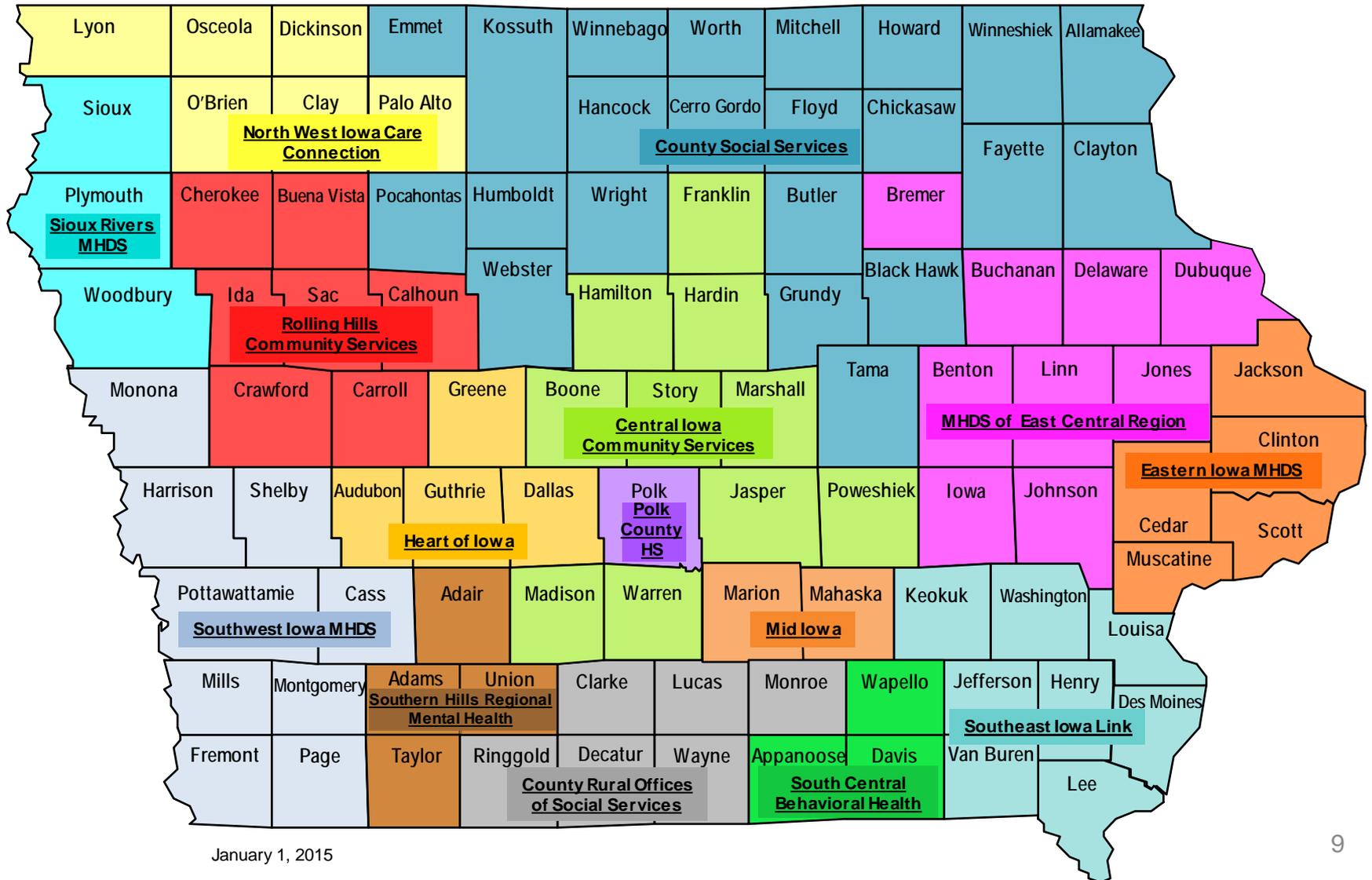
- **State**
  - Sets strategic direction
  - Establishes standards for the regionally-governed system
- **Regional**
  - MHDS Regions develop the service system and ensure it meets standards through a governance board of local partners
- **Local**
  - Services are delivered through private providers in local communities

# What did the Redesign do?

- Established regional entities to replace the 99 county governance structure
- Expanded state funding to directly pay the full non-federal share of Medicaid funded services
- Used residency in place of legal settlement as a basis for determining financial responsibility
- Established a set of core services that could be accessed no matter where Iowans live

# Map of Regions

15 regions were implemented July 1, 2014



**What services are available  
through MHDS Redesign?**

# Core Services

- Treatment to ameliorate a person's condition - **outpatient therapy, inpatient treatment, and medication management**
- **Basic crisis response**
- **Support for community living** – Services that help individuals be successful in their community
- **Support for employment** - Services leading to and maintaining employment
- **Recovery services** – Coaching and guidance delivered through peer and family support
- **Service coordination** including coordination of physical health and behavioral health care

# Core Services Status

SFY2015 Status of Regional Core Service Implementation																
CORE SERVICE DOMAINS	Regional Core Services		Central Iowa Community Services	County Rural Offices of Social Services	CSS - County Social Services	Eastern Iowa MHDD Region	Heart of Iowa Community Services	MHDS of East Central Region	Northwest Iowa Care Connections	Polk	Rolling Hills Community Services Region	Sioux Rivers Region	South Central Behavioral Health Region	Southeast Iowa Link	Southern Hills Regional Mental Health	Southwest Iowa MHDS Region
	Available & meets access standards	Available & <u>does not</u> meet access standards														
TREATMENT	Assessment and evaluation															
	Mental health outpatient therapy															
	Medication prescribing/management															
	Mental health inpatient treatment															
BASIC CRISIS RESPONSE	24 hour access to crisis response															
	Evaluation															
	Personal emergency response system															
SUPPORT FOR COMMUNITY LIVING	Home health aid															
	Home and vehicle modification															
	Respite															
	Supportive community living															
SUPPORT FOR EMPLOYMENT	Day habilitation															
	Job development															
	Supported employment															
	Prevocational services															
RECOVERY SERVICES	Family support															
	Peer support															
SERVICE COORDINATION	Case management															
	Health homes															

\*Mid Iowa - In transition.

# Service Development

- Regions are meeting vast majority of Core Services requirements
- Regions had \$104 million in ending balances in FY14\* to invest in Core and **Core Plus Services** – services beyond the basic requirements
- Continue building public/private partnership to develop service array

\* Iowa Health and Wellness, state assuming full Medicaid costs

# Summary of Core Plus on July 1, 2015

## Mobile Response

- **16 counties**
  - 5 active prior to July 1, 2014
- **11 counties in development**

## Jail Diversion

- **27 counties**
  - 14 active prior to July 1, 2014
- **28 counties in development**

## 24-hour Crisis Line

- **5 Regions**
  - No regions prior to July 1, 2014
- **2 regions in development**

## Residential Crisis Beds

- **57 beds open**
  - 30 beds open prior to July 1, 2014
- **40 beds in development**

# Are inpatient beds available?

- Most people with a mental illness will never require inpatient treatment
- Local service delivery of Core and Core Plus Services lowers demand for facility-based care
- There are more than 700 public and private inpatient beds across Iowa
- On any given day – about 75 adults were served at Clarinda and Mt. Pleasant MHIs – only 15 were receiving acute psychiatric services
- May be no need to increase inpatient psych beds, but address a specialized residential continuum

# DHS implemented an **inpatient psychiatric bed-tracking system** to locate beds more quickly when hospitalization is necessary



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New Hospital

## TEST DATA

Show 50 entries

Search:

Action	Hospital Name	Address	Contact Info	Available Beds		Voluntary	Locked	Age Range	Gender Preference	Age Group
				Child	Adult					
	Anytown Hospital	123 Main St Anytown, IA 50000	Phone: 515-515-5151 x232 Phone: 515-456-7890 x47474 Fax: 515-456-7891	9	10	Both	Unlocked	1-99	Both	Child
	Mytown Medical Center	456 1st St Mytown, IA 50001	Phone: 641-123-1234	2	3	Involuntary	Unlocked	0-70	Both	Child Adult
	Ourtown Medical Center	789 2nd Ave Ourtown, IA 50003	Phone: 712-789-1230	5	5	Both	Unlocked	0-99	Both	Child Adult
	Yourtown Nursing Home	147 3rd Dr Yourtown, IA 50004	Phone: 319-147-2583	5	5	Involuntary	Unlocked	0-17	Both	Child Adult

**What financial investment has been made in mental health?**

# Redesign Investment

- Since SFY13, the state has invested \$310 M+ in mental health and disability programs
- Medicaid payments for behavioral health services have increased 42.5 percent from \$323.1 M in SFY13 to \$460.5 M in SFY15
- Regions spent an estimated \$130 M in SFY15 for critical, non-Medicaid services\*
- For mental health, Iowa spends \$22 more per capita in public funds than the national average\*\*

\*Does not include private funding sources including private insurance

\*\*SAMSHA

# Redesign Investment

- Through the Iowa Health and Wellness Plan (IHAWP), 140,000 Iowans now have health coverage. 11,000+ individuals are accessing behavioral health services each month.
- Counties owed the state \$60 M in June 2012. Recently, regions' ending balances were over \$104 M.
- Iowa hospitals' charity care costs fell 18.5 percent, or \$32.5 M, in the first six months of 2014 after IHAWP implementation\*
- IDPH has invested \$6 million in workforce initiatives since SFY13, including psychiatric residency

\* Iowa Hospital Association

# Governance

- Under Redesign, there is a federal/state/local/private partnership for governance, funding and service delivery
- There are clearly established roles and responsibilities for:
  - strategic direction
  - quality assurance
  - funding/funding accountability
  - service system development and service delivery
  - setting standards
  - systems integration

# The Path Ahead

- Achieving predictable and sustainable funding
- Right-sizing appropriate residential continuum
- Expanding behavioral health workforce
- Strengthening Children's Mental Health System
- Continued integration of MHDS Redesign, Iowa Health and Wellness Plan and Medicaid Modernization

Iowa has successfully embarked upon significant change in the health care system.

- The **Mental Health Redesign** has been an integral part of that change.
- The **Iowa Health and Wellness Plan** has introduced many new Iowans to services and brought additional funding to the effort.
- **Medicaid Modernization** will continue to move Iowa's integrated health care system into the 21<sup>st</sup> Century by providing modern, state-of-the-art care and a stable and predictable funding base.

# Status of Iowa's Mental Health System

*Our mental health system is serving more Iowans and serving them better through more modern means.*

*We are continually improving and delivering care in more Iowa communities than ever before.*