

JASPER COUNTY, IOWA
MH/DD
Management Plan
Annual Report

July 1, 2012 - June 30, 2013
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INFORMATION

Redesign

Recent legislation has directed changes in the mental health system from a county system to a regional system for the non-Medicaid funded services. FY 2013 has been a year of transition as counties funding responsibilities changed. As we began planning the regional system we reviewed the parts of our current system that we need to maintain and sustain; local access to funding and local access to services. This report will briefly touch on the regionalization efforts but will introduce our local providers. It is through our local partnerships with providers that we will maintain and enhance community capacity in order to improve mental health and disability service for our citizens.

Regionalization

In June of 2013, the Counties of Boone, Franklin, Hamilton, Hardin, Jasper, Madison, Marshall and Story joined together to voluntarily form a separate legal entity to create a mental health and disability service region as required by Iowa Code Section 331.438E. to be known as Central Iowa Community Services (CICS). Warren County also joined this region in August 2013.

Advisory Group

Membership of Jasper County Stakeholders is made up of representatives including: CPC, Targeted Case Management, Optimae Life Services, House of Mercy, Progress Industries, Capstone Behavioral Healthcare, HIRTA, NAMI, Consumers and family members, Advocates and Board of Supervisor representative.

The group meets monthly to collaborate on training opportunities, discuss issues relating to MHDS services, provide input on efforts to enhance services and offer feedback on regionalization.

Provider Reports

Providers in Jasper County are essential in building community capacity to meet the service needs in the county. This section of the report will introduce our local providers and highlight their accomplishments and enhanced programs implemented in FY 13.

Capstone Behavioral Healthcare

For more than twenty years, Capstone Behavioral Healthcare has been providing quality services in mental health, chemical dependency counseling, residential and community based care in Jasper and Marion counties. Capstone provides psychiatric care and medication management using two experienced board certified medical professionals; Dr. Laura Van Cleve, D.O. and Casie Riney, PA-C.. We are excited that we have added Kate Fuller, PA-C. to our staff. This gives us the ability to get patients in for appointments in a timelier manner. Many of the rural mental health providers often have to share medical prescribers and we are very fortunate to have 3 prescribers. We also added a full-time psychologist and are able to offer testing in different areas. Their combined experience and expertise help set the tone for all additional services provided by the agency.

Capstone has licensed mental health counselors and clinical social workers who provide mental health and substance abuse treatment in a safe and trusting environment to clients. The treatment exceeds the standards set forth by the licensing agencies of the Iowa Department of Public Health and Department of Human Services.

Capstone provides support to clients in the community by assisting with goal setting and programming to aid the clients in their ability to live independently in their own homes or apartments. If additional support is necessary, Capstone provides group home and apartment living to those clients who qualify for a higher level of care. All services are done with the highest level of care and compassion to ensure clients can retain the respect and dignity they deserve.

Capstone has refocused on being a financially sound and adaptive agency that provides services and supports to aid our clients in living satisfying, functional, and productive lives. Capstone has begun to redefine its core services and adapt to the changing funding streams that fund the agency.

The past year Capstone was able to access the Mental Health funds that are designated to community mental health centers for use in training. With these funds we have been able to offer training for our therapists, staff and community members.

Capstone was also able to fill a service gap by adding children services, including out-patient therapy and in-home therapy. We are working closely with the schools and primary care providers to ensure that positive interventions are being made with families.

DHS Targeted Case Management

The Department of Human Services has been the provider of TCM services in Jasper County since 1989 when Iowa first began providing services to individuals with mental health disorders and disabilities in home and community based settings.

Targeted Case Managers lead the community-based planning process by working with consumers and families, service providers and other resources to integrate services from multiple providers into an individualized plan of care.

Case Managers assist people in gaining access to appropriate and necessary medical, education, housing/residential, transportation, vocational and other interrelated social services. Case Managers are responsible for the effective management of multiple services and resources and provide ongoing monitoring to assure the health, safety and well-being and stability of the individuals served.

DHS TCM maintains an office in Jasper County for locally delivered services.

House of Mercy

House of Mercy has been providing essential housing, human service, substance related disorder treatment, and mental health programs to individuals and families that have experienced difficulty in accessing these critical services and supports for over 25 years. House of Mercy's initial focus was on assisting pregnant, parenting, and non-parenting women in developing personal responsibility and independence through counseling, education, and primary medical care in collaboration with other providers. Over the years, as the persons served have presented with additional

unmet critical life needs, House of Mercy's emphasis has evolved and expanded its mission-based, excellence driven programming. We remain a consumer-focused, learning organization committed to providing members of the community with needed housing, health, wellness, and human services. We continue to be dedicated to being a preeminent provider of these vital services to all in need in our community (regardless of gender and parenting status).

Organizationally, House of Mercy has created a structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. As a trauma informed care organization, House of Mercy emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment. House of Mercy's programs and services have grown significantly and include: transitional and permanent housing; transportation; childcare; remedial services; outpatient mental health counseling (e.g., individual, group, relationship, trauma, and family therapy); addiction counseling services (e.g., substance abuse assessments, primary treatment, relapse prevention education, individual/group counseling, aftercare support, twelve-step meetings, etc.); dental services; education and employment assistance; and skill development training in such areas as communication, parenting, anger management, and nutrition.

House of Mercy Newton Center

The House of Mercy Newton Center is committed to putting research to practice to prevent and treat substance abuse and mental illnesses. All of the services offered by House of Mercy Newton Center are delivered consistent with the following principles of care: 1) Services and treatments are client and family centered, geared to give clients real and meaningful choices about treatment options; and, 2) Care is focused on increasing the client's ability to successfully cope with life's challenges, facilitate recovery, and build resilience, not just manage his or her symptoms. House of Mercy Newton Center staff develop an individualized plan for every client/ family. The plan for care not only includes treatments, supports and other assistance but also enables the client to better integrate into their communities. Collaboration and partnerships are valued and always developed with the client's health care providers, as well as other care providers. In addition to seeing clients at the facility House of Mercy staff also provide services to clients residing at the Jasper County jail.

Substance Abuse Services. In 2010, House of Mercy opened an office in Newton in order to extend the organization's mission and address the unmet needs of the residents in Jasper County through the provision of outpatient substance use related disorder treatment services. Many of the individuals served at the Center experience chronic struggles related to substance use disorders and building/maintaining sobriety. Members of our clinical team are committed to client care and the community. As advocates, they understand the needs faced by this often difficult population and provide services in a way that addresses the core aspects of addiction. With a goal of individualizing treatment, House of Mercy Newton Center continually examines building/enhancing services to meet the needs of our clientele.

Initially, the Center offered a basic panel of substance abuse related assessment and treatment services which soon was expanded to include a full continuum of substance use related disorder services including: assessment; individual;

relationship; family; and, a number of group treatment offerings (e.g., Early Recovery Skills, Relapse Prevention, Helping Women Recover; Helping Men Recover, Co-Occurring Recovery, etc.).

Mental Health Services. In late 2010, House of Mercy expanded programming by offering mental health services in response to an identified unmet local need for mental health care that mirrored national trends showing that in any given year about 5-7% of adults and 5-9% of children experience a serious emotional disturbance. One of House of Mercy Newton Center's goals is to improve access to mental health care in the Jasper County community and give clients (children, adolescents, adults) confidence that demonstrably effective treatments and supports are utilized. This confidence enhances the relationships with mental health care professionals who share the hope of recovery.

House of Mercy staff are continually engaged in ongoing education as evidenced by Newton Center mental health clinician Jennifer Robertson's newly gained training and knowledge in EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a proven treatment that is effective for resolving emotional difficulties caused by disturbing, difficult or frightening life experiences. In addition to EMDR, House of Mercy Newton Center mental health staff offer intake/evaluations and individual/group therapy services.

Progress Industries

Progress Industries is a private, non-profit 501(c)3 organization that provides services and support for people with physical and intellectual disabilities in central Iowa to realize dreams and exercise real choices about where they live, work and socialize. Progress Industries offers a wide range of comprehensive services for people with disabilities and other life challenges. By providing a continuum of quality services and community education, we tackle issues and barriers facing people with disabilities.

Our service model focuses on the abilities of individuals and approaches service delivery as a partnership, respecting the needs and desires of each individual. This person-centered approach allows us to support and respect the people we serve, as well as to foster their independence.

Progress Industries offers living supports and services in a variety of settings ranging from 24-hour supervision to intermittent support. The philosophy of the residential program focuses on providing training in all aspects of their community. Qualified and trained personnel provide residential services in community-based integrated settings.

- Home and Community Based Services (HCBS) – 24 Hour Services. Consists of residential daily community living services with 24 hour supervision in 7 (5) person homes and 1 (4) person home in Newton and 7 (4) person homes in the Des Moines metro area.
- Supported Community Living (SCL) Services. Designed to assist and instruct children and adults on an hourly basis in their own home with daily living needs that may include advocacy, community and daily living skills and

transportation.

- Intermediate Care Facility for Persons with Intellectual Disabilities (ICF-ID). Designed to assist individuals with more intense needs to live and work in an integrated community setting. Progress Industries operates 3 (8) person homes in Newton.

The Day Habilitation program provides structured therapeutic and instructional services to develop, maintain, increase or maximize an individual's independent functioning in self-care, physical and emotional growth, socialization, medical, leisure, and communication skills.

Progress Industries provides work training to enable individuals with disabilities to develop work habits and skills to obtain community employment. People enrolled in the Pre-Vocational Work Services program are expected to work to improve their skills through paid work and unpaid work training curriculum to transition into community employment or increased self-sufficiency.

Supported Employment Program: The Supported Employment Program is designed to assist individuals in preparing for and obtaining community employment. This is accomplished by working with a Progress Industries Employment Consultant learning job seeking skills that includes resume development, interview skills, community job site assessments and community work experiences to determine a good job match.

Progress Industries achieved a record number of community job placements during calendar year 2012 – Total of 29. As of October, 2013, 28 community job placements have been achieved. We expect this trend to continue as more employers develop a better understanding of the skills and talents people with disabilities have to offer in the work force.

At the end of calendar year 2012, Progress Industries completed renovations and updates to its Day Habilitation program. What used to consist of an old warehouse space with concrete flooring and exposed pipes and duct work was transformed into a space with five classrooms, which house Day Habilitation's five zones of activity – crafts, exercise, games, volunteer and a multipurpose space. The result is a more organized and quiet program that provides better opportunity for learning new skills.

Early in calendar year 2013 Progress Industries purchased and renovated a home in Newton that replaced an existing multi-level home. Renovations accomplished adding two handicapped accessible bedrooms with accessible baths and allowed all residents to be on the first floor level, instead of bedrooms in the basement.

All of these achievements would not have been possible without support from the people of Jasper County.

Optimae LifeServices

For more than 22 years, Optimae LifeServices has maintained a keen focus on being at our customers' side, providing them the supports and services they need to obtain their life's goals. We advocate for their rights and needs. And we provide the depth and breadth of service and care we'd want for our own family members.

Optimae Life Services opened the Newton office just over 2 years ago bringing a choice in Mental Health services to the citizens of Jasper County. The array of services currently provided includes **Psychotherapy** for adults, children and families as well as Psychiatric medication management. We have provided clinical services to 350 people to date at our Newton location.

Optimae also provides community support to individuals living with a mental illness and/or intellectual disabilities. The **community program** supports individuals in their homes while the **Residential program** provides training and support in a shared residence. We are currently providing services to 64 people in this program.

Optimae also provides **day services** known as “Focus Group” where individuals meet 3 times a week for socialization, volunteering and educational opportunities. We are currently providing services to 22 people in this program.

In April, we began to offer **Peer Support Program**. Brent Deppe was hired as the coordinator of this program. Peer Support allows individuals living with a mental illness the opportunity to provide support and assistance for each other and the ability to reach out to people who are struggling.

Optimae Life Services currently has **46 employees** who are providing services in the programs listed above.

FINANCIAL AND STATISTICAL INFORMATION

Jasper County Community Services manages the financing of services for individuals and families in accordance with Iowa Law. County MH/DD services are funded through a combination of Federal, State and Local Property Tax Dollars. The Accrued Mental Health Expenditures for FY 2013 totaled \$937,417.65

Mental Health System Growth / Loss Report

Disability Type	First Quarter	Second Quarter	Third Quarter	Fourth Quarter	Net Change
Mental Illness	167	155	157	161	-6
Chronic Mental Illness	77	73	76	81	4
Mental Retardation	26	15	19	63	37
Developmental Disabilities	7	7	7	8	1
Total	277	250	259	313	36

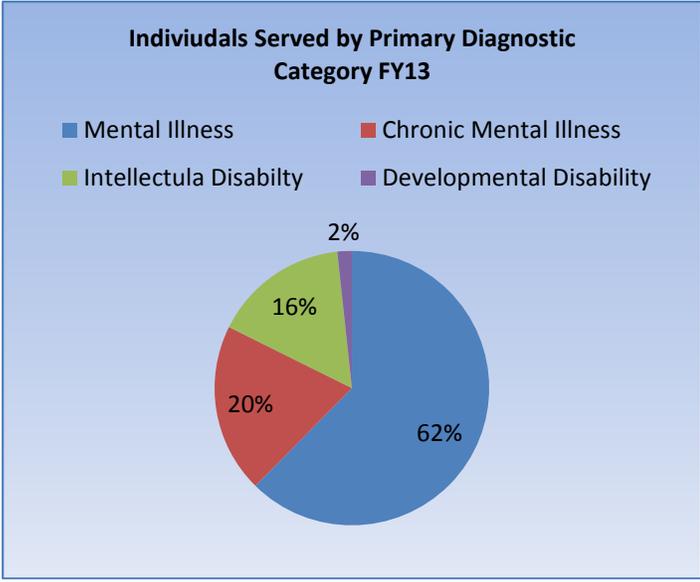
The report above is a required element of the annual report. It shows the number of individuals who received funding per quarter. The data is not particularly relevant this year as counties were retroactively billed for previous fiscal years waiver services and therefore reflect numbers that are not precise for the period of time.

Persons Served

Groups & Expenditures by Diagnostic Category for Jasper County FY 2013

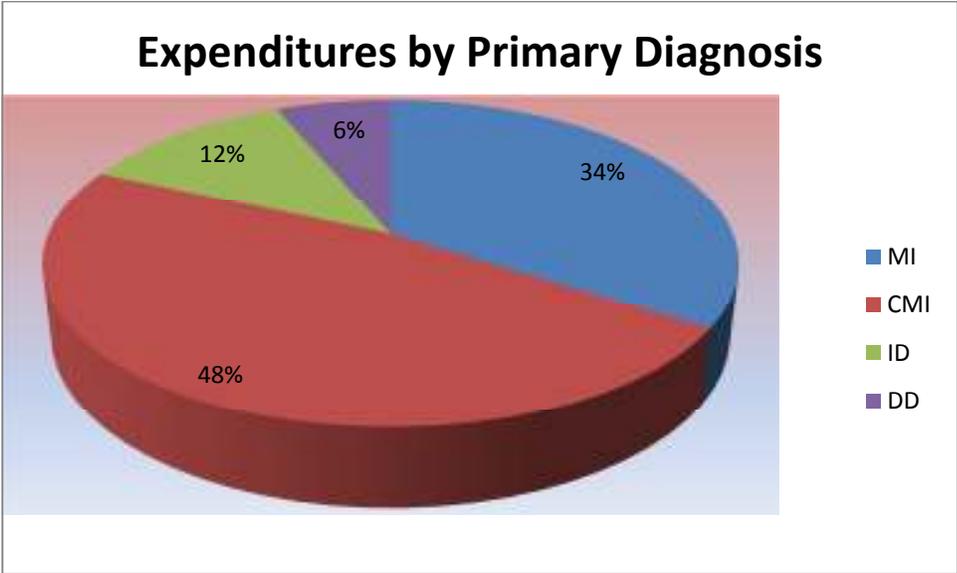
Disability Group	Children	Adult	Unduplicated Total
Mental Illness	10	297	307
Mental Illness, Chronic Mental Illness	0	4	4
Chronic Mental Illness	0	91	91
Chronic Mental Illness, Mental Retardation	0	5	5
Chronic Mental Illness, Other Developmental Disabilities	0	1	1
Mental Retardation	0	70	70
Mental Retardation, Other Developmental Disabilities	0	1	1
Other Developmental Disabilities	1	5	6
Total	11	474	485

The table above shows the unduplicated total of individuals funded by diagnostic criteria. It includes dual diagnosis information.



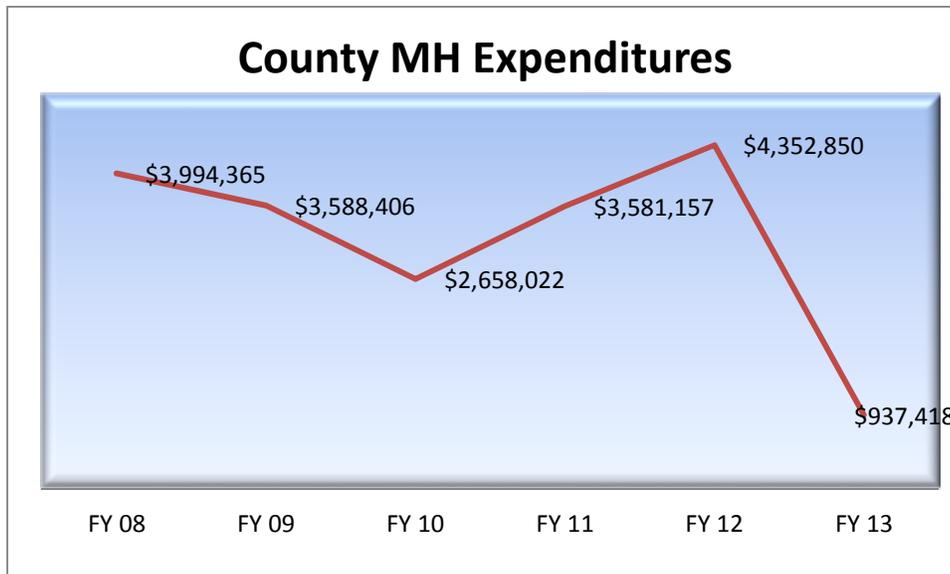
Expenditures by Category for FY 2013

Mental Illness	\$	295,283.66
Chronic Mental Illness	\$	411,557.05
Mental Retardation	\$	102,834.88
Other Developmental Disabilities	\$	55,187.04



County MH Expenditures

The chart below displays the cost for Jasper County from FY08 to FY13. The costs were driven by the portion of non-federal share of waiver service. Costs decreased during FY10 due to the American Recovery and Reinvestment Act, increasing the federal portion for the services and decreasing the county portion. During FY11 that was phased out and the county portion increased to a higher level. In FY 13 the state assumed the responsibility for the non-federal share of waiver costs decreasing the county costs. At that same time our levy capacity was reduced from an equivalent of \$85.38 to \$47.28 per capita.



Scope of Services

Age	Account	Services	MI	CMI	MR	DD
Adult	5373	Public Education Services	1			
Adult	21374	Case Management - T19 Match/ Medicaid		21	15	
Adult	22399	Services Management - Other		2		
Adult	31354	Transportation - General		30	44	3
Adult	32320	Support Services - Homemaker/Home Health Aid		7	3	
Adult	32325	Support Services - Respite			8	
Adult	32329	Support Services - Supported Community Living	5	38	17	2
Adult	33345	Basic Needs - Ongoing Rent Subsidy		1	1	
Adult	33399	Basic Needs - Other		2		
Adult	41306	Physiological Treatment - Prescription Medicine/Vaccines	18	3		
Adult	42301				1	
Adult	42304	Psychotherapeutic Treatment - Acute & Emergency Treatment	1	1		
Adult	42305	Psychotherapeutic Treatment - Outpatient	246	10		
Adult	42396	Psychotherapeutic Treatment - Community Support Programs	1	12		
Adult	43301	Evaluations (Diagnostic) NOT related to Commitments	1			
Adult	50360	Voc/Day - Sheltered Workshop Services		1	3	1
Adult	50362	Voc/Day - Work Activity Services		6	2	3
Adult	50367	Voc/Day - Adult Day Care		1		
Adult	50368	Voc/Day - Supported Employment Services		5	6	2
Adult	50399	Voc/Day - Other Services		13	4	
Adult	63329	Comm Based Settings (1-5 Bed) - Supported Community Living		9	4	
Adult	64314	Comm Based Settings (6+ Beds) - RCF		14	1	
Adult	71319	State MHI Inpatient - Per diem charges	8	6		
Adult	73319	Other Priv./Public Hospitals - Inpatient per diem charges	23	1		
Adult	74300	Commitment - Diagnostic Evaluations		1		
Adult	74353	Commitment - Sheriff Transportation	48	9	1	
Adult	74393	Commitment - Legal Representation	26	12	2	
Adult	74395	Commitment - Mental Health Advocates	1	1		
Child	42305	Psychotherapeutic Treatment - Outpatient	1			
Child	50362	Voc/Day - Work Activity Services				1
Child	73319	Other Priv./Public Hospitals - Inpatient per diem charges	1			
Child	74353	Commitment - Sheriff Transportation	9			
Child	74393	Commitment - Legal Representation	4			

Expenditures By Category and Service

Account	Code	Mental Illness	Chronic Mental Illness	Mental Retardation	Developmental Disability	Admin	Total
05373	Public Education Services	\$1,430.00					\$1,430.00
11000	Direct Admin					\$72,555.02	\$72,555.02
21374	Case Management - T19 Match/ Medicaid		\$-1,983.34	\$-318.16			\$-2,301.50
22375	Case Management - 100% County		\$15,135.97	\$17,484.59	\$1,475.00		\$34,095.56
22399	Services Management - Other		\$2,497.56				\$2,497.56
31354	Transportation - General		\$30,590.10	\$5,018.22	\$6,068.25		\$41,676.57
32320	Homemaker/Home Health Aid		\$16,531.35	\$5,635.00			\$22,166.35
32325	Support Services - Respite			\$1,061.99			\$1,061.99
32329	Supported Community Living	\$22,078.67	\$53,974.05	\$28,167.54	\$4,943.16		\$109,163.42
33345	Basic Needs - Ongoing Rent		\$1,472.74	\$2,707.35			\$4,180.09
33399	Basic Needs - Other		\$1,562.00				\$1,562.00
41306	Prescription Medicine/Vaccines	\$5,719.84	\$821.88				\$6,541.72
42301	Evaluations (Diagnostic) NOT related to Commitments			\$1,192.00			\$1,192.00
42304	Acute & Emergency Treatment	\$27,000.00	\$27,000.00				\$54,000.00
42305	Outpatient	\$133,657.78	\$4,319.45				\$137,977.23
42396	Community Support Programs	\$125.00	\$5,875.00				\$6,000.00
43301	Evaluations (Diagnostic) NOT related to Commitments	\$321.94					\$321.94
50360	Voc/Day - Sheltered Workshop Services		\$1,152.30	\$15,518.51	\$2,965.41		\$19,636.22
50362	Voc/Day - Work Activity Services		\$5,095.93	\$444.91	\$37,377.72		\$42,918.56
50367	Voc/Day - Adult Day Care		\$128.60				\$128.60
50368	Voc/Day - Supported Employment Services		\$7,503.75	\$3,909.71	\$2,357.50		\$13,770.96
50399	Voc/Day - Other Services		\$4,358.13	\$1,569.86			\$5,927.99
63329	Comm Based Settings (1-5 Bed) - Supported Community Living		\$9,262.69	\$4,046.33			\$13,309.02
64314	Comm Based Settings (6+ Beds) - RCF		\$178,462.73	\$15,302.80			\$193,765.53
71319	State MHI Inpatient - Hospitals - Inpatient per diem charges	\$31,029.68	\$34,362.55				\$65,392.23
73319	Hospitals - Inpatient per diem charges	\$46,023.65	\$1,950.00				\$47,973.65
74300	Commitment - Diagnostic Evaluations		\$112.34				\$112.34
74353	Commitment - Sheriff Transportation	\$16,293.87	\$2,907.48	\$685.28			\$19,886.63
74393	Commitment - Legal Representation	\$4,478.44	\$1,338.94	\$408.95			\$6,226.33
74395	Mental Health Advocates	\$7,124.79	\$7,124.85				\$14,249.64
Total		\$295,283.66	\$411,557.05	\$102,834.88	\$55,187.04	\$72,555.02	\$937,417.65

Actual Providers Used	FY2013
ABBE CENTER FOR COMMUNITY CARE	MAINSTREAM LIVING
ABBE INC	MARY GREELEY MEDICAL CENTER
BLACK HAWK-GRUNDY MENTAL HEALTH CENTER	MASON CITY CLINIC
BRIDGEVIEW COMMUNITY MENTAL HEALTH	MEDIAPOLIS CARE FACILITY INC.
BROADLAWNS CAP CASE MANAGEMENT	MEDICAL ASSOCIATES CLINIC PC
BROADLAWNS MEDICAL CENTER	MEDICAP PHARMACY-NEWTON
CAPSTONE BEHAVIORAL HEALTHCARE, INC	MEDICINE SHOPPE
CENTER ASSOCIATES (CA)	MERCY MEDICAL CENTER
CHATHAM OAKS INC	MHP BEHAVIORAL HEALTH
CHILDREN & FAMILIES OF IOWA	MOORE & EGERTON, LLP
CHRISTIAN OPPORTUNITY CENTER	MOUNT PLEASANT MENTAL HEALTH INSTITUTE
COUNTRY VIEW CARE FACILITY (Country view)	OPTIMAE LIFESERVICES, INC.
COVENANT MEDICAL CENTER	PARTNERSHIP FOR PROGRESS (AKA WILLOW HEIGHTS)
DIAMOND LIFE HEALTH CARE INC	PINE REST CHRISTIAN MENTAL HEALTH SERVICES
Dr. PATRICK BERTROCHE DO	PLAINS AREA MENTAL HEALTH CENTER (PAMHC)
FREEDOM HOUSE	PLEASANT HILL RESIDENTIAL
EYERLY BALL COMMUNITY MENTAL HEALTH SERVICES	POLK COUNTY AUDITOR
GOLDEN CIRCLE BEHAVIORAL HEALTH CM	POTTAWATTAMIE COUNTY SHERIFF
GOODWILL INDUSTRIES OF THE HEARTLAND	POWESHIEK COUNTY MENTAL HEALTH CENTER (PCMHC)
GOSHORN PSYCH SERVICES PLLC	PRIDE GROUP, THE (FKA PLYMOUTH LIFE)
GRINNELL REGIONAL MEDICAL CENTER	PROGRESS INDUSTRIES
HILLCREST FAMILY SERVICES	RELIANT LONG TERM CARE
HIRTA PUBLIC TRANSPORT	RICHMOND CENTER
HOUSE OF MERCY	SIACC
HY-VEE PHARMACY	SOUTHERN IOWA MENTAL HEALTH CENTER (SIMHC)
HY-VEE STORE CHARGE ACCOUNTING	SOUTHWEST IOWA PLANNING COUNCIL AKA TRANSIT(SWITA)
INDIANOLA RESIDENTIAL, (Closed as of 11/30/2012)	ST. LUKE'S HOSPITAL - (PHYSICIAN CHARGES)
IOWA LUTHERAN HOSPITAL)	STRAWHACKER AND ASSOCIATES
IOWA HEALTH	TREASURER, STATE OF IOWA
JASPER COUNTY HOMECARE AIDES	WALKER, BILLINGSLEY & BAIR (WALKER & BILLINGSLEY)
JENNIE EDMUNDSON HOSPITAL (Jennie Ed Behavioral)	WASHINGTON COUNTY MINI-BUS
KELLY KIRK	WAUBONSIE MENTAL HEALTH CENTER
MAHASKA HEALTH PARTNERSHIP	WESLEYLIFE HOME HEALTH (FKA Wesley at Home)

Appeals

There were no appeals for FY 13.

Quality Assurance

Consumer and guardian satisfaction information is obtained through the use of surveys by the providers, direct interaction and feedback from consumers, families and case managers. Local Providers submit data from consumer and guardian surveys based on effectiveness, efficiency, service access and overall satisfaction.

Waiting List Information

Jasper County did not have a waiting list for FY 13.

Service Priority Listing:

The following list will be used to determine the priority of services funded prior to starting a waiting list:

1. Mandated Core Services for Targeted Population
2. Core Plus Services for Targeted Population
3. Transportation for Targeted Population
4. Services for individuals not included in the Target Population