

**SIOUX RIVERS REGIONAL
MENTAL HEALTH AND DISABILITY SERVICES
MANAGEMENT PLAN**



ANNUAL SERVICE AND BUDGET PLAN FY16/17

JULY1, 2016

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ANNUAL SERVICE AND BUDGET PLAN FY16/17

Introduction and Vision

Sioux Rivers Regional Mental Health and Disabilities Services (Sioux Rivers MHDS or Sioux Rivers) was formed under Iowa Code Chapter 28E to create a mental health and disabilities service region in compliance with Iowa Code 331.390, and is comprised of Plymouth, Sioux and Woodbury Counties in Northwest Iowa. This management plan is designed to provide access, information, and coordination of funding, while providing for the health, hope, and successful outcomes of the adults in our region who have mental health and intellectual/developmental disabilities, including those with multi-occurring substance use issues, health issues, physical disabilities, and other complex human service needs.

In accordance with the principals enumerated in legislative redesign of the mental health delivery system, Sioux Rivers MHDS will work in a quality improvement partnership with stakeholders in the region (providers, families, individuals, and partner health and human service systems) to develop a system of care approach that is characterized by the following principles and values:

- Welcoming and individualized
- Person and family driven
- Recovery focused
- Trauma-informed
- Service to individuals with multiple diagnoses

This plan covers the period from July 1, 2016 through June 30, 2017 (Submitted April 1, 2016)

A. Access Points & Care Coordination Agencies

An access point is an agency or entity within the Sioux Rivers Regional Mental Health and Disabilities Services (Sioux Rivers) regional service system that is trained to complete the MHDS regional application. Applications are forwarded to the Service Coordinator in each county for eligibility determination. Sioux Rivers has designated the following access points:

<u>Access Point</u>	<u>What Services are provided and/or Functions performed by this Access Point?</u>
Life Skills Training Center 1510 Industrial Road Le Mars, IA 51 Phone: (712) 546-9554	Employment/Day Services Supported Employment
Plains Area Mental Health Center 180 10 th Street P.O. Box 70 Le Mars, Iowa 51031 Phone: (712) 546-4624	Outpatient Mental Health Services Integrated Health Home Intensive Care Coordination Psychiatric Evaluation Medication Management Prescreening for Commitment 'The Meeting Place" Drop in Center School-based Out Reach/Therapy Program
Sioux Rivers Regional MHDS-Plymouth Co. 19 2 nd Avenue NW Le Mars, Iowa 51031 Phone 712-546-4352	Service Coordination Referral Services Eligibility Determination Funding Decisions
Creative Living Center, PC 1905 10 th Street, Box 163 Rock Valley, IA 51247 Phone: (712) 476-5245	Outpatient Mental Health Services Psychiatric Evaluation Prescreening for Commitment Medication Management School-based Out Reach / Therapy Program
Hope Haven, Inc. 1800 19 th Street Rock Valley, IA 51247 Phone:(712) 476-2737	Psychiatric Rehabilitation Supported Employment Job Development Community Living Employment/Day Services Drop In Center
Iowa Department of Human Services 315 Central Ave SE Orange City, IA 51041 Phone: (712) 737-2943	Service Coordination Targeted Case Management
Iowa Department of Human Services 315 Central Ave SE Orange City, IA 51041 Phone: (712) 737-2943	Service Coordination Targeted Case Management
Sioux Rivers Regional MHDS - Sioux County 210 Central Ave SW, P.O. Box 233 Orange City, IA 51041 Phone: (712)737-2999	Service Coordination Referral Services Eligibility Determination Funding Decisions
Sioux Rivers Regional MHDS - Woodbury Co. 1211 Tri View Ave Sioux City, IA 51103 Phone: (712)279-6459	Service Coordination Referral Services Eligibility Determination & Funding Decisions

Siouxland Mental Health Services 625 Court Street Sioux City, IA 51101 Phone: (712) 252-3871	Integrated Health Home Intensive Care Coordination Outpatient Mental Health Service & Medication Management Psychiatric Evaluation Prescreening for Commitment Sioux Rivers Regional Assessment and Stabilization Center School-based Out Reach/Therapy Program
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B. Targeted Case Management

Sioux Rivers shall offer access to cost effective, evidence based, conflict free Targeted Case Management as described in IAC 441-25.21(1G). Targeted case management agencies serving the Sioux Rivers Region must be accredited by the Department of Human Services as defined in IAC 441. The region’s Case Management Providers, as long as the above criteria is satisfied, are chosen by the Board of Supervisors in their respective Counties and approved by the Regional Governing Board. The following agencies were contracted to provide TCM services to consumers in their respective counties and thus have been designated to serve the Sioux Rivers Regional MHDS in Fiscal Year 2017:

Plymouth County: DHS Targeted Case Management
 19 2nd Avenue NW
 Le Mars, Iowa 51031
 Phone 712-546-4352

Sioux County: DHS Targeted Case Management
 315 Central Ave SE
 Orange City, Iowa 51041
 (712)737-2943

Woodbury County: **DHS Target Case Management**
820 Douglas Street
Sioux City, Iowa 51101
(712)255-0833 check on the phone number

C. Crisis Planning

Crisis prevention, response and resolution are as much a mindset as they are a continuum of strategies and services. In the Sioux Rivers Region, crisis prevention begins with proper training, for instance Mental Health First Aid (MHFA) training which was made available to Regional Service Coordinators and the general public and is being provided to regional law enforcement agencies. There are multiple MHFA trainers in the area including trainers at regional mental health centers. Training focuses on best practices like Positive Behavior Support, Trauma Informed Care, and Motivational Interviewing. This training prepares staff to effectively create environments that prevent crisis and develop effective intervention techniques for response and resolution. Crisis prevention, response, and resolution are also embedded in the treatment and support plans that are prepared by regional providers, Targeted Case Management, Intensive Care Coordination and

Service Coordination, which is usually provided in an Integrated Health Home setting (IHH). When these plans are developed, the goal is to discern an environment and support structure that works for a person in order to mitigate the triggers that lead to crisis. Much of the prevention, response, and resolution of crises are typically delivered through the normal services and supports people receive.

If more specialized crisis response and resolution is required to meet a person's need, the Sioux Rivers Regional MHDS has several options. While not contracted regional providers, Mercy Medical, Unity Point and Cherokee MHI, employ staff trained to mitigate crisis situations, and are available 24 hours a day, seven days a week. The Community Mental Health Centers (CMHC's) have trained mental health professionals available by phone 24 hours per day, as well as walk in availability during business hours. The primary goals of these agencies are crisis assessment, resolution, and screening for voluntary inpatient hospitalization. It is preferable to deal with mental health crises even when identified by law enforcement by way of a therapeutic intervention rather than a criminal justice intervention. For those individuals who have returned to their homes, but require a bit more stabilization after inpatient treatment, ongoing outpatient therapy may be rendered by one of the regional behavioral hospitals (Mercy & Unity) or community mental health centers located throughout the region.

Several services have been implemented that complement the current options. The goal of these additional options is to engage people at an earlier stage of crisis to avoid more intensive services. Programs that have been developed are peer support crisis aversion; 23 hour crisis stabilization and short term stabilization care for individuals that require stabilization, assessment, intensive outpatient treatment and planning, all of which serve to divert consumers from inpatient hospitalization, emergency rooms and incarceration. Regional funds are being utilized in this endeavor, with a million dollars budgeted for this purpose in 2016/17.

Newly opened Sioux Rivers Regional Assessment and Stabilization Center provides emergency services on 24/7 basis at (712) 560-7996. Services are directed to the assessment and rapid stabilization of acute symptoms of mental illness or emotional distress. *The definition of emergency for purposes of this plan is: the sudden appearance of a severe mental and/or nervous condition in which the absence of medical or clinical treatment, the person's mental or physical well-being could reasonably be threatened, or the physical well-being of another is endangered.*

During normal office hours, emergency services are also available from the designated local Mental Health Center clinical professionals and paraprofessionals. At all other times, emergency services are arranged via telephone linkage, or face-to-face intervention when needed with an on-call paraprofessional. Outside of regular business hours, the Mental Health Center maintains a recorded message which provides instructions and phone numbers of on-call staff, as follows:

Plymouth County:	Plains Area Mental Health Center	(888)546-0730
Sioux County:	Creative Living Center	(800)345-9724
Woodbury County:	Siouxland Mental Health Center	(877)493-2273

The Mental Health Centers are responsible to protect the confidentiality of all crisis calls and interventions. Crisis intervention services may include (but are not limited to): the provision of emotional support in collaboration with others to offer a continuity of care. It can also involve referrals and assistance with community and social services, notification of family members, determination of need for hospitalization, and facilitating the communication of information as necessary to protect you or another from harm.

- If emergency hospitalization is deemed necessary, the Mental Health Center clinician will make referral to a Mental Health Institute (MHI), or if the consumer is Medicaid (Title XIX) eligible, or has private insurance, he/she shall be referred first to an approved Title XIX provider, which is a private or public hospital. If the crisis resolution plan calls for services which will subsequently be funded by Sioux Rivers, Mental Health Center staff will notify the Service Coordinator by the end of the next business day at which time, the Service Coordinator will initiate enrollment and further service authorization procedures.
- ***All persons seeking voluntary admission for psychiatric hospitalization must be pre-screened by a Mental Health Center or funding will not be provided by Sioux Rivers.*** A pre-admission/pre-screening form will be filled out and the original will accompany the consumer to the hospital or it will be mailed to MHI. In the event of region funded pre-screens and subsequent admissions, the Service Coordinator will be notified by the Mental Health Center, and or the Mental Health Institute, within one business day.

D. Scope of Services and Projected Need

The annual budget and planning process is utilized to identify and implement core disability service improvements. The Sioux Rivers Region collaborates with stakeholders to assess need and to advocate adequate funding for services and supports in the initial core and additional core service domains. Sioux Rivers is the funding agent of last resort. Additional funding sources are used to empower individuals to reach their fullest potential, and may include a combination of Regional, State, Federal, and private funds. The Sioux Rivers Region is responsible for services that are authorized in accordance with the Regional Management Plan and within the constraints of budgeted dollars. Services funded by Sioux Rivers Regional MHDS are subject to change or termination with the development of the annual budget each fiscal year. While mandated services and access standards are summarized here and in the Service Matrix which follows, the Region's Policies & Procedure Manual describes these subject areas in a more thorough manner.

The Sioux Rivers Regional Chief Executive Officer and County Service Coordinators (Administrative Team) crafted the FY17 budget, which was reviewed and subsequently adopted by the Sioux Rivers Regional Governance Board at their December 22, 2015 meeting. The Sioux Rivers CEO, with input from the Service Coordinators, is responsible for managing and monitoring the adopted budget. The Sioux Rivers Regional MHDS Administrative Team reviews actual expenditures and services provided, stakeholder input and participation, quality assurance implementation findings, waitlist information, progress toward goals and objectives, and, if any, appeal type and resolution to determine if gaps in services or barriers to services exist. December 1st of each year, this information is compiled and is submitted to the Department of Human Services.

Sioux Rivers has developed a provider network based on projections of incidence and prevalence of need for the priority population groups discussed elsewhere in this plan. As noted, Sioux Rivers consults with the provider network and community at large to develop plans and services to meet the need. When comparing the current system of care with the Access Standards in IAC 441-25.3, it appears the requisite components are in place and are meeting the requirements for access with few exceptions. Sioux Rivers staff routinely works with providers when access is an issue to eliminate wait times, but as delineated below, there are a number of variables that influence access times. Some of the variables are within a region's ability to impact change and some are not. Sioux Rivers Regional MHDS has three Community Mental Health Centers, all three of which service adults and children and two inpatient psychiatric units that are located within 45 miles of citizens' residences, and a third, Cherokee Mental Health Institute located in Cherokee (just outside the Region) and within a 45 minute drive of the majority of consumers in the Sioux Rivers Region. Crisis services are available in each of these hospitals, and through the MHC's 24 hour emergency lines, twenty four hours a day, seven days each week, 365 days per year. Crisis management trained staff at the Cherokee MHI, located in the adjacent region, Unity Point Health, and Mercy Medical in Sioux City serve as the provider of Emergency and Urgent care needs for the three county region. The standard for meeting emergency outpatient services within 15 minutes varies a bit by each hospital but each would initiate outpatient services as quickly as possible or refer the person to one of the other hospitals for emergency care. The standard for meeting urgent care needs within one hour of presentation or within twenty four hours of a call to a Community Mental Center is met when scheduling permits and if schedules do not permit, a person would be seen as quickly as possible or referred to any of the hospital emergency rooms.

Typically, the elapsed time between first contact for outpatient services and first provided service does not exceed ten days. The Mental Health Centers located within the region schedule consumers for therapy within two weeks from the time of contact and it is typically another one to two weeks before they are seen by a therapist. Siouxland Mental Health, located in Woodbury County, is equipped to conduct emergency intakes at the hospitals located in Sioux City and the time to get someone seen by a therapist or prescriber is sometimes longer than fifteen minutes but these emergency intakes are completed within twenty four hours. All three of the mental health provider agencies located within the region, operates an emergency crisis telephone line to support patients after hours in emergent type situations. On a routine basis, the wait time for a therapist is

approximately one to three weeks and four to six weeks for an appointment with a psychiatrist. For emergency and urgent care needs, the hospitals utilize their crisis team to see people and triage to the appropriate service. When an individual is hospitalized, the patient is typically seen within seven days of discharge by an LISW and a mid-level prescriber.

Sioux Rivers Regional Assessment and Stabilization Center is available to provide 23 hour crisis stabilization and short term residential services.

While providers may not meet standards in all cases, there are alternative services available to meet emergency and urgent care needs that exceed the basic requirements of the State for emergency services. The fact is that in Iowa there is a shortage of LISWs and either mid-level or physician prescribers that affects access time. This is not just the case with our "safety net" providers but anecdotal reports indicate that even getting appointments with private prescribers exceed the benchmark of four weeks. This is being tracked state-wide, particularly in the larger communities, and the Sioux Rivers staff is working with our provider network to meet these benchmarks. While this is a challenge for a mid-sized region with limited resources, it can be undertaken as a collective effort between the State DHS, Regions, Iowa Medicaid Enterprise, Managed Care Organizations, Private Insurance Companies, University of Iowa, Regents and the Iowa Legislature.

Sioux Rivers has access to two private inpatient psychiatric facilities, Unity Point Health and Mercy Medical. Individuals in need of emergency inpatient treatment are typically able to access treatment within 24 hours. There are times when a patient may be diverted from the private hospitals in our largest county, to the MHI in Cherokee, or more rarely, a private hospital located in a nearby region, but generally that person does receive treatment within twenty four hours. Nevertheless, this is something that we have begun to track. While at present the number of individuals being diverted to private hospitals outside the Sioux Rivers Region, the Cherokee Mental Health Institute notwithstanding is unknown, it appears to be an insignificant number. In rare instances, a person may be held in a hospital without a psychiatric capability until a placement can be secured elsewhere. In those cases, the person receives treatment in the Emergency Room. The shortage of beds is not new. It is the reason however, that we have developed an array of crisis services to support people in crisis outside the hospital and make the best use of our current capacity. Most of the hospitals within the region provide follow up outpatient care within seven days of discharge from the hospital or coordinates with the patient's mental health service provider for follow up care.

A number of supportive services are available in the Sioux Rivers Region including but not limited to the three classes of services noted in the Access Standards. Consumers are able to access service coordination and any community support service within thirty miles of where they live and within four weeks of the individual's request for the service. In many cases, the support services are delivered to the person, in the person's home. The need for supportive services is being met and Sioux Rivers staff is working with network providers to expand service capacity to meet demand, as necessary. We are fortunate to have multiple providers that offer the same or functionally equivalent types of services so if one provider has a waiting list another can provide the service. For example, if a provider has a waiting list for Supported Community Living, we can refer to another provider of the service or offer an integrated wrap around service and make an emergency assignment or if the person has Medicaid and meets criteria, the person may be enrolled in a Waiver funded program. Nonetheless, these are metrics we will add to our quality assurance program. With respect to Home and Vehicle Modifications, we follow Medicaid guidelines.

E. Service Matrix

Core Services	Description	Core Population MI ID	Core Plus DD	Access Standards/Criteria
Assessment and Evaluation (Psychiatric or Psychological Evaluations and Standard functional Assessment)	The clinical review by a mental health professional of the current functioning of the individual using the service in regard to the individual’s situation, needs, strengths, abilities, desires and goals to determine the appropriate level of care.	X		An individual who has received inpatient services will receive assessment and evaluation services within four (4) weeks Psychiatric Evaluation – Will pay for one per year
Case Management (Targeted Case Management and Service Coordination)	Service provided by a case manager who assists individuals in gaining access to needed medical, social, educational, and other services through assessment, development of a care plan, referral, monitoring and follow-up using a strengths-based service approach that helps individuals achieve specific desired outcomes leading to a healthy self-reliance and interdependence with their community.	X		Referral Medicaid Only for Targeted Case Management.
Crisis Evaluation	The process used with an individual to collect information related to the individual’s history and needs, strengths, and abilities in order to determine appropriate services or referral during an acute crisis episode.	X		Available 24 hours per day, seven days per week, 365 days per year. Must be in crisis

Day Habilitation	Services that assist or support the individual in developing or maintaining life skills and community integration. Services shall enable or enhance the individual's functioning, physical and emotional health and development, language and communication development, cognitive functioning, socialization and community integration, functional skill development, behavior management, responsibility and self-direction, daily living activities, self-advocacy skills, or mobility.	X		Standardized functional assessment must support the need for services of the type and frequency identified in the individual's case plan
Family Support	Services provided by a family support peer specialist that assists the family of an individual to live successfully in the family or community including, but not limited to, education and information, individual advocacy, family support groups, and crisis response.	X		Family Support services are accessed by referral from providers. Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan
Health Homes	A service model that facilitates access to an interdisciplinary array of medical care, behavioral health care, and community-based social services and supports for both children and adults with chronic conditions. Services may include comprehensive care management; care coordination and health promotion; comprehensive transitional care from inpatient to other settings, including appropriate follow-up; individual and family support, which includes authorized representatives; referral to community and social support services, if relevant; and the use of health information technology to link services, as feasible and appropriate.	X		Referral Only, to Plains Area Mental Health Center or Siouxland Mental Health Center

Home and Vehicle Modification	A service that provides physical modifications to the home or vehicle that directly address the medical health or remedial needs of the individual that are necessary to provide for the health, welfare, and safety of the member and to increase or maintain independence.	X		Must meet service need criteria as specified by Medicaid Waiver
Home Health Aide Services	Unskilled medical services which provide direct personal care. This service may include assistance with activities of daily living, such as helping the recipient to bathe, get in and out of bed, care for hair and teeth, exercise, and take medications specifically ordered by the physician.	X		Must meet service need criteria as specified by Medicaid Waiver
Job Development	Services that assist individuals in preparing for, securing and maintaining gainful, competitive employment. Employment shall be integrated into normalized work settings, shall provide pay of at least minimum wage, and shall be based on the individual's skills, preferences, abilities, and talents. Services assist individuals seeking employment to develop or re-establish skills, attitudes, personal characteristics, interpersonal skills, work behaviors, and functional capacities to achieve positive employment outcomes.	X		Must meet service need criteria as specified by Medicaid Waiver

<p>Medication Management</p>	<p>Services provided directly to or on behalf of the individual by a licensed professional as authorized by Iowa law including, but not limited to, monitoring effectiveness of and compliance with a medication regimen; coordination with care providers; investigating potentially negative or unintended psychopharmacologic or medical interactions; reviewing laboratory reports; and activities pursuant to licensed prescriber orders.</p>	<p>X</p>		<p>Medication management services are provided within four weeks of requested appointment (Outpatient Access Standards).</p> <p>Standardized assessment must support the need for services of the type and frequency identified in the individual’s case plan</p>
<p>Medication Prescribing</p>	<p>Services with the individual present provided by an appropriately licensed professional as authorized by Iowa law including, but not limited to, determining how the medication is affecting the individual; determining any drug interactions or adverse drug effects on the individual; determining the proper dosage level; and prescribing medication for the individual for the period of time before the individual is seen again.</p>	<p>X</p>		<p>Medication prescribing services are provided within four weeks of requested appointment (Outpatient Access Standards).</p> <p>Standardized Assessment must support the need for this service</p>
<p>Mental Health Inpatient Treatment</p>	<p>Acute inpatient mental health services are 24-hour settings that provide services to individuals With Acute psychiatric conditions. Primary goal is to provide a comprehensive evaluation, rapidly stabilize acute symptoms; address health and safety needs and develop a comprehensive discharge plan to appropriate level of care.</p>	<p>X</p>		<p>Inpatient services, in an emergency, are provided with 24 hours. Must follow Crisis Pre-screening procedure and inpatient access standards</p>
<p>Mental Health Outpatient Therapy</p>	<p>Services shall consist of evaluation and treatment services provided on an ambulatory basis for the target population including psychiatric evaluation, medication management and individual, family, and group therapy.</p>	<p>X</p>		<p>Outpatient services are provided within four weeks of requested appointment.</p> <p>Standardized Assessment must support the need for this service .</p>

Peer Support Services	A program provided by a peer support specialist including but not limited to education and information, individual advocacy, family support groups, crisis response, and respite to assist individuals in achieving stability in the community.	X		Referrals only.
Personal Emergency Response System	An electronic device connected to a 24-hour staffed system which allows the individual to access assistance in the event of an emergency.	X		Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan
Prevocational Services	Services that focus on developing generalized skills that prepares an individual for employment. Prevocational training topics include but are not limited to attendance, safety skills, following directions, and staying on task.	X		Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan Must meet service need criteria as specified by Medicaid Waiver
Respite Services	A temporary period of relief and support for individuals and their families provided in a variety of settings. The intent is to provide a safe environment with staff assistance for individuals who lack an adequate support system to address current issues related to a disability. Respite may be provided for a defined period of time; respite is either planned or provided in response to a crisis.	X		Must meet service need criteria as specified by Medicaid Waiver

<p>Supported Employment</p>	<p>An approach to helping individuals participate as much as possible in competitive work in integrated work settings that are consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice of the individuals. Services are targeted for individuals with significant disabilities for whom competitive employment has not traditionally occurred; or for whom competitive employment has been interrupted or intermittent as a result of a significant disability including either individual or group supported employment, or both, consistent with evidence-based practice standards published by the Substance Abuse and Mental Health Services Administration.</p>	<p>X</p>		<p>Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan</p> <p>Initial referral will take place within 60 days of request for support for employment.</p> <p>Must meet service need criteria as specified by Medicaid Waiver</p>
<p>Supported Community Living Services</p>	<p>Services provided in a non-institutional setting to adult persons with mental illness, intellectual disability, or developmental disabilities to meet the persons' daily living needs.</p>	<p>X</p>		<p>Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan.</p> <p>Appointment shall occur within 4 weeks of request for community support</p>
<p>Twenty Four Hour Crisis Response</p>	<p>Psychiatric care delivered on an emergency basis to those in crisis, usually via phone</p>	<p>X</p>	<p>X</p>	<p>24 hour access to crisis response, 7 days week, 365 days a year. Available through Community Mental Health Centers & hospitals.</p>

Other Services	Description	Core Population MI ID	Core Plus DD	Access Standards/Criteria
Crisis Services	23 Hour Crisis Observation Short term crisis stabilization	X	X	Emergency, 24/7 service to all population groups in crisis
Vocational Services		X		Based on individual comprehensive assessment and community options for work related activities
Information/ Referral Services	Service that informs individuals of available services and programs	X	X	
Public Education Services	To educate the general public about the realities of mental health and mental illness.	X	X	
Homemaker Services	Homemaking and personal care services	X		Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan Must meet service need criteria as specified by Medicaid Waiver
Prescription Medicine	Prescription psychiatric medications for persons having a mental health diagnosis	X		3 Month Limit All other means of payment must be considered – Psychotropic only
Residential Care Facilities	Community facility providing care and treatment	X		Standardized assessment must support the need for services of the type and frequency identified in the individual's case plan. Court ordered: 90 day limit.
Peer Drop In	Program that offers a safe, supportive environment within the community for individuals who have experienced mental/emotional problems.	X		Available to all residents of the region, but only service location is in Sioux City.
School Program	Mental health services provided in schools (K-12) through multi-agency collaboration. Provides evaluation, assessment, referral, treatment modalities in the school setting as well as professional settings.	X		Available to all residents of the region, but only service location is in Sioux City.
Mental Health Court	ID's individuals within the criminal justice system experiencing mental illness contributory to involvement. Provides CM services to persons in lieu of jail time. Must participate in identified service to clear/drop charges.	X		Available to all residents of the region, and while currently the only service location is in Sioux City, it will be physically offered in all regional counties by the end of the current fiscal year.

F. SIOUX RIVERS REGIONAL MHDS FY2016/2017 BUDGET

FY 20XX Budget	XXX MHDS Region	MI (40)	ID(42)	DD(43)	Admin (44)	Total
Core Domains						
COA	Treatment					
43301	Assessment & evaluation	\$ 220,426				\$ 220,426
42305	Mental health outpatient therapy	\$ 231,500				\$ 231,500
42306	Medication prescribing & management	\$ 100,000				\$ 100,000
71319	Mental health inpatient therapy- MHI	\$ 170,000				\$ 170,000
73319	Mental health inpatient therapy	\$ 30,000				\$ 30,000
	Basic Crisis Response					
32322	Personal emergency response system					\$ -
44301	Crisis evaluation	\$ 50,000				\$ 50,000
44305	24 hour access to crisis response	\$ 30,000				\$ 30,000
	Support for Community Living					
32320	Home health aide					\$ -
32325	Respite			\$ 1,500		\$ 1,500
32328	Home & vehicle modifications					\$ -
32329	Supported community living	\$ 31,000	\$ 90,000			\$ 121,000
	Support for Employment					
50362	Prevocational services					\$ -
50367	Day habilitation					\$ -
50364	Job development		\$ 100,000			\$ 100,000
50368	Supported employment		\$ 300,000			\$ 300,000
50369	Group Supported employment-enclave		\$ 100,000			\$ 100,000

	Recovery Services					
45323	Family support	\$ 1,000				\$ 1,000
45366	Peer support	\$ 200,000				\$ 200,000
	Service Coordination					
21375	Case management					\$ -
24376	Health homes					\$ -
	Core Evidenced Based Treatment					
04422	Education & Training Services - provider competency					\$ -
32396	Supported housing					\$ -
42398	Assertive community treatment (ACT)	\$ 50,000				\$ 50,000
45373	Family psychoeducation	\$ 50,000				\$ 50,000
	Core Domains Total	\$ 1,163,926	\$ 590,000	\$ 1,500		\$ 1,755,426
Mandated Services						
46319	Oakdale					\$ -
72319	State resource centers					\$ -
74XXX	Commitment related (except 301)	\$ 202,000				\$ 202,000
75XXX	Mental health advocate	\$ 28,609				\$ 28,609
	Mandated Services Total	\$ 230,609	\$ -	\$ -		\$ 230,609
Additional Core Domains						
	Comprehensive Facility & Community Based Crisis Services					
44346	24 hour crisis line					\$ -
44366	Warm line					\$ -
44307	Mobile response					\$ -
44302	23 hour crisis observation & holding	\$ 507,500				\$ 507,500
44312	Crisis Stabilization community-based	\$ 507,500				\$ 507,500

	services					
44313	Crisis Stabilization residential services					\$ -
	Sub-Acute Services					
63309	Subacute services-1-5 beds					\$ -
64309	Subacute services-6 and over beds					\$ -
	Justice system-involved services					
46305	Mental health services in jails	\$ 100,000				\$ 100,000
25xxx	Coordination services					\$ -
46422	Crisis prevention training					\$ -
46425	Mental health court related costs	\$ 59,400				\$ 59,400
74301	Civil commitment prescreening evaluation					\$ -
46399	Justice system-involved services-other					\$ -
	Additional Core Evidenced based treatment					
42397	Psychiatric rehabilitation (IPR)	\$ 12,000				\$ 12,000
42366	Peer self-help drop-in centers	\$ 1,000,000	\$ 90,000			\$ 1,090,000
	Additional Core Domains Total	\$ 2,186,400	\$ 90,000	\$ -		\$ 2,276,400
Other Informational Services						
03XXX	Information & referral					\$ -
04XXX	Consultation (except 422)					\$ -
05XXX	Public education					\$ -
	Other Informational Services Total	\$ -	\$ -	\$ -		\$ -
Other Community Living Support Services						
06399	Academic services					\$ -
22XXX	Services management	\$ 149,887	\$ 242,375			\$ 392,262
23376	Crisis care					\$ -

	coordination					-
23399	Crisis care coordination other					\$ -
24399	Health home other					\$ -
31XXX	Transportation					\$ -
32321	Chore services					\$ -
32326	Guardian/conservator	\$ 12,500	\$ 12,500			\$ 25,000
32327	Representative payee					\$ -
32399	Other support					\$ -
32335	CDAC					\$ -
33330	Mobile meals					\$ -
33340	Rent payments (time limited)					\$ -
33345	Ongoing rent subsidy					\$ -
33399	Other basic needs					\$ -
41305	Physiological outpatient treatment					\$ -
41306	Prescription meds	\$ 15,000				\$ 15,000
41307	In-home nursing					\$ -
41308	Health supplies					\$ -
41399	Other physiological treatment					\$ -
42309	Partial hospitalization					\$ -
42310	Transitional living program					\$ -
42363	Day treatment					\$ -
42396	Community support programs	\$ 860,600				\$ 860,600
42399	Other psychotherapeutic treatment					\$ -
43399	Other non-crisis evaluation					\$ -
44304	Emergency care					\$ -

44399	Other crisis services					\$ -
45399	Other family & peer support					\$ -
50361	Vocational skills training					\$ -
50365	Supported education					\$ -
50399	Other vocational & day services					\$ -
63XXX	RCF 1-5 beds					\$ -
63XXX	ICF 1-5 beds					\$ -
63329	SCL 1-5 beds	\$ 45,000				\$ 45,000
63399	Other 1-5 beds					\$ -
	Other Comm Living Support Services Total	\$ 1,082,987	\$ 254,875	\$ -		\$ 1,337,862
Other Congregate Services						
50360	Work services (work activity/sheltered work)	\$ 40,000	\$ 310,000	\$ 24,200		\$ 374,200
64XXX	RCF 6 and over beds	\$ 625,000				\$ 625,000
64XXX	ICF 6 and over beds					\$ -
64329	SCL 6 and over beds					\$ -
64399	Other 6 and over beds					\$ -
	Other Congregate Services Total	\$ 665,000	\$ 310,000	\$ 24,200		\$ 999,200
Administration						
11XXX	Direct Administration				\$ 342,438	\$ 342,438.00
12XXX	Purchased Administration				\$ 8,000	\$ 8,000.00
	Administration Total				\$ 350,441	\$ 350,438.00
	Regional Totals	\$ 5,328,922	\$ 1,244,875	\$ 25,700	\$ 350,441	\$ 6,949,935

Region Levy

\$4,197,372

Difference before application of fund balance

\$(2,752,563)

Projected Fund Balance

\$5,382,828

Difference after application of fund balance

\$2,630,265

G. Financial Forecasting Measures

Historical service utilization is the starting point for all financial projections.

Throughout the year, Sioux Rivers staff and stakeholders identify unmet needs and areas for service development, which are incorporated into subsequent strategic plans and budgets. Strategic plan priorities are identified in the areas of system infrastructure, community living, employment, and treatment. So long as adequate capital is available, Sioux Rivers will fund core and core plus services, provided those services are delivered at current and subsequent access standards levels. Unencumbered funds and available fund balances beyond 25% of budgeted expenditures will be reinvested to fund projects that will impact the region as a whole. Projects underway for this and subsequent fiscal years are: Identifying meaningful vocational alternatives to work activity, which was approved and funded (approximately \$500,000) for the remainder of FY17, and Crisis Services, which is budgeted at \$1,000,000 for FY17 to complete the peer support/drop in center.

H. Provider Reimbursement Provisions

Sioux Rivers Regional MHDS has contracted with MHDS providers whose base of operation is within the region. Sioux Rivers 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, i.e.; attorneys, physicians and pharmacies.

Over the past several years, the counties that comprise Sioux Rivers Regional MHDS have used their contracting capacity to implement a series of strategies for moving towards outcome-based payments. Sioux Rivers uses a mix of fee-for-service, and fee-for-service with performance payments for most of its services. It provides block grants only for specific population based activities where billing by individual served is impossible or impracticable. Non-traditional provider contracts are used in instances when services are provided by individuals or families.

Sioux Rivers' service contracts require that all providers meet applicable licensure, accreditation or certification standards; however the Region will make serious efforts to stimulate access to more natural supports in its service provider network. Successful attainment of positive outcomes, consumer and family satisfaction, and cost effectiveness measures are the most important factors in continued network participation. Sioux Rivers Regional MHDS has contracted with the following agencies for service provision to consumers residing within the region:

Sioux Rivers Regional Provider Network	Regional Funded Services
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Sioux Rivers Regional Crisis Assessment & Stabilization Center 4038 Division Street Sioux City, IA 51104 Phone: (712)560-7996	23 hour crisis observation 9 bed residential unit for short term crisis stabilization Case Management/Care Coordination <i>(Mix of Regional and Medicaid funding)</i>
Pride Group 214 Plymouth Street SE Le Mars, IA 51031 Phone: (712) 546-6500	Residential Supports Residential Care Facility PMI Residential Supported Community Living
Life Skills Training Center 1510 Industrial Road Le Mars, IA 51031 Phone: (712) 546-9554	Employment/Day Services Supported Employment
Plains Area Mental Health Center 180 10 th Street, Suite 201 P.O. Box 70 Le Mars, Iowa 51031 Phone: (712) 546-4624	Integrated Health Home Intensive Care Coordination Outpatient mental health Psychiatric Evaluation Medication Management Prescreen related to commitment School-based Outreach/Therapy
Hope Haven, Inc. 1800 19 th Street Rock Valley, IA 51247 Phone:(712) 476-2737	Psychiatric Rehabilitation RCF/RCF-ID, Residential services Supported Community Living Employment/Day Services/Supported Employment Respite
Creative Living Center 1905 10 th Street, Suite 201 P.O. Box 163 Rock Valley, IA 51247 Phone: (712)476-5245	Outpatient mental health Prescreen related to Commitment Psychiatric Evaluation Medication Management School-based Outreach/Therapy
Iowa Department of Human Services TCM 315 Central Ave SE Orange City, IA 51041 Phone: (712) 737-2943	Service Coordination Targeted Case Management
New Perspectives 310 South Martha P.O. B 364 Sioux City, IA 51102 Phone: (712)258-3576	Employment/Day Services Supported Employment
Siouxland Mental Health Center 625 Court Street P.O. Box 1917 Sioux City, IA 51102 Phone: (877)493-2273 /(712)252-3871	Integrated Health Home Intensive Care Coordination Outpatient Psychiatric Evaluation Medication Management Prescreen related to Commitment School-based Outreach/Therapy
Mid Step Services 4303 Stone Ave P.O. Box 364 Sioux City, IA 51102 Phone: (712)274-2252	Residential Services Employment/Day Services Supported Employment Respite Supported Community Living

Sioux Rivers Regional Provider Network Waiver Only Funded Program Providers	Waiver Funded Services
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<p>Goodwill 3100 West 4th Street Sioux City, IA 51102 Phone: (712)258-4511</p>	<p>Employment/Day Services Supported Employment Respite</p>
<p>Opportunities Unlimited 3439 Glen Oaks Blvd Sioux City, IA 51104 Phone: (712)277-8295</p>	<p>Residential Services Supported Employment Employment/Day Services Respite/Supported Community Living</p>