Mount Pleasant Mental Health Institute

Purpose
Mount Pleasant Mental Health Institute (MHI) is one of Iowa’s four mental health institutes providing short term psychiatric or substance abuse treatment and care for severe symptoms of mental illness or substance use disorder. Mount Pleasant has 9 adult psychiatric beds, 19 dual diagnosis beds and 50 residential substance use disorder treatment beds.

Who Is Helped
Mount Pleasant provides adult inpatient psychiatric services, adult inpatient psychiatric and substance use disorder services, and an adult 30-day residential substance use disorder treatment service.

100 percent of the adult psychiatric, 76 percent of the dual diagnosis, and 79 percent of the substance use disorder patients were involuntarily admitted in SFY14.

Individuals who are involuntarily committed for psychiatric treatment have been determined by the court to be a danger to themselves or others because of their symptoms of mental illness.

In SFY14:
- 620 admissions
- 675 total served:
  - 21 adult acute psychiatric
  - 181 dual diagnosis
  - 473 substance abuse

The average adult psychiatric patient is a 39-year-old male who is involuntarily admitted. The average length of stay is 86 days.

The average adult dual diagnosis patient is a 36-year-old male who is involuntarily admitted. The average length of stay is 30 days.

The average adult substance use disorder residential patient is a 32-year-old male old who is involuntarily admitted. The average length of stay is 29 days.

- Mount Pleasant has a total of 9 adult psychiatric and 19 dual diagnosis or 3 percent of the 828 inpatient licensed community psychiatric beds in the state.
- Mount Pleasant served 2 percent of the total Mental Health Institute adult admissions in SFY14.
- Mount Pleasant has 50 beds (4 percent) of the total 1,236 general residential substance use disorder treatment beds in the state.
- The 30-day substance use disorder residential treatment program is a primary resource for court-ordered treatments and for offenders in the Community Based Correctional system.
Services

Adult Acute Psychiatric Services
- 9 inpatient beds.
- 24-hour treatment and mental health habilitation.

Dual Diagnosis Services
- 19-bed dual diagnosis program is uniquely structured to integrate both psychiatric and substance use disorder treatment services.

30-Day Substance Use Disorder Residential Treatment Program
- 50-bed residential unit.

Adult Psychiatric Admissions

Dual Diagnosis Admissions

Substance Abuse Admissions

✓ The Mount Pleasant 30-day residential substance use disorder treatment program is licensed by the Department of Public Health.
✓ 44 percent (43 FTEs) of the staff are direct care, 35 percent (34 FTEs) are professional and treatment professionals, 5 percent (4.68 FTEs) are maintenance, 7 percent (7 FTEs) are other support staff, and 9 percent (9.4 FTEs) are administrative.
✓ In SFY15, 86.3 percent of the Mount Pleasant MHI operating budget is for staffing costs and 13.7 percent is for the support costs.
✓ 7 MHI buildings on 152.24 acres for the joint campus

Goals & Strategies

Goal: Promote Iowa’s Behavioral Health Status.
Strategies:
- Improve the level of functioning of individuals served.
- Reduce the use of restraint and seclusion.
- Provide quality discharge planning to reduce readmission rate.

Results in SFY14:
- 90 percent of adult psychiatric and 98 percent of dual diagnosis patients show improvement in ability to function as measured by the Global Assessment of Functioning (GAF).
• 8 minutes of restraint are used per 1,000 hours of dual diagnosis inpatient hours.
• 53 minutes of restraint are used per 1,000 hours of adult psychiatric inpatient hours.
• 100 percent of acute psychiatric adult patients are not readmitted within 30 days of discharge.
• 73 percent of substance abuse clients successfully complete programs.

Cost of Services
MHI per diems are defined in Iowa Code and based on cost of care in a calendar year. This means that SFY15 per diems are based on costs experienced January 1, 2013 through December 31, 2013.

Daily per diem rate:
- Adult psychiatric, $714
- Dual diagnosis, $714
- 30-day substance abuse, $241

Cost per episode of care:
- Adult psychiatric, $36,131
- Dual diagnosis, $19,066
- 30-day substance abuse, $6,139

Mount Pleasant employee spending in the local economy induces $3.87 million in output, which requires 41.7 jobs earning $1.08 million in labor income. In all, MHI directly or indirectly supports $14.97 million in output, $10.14 million in value added, $8.97 million in labor income, and 196 jobs. (Swenson, D. and Eathington, L., Iowa Mental Health Facility Economic, Fiscal, and Community Impact Analysis, 30 November 2009:18.)

Mount Pleasant MHI is co-campused with a 914 bed prison and shares services with the Department of Corrections for maintenance and business office functions.

Funding Sources
The Mount Pleasant Mental Health Institute is funded by state general funds and federal funds with a small amount of funding from other sources.

The total budget for SFY16 is $9,236,118:
- $6,976,018 (75.5 percent) is state general fund.
- $1,220,100 (13.2 percent) is federal funding
- $1,040,000 (11.3 percent) is from other funding sources.
Mount Pleasant receives an “upfront” appropriation from the general fund.
The adult psychiatric patient’s county of residence is required to pay 80 percent of the county capped per diem for those who are Medicaid eligible. Counties are billed the per diem minus any third party payments. County receipts are deposited in the state general fund.
The dual diagnosis patient’s county of residence is required to pay 50 percent of the actual per diem costs.
The substance abuse patient’s county of residence is required to pay 25 percent of the county capped per diem costs (based on a calendar year). County receipts are deposited in the state general fund.

### SFY16 & SFY17 Budget Drivers

The total SFY16 Mount Pleasant budget request reflects a $194,365 (-2.8 percent) general fund decrease from the SFY15 Enacted Appropriation and Medical Assistance adjustment.

The total SFY17 Mount Pleasant budget request reflects a $155,868 (-2.2 percent) general fund decrease from the SFY15 Enacted Appropriation and Medical Assistance adjustment.

The key budget drivers of the SFY16 and SFY17 decrease are:
- Reallocate State Employee Retirement Incentive Program (SERIP) funds to Medical Assistance.
- Increased costs of food, pharmaceuticals, utilities, and other items is $38,250 in SFY16 and $38,497 in SFY17.
- The total SFY16 budget reflects an overall $194,365 decrease (-2.1 percent) from SFY15 and the total SFY17 budget reflects a $155,868 (-1.6) decrease from SFY15.

The impact of not funding the increased cost of services will be an estimated loss of 0.6 FTE in SFY16 and 1.2 FTEs in SFY17.

### Legal Basis

**State:**
- Iowa Code, Chapters 125, 217, 218, 225C, 226, 229, 230, 812
- Iowa Administrative Code, 441 IAC 28 and 29