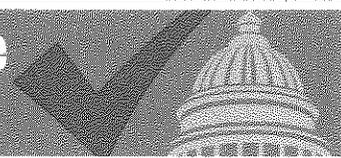




Mental Health Care gets my VOTE!



Projected FY 16 Cash Reserve (rainy day fund): \$538.9 million
 Projected FY 16 Economic Emergency Fund: \$179.6 million
 FY 16 ends June 30, 2016

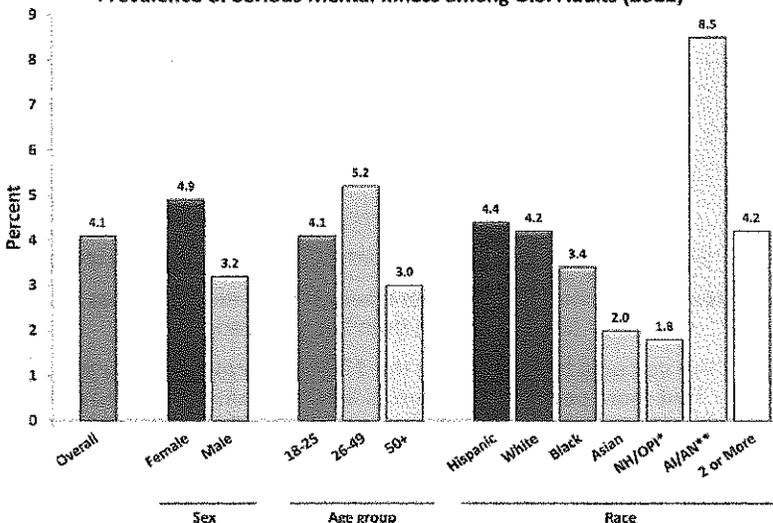
These numbers provided by LSA Legislative Services Agency

PLEASE FIND YOUR VOICE! Please contact the Governor & your legislators, we need more beds, workforce & services, not less!
 Iowa is at the **bottom** of the 50 states in mental health care.

Mental Health Institutes (MHI)	Total # of Beds	# adult beds	# child & adolescent beds	# geriatric beds	PMIC Beds*	Dual Diagnosis Beds	Substance Abuse Beds	Some of the prison mental health bed numbers compared to bed numbers outside corrections system
Cherokee MHI	36	24	12					100 bed Civil Commitment Unit for Sexual Offenders at Cherokee MHI
Clarinda MHI <i>Governor closed</i>	35 0 <i>Loss of beds</i>	15 0 <i>Loss of beds</i>		20 0 <i>Loss of beds</i>				The entire Clarinda MHI campus is now controlled by Dept. of Corrections – they have a 795 bed prison and a 147 bed minimum security unit.
Independence MHI	60	40	20		15			
Mt. Pleasant MHI – <i>Governor closed</i>	9 <i>Loss of beds</i>	9 <i>Loss of beds</i>				19 <i>Loss of beds</i>	50 <i>Loss of beds</i>	The entire Mt. Pleasant MHI campus is now controlled by the Dept. of Corrections – they have a 914 bed prison at the Mt. Pleasant MHI.
Total MHI beds	140 44 96	88 24 64	32	20 20 0	15	19 19 0	50 50 0	Iowa is: <ul style="list-style-type: none"> • 47th in the nation for # of acute care beds based on our population. • 44th in the nation for mental health workforce availability • 47th in the nation for # of psychiatrists • 46th in the nation for # of psychologists
Staffed Hospital Beds Statewide	630	475	90	61				
Total Updated 3-7-15	770 44 726	563	122	81 20 61				

4.1% of Iowa's population has severe mental illness or approximately **123,000** people. Listed above are the beds available for acute care. Reduced to **726 vs. 123,000** if MHI's closed - beds are full every day, 365 days a year, access is difficult and will get worse – people are being turned away for treatment.
<http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

Prevalence of Serious Mental Illness among U.S. Adults (2012)



*NH/OPI = Native Hawaiian/Other Pacific Islander
 **AI/AN = American Indian/Alaska Native

A critical need for Community based services

These are Medicaid waiver programs Iowa offers eligible residents to allow persons to receive necessary services to remain in their home and community rather than an institutional setting.

Waiver Programs	# slots there are \$'s for	# on Waiting List May 2015	FY 2013 Ave. Cost per person
Health & Disability	2800	3585	\$10,356
AIDS/HIV	73	0	\$10,889
Elderly	9500	0	\$8824
Intellectual Disabilities	12912	944	\$36,021
Brain Injury	1400	1255	\$22,353
Physical Disability	1250	2707	\$5872
Children's Mental Health	1237	2148	\$11,617
	29172	10,639	

<https://dhs.iowa.gov/sites/default/files/5.7.15%20Monthly%20Slot%20and%20Waiting%20list%20%28public%29.pdf>

Check out www.infonetiaowa.org/ for legislative information, too.

Legislative Branch www.legis.iowa.gov
 Iowa Senate: (515) 281-3271
 Iowa House: (515) 281-3221
Executive Branch www.governor.iowa.gov (515) 281-5211
MHDS Website <http://dhs.iowa.gov/>

More information at www.namigdm.org and www.nami.org

A Public Health Crisis

Iowa Ranks at the Bottom of the 50 states in Mental Health Care

Prevalence and Rate of Treatment

Lifetime prevalence - 1 of 2 people (1.5 M)
Annual prevalence - 1 of 4 experience a mental illness
(mild, moderate, severe) - 750,000 people
4.1% severe mental illness - 123,000 people
Half of all lifetime cases begin by age 14
Three-quarters by age 25
13% of youth age 8-15 live with mental illness causing
significant impairment in their day to day lives
This figure jumps to 21% in youth age 13-18.
Less than half get help.

Beds - Acute Care, Sub-Acute, Crisis

47th in the nation for hospital beds based on our population
726 Acute care beds statewide (96 at MHI's)
compared to 123,000 with severe mental illness
Beds are full every day, people are turned away for
treatment, tragedies happen
No facility based subacute beds - only 5 ACT teams
5 crisis observation centers
No place outside of criminal justice system to place persons
with challenging behaviors for which effective treatment has
not been found
Southern half of state in extreme need given the closing of
two MHI's at Mt. Pleasant and Clarinda

Suicide

445 in Iowa in 2013 (17% increase) compared to
50 homicides
40,000 nationally compared to 20,000 homicides
Suicide is now the first cause of injury deaths, followed by car
crashes, poisoning, falls and murder
Many who complete suicide have visited their medical doctor
within one month of their death
Males complete suicide 4X the rate of females
Completed suicides are more likely to be men over 45 who
are depressed or alcoholic.
Over 4600 youth die from suicide each year
Over 90% of those who complete suicide have a mental
disorder - 1/3 have alcohol or other drugs in their system
In recent wars, there have been more suicides than combat
deaths
22 veterans complete suicide every day

Stigma - Lack of knowledge about MI

A mental illness is a medical illness - a disease - a
neurodevelopmental disorder, not a criminal offense
Mental illness is an equal opportunity disease. It strikes
families from all walks of life regardless of age, race, income,
religion and education.
A flaw in brain chemistry, not character
An ambulance won't respond to a request for medical
assistance, our help comes from law enforcement
Treatment is needed, not punishment
Those with severe mental illness die on average 25-30 years
sooner than the general population

Workforce - Services

Without adequate workforce, there is no mental health
system, there are no services or beds
Iowa is: 47th for # of psychiatrists,
46th for # of psychologists
44th for overall mental health workforce availability
316 prescribers in the state
(150 psychiatrists in private practice, 146 ARNP's and 20 PA's
with psychiatric emphasis)
Problems with poor reimbursement, high caseloads,
frequent burn-out, enough training locations and dollars,
incentives, loan forgiveness programs
Nationally, only 55% of psychiatrists accept insurance - they
want cash and no interference from insurance to treat
individuals
Dire need for direct care professionals, peers, home aides

Criminalizing a Medical Illness

Iowa builds prisons instead of recovery centers
40%+ of male inmates have mental illness
60%+ of female inmates have mental illness
70% have a substance use disorder
Local jails have larger percentages.
Beds are increasing in prison, reducing in the public sector
Nationally, there are 10X more people with mental illness in
jails and prison than hospital beds
We've come full circle from the 1840's - Dorothy Dix would
find more persons with mental illness in jails and prisons
than in hospital beds in 2015, just like she did in the 1840's
People with mental illness and substance abuse need
treatment, not punishment
We need investment in the public sector.

People who have experienced trauma are 3X more likely to experience depression,
4X more likely to abuse alcohol and 15 times more likely to attempt suicide.

www.namigdm.org
July, 2015