



mindspring

MENTAL HEALTH ALLIANCE

An independent organization formerly known as
NAMI Greater Des Moines.

**In this email: June Newsletter posting, June education class guide posting.
Announcements - Crisis Cards for sale
Brain and Behavior magazine access, DHS and IDPH Alignment website
and more information on Children's Crisis Services by July 2021**

The June 2021 Mindspring Journal/Newsletter has been posted [here!](#)

- A multi-page document entitled "**Additional Mental Health Articles From Around the Nation**" - for your reading pleasure is at the same location as the June newsletter.
- A **June Course Guide**. Access to register for the classes is in the document. Classes are at no cost to you. This document is also located in the same location as the June newsletter.
- **The 2021 Community Conversation invitation**. The second community conversation will be on Friday, July 16, over the noon hour. It will be a virtual event. Speakers will be announced at a later date.
- Our office is still closed. Please contact director@mindspringhealth.org if you have questions or concerns.
- Please be patient with our transition to a **new website**. It's underway. In the meantime, go to www.mindspringhealth.org or www.weareherewithyou.com.
- We are offering our **crisis cards for sale**. The landing page has been transitioned. You can personalize the cards with your organization's name and website. We have found the cards to be incredibly useful - people appreciate the

instantaneous help on the cards since they are wallet-size and are made of a nearly indestructible material.

- Do's and Don'ts in a Mental Health Crisis
- Suicide Warning Signs and Response
- Compassionate Communication (can double as a business card)
- The website is bit.ly/mindspringcrisiscards
- If you need assistance, please contact Mike Larkin at mlarkin@asb-ia.com

The most recent issue of the

Brain & Behavior Research Foundation Magazine

Brain & Behavior Magazine presents the cutting edge research of our BBRF grantees. This issue focused on, using brainwaves to predict mental illness, diagnosing and treating bipolar disorder, and testing a new approach to accelerate psychiatric drug development.

<https://hhsalignment.iowa.gov/>

The Iowa Department of Public Health and the Iowa Department of Human Services on Wednesday announced the launch of their new [Iowa Health and Human Services Alignment website](https://hhsalignment.iowa.gov/) and detailed the steps they will be taking as the two agencies' wide-ranging services are aligned under a single health and human services organization.

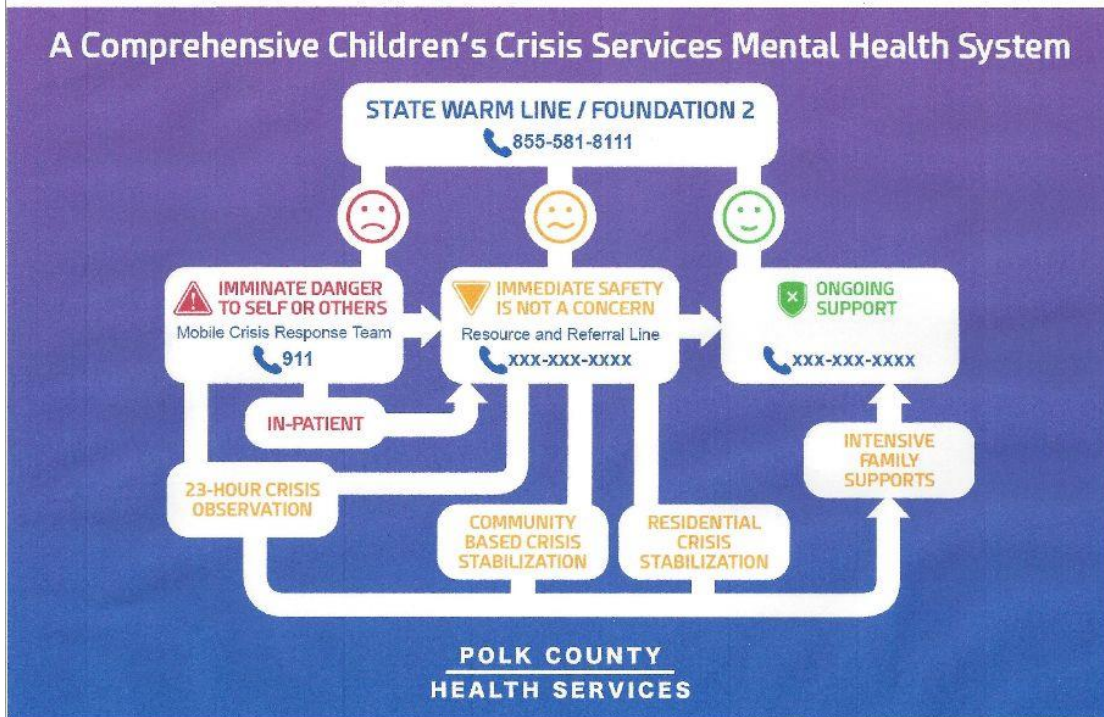
Over the next nine months, IDPH and DHS will embark on a health and human services alignment assessment with a contractor, Public Consulting Group, to identify shared program goals and align and integrate programs, practices and policies to improve delivery of services and most effectively leverage funding. The agencies will update the website regularly.

Goals of the alignment include:

- Better leveraging of funding sources and the ability to identify potential for expanded funding sources.
- Breaking down silos to create a unified, integrated behavioral health system.
- Better access to services and easier navigation of the system for those served.

Website users can also [subscribe to receive notifications of updates](#) to the site as they are posted.

Draft



The above flow chart has been improved upon, but is not yet ready for prime time. When final plans are ready, we will be sure to spread the word far and wide.

We hope you are as excited as we are! Children's Crisis Services are becoming a reality! They will be in place July 2021, as required by state law. Services will be for youth under the age of 18

Polk County Health Services issued an RFP on April 20 and bids were due May 27. Proposals will be scored and evaluated by the Polk County MHDS Regional Children's Advisory board for:

1. **When immediate safety is not a concern - Children's Crisis Stabilization Community-Based Services** *(the team dispatched will be children's mental health clinicians without police)* - Crisis stabilization services are short-term (up to five days) in-home services accessed to prevent further increase in symptoms of a behavioral health illness or to prevent acute hospitalization. Services include, but not limited to, psychiatric services, medication, counseling, referrals, peer support and linkage to ongoing services. Contact between the individual and a mental health professional occurs at least one time a day. A crisis response staff will provide at least one hour per day. The service includes, but not limited to, skill building, peer support, or family support peer services. Services must be initiated in a "face to face" within 120 minutes of referral.

2. **Children's Crisis Stabilization Residential Services** - Crisis stabilization residential services are short-term (up to five days) and are facility-based services accessed to prevent further increase in symptoms of a behavioral health illness or to prevent acute hospitalization. Youth and adults cannot be housed in the same facility setting. Services include, but not limited to, psychiatric services, medication, counseling, referrals, peer support and linkage to ongoing services. Contact between the individual and a mental health professional occurs at least one time a day. A crisis response staff will provide at least one hour per day. The service includes, but not limited to, skill building, peer support or family support peer services. Services must be initiated in a "face to face" within 120 minutes of referral.

3. **Children's 23 hour Crisis Stabilization Services** - This level of care provides up to 23 hours and 59 minutes of care in a secure and protected environment. The program is medically staffed, psychiatrically supervised and includes continuous nursing services. The primary objective of this level of care is for prompt evaluation and/or stabilization of individuals presenting with acute symptoms or distress. Before or at admission, a comprehensive assessment is conducted, and a treatment plan developed. The treatment plan should place emphasis on crisis intervention services necessary to stabilize and restore the individual to a level of functioning that does not require hospitalization. This level of care may also be used for a comprehensive assessment and to obtain clarification regarding previously incomplete diagnostic information that may lead to a determination that the individual requires a more intensive level of care. This service is not appropriate for individuals who by history or initial clinical presentation require services of an acute psychiatric inpatient setting exceeding 23 hours and 59 minutes. Duration of services at this level of care may not exceed 23 hours and 59 minutes, by which time stabilization and/or a determination of the appropriate level of care will be made, and facilitation of appropriate treatment and support linkages will be coordinated by the treatment team.

4. **Evidence-Based Services**
 - Seeking Evidence based family support curricula that build protective factors for families.
 - Strategies will build a foundation of respect for individuals, families and cultures while paving the way for motivating individuals and families to become more adaptive and successful in their lives.
 - Will assist families in identifying their most pressing needs from health care to transportation and develop an Individualized family support plan.

team (*with law enforcement*) will be making some changes with the assistance of Broadlawns, the city of Des Moines and the Des Moines Police Department.

The City of Des Moines has \$400,000 per year available from the recent local option sales tax increase to help with the provision of children's crisis services. The City of Des Moines is coordinating with Broadlawns and the Des Moines Police Department. The funding is anticipated to pay for:

- extending mobile crisis services 24/7/365,
- hiring a mental health professional to assist the 911 dispatchers to make the decision whether to send out the mobile crisis team (*with law enforcement*) **or** the Children's Crisis Stabilization Community-Based team (*without law enforcement*),
- hiring 2 mental health specialists specializing in children's mental health to accompany law enforcement on their calls,
- purchasing another mobile crisis team vehicle
- other costs to be determined

June will be a busy month -more decisions will need to be made to complete the project and finalize details. The intention is to have this type of coordination across the entire metro area and Polk County.

Polk County Health Services is developing a communication plan so parents, schools, churches, and the community know who to call based on the circumstances of the child's crisis situation. Many meetings will be needed to complete the children's crisis system and roll out a campaign of community awareness.

The role of citizen encouragement, planning and strategizing has been enthusiastically fulfilled by AMOS (A Mid-Iowa Organizing Strategy) over the last four years. Mindspring is an institutional member of AMOS.



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