



January 2025 Resource and Advocacy Booklet

NOTICE: The Mindspring Resource and Advocacy Booklet will be distributed quarterly.

- Support groups are posted at our website. <https://www.mindspringhealth.org>
- Articles of interest will be shared on Mindspring’s Facebook page. Be sure to follow us @Mindspringinfo
- If you have additions or corrections to this document, please contact Mindspring at 515-850-1467.

988 and 911

- **988** connects a person directly to a trained counselor who can address their immediate needs and de-escalate crisis situations 90% of the time.
- **988** can connect individuals to community resources such as mobile response, crisis stabilization, and other behavioral health services, if needed.
- **911’s** focus is on dispatching Emergency Medical Services, fire and police as needed.
- Systems are designed to complement each other, and coordination is key.

IT’S OK TO TALK WITH SOMEONE.



Your community is here for you.

brainhealth-now.org

Crisis Phone numbers and Text numbers

National Text Crisis Line

<http://www.crisistextline.org/>

9-8-8 is the National Suicide Prevention Lifeline phone

You can also chat with the 988 Suicide and Crisis Lifeline at 988lifeline.org. For every person that dies by suicide, more than 250 think seriously about it but do not die. It is possible to prevent suicide and save lives by connecting at-risk individuals to support in their area. If you are thinking of hurting yourself, tell someone who can help. If you cannot talk to your parents, your spouse, a sibling - find someone else: another relative, a friend, or someone at a health clinic.

Transgender in Iowa: Know Your Rights by ACLU Iowa. Go to their website to obtain online content and pdf of a printer-friendly brochure.

Alcohol, Drugs, Gambling and Suicide Prevention Lifeline

Available 24/7.

Your Life Iowa <https://yourlifeiowa.org>

Call 855-581-8111 Text 855-895-8398.

It is also a source for Mental Health information and resources. All topics will address needs for both.

**The Trevor Project (for LGBTQ+ Youth) - 1-866-488-7386
One Iowa 515-288-4019**

**The Gay, Lesbian, Bisexual and Transgender National
Hotline: 1-888-843-4564**

Trans Lifeline: 1-877-565-8860

LGBT National Youth Talk line: (800) 246-7743

Iowa WARM line - 844-775-WARM (9276) – Provides confidential access to peer counseling and can connect people with services.

Crisis Text Line – Text HOME to 741741 to be connected to crisis counseling.

Online Mental Health Crisis Chat: iowacrisischat.org

National Human Trafficking Hotline

The National Human Trafficking Hotline is a national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community. The toll-free hotline is available to answer calls from anywhere in the country, 24 hrs/day, 7 days/week, every day of the year at **1-888-373-7888**.

December is Slavery and Human Trafficking Prevention Month

The Iowa Network Against Human Trafficking and Slavery website is <https://iowanah.org/>. Many resources are available in Iowa – Check it out!

If you see something suspicious that appears to involve immediate danger, please do not attempt to confront the suspect(s), and instead please call your local law enforcement agency immediately.

- **SBlue Campaign** website: <https://www.dhs.gov/blue-campaign>
- **Iowa Businesses Against Trafficking (IBAT)** website: <https://ibat.iowa.gov>
- **Safe At Home (SAH)** website—Newsletter sign-up is on the homepage of the website in the bottom right corner: <https://safeathome.iowa.gov>
- **Homeland Security Investigations (HIS) Tip Line** — To Report Suspected Human Trafficking to Federal Law Enforcement: 1-866-347-2423
- **National Human Trafficking Hotline** — To get help: 1-888-373-7888, or text ‘HELP’ to 233733
- **Iowa Office to Combat Human Trafficking** website: <https://stopthiowa.org>
- **Iowa Office to Combat Human Trafficking (OCHT)** Human Trafficking Tip Information Reporting Form —There is an option on this form for your information to remain anonymous with your tip submission if you wish. https://stateofiowa.seamlessdocs.com/f/DPS_HT_Tip_Form



Community Support Advocates unveils new behavioral health clinic

CSA has a new Integrated Behavioral Health Clinic in West Des Moines. The 87,000-square-foot facility at **1516 Valley West Drive** will allow the non-profit public health organization to expand its

services, with the clinic specializing in creative arts play therapy.

The new location includes:

- an Out of the Box Initiative representational library,
- an accessibility tech center supported by Google Fiber,
- a permanent gallery for CSA’s Momentum Arts program, and

- a public art installation called "Hands of Hope," which was made from individual tiles painted by 500 different community members.

"Whether it's crisis intervention for a family in need or behavioral health services, mental health services or services for families who have those with intellectual disabilities, the services that [CSA] provides is a lifeline to these families and is so desperately needed," **West Des Moines** Mayor Russ Trimble said in a prepared statement.

Outpatient Competency Restoration at CSA

Persons restoring competence so they can fully appreciate, understand, and engage in their court process.

Services offered: Didactic Education, Psychiatry, Medication management, Therapy, Service Coordination

Participant requirements: non-violent, eligible for pre-trial release, has a mental disorder/illness, difficulty appreciating their charge, understanding proceedings, and/or assisting in their defense.

CSA’s website is <https://teamcsa.org/>

Phone number: 515-883-1776

EveryStep has a website to assist you. For a current list of programs and services, go to:

<https://www.everystep.org/files/images/annualReportImage/ProgramGuide.pdf> or

<https://www.everystep.org/provider-resources>

– hotline: 515-558-9946.

Primary Health Care and Behavioral Health locations

Engbretsen Clinic, 2353 SE 14th St., DsM – 515-248-5100
The Outreach Project, 1200 University, Ste 105, 515-248-1500
Eastside Center, 3509 E. 29th St., 515-248-1600

Primary Health Care Pharmacy – 1200 University, Suite 103,
515-262-0854

515-288-5699 **Special Needs Estate Planning – Dennis Burns** Phone: (515) 371-6768
dennis.burns@prudential.com

Iowa Poison Control Center (800) 222-1222 – open 24/7/365 - <https://www.iowapoinson.org/>

Disability Rights Iowa - Established in 1984, Disability Rights Iowa is the state’s designated advocacy organization and is part of the National Disability Rights Network, created by Congress to protect the rights of all individuals with disabilities. The designation allows the nonprofit access to what are referred to as locked facilities to check the living conditions and services being provided.

Help for lowans with disabilities is via the nonprofit's free advocacy and legal consultation, to help with issues like working with an employer on accommodations.

“In Iowa, about 12.5% of lowans identify as having a disability — that’s, give or take, about 400,000 lowans — We need to make sure that all lowans are aware of the fact that, if they have cancer or they have asthma, or they have depression, that, under federal law, all of those types of conditions are considered disabilities,” Johnson said. “And they’re entitled to free service from our agency to the level that we can provide with a staff of 20,” Johnson said. “But before you can reach out to ask us for help, you have to first know we exist.”

They’ve seen a real increase in the need for understanding the ADA Title I and the requirement of businesses to provide reasonable workplace accommodations. If businesses have employees that are confused, they can certainly refer to us as a resource. We would provide training to businesses if they’re interested in learning more about the ADA and how to provide accommodations.



The goal for lowans with disabilities is independence, as well as full access to support services and all activities in the community, and economic self-sufficiency — you can see how employment is really a big part of that.

Catherine Johnson, Executive Director
cjohnson@drjowa.org - 666 Walnut St, Des Moines, IA 50309 – 515-278-2502

Central Iowa Places to Call if You Need Services Community Mental Health Centers

Polk Co.	Child Guidance Center – 808 5 th St. - DM – 515-244-2267
	Eyerly Ball Community MH Center , 1301 Center St., - DM - 515-241-0982
	Eyerly Ball Community MH Center 945 19 th St. - DM - 515-241-0982
	Broadlawns Medical Center - 1801 Hickman Rd, - DM – 515-282-6770
	<i>Broadlawns - New Connections Co-Occurring Outpatient Services – Medical Plaza, Floor 2, 1761 Hickman Road - DM - 515-282-6610</i>
Dallas Co	<i>Southwest Iowa Mental Health Center</i> 410 12th Street, Perry, IA 50220 P(515) 642-1023 F(515) 334-4076 <i>Adel area patients should call the Perry number to be scheduled.</i>
Madison Co	Crossroads Behavioral Health Services 102 West Summit Street, Winterset – 515-462-3105

County Community Mental Health Services	
Polk Co.	Polk Co. Mental Health and Disabilities Dept. 515-286-3570 Director Annie Uetz https://www.polkcountyiowa.gov/behavioral-health-disability-services/
Warren Co.	Central Iowa Community Services https://www.cicsmhds.org 1007 S. Jefferson Way, Indianola, IA 50125 515-961-1068 email: mentalhealth@warrencountyia.org https://warrencountyia.org/mentalhealth
Dallas Co.	Heart of Iowa Community Services 25747 N Avenue, Suite D, Adel, IA 50003 515-993-5872 Toll free: 877-286-3227 E-mail: dccs@dallascountyiowa.gov Website: hicsiowa.org
Madison Co.	https://www.cicsmhds.org Madison County Service Coordinator 112 N. John Wayne Drive, Winterset, Iowa 50273 515-493-1453 https://madisoncounty.iowa.gov/offices/community-services/

Polk County Life Services Center

The Polk County Life Services Center will be **opening mid-October** at 1914 Carpenter Ave in Des Moines. The Center will be home to the **Sobering Center** which is **a safe place for an intoxicated individual to sober up.**

This is very exciting because there is only one other Sobering Center in Iowa and it’s located in Iowa City. The purpose of a Sobering Center is to **divert** individuals from jail and hospital Emergency Departments. On average, each day there are five people booked into the Polk Co Jail with the only charge as public intoxication. The Sobering Center will provide a more therapeutic environment than a jail or ER, with the hope individuals will engage in services, though there will be no requirement for engagement.

The Sobering Center will be **open 24/7/365** and will be operated by St. Vincent de Paul who are hiring the personnel. The Sobering Center will be staffed with **paramedics** to triage individuals upon arrival and then **EMTs** will provide the **eyes-on** to ensure sobering occurs safely. A Medical Director has been contracted to provide the clinical policies, procedures, and oversight. There will be two Community Navigators to assist individuals who want to engage in a recovery pathway or to assist with referrals to other needed services. There will also be a Site Director to oversee the entire Life Services Center.

--Polk County Behavioral Health & Disability Services

Sobering Center

Urgent Care - Will accept walk-in appointments for individuals who are experiencing an exacerbated mental health condition. Services include mental health assessments, medication management, therapeutic counseling and coordination of services for healthcare and basic needs.

23 hr crisis stabilization - to meet the needs of individuals who are experiencing an acute behavioral health stressor impairing the individual's capacity to cope with his/her normal activities of daily living. A place for individuals to seek crisis intervention services and stabilize them quickly so they can return to the community. Is a maximum of 23 hr stay in a safe, supportive environment with expert staff.



**Polk
County
Life
Services
Center**

**1914
Carpenter
Avenue**

**Des
Moines
IA
50314**

**exact room
assignments
subject to
change*

Contacting 988

- Individuals using a phone with an Iowa area code will be connected to an Iowa Center
- Note: The following options are given before reaching an Iowa Center:
 - 1: Veterans Crisis Line
 - 2: Spanish speaker
 - 3: Specialized LGBTQ+ support for youth
 - Callers should remain on the line.
- 988 connects a person directly to a trained counselor who can address their immediate needs and de-escalate crisis situations 90% of the time.

Crisis Services in Polk County

Polk County Experiencing a mental health crisis?

Call 911

- **Acute or untreated medical issue**
- **Self-harm or suicide attempt in last 24 hours**
- **Safety is a concern for self, others, or property**
- **Highly intoxicated, in withdrawal, or needing detox**
- Expect Mobile Crisis Team to respond

(will include police and mental health professional)

[The Mental Health Mobile Crisis Team](#) provides short term on-site crisis assessment and intervention for children, youth and adults experiencing a mental health crisis. The team is staffed with behavioral health specialists including registered nurses, Master's level psychotherapists and social workers. Upon consultation between dispatchers and a social worker – it is decided whether the team needs to be activated. An evaluation, including a determination about the appropriate level of care needed, is completed in the field by a member of the team. The team member completing the evaluation will then make recommendations for appropriate interventions based upon the current needs of the individual in crisis. They will also provide information, education, and potential linkage to community resources.

Emergency Room: When a loved one is experiencing a mental health crisis, they have a plan to act on their suicidal, homicidal or self-harm thoughts, and you feel as if you have tried all other avenues and the current environment is unsafe, it is time to utilize an emergency room. The emergency room is used to stabilize a patient and transition them to the next appropriate treatment option.

Broadlawns Emergency Dept
located at 1801 Hickman Rd in DSM
Phone: 515-282-2200

Lutheran Emergency Dept
located at 700 E. University Ave in DSM.
Phone: 515-263-5120

Methodist Emergency Dept
located at 1200 Pleasant St. in DSM.
Phone 515-241-6213

Methodist West Emergency Dept
located at 1660 60th St. in WDSM.
Phone: 515-343-1200

Mercy One Emergency Dept
located at 1755 59th Pl in WDSM.
Phone: 515-358-8280

The Clive Behavioral Health Hospital Clive Behavioral Health Intake & Assessment Center – accessed by calling 1-844-680-0504.
Website at: <https://clivebehavioral.com>

The Des Moines Mobile Crisis police liaisons team:

Officer Lorna Garcia (day shift)
O: 515-283-4988 C: 515-205-3821
Officer Sean O'Neill (night shift 4-midnight M-F)
cell 515-300-4644

[Broadlawns Crisis Team:](#)

Provides comprehensive emergency mental health services including assessment, triage, crisis intervention, and discharge planning. Services are available by phone or in person through our Emergency Department. In addition to being the initial contact to the Inpatient Psychiatric Unit, the crisis team assists clients in finding the programs and services that are the most appropriate for their needs.

For assistance 24 hours a day, call 515.282.5752

USE WESTCOM DISPATCH 515-222-3321

FOR CRISIS INTERVENTION TEAMS

in any of the following communities

Waukee – started crisis team 1-1-22

Urbandale – started crisis team 2-1-23

Clive – started crisis team 1-1-23

West Des Moines- started crisis team 5-1-23

Norwalk – not activated yet

Dallas County Sheriff's office – not activated yet

Each city and the county will implement a Mental Health Crisis Team with a uniquely equipped car, a specially trained officer and an intervention specialist to answer mental health calls during day hours.

[The Pre-Petition Screener Service](#) - A resource for Polk County residents who want to file a petition for involuntary behavioral health services through the Clerk of Court. The Clerk of Court offers the filers the Polk County Resource and Referral Line with a private room to make the call before filing. The screener is a mental health professional who is available to assist applicants and respondents before, during, and after the petition process. The role of the Pre-Petition Screener is to gather background information from both applicants and respondents and help determine if another path to treatment may be preferable. In the event that a judge denies a petition, the screener is available to discuss appropriate next steps and help make connections with available resources. **M-F**

8:30-4:30, Polk Co Justice Center 222 5th Ave -515-286-3772

Children: Behavioral Health Urgent Care

1250 E. 9th St., Des Moines, IA

(across the street – east - from Iowa Lutheran Hospital)

Phone: 515-263-2632

Be clear with the dispatcher what the situation is, that it is a mental health situation. **Mental health counselors** will respond to some of Des Moines' 911 calls instead of law enforcement officers. If it is a matter of life and death, the mobile crisis team is dispatched along with law enforcement.

The new approach, the Crisis Advocacy Response Effort (CARE) aims to better allocate police resources, reduce arrests and improve access to mental health programs for people in need and keep situations from escalating.

Children's Stabilization Center Easter Seals

Polk County Resource and Referral line -515-288-0818 or thru referral by: · Mobile Crisis --Hospital Emergency Room upon Hospital discharge --By calling 988 or Your Life Iowa - 855-581- 8111 - <https://yourlifeiowa.org/>

Located at Camp Sunnyside - 401 NE 66th Avenue • Des Moines, IA 50313 - Crisis Stabilization offers support to children, adults and their families recovering from crisis. The five-day program will introduce skills to assist the individual in managing future crisis's, along with supporting family. Easter Seals provides Children's Residential Crisis Stabilization Services to those **under 18 statewide**, **and** adults and family **all ages statewide**.

Crisis Services in Warren County

If you have a mental health crisis in your family and in need of emergency assistance – call 911.

Mobile Crisis Response: Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring—in an individual's home, the community, or other locations where an individual lives, works, attends school, or socializes. 911 also provides support on the telephone, day or night, for people looking for immediate help with their emotions or mental health. **Call Your Life Iowa Crisis line 24/7 at 855-581-8111.**

Crisis Services in Madison County

If you have a mental health crisis in your family and in need of emergency assistance – call 911.

Mobile Crisis Response: Teams of professionals provide on-site, face-to-face mental health services for an individual or family experiencing a mental health crisis. They can respond wherever the crisis is occurring—in an individual's

home, the community, or other locations where an individual lives, works, attends school, or socializes.

Crisis Services in Dallas County

Mobile Crisis Response Team: **If you have a mental health crisis in your family and in need of assistance – call 911.** The Mobile Crisis Response Team provides short term on-site crisis assessment and intervention for children, youth and adults experiencing a mental health crisis. The team is staffed with behavioral health specialists including registered nurses, Master's level psychotherapists and social workers. The team is activated when a law enforcement officer responding to an emergency call requests the presence of the Mobile Crisis Team. An evaluation, including a determination about the appropriate level of care needed, is completed in the field by a member of the team. The team member completing the evaluation will then make recommendations for appropriate interventions based upon the current needs of the individual in crisis. They will also provide information, education, and linkage to community resources.

Safe Harbor Crisis Line: You can talk with mental health professionals if needing assistance in a non-emergency situation. **24/7 crisis line covering Dallas, Guthrie and Audubon Counties: 1-844-428-3878**

Safe Harbor Crisis Center: A safe place where individuals who are experiencing a mental health crisis can voluntarily access crisis intervention services.

Safe Harbor Crisis Center is open 24/7, located at 706 Cedar Avenue in Woodward - Phone: 515-642-4125

Safe Harbor Center Transitional Living Services

The transitional living program is a 3-6 month program for individuals coming out of hospitals, crisis, or jail. They receive therapy, SUD services, work services, and housing assistance. **Phone: 515-642-4125**



National Maternal Mental Health Hotline
HRSA

For Emotional Support & Resources
CALL OR TEXT 1-833-TLC-MAMA
(1-833-852-6262)

ALWAYS FREE – 24/7 – CONFIDENTIAL – 60+ LANGUAGES

Maternal Mental Health Hotline Maternal Mental Health Hotline, a confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. Moms can call or text 1-833-9-HELP4MOMS (1-833-943-5746) and connect with counselors for mental health support. English & Spanish!

Postpartum Support International - The **Helpline**, legislated by Congress and funded by HRSA, is available 24/7, 365 days-a-year, in English and Spanish, voice (800) 944-4773, text “help” to 800-944-4773, or text en español 971-203-7773. <https://www.postpartum.net> - *The PSI helpline does not handle emergencies. People in crisis should call their local emergency line.*

Peer Support resources statewide

Life Connections Virtual Recovery Center

Join for **General** Virtual Wellness any time 4 pm-10 pm M-F or 12 pm - 6 pm on the weekends.

Signed Confidentiality Agreements required for **all** virtual wellness groups

<https://lifeconnectionsrecovery.org/virtual-group-confidentiality-agreements/>

Special virtual wellness groups include:

Anxiety support group

Addiction Recovery support group

Anger Management group

Trauma support group

Life wellness/self-care group

WRAP/Wellness Toolbox group

Wellness center phone: 563-206-1447

New Iowa Peer Workforce Collaborative website

<https://iowapeersupport.sites.uiowa.edu/>

Abbe Statewide Warm Line

A Peer Support Specialist is always available by phone, 365/24/7.

On demand, no scheduled appointments.

[844-775-9276](tel:844-775-9276)

The Only Peer Run Respite House in Iowa and only one in a rural area in the U.S.

Rhonda's House Peer-run Respite

- Guests receive recovery support from trained and caring peer staff members for up to 7 days in a home-like environment.
- Located in DeWitt-available to anyone throughout the state.
- <https://lifeconnectionsrecovery.org/services/rhonda-s-house/> - 563-659-6625
- info@lifeconnectionsrecovery.org
- <https://lifeconnectionsrecovery.org/>
- *The United States Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized peer-delivered respite services for individuals experiencing a psychiatric crisis as an evidence-based practice.*

Substance abuse providers

<https://hhs.iowa.gov/behavioral-health/substance-use-disorder> - Iowa HHS licenses and monitors approximately 100 substance use disorder and problem gambling treatment programs. Staff assist programs through the licensure process and help Iowans find the appropriate treatment, as well as respond to and resolve complaints received against substance use disorder and problem gambling treatment programs.

Mental health/behavioral health providers

<https://hhs.iowa.gov/find-service> - there is an accredited provider listing to view and/or download.

Community Mental Health Centers (CMHC) –

provide mental health services for individuals of all ages regardless of funding. –Core services for a CMHC are covered in Chapter 224. There are 3 counties not covered by a CMHC – Des Moines, Lee and Muscatine – no one has indicated an interest in providing CMHC services to the 3 counties.

<https://hhs.iowa.gov/behavioral-health> - there is a map which can be downloaded.

72 Federally Qualified Health Centers (FQHC) -

are primary care clinics that provide healthcare services to underserved communities and may be used for Medicaid in Iowa. Some examples of FQHCs include community health centers, migrant health centers, and health centers for residents of public housing. FQHCs may offer preventive services, same-day billing, co-insurance waivers, care management services, and communication technology-based services.

You can apply for Iowa Medicaid online at the HHS Benefits Portal or by filling out a paper application and turning it into your local HHS office. You can contact Medicaid in Iowa by calling (800) 338-8366 Monday through Friday, 8 AM–5 PM.

Recovery Community Centers (IDPH \$) – 4 funded

1–Crush of Iowa Center in Linn County - Cedar Rapids

3 - Full Circle – handling Dsm (Anawim and Beacon of Life), Council Bluffs, Sioux City



ThriveNow Recovery Center is

located at 6132 NE 12th Ave, Pleasant Hill, IA 50327

A state-of-the-art facility dedicated to addressing the urgent need for comprehensive addiction treatment.

Medical detox stabilization services, residential treatment services and medication assisted treatment services offered. Website: <https://thrivenowrc.com/locations/>

Call: 515-824-5154

Email Us: info@thrivenowrc.com

The Polk County Jail Offers Inmate Opportunities Through Programs, Partnerships and Volunteers



The Polk County Jail was built for a maximum capacity of around 2000. They presently have around 1000 because of their focus on persons leaving jail being healthier physically and mentally. **Inmates are not forced into programming, it has to be a voluntary decision.**

Medical and mental health services in the jail:

- Work closely with community hospitals and urgent care services
- Contracted Mental Health Services
- Contracted Medical Services
- Contracted Dental Services
- Telemedicine/On-Call Services
- Discharge planner
- Substance abuse Counselor
- Onsite x-ray services
- Lab services
- Continuation of MAT program (*Medication- assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD) and can help some people to sustain recovery.*)
- Full pharmacy
- Adam Walsh program – provide HIV medications
- Corrections Mental Health Injectable Programs
- Polk County Health Department programs and services

Services and Partnerships with Police Community Support Organizations

- **St. Vincent DePaul** - a non-profit charitable organization providing personal assistance with food, clothing, educational and job training and other services to people facing economic, emotional or spiritual crises.
- **Primary Health Care** – Homeless Outreach
- **Eyerly Ball** – mental health therapy
- **VA Representatives** – Federal and County level
- **Harvest Academy** - Harvest Academy is a 501(c)(3) non-profit organization that allows men who have dealt with incarceration, homelessness, and/or substance abuse to change their life, free of charge. This is a 24-month program that offers vocational training, peer mentorship/leadership, education, and transitional services. They are completely self-funded through the efforts of our student-run vocational schools.
- **Molina Healthcare** – A managed care organization giving assistance with signing inmates up with health care needs.

- **EFR** – Employee and Family Resources - a 501 (c)(3) non-profit, works in communities, work- places, and schools delivering mental health and substance abuse services through its Employee Assistance, Student Assistance, Counseling, Substance Abuse, and Prevention Programs EFR's services range from prevention of substance abuse, brief intervention when people need it, to outpatient treatment of mental health and substance use disorders.
- **Jail Diversion** - serves people with mental illness by coordinating services across health, social services, and criminal justice systems. Ultimately, Jail Diversion attempts to support successful reentry into the community and prevent future arrests (along with other crisis events and emergency services).
- **IHHS/Child Support** – opportunity to resolve child support issues.
- **Pre-trial release** - provides supervision to people who are charged with crimes but are allowed to stay out of county jails while awaiting trial. The program aims to help them avoid a new arrest and ensure they'll appear for their court appearances. It offers defendants charged with lower-level crimes a chance to continue working and have access to counseling, substance abuse services and other resources.
- **SafeNetRX** - 501(c)3 - a partnership between the public and non-profit sectors to provide affordable medication access to patients in need. This partnership led innovations in drug donation, charitable pharmacy, and the care for populations with unique pharmacy needs.
- **Full Circle Recovery** – Peer recovery coaches
- **Bridges of Iowa** – a 3 phase substance use disorder and addiction recovery program. The first 2 phases are located in the unlocked West Wing of the Polk County Jail. Bridges clients at the West Wing are not incarcerated.

Programs Available to all inmates

- AA Group Meetings
- NA Group Meetings
- Financial Education
- Re-Entry Introductory Class
- Substance Abuse Class and Individual Meetings
- Boundaries Class
- Establishing Healthy Relationships
- Women's Health class – Planned Parenthood
- Full Chaplain Services
- Grief and Resilience class – Polk County Crisis and Advocacy
- Jail Inmate Worker Program
- **Project Iowa** – Career Readiness, wellness tools, skills interest, career assessment, career goals, decision making/critical thinking

Future Plans

- DMACC HiSET program—*earning high school equivalency diploma*
- Gamblers Addiction Class
- Global Neighbors—Polk County Family Youth Services – Immigrant Resources
- ServSafe Certification Program—*online food safety program*

Mobile Integrated Healthcare Program



The Des Moines Fire Dept. has implemented a **Mobile Integrated Healthcare (MIHC)** program within their **EMS Section**. The program will provide services to assess needs and fill present health care gaps among HVUs (**high volume users**). High volume

users accounted for over 1,400 EMS responses in 2022, a trend that continued into 2023. The goal of the program is to reduce the frequency of calls from high volume users.

Fire officials reviewing data from 2022 found about 90 people called 911 for medical-related issues 10 times or more. One person called 87 times. That amounted to about 1,450-or 6%-of calls to EMS for the entire year.

Coleman said many of the frequent callers have substance abuse and mental health issues. Some have other chronic illnesses that may not require an emergency room visit, but they lack a primary doctor or access to transportation—barriers to getting to urgent care clinics or even filling prescriptions.

Others are simply unsure or unaware of when they should be taking trips to the emergency room instead of going to an urgent care clinic or the doctor's office.

The MIHC program will provide weekly visits to high volume users, which will include vitals and assessments, home safety checklists, medication reconciliation, arrange alternative transportation for doctors' appointments, inspect home medical devices, conduct referrals to social programs, and provide any medical education the individual requires.

Anytime someone calls 911 for a medical emergency, the fire department dispatches not just an ambulance but fire apparatus. This means a call that is not dire can pull resources from a real emergency.

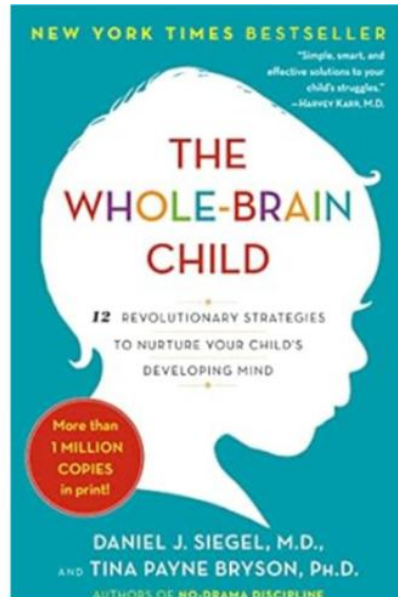
"So that does take away from the response capabilities of responding to true emergencies—cardiac arrest or respiratory problems, vehicle accidents - we're handling all of

these calls with the same 10 ambulances that we have in service," Coleman said.

The Mobile Integrated Healthcare Program will also provide much-needed access to regular health services for the City's at risk and homeless populations.

The Mobile Integrated Healthcare program has established regular visits to the Central Iowa Shelter to provide services.

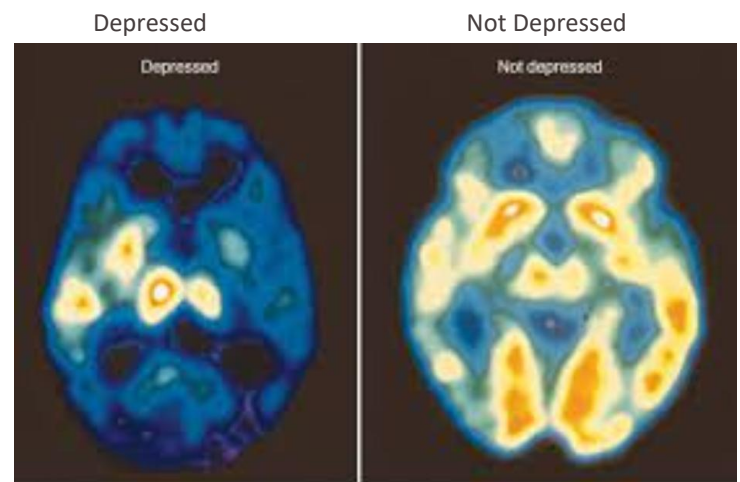
The Des Moines Fire Dept has a goal of a 60% reduction in identified High Volume User (HVV) calls during the six-month pilot period.



The Whole-Brain Child is highly recommended by Jen Wells, the founder of *Mensana Solutions*, formerly with *Please Pass the Love*

It is a must read for anyone working with and/or raising children.

Trauma can have serious consequences to brain development and brain health. A resource to explore the healing ACES (adverse childhood experiences)—<http://www.iowaaces360.org>: preventative strategies are also a focus.



Here is a brain scan from the Mayo Clinic that reminds us that not all youth are showing up with brain functioning that meets the expectations of us as adults.

You Have Rights in an Emergency Room. It's the Law.

<https://www.cms.gov/priorities/your-patient-rights/emergency-room-rights>

You have these protections:

1. An appropriate medical screening exam to check for an **emergency medical condition**, and if you have one.
2. **Treatment**, until your emergency medical condition is stabilized, or
3. An **appropriate transfer to another hospital** if you need it.

The law that gives every everyone in the U.S. these protections is the **Emergency Medical Treatment and Labor Act**, known as “**EMTALA**”.

This law prevents any Hospital Emergency Department that receives Medicare funds (which includes most U.S. hospitals) from refusing to treat patients.

“**Emergency department**” refers to a hospital department or facility that:

- Provides emergency care if you walk in without an appointment
- Has signs posted saying it provides emergency care.
- And receives Medicare funds.

EMTALA exists to help you get the emergency care you need in a hospital emergency department.

Anyone with an emergency medical condition must be offered treatment to stabilize that condition.

“Stabilize means your condition is unlikely to get materially worse.”

This means an emergency hospital department must:

1. Give you an appropriate medical screening exam.

A qualified professional must check you for an **emergency medical condition**.

When you check in, the hospital can ask you about health insurance, as long as it doesn't delay your exam or treatment. The hospital must offer you the screening exam even if you do not have insurance.

2. Treat you until your condition is stable.

If you have an **emergency medical condition**, which can include having contractions, the hospital must offer to treat this condition so that it does not materially worsen.

3. Transfer you if necessary.

If your **emergency medical condition** can't be stabilized by the staff and facilities available, the hospital must offer to provide an appropriate transfer to a hospital that has the staff and facilities available to stabilize your emergency medical condition.

Watch a video about EMTALA

https://qsep.cms.gov/pubs/EPlayer.aspx?cid=0CMSEMTALA_MicroTraining&sco=04d20c03-0915-ed11-aae9-021e5f8a9b7d&sv=0

Federal laws help protect you from unfair treatment and discrimination.

Have you been denied treatment to stabilize your emergency medical condition in a hospital emergency department?

Because of EMTALA, you can't be denied a medical screening exam or treatment for an emergency medical condition based on:

- If you have health insurance or not
- If you can pay for treatment
- Your race, color, national origin, sex, religion, disability, or age
- If you aren't a U.S. citizen

[Learn how to file an EMTALA complaint.](#)

Have you experienced unfair treatment or discrimination in a non-emergency health care setting?

In addition to EMTALA, other federal laws help protect you from unfair treatment and discrimination. You can file a [civil rights complaint](#) with the Department of Health and Human Services if the discrimination happened in the past 6 months.

As defined by the U.S. National Institute on Drug Abuse (NIDA), **alcohol use disorder** (AUD) is a **medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences**. “It encompasses the conditions that some people refer to as alcohol abuse, alcohol dependence alcohol addiction, and the colloquial term, alcoholism.” Now widely regarded a brain disorder, AUD can be mild, moderate, or severe. Research is steadily revealing how alcohol misuse causes changes in the brain that tend both to perpetuate AUD and make those who suffer vulnerable to relapse.

Iowa's 99 counties have population of 3,200,517 (e) in 2022		
Male	49.8%	1,593,857
Female	50.2%	1,606,660
	Total	3,200,517
	5.8%	185,630
Population under 18 years	22.6%	723,317
	Total	908,947
Prevalence - Children w/Serious Emotional Disturbance (SED)		
42,297 4.7% (from 24-25 MHBG application – pg 135)		
Population > 18 and < 65	53.3%	1,705,876
Populations 65 and over	18.3%	585,695
	Total	2,291,571
Prevalence of Adults >18 w/Serious Mental Illness (SMI)		
132,646 5.8%* (from 24-25 MHBG application – pg 135)		
<i>Educational Attainment</i>		
High School degree or higher	92.8%	
Bachelor's degree or higher	29.7%	
		Civilian veterans 5.7%
<i>Population location</i>		
Urban	63.2%	
Rural	36.8%	
Median Household Income	\$65,429	
Individuals below poverty level	11.1%	



Why We're Still Getting "Bad Behavior" Wrong



Jennifer Ulie, Ph.D.

WWW.MYMENSANA.COM

Every time we label a child's meltdown as "bad behavior," we fail them. And we're failing a lot of kids.

For decades, we've been stuck in a damaging cycle—seeing challenging behaviors as defiance, laziness, or attention-seeking instead of what they truly are: dysregulation. The cost of getting this wrong is staggering: burned-out staff, broken families, and kids funneled into systems of punishment instead of pathways to healing.

But this issue runs far deeper than the behaviors we see on the surface. Dysregulation is often rooted in layers of complexity—trauma, emotional vulnerability, and even the unaddressed wounds and skill deficits of the adults responding to it. If we want to change the outcomes, we must first understand what's really going on.

[Read the Full Article](#)

radon. Test your basements for radon. Radon is a naturally occurring gas that can have a big impact on indoor air quality and your health. Take steps to reduce your risk if radon levels in your home are too high. [Learn more about radon](#)

On Medicaid?—these companies make the decisions on what to pay, how much to pay, and when to pay—which one of the 3 is your MCO? <https://hhs.iowa.gov/programs/welcome-iowa-medicaid/iowa-health-link/mco>

1. Amerigroup changed name to **Wellpoint in Iowa**
Member services line is 833-731-2140.
2. **Iowa Total Care** - Phone: 1-833-404-1061
3. **Molina Health Care of Iowa** - Phone: 1-844-236-0894

Lung Cancer Rates in Iowa

- The rate of new lung cancer cases is 61.2 and **significantly higher** than the national rate of 53.6.
- Iowa ranks **39th** among all states, placing it in the **below average tier**.

Tobacco Use:

- The smoking rate in Iowa is **14.7%** and **significantly higher** than the national rate of 12.9%.
- It ranks **30th** among all states, placing it in the **below average tier**.

Tobacco use is the leading risk factor for lung cancer. Smoking and secondhand smoke both have been shown to cause lung cancer. Iowa has high levels of

Current funding for mental health and substance use disorder treatment will be **combined into one** behavioral health fund controlled by DHHS.

The new behavioral health system is supposed to be up and running by **July 1, 2025**.

A **key component** of building an integrated behavioral health service system is the establishment of a Medicaid demonstration program for **Certified Community Behavioral Health Clinics (CCBHCs)**.

Iowa was one of 10 states selected to join a new cohort of states into the CCBHC Medicaid Demonstration Program. The Demonstration is a 4 year program that provides states with sustainable funding to assist them in expanding access to mental health and substance use services.

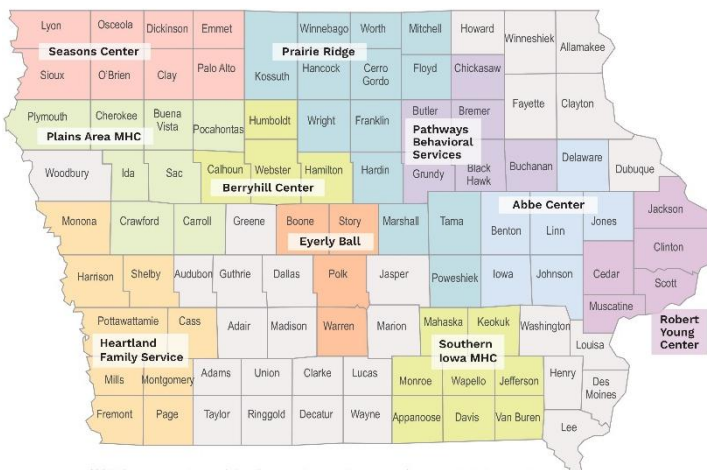
- CCBHCs are specially designed clinics that provide a comprehensive range of mental health and substance use disorder services.
- CCBHCs are required to serve anyone who walks through their doors, regardless of age, diagnosis or insurance status.
- CCBHCs receive a specialized prospective payment system (PPS) rate methodology for Medicaid payment.
- States receive an enhanced federal match for CCBHC services.
- CCBHCs must meet 113 federal standards in addition to state certification criteria in the following six areas to achieve CCBHC designation.
 - Staffing
 - Accessibility
 - Care Coordination
 - Service Scope
 - Quality/Reporting
 - Organizational Authority
- **Nine Required Services**
 - Screening, Assessment and Diagnosis
 - Comprehensive outpatient behavioral health across the entire life cycle
 - Family/Patient centered care planning
 - Case management
 - Peer and family support
 - Psychiatric rehabilitation
 - Medical screening and monitoring
 - Services for the armed forces and veterans
 - Mobile crisis
- A CCBHC can use a Designated Collaborating Organization (DCO) to provide up to 49% of the required service encounters.
- Iowa CCBHC's must DCO with the State Sanctioned mobile crisis provider for the counties in their catchment area.

Technical assistance and training continue for 10 CCBHC's which cover 71 counties. More CCBHC's will be needed to cover the 99 counties in Iowa.

The CCBHC program will begin July 1, 2025 along with the other features of the new behavioral health system.



Certified Community Behavioral Health Clinics (CCBHCs)¹



The CCBHC map as of 11-26-24

The Medicaid Request for Proposal for **dental services** was awarded to **Delta Dental of Iowa's Delta Quest USA Insurance Co.** Services began summer of 2024.

A Medicaid **state plan amendment** has been approved to pay for **FFT** (family functional therapy and **MST** (multi-systemic therapy).

The law also **moves disability services** provided by the state's Mental Health and Disability Service network **to** the state's HHS division of **Aging and Disability Services**.

There will be Disability service districts. A map can be found at <https://hhs.iowa.gov/media/14493/download?inline> **7 districts with Disability Access Points (DAP)**.

- Each district will have an **advisory council** made up of local providers, elected officials, and other partners to identify opportunities, tackle challenges, and advise the district Disability Access Point (DAP).
- Disability Access Points will be selected by Spring 2025.
- DAP's will work closely with a **Statewide ADRC Technical Assistance and Call Center – Iowa's University Center for Excellence in Developmental Disabilities (UCEDD)** has been awarded the TA and Call Center contract. <https://cdd.center.uiowa.edu/>

The new Disability Services System will start July 1, 2025.

Critical Situation Cards – Informational Sheet for Ordering

Communicating with Someone in Crisis Who Has a Psychiatric Illness

DO DO DO DO DO DO DO DO DO DO

SLOW DOWN
GIVE THEM SPACE
 Don't make them feel trapped

BE CALM. Express support and concern.
SPEAK SLOWLY AND SOFTLY.
USE SHORT, SIMPLE SENTENCES.
AVOID sudden or quick movements.
BE HELPFUL. Respond to basic needs.
 Be low key, "We are all here to help."

GIVE FIRM, CLEAR DIRECTIONS;
 One person should talk to the subject.

RESPOND TO DELUSIONS or HALLUCINATIONS by talking about the person's feelings rather than what he or she is saying.

LISTEN to their story.
EXPLAIN POLICY, especially if handcuffed.

Is Someone at Risk for Suicide?

→ **Recognize the signs of emotional suffering**
 Express concern, offer support and listen nonjudgmentally

→ **Ask the question directly, in a private setting and stay calm:**
 - Are you having thoughts of suicide?
 - Are you thinking of killing yourself?

If the answer is yes, ask:
 - Have you decided how you are going to kill yourself?
 - Have you decided when you would do it?
 - Have you collected the things you need to carry out your plan?

→ **Care enough to keep the person safe.**
 - Do not leave them alone
 - Do not use guilt or threats to stop suicide, such as:
 "You will go to hell" or "You will ruin other people's lives if you die by suicide!"
 - Calmly listen. Don't agree to keep it a secret.

→ **Text or call a number for extra support—get help now**
 Text: 741741 Call: 1-800-273-8255 - Lifeline
 Call 911 for transport to professional help

COMPASSIONATE COMMUNICATION CARD

**You Are Not Alone
 The Illness is Not Your Fault
 Never Give Up Hope**

Education/Support/Advocacy

TAKE CONTROL if you don't have to.
ARGUE or reason with psychotic thinking.
STARE at the subject.

CONFUSE THE SUBJECT.
 One person should interact with the subject.
 Others should keep their distance.
 Ask casual observers to leave.
 Follow through with directions or commands.

TOUCH the subject unless necessary.
 For people with mental illnesses it may cause fear and lead to violence.

SHOUT.
GIVE THEM MULTIPLE CHOICES.
 This can increase the subject's confusion.

WHISPER, JOKE OR LAUGH.
DECEIVE the subject. Dishonesty increases fear and suspicion; the subject will likely remember it in any subsequent contact.

DON'T ARREST A PERSON FOR MENTALLY ILL BEHAVIOR NOT CRIMINAL IN NATURE.
JOIN into behavior related to the person's mental illness
 If a person has to be restrained,
DON'T HOGTIE.
 Immediately raise him/her from prone into sitting position, monitor vital signs, and call for medical aid.

! Suicide Warning Signs

- ✓ Talking about wanting to die or to kill oneself
- ✓ Writing notes or poems about death
- ✓ Looking for a way to kill oneself, such as searching online or buying a gun
- ✓ Talking about feeling hopeless or having no reason to live
- ✓ Talking about feeling trapped or in unbearable pain
- ✓ Talking about being a burden to others
- ✓ Increasing use of alcohol or drugs
- ✓ Deterioration in performance and daily life roles
- ✓ Acting anxious or agitated; behaving recklessly
- ✓ Sleeping too little or too much
- ✓ Withdrawing or feeling isolated, change in relationships
- ✓ Showing rage or talking about seeking revenge
- ✓ Displaying extreme mood swings or sudden change in personality
- ✓ Overt signs of depression (neglect of appearance, self-mutilation, crying, giving away items, visiting or calling people to say good-bye, etc.)

Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

Guard Your Temper
No nagging, yelling, arguing
 Focus on the person you know and love

PROVIDE REASSURANCE GENEROUSLY AND OFTEN

"I love you, and I care."
 "You're not alone in this."
 "I'm sorry you're in so much pain."
 "I'm always willing to listen."
 "I'll be your friend no matter what."
 "This will pass, and we can ride it out together."
 "You are important to me."
 "When this is all over, I'll still be here."

Do's and Don'ts Cards – Communicating With Someone in a Mental Health Crisis

Suicide Prevention Cards
 Cards are available in English and Spanish

Compassionate Communication Cards
 Cards are available in English and Spanish

Critical situation cards are for sale from Mindspring Mental Health. Go to the following location to order: [View Our Crisis Guides & Cards - Mindspring \(mindspringhealth.org\)](http://www.mindspringhealth.org) - you will be working with Mike Larkin - Phone and Text: 515-577-3750 mlarkin@americanbus.com

Want to learn more about Guardianships and Conservatorships? There are four videos - 2 for guardianships and 2 for conservatorships for viewing. The videos are intended for lay people and not lawyers. They vary in length from 8 to 10 minutes each. The videos have been uploaded to the YouTube channel of the People's Law Library of Iowa <https://www.peopleslawiowa.org/>

Suicide and Opioid Deaths – Opioid and Suicide Deaths 2016-2024

Suicides in Iowa 2000-2024

Year	Suicides in U.S.	US suicides rose steadily over last two decades to an all-time high in 2022 – Associated Press Sept 2023 Suicide rates are 300 times higher for individuals in the 1 st week following an inpatient hospitalization & 200 times higher the 1st month. The need for both out-patient and inpatient care teams to focus on managing suicidality for individuals making transitions of care is vital to client life and well-being (Chung et al., 2019) The need for both outpatient and inpatient care teams to focus on managing suicidality for individuals making transitions of care is vital to client life and well-being.	Total Opioid Deaths	Year	Total Suicides	24 and under	25 thru 44	45 thru 69	70 and older	
1970	22,000									
1975	27,063				2000	288	51	115	78	44
1980	26,869				2001	304	67	97	102	38
1985	29,453				2002	310	55	122	96	37
1990	30,906				2003	351	58	118	131	44
1995	31,284				2004	345	60	119	127	39
2000	29,350				2005	331	57	120	120	34
2005	32,637				2006	336	57	121	126	32
2010	38,364				2007	331	49	116	130	36
2015	44,493				2008	383	55	138	148	42
2018	48,344				2009	368	56	129	135	48
2019	47,511				2010	375	49	118	163	45
2020	45,979				2011	423	58	150	174	41
2021	48,183				2012	380	65	141	140	34
2022	49,449			2013	445	66	148	172	59	
2023	49,300		176	2014	409	72	117	177	43	
			201	2015	424	77	139	166	42	
			136	2016	459	68	161	186	44	
			156	2017	470	85	151	173	61	
			208	2018	495	71	170	201	53	
			258	2019	521	81% increase from 2000- 2019				
			237	2020	551	91% increase from 2000-2020				
			238	2021	525	As of 12-31-21				
			238	2022	550	As of 12-31-22				
			125	2023	509	As of 12-31-23				
				2024	449	As of 10-31-24				

Location	Adult	Youth	Geriatric	Total
Iowa Lutheran	68	16	12	68
Broadlawns	44			44
VA Hospital	10			10
Clive Behavioral	67	33		100
Total	161	49	12	222

Beds in Des Moines

<https://hhs.iowa.gov/programs/programs-and-services/substance-use-disorder>

From the Psychiatric Times

Traumatic Brain Injury (TBI) is a chronic health condition, defined as “a condition that lasts one year or more and requires ongoing medical attention and/or limits activities of daily living.

Mortality – Individuals with moderate-severe traumatic brain injuries have a life expectancy reduction of approximately 7 years, we are now aware that individuals with mild TBI have a reduction in life expectancy with a 47% increase in 5 year mortality and an increased incidence of death from neurodegenerative disease.

Neurodegenerative Disease – a TBI may cause or accelerate neurodegenerative disease. A large study of veterans with both civilian-type and combat related rate injuries showed a significant increase in the chance of dementia with rising risk associated with increasing TBI severity.

Chronic Traumatic Encephalopathy – CTE is a pathologic diagnosis – only officially made at autopsy. Parkinsonism and subsequent dementia occur more frequently in individuals with a pathologic diagnosis of CTE. In a survey of 729 participants, those with a history of playing organized football had higher odds of having Parkinson disease compared with participants in other sports. Longer duration and a higher level of play were associated with increased incidence of Parkinson disease.

Unfortunately, the risk of developing CTE is not just limited to American football players. In a study of 152 deceased contact sports participants, CTE was diagnosed in 63% of those studies, with 60 individuals diagnosed with mild CTE. Brain donors who had CTE were more likely to be older, and 71% were men who played amateur sports; 1 woman played collegiate soccer. Cognitive and neurobehavioral symptoms are frequent among all brain donors and suicide was the most common cause of death.

(cont'd on next page)

Inpatient Psychiatric Bed Program - November 2022

Name	County	Licensed Beds	Staffed Adult Beds	Staffed Older Adult Beds	Staffed Child Beds	Total Staffed Beds
Allen Hospital	Black Hawk	24	21	0	0	21
Broadlawn Medical Center	Polk	44	44	0	0	44
Buena Vista Regional Medical Center	Buena Vista	10	0	10	0	10
CHI Health Mercy Hospital*	Pottawattamie	38	21	0	16	37
Clive Behavioral Health	Polk	100	20	0	14	34
EagleView	Scott	72	36	0	0	36
Finley Hospital	Dubuque	9	0	9	0	9
Genesis Medical Center - Davenport	Scott	39	28	0	8	36
Great River Medical Center*	Des Moines	8	8	0	0	8
Iowa Lutheran Hospital	Polk	68	24	12	12	48
Jennie Edmundson Hospital Behavioral Health	Pottawattamie	29	24	0	0	24
Mary Greeley Medical Center	Story	19	18	0	0	18
Mercy Medical Center - Cedar Rapids	Linn	20	10	0	0	10
MercyOne Medical Center - Cedar Falls	Black Hawk	15	0	15	0	15
MercyOne Medical Center - Clinton	Clinton	14	7	0	0	7
MercyOne Medical Center - Dubuque	Dubuque	20	16	0	4	20
MercyOne Medical Center - North Iowa	Cerro Gordo	45	24	0	10	34
MercyOne Medical Center - Sioux City	Woodbury	20	7	3	0	10
MercyOne Medical Center - Waterloo	Black Hawk	20	16	0	4	20
Ottumwa Regional Health Center	Wapello	14	0	14	0	14
Spencer Municipal Hospital	Clay	15	10	0	0	10
St. Anthony Regional Hospital and Nursing Home	Carroll	11	11	0	0	11
St. Luke's Methodist Hospital	Linn	72	13	9	14	36
St. Luke's Regional Medical Center	Woodbury	14	14	0	0	14
University of Iowa Hospitals and Clinics	Johnson	88	58	0	15	73
Community Hospital Total		828	430	72	97	599
Cherokee Mental Health Institute	Cherokee	36	24	0	12	36
Independence Mental Health Institute	Buchanan	56	40	0	16	56
Mental Health Institute Total		92	64	0	28	92
* Last updated 6.28.21	GRAND TOTAL	920	494	72	125	691

As per the above chart- between June 2021 and November 2022, the number of Iowa acute care beds **have dropped** from 955 licensed beds to 920 and from **734** staffed beds **down to 691**.

See [Psychiatric Bed Supply Need Per Capita. - https://www.tac.org/research-weekly-two-new-studies-on-psychiatric-bed-number-targets/](https://www.tac.org/research-weekly-two-new-studies-on-psychiatric-bed-number-targets/)

— 40 to 60 beds per 100,000 people – let’s use 50 beds/100,000
 3.2 million Iowa population divided by 100,000 = 32
 32X50 = 1600 beds recommended Iowa has 691 staffed beds

A shortage of 909 staffed acute care mental health inpatient beds.

 We also have OB-GYN bed deserts in Iowa.

Iowa’s only OB-GYN doctor accreditation course is struggling to survive.

Iowa is last in the nation for # of OB-GYN’s based on our population.

(cont’d from previous page) **Traumatic Brain Injury**

Sleep – In a study of roughly 200,000 veterans, after adjustment for demographics, education, income and medical and psychiatric conditions, those who had a TBI were 41% more likely to develop a sleep disorder than those who did not have a TBI.

Etiology and Current Research – An important recent discovery is that we now know that individuals with chronic TBI have significantly lower circulating concentrations of numerous amino acids, which are the building blocks of protein and brain neurotransmitters. This pattern is consistent with the concept that TBI induces a chronic state. Because these essential amino acids are not getting absorbed from the gut, essentially, the brain and body are starving for their nutrients.

Concluding Thoughts- It is now readily accepted that a brain injury is not a static event and is disease causative as well as disease accelerative. Although we clearly have a long way to go, we are on the path to put together the many pieces of the puzzle that make up a TBI. Someday, those pieces will all come together and we will find a cure.

Advocacy Resources

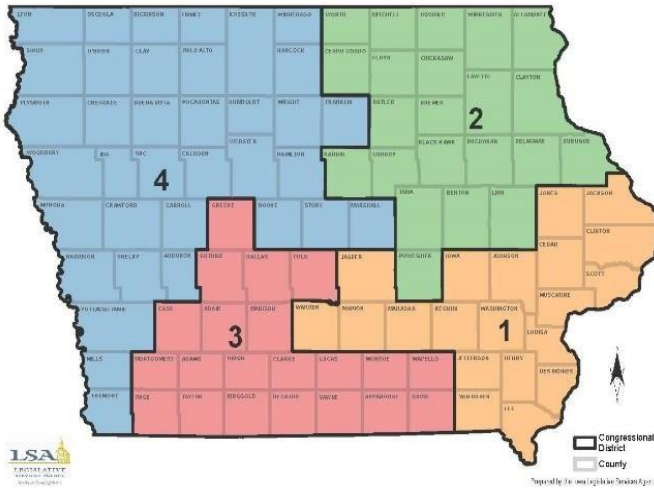
[Bill Tracker](#) [Action Center](#)
[Calendar & Legislative Town Halls](#)
[Guide to the Iowa Legislature](#)

IDD Council website

<https://www.iowaddcouncil.org/>

IOWA CONGRESSIONAL DISTRICTS

—Each one beginning with the # follows in order for the 19th U.S. Congress



Let your state representative and senator hear from you!

Call, email, text, or write them. Meet with them at the Iowa Capitol or agree to meet at another location.

Find your state senator, representative and other elected officials:
<https://www.legis.iowa.gov/legislators/find>

House Switchboard: 515.281.3221
Senate Switchboard: 515.281.3371

Legislative Emails: FIRSTname.LASTname@legis.iowa.gov Iowa

Governor Contact Form:
<https://governor.iowa.gov/contact-office-governor>

Iowa Capitol mailing address:
State Capitol Building, 1007 East Grand Avenue, Des Moines, Iowa 50319

You are represented by 2 US Senators,

- US Senator Joni Ernst:
www.ernst.senate.gov
- US Senator Chuck Grassley:
www.grassley.senate.gov

You are represented by one US Representative

- #2 - US Rep. Ashley Hinson: hinson.house.gov
- #1 - US Rep. Marianne Miller-Meeks:
millermeeks.house.gov
- #3 - US Rep. Zach Nunn: nunn.house.gov
- #4 - US Rep. Randy Feenstra: feenstra.house.gov

Non-partisan sites for information:

<https://crsreports.congress.gov/>

Congressional Research Service

<https://www.cbo.gov/> - Congressional Budget Office

You can find information on state and federal candidates state and federal congressional persons, state and federal officeholders at <https://justfacts.votesmart.org/>

You can find the campaign donors of state political candidates here: <https://www.followthemoney.org/>

Federal candidates campaign donors are now found at <https://www.opensecrets.org/>

ARE YOU REGISTERED TO VOTE?

Iowa Secretary of State's website <https://sos.iowa.gov/>

On the home page, go to the task bar

Elections

- **Request an Absentee Ballot**
- **Am I Registered to Vote in Iowa?**
- **Register to Vote**
- **Track Your Absentee Ballot**
- **Find Your Precinct/Polling Place**

You must re-register if your name has changed or your residence has changed since the last time you voted.

HMA (Health Management Associates) completed a Report for **realignment of crisis services**. An **Executive Summary** is available at <https://hhs.iowa.gov/media/15089/download?inline>
Iowa's Current Behavioral Health Crisis Response Continuum is:

1. Someone to Talk To

- 988
 - Your Life Iowa
- Other forms of support:

- Peer Run Warm line
- Project Recovery Iowa
- Managed Care Behavioral Health lines
- Local 24/7 crisis lines
- 911 PSAP's

2. Someone to Respond

- Mobile response
 - Crisis Stabilization Community-Based Services
- Other forms of support:

- Law enforcement
- Co-responder programs
- Emergency medical Services (EMS)

3. Place to Go

- 23 hr crisis observation and holding (adults only)
 - Crisis stabilization residential services (CSRS)
- Other forms of support - Emergency dept's

The entire report has not been released yet.