



# October 2024 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](http://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](http://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. Go their website to obtain online content and a 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](http://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**.

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

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

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

–hotline: 515-558-9946.

### Primary Health Care and Behavioral Health locations

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

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

### Central Iowa Places to Call if You Need Services

| Community Mental Health Centers         |   |
|---|---|
| <b>Polk Co.</b>                         | <b>Child Guidance Center</b> – 808 5 <sup>th</sup> St. - DM – 515-244-2267  |
|   | <b>Eyerly Ball Community MH Center</b> , 1301 Center St., - DM - 515-241-0982   |
|   | <b>Eyerly Ball Community MH Center</b> 945 19 <sup>th</sup> St.- DM - 515-241-0982  |
|   | <b>Broadlawns Medical Center-</b> 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>  |
| <b>Dallas Co</b>                        | <i>Southwest Iowa Mental Health Center</i><br><b>410 12th Street, Perry, IA 50220</b><br><b>P515) 642-1023 F515) 334-4076</b><br><i>Adel area patients should call the Perry number to be scheduled.</i>  |
| <b>Madison Co</b>                       | <b>Crossroads Behavioral Health Services</b><br>102 West Summit Street,<br>Winterset – 515-462-3105   |
| County Community Mental Health Services |   |
| Polk Co.                                | <b>Polk Co. Mental Health and Disabilities Dept.</b> 515-286-3570 Director Annie Uetz<br><a href="https://www.polkcountyia.gov/behavioral-health-disability-services/">https://www.polkcountyia.gov/behavioral-health-disability-services/</a>  |
| Warren Co.                              | <b>Central Iowa Community Services</b><br><a href="https://www.cicsmhds.org">https://www.cicsmhds.org</a><br>1007 S. Jefferson Way, Indianola, IA 50125<br>515-961-1068<br>email: <a href="mailto:mentalhealth@warrencountyia.org">mentalhealth@warrencountyia.org</a><br><a href="https://warrencountyia.org/mentalhealth">https://warrencountyia.org/mentalhealth</a> |
| Dallas Co.                              | <b>Heart of Iowa Community Services</b><br>25747 N Avenue, Suite D, Adel, IA 50003<br>515-993-5872<br>Toll free: 877-286-3227<br>E-mail: <a href="mailto:dccs@dallascountyia.gov">dccs@dallascountyia.gov</a><br>Website: <a href="http://hicsiowa.org">hicsiowa.org</a>  |
| Madison Co.                             | <b>Central Iowa Community Services</b><br><a href="https://www.cicsmhds.org">https://www.cicsmhds.org</a><br>Madison County Service Coordinator<br>112 N. John Wayne Drive, Winterset, Iowa 50273<br>515-493-1453<br><a href="https://madisoncounty.iowa.gov/offices/community-services/">https://madisoncounty.iowa.gov/offices/community-services/</a>                |

# 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.

In addition to the Sobering Center at the Life Services Center, **Broadlawns Medical Center will be relocating their 23-hour Crisis Observation Center and Behavioral Health Urgent Care from the main Broadlawns campus to the 1914 Carpenter location.** Not only will this move allow both services to double in size, increasing access for community members, it will also allow for warm hand-offs between the three services to provide seamless access to behavioral health care.

--Polk County Behavioral Health & Disability Services

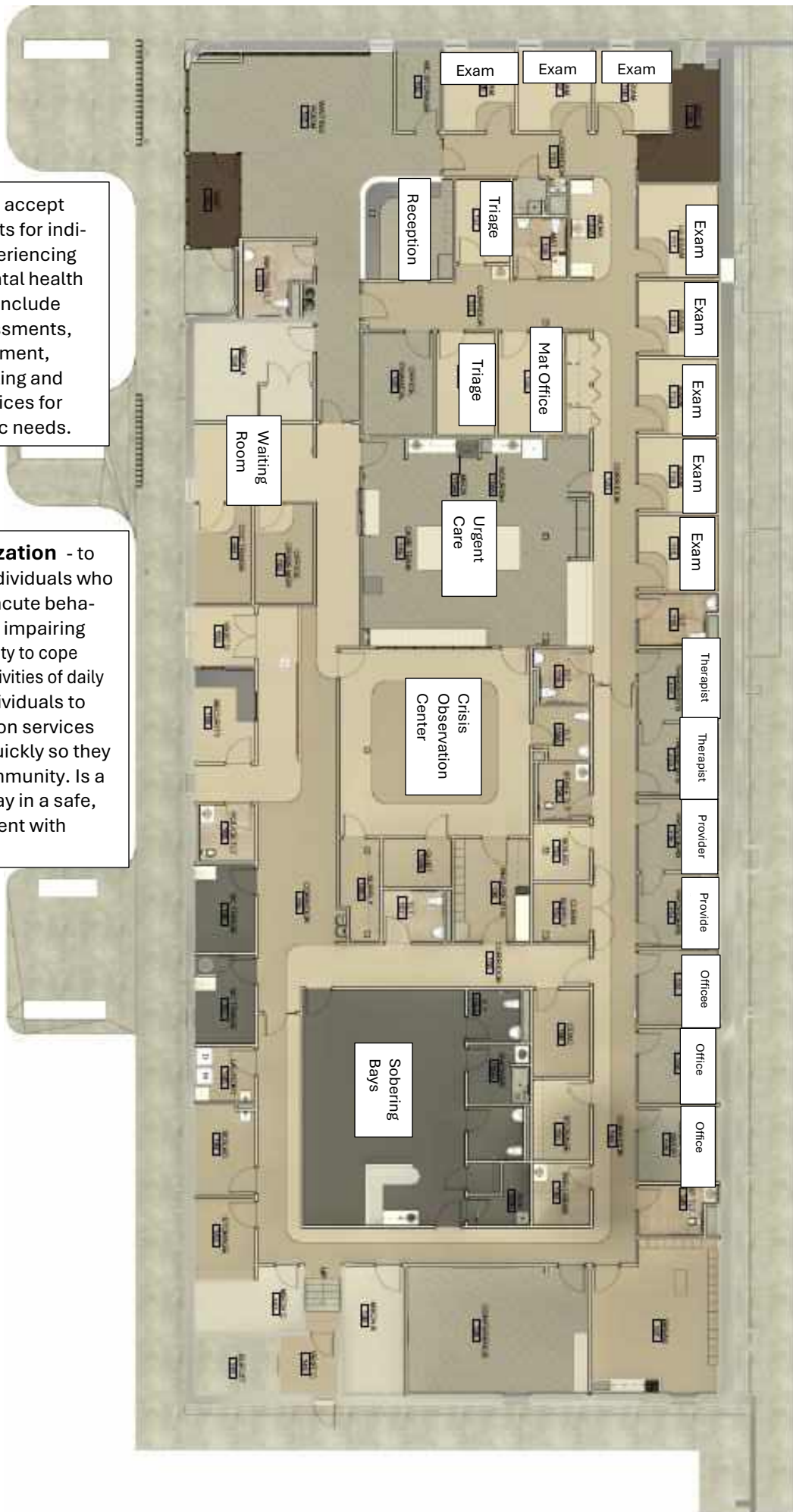
(See the next page for the floor plan

and more information on services provided)

**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 60<sup>th</sup> St. in WDSM.  
Phone: 515-343-1200

**Mercy One Emergency Dept**  
located at 1755 59<sup>th</sup> 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 5<sup>th</sup> Ave -515-286-3772**

## Children: Behavioral Health Urgent Care

1250 E. 9<sup>th</sup> 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**



**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.

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

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

## 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](mailto:info@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.**
- <https://lifeconnectionsrecovery.org/>

### 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



## The Polk County Jail Offers Inmates 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** - *HarvestAcademyisa501(c)(3) non-profit organizationthatallows men who have dealt withincarceration, homelessness, and/or substanceabusetochangetheirlife, freeof charge. Thisisa24-monthprogramthatoffersvocational training, peer mentorship/leadership, education, and transitional services. They are completelyself-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) nonprofit, 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 the 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. is implementing 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 high volume users (HVUs). 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.

Other communities across the United States have established a Mobile Integrated Health Care (MIHC) or Community Paramedic programs, and these programs have witnessed up to a 60% decrease in calls from HVUs during their pilot periods. Once fully implemented, MIHC and Community Paramedic programs have been able to expand into further services for homeless populations, mental health care and opioid over-doses as well. The Des Moines Fire Dept has a goal of a 60% reduction in identified High Volume User (HVU) calls during the six-month pilot period.



**Disability Rights Iowa** – is celebrating their 40<sup>th</sup> anniversary. Catherine Johnson, Executive Director [cjohnson@driowa.org](mailto:cjohnson@driowa.org) - 666 Walnut St, Des Moines, IA 50309 – 515-278-2502

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 Iowans 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 Iowans identify as having a disability — that's, give or take, about 400,000 Iowans — We need to make sure that all Iowans 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 Iowans with disabilities - that’s 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.

Before COVID, it was very challenging to have a remote work accommodation, or a hybrid accommodation, approved. COVID changed all of that because it showed how adaptable we can be when it comes to work and how productive people with disabilities who want to work remotely can be. It is doubtful anyone has experienced a loss of revenue or a loss of productivity from employees working remotely.



### Community Support Advocates unveils new behavioral health clinic

CSA celebrated the opening of its new Integrated Behavioral Health Clinic in West Des Moines. The 87,000-square-foot facility at **1516 Valley West Drive** will allow the

nonprofit 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

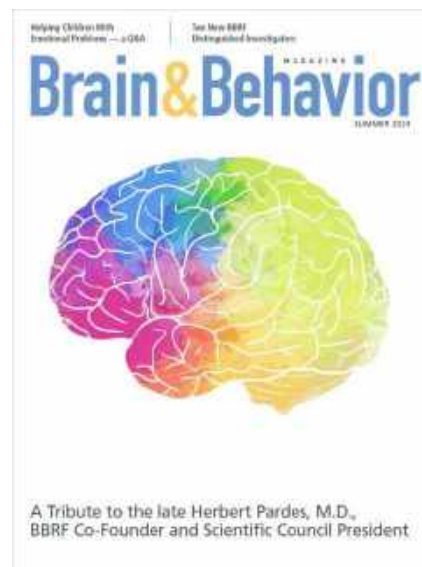
Persons restoring competence so they can fully appreciate, understand, and engage in their court process.

**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



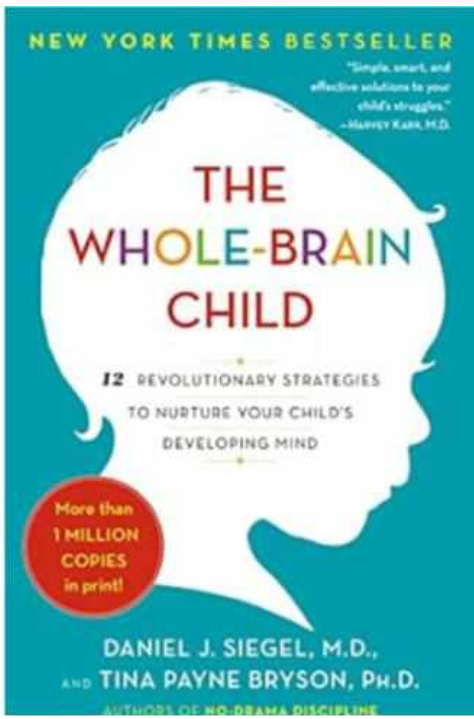
The **Summer 2024** issue of **Brain & Behavior Magazine** is now available on-line and is dedicated to Herbert Pardes, M.D., founder and president of the BBRF Scientific Council.

<https://bbrfoundation.org/brain-behavior-magazine/august-2024>

### Treatment Advocacy Center

TAC’s newsletter **Catalyst**, now in a digital format, is being re-issued to enable reaching a wider audience and include links to valuable resources and information.

The **Summer 2024 issue of Catalyst** contains important updates about TAC programs, the latest research on the link between cats and schizophrenia, a celebration of the passage of Maryland’s AOT law, and an announcement you won't want to miss!

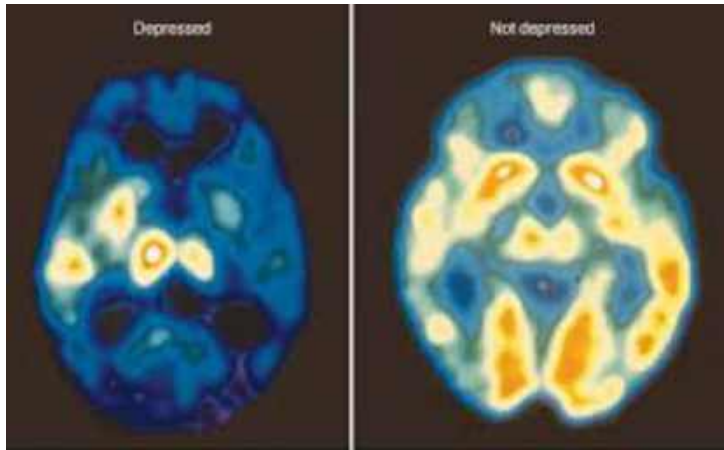


**The Whole-Brain Child** is highly recommended by Jen Wells, the founder of *Mensana Solutions*, formerly with *Please Pass the Love*

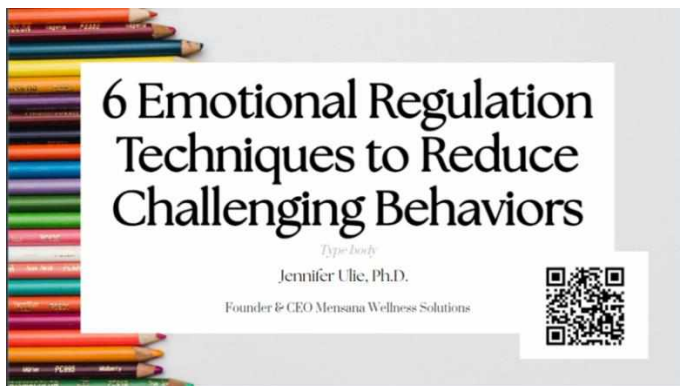
**It is a must read for anyone working with and/or raising children.**

Depressed

Not Depressed



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.



**Mensana Solutions** - Their popular webinar on Emotional Regulation Techniques to Reduce Challenging Behaviors [Watch it here.](#)

**Iowa deaths from drug overdoses and alcohol-induced causes both fell about 1% from 2021 to 2022.** However, the suicide rate in Iowa increased 6%, according to a [new report from Trust for America's Health](#). Brandon Reavis, a senior government relations manager with the nonprofit, said suicide, alcohol and drug-related deaths remain at near-historic peaks overall. The report showed another stark number for the state: Cocaine overdoses increased by 36% in the same time period, indicating an increasing level of fentanyl in supplies. Community distribution of the opioid-reversal drug Naloxone could also help lower drug overdose rates. - IPR

As defined by the U.S. National Institute on Drug Abuse 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," NIDA notes. 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.



### **Mindspring Support Group Facilitators Needed**

- If you are interested in becoming a support group facilitator, please fill out the application I have linked [HERE](#). We accept applications on a rolling basis and will hold an informal interview sometime after the application is received.
- The next facilitator training will be held on **Saturday October 19th from 9:30-2**. Lunch, snacks, and coffee are all provided. Location is TBD. Call the office 1-515-850-1467

Link to form:

<https://forms.monday.com/forms/4f822862b6327ec52aa39b9c10df9aad?r=use1>

## Behavioral Health Districts



### Massive changes in the Iowa Behavioral Health system

The alignment of Iowa's Health and Human Services (HHS) is rooted in a comprehensive initiative aimed at integrating and improving access and service delivery across the state. Effective July 1, 2023, the Iowa Departments of **Public Health** (IDPH) and **Human Services** (DHS) merged into the newly formed **Iowa Department of Health and Human Services**.

This consolidation also integrated the Iowa Depts of:

- Aging,
- Human Rights,
- Early Childhood Iowa,
- the Iowa Child Advocacy Board, and
- Volunteer Iowa,

creating a unified HHS department designed to streamline services and enhance efficiency.

### The next step has been taken to streamline services.

Behavioral health service system alignment activities involve:

- the organization of **7 behavioral health districts**, (*instead of 13 mental health regions and 19 integrated provider networks*)
- the procurement of **behavioral health administrative service organizations** (BH-ASOs), and
- the formation of local advisory councils.

The legislative framework mandated that the **new districts** consider several critical factors, including equitable resource distribution, minimizing service disruption, enhancing access to quality care, and addressing the specific needs of various populations such as individuals reentering the community from correctional systems and their families.

### On 8-6-24, Iowa's health department announced the boundaries of seven behavioral health districts.

See the map above.



**Next, the state will hire nonprofits to oversee each district.**

They are called Behavioral Health Administrative Service Organizations (ASO's).

Applications have to come from non-profits.

- Applications can be for one or more districts
- On Sept. 1, the RFP for proposals was issued.
- By Sept. 18, letter of intent due from bidders
- Nov. 20-21 – Bidder presentations
- Dec. 30 – Notice to Successful bidders
- 18 month contracts to be awarded on or before 1-1-25

Current funding for mental health and substance use 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**.

The stakeholder engagement effort (*over 1000 participated*) provided valuable insights into the needs and concerns of lowans regarding the proposed behavioral health district maps. Feedback focused less on where the map boundaries were drawn and more on ensuring that the districts are adequately resourced to meet demands.

Another 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). The CCBHC initiative aims to standardize core safety net services, ensure consistent access and high fidelity and expand integrated practice, thereby enhancing the outpatient behavioral health safety net service delivery system.

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

Work will center on enhancing **Aging and Disability Resource Centers**, developing a comprehensive and connected system to address long-term care options for lowans with disabilities, and building coalitions for aging and disability resources.

**2023 HCBS Medicaid Updates related to services**

New services added:

- Medical day care for children
- Enabling technology for remote support

Changes to service delivery

- Added telehealth as a service delivery when allowed
- Allowing parents and spouses to be paid caregivers for select services
- Allowing delivery of adult day care services in the member's home

- Added community services as a provider type under CDAC (Consumer Directed Attendant Care) on some waivers.

Changes to eligibility

- Removed the prohibition of children in foster care from being eligible for the Children's Mental Health Waiver

The Medicaid Request for Proposal for **dental services** was awarded to **Delta Dental of Iowa s Denta 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).

HMA (Health Management Associates) completed a Report for **realignment of crisis services**. No information has been released yet.

|  |                |   |
|--|----------------|---|
| 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          | <b>3,200,517</b>                                    |
|  | 5.8%           | 185,630   |
| Population under 18 years  | 22.6%          | 723,317   |
|  | Total          | 908,947   |
| <b>Prevalence - Children w/Serious Emotional Disturbance (SED)</b> |                |   |
|  | <b>42,297</b>  | <b>4.7%</b> (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   |
| <b>Prevalence of Adults &gt;18 w/Serious Mental Illness (SMI)</b>  |                |   |
|  | <b>132,646</b> | <b>5.8%*</b> (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%          |   |

**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

## 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](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.

Of 34,512 assessments for child abuse or neglect in calendar year 2022, 7010 (25%) of child abuse assessments resulted in a finding of “founded” abuse.

Founded child abuse assessments involved **9,421** unique children.

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

## Critical Situation Cards – Informational Sheet for Ordering

**Communicating with Someone in Crisis Who Has a Psychiatric Illness**

**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: 741-741 Call: 1-800-273-8255 - LItUive  
 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."  
 "It'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](mailto: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/index.php/research-topics/guardianship>



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

## Suicides in Iowa 2000-2024

| Year                      | Suicides in U.S. | <p><b>US suicides rose steadily over last two decades to an all-time high in 2022</b> – Associated Press Sept 2023</p> <p>Suicide rates are <b>300 times higher</b> for individuals in the 1<sup>st</sup> week following an inpatient hospitalization &amp; <b>200 times higher</b> 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)</p> <p>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.</p> | 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 |
|                           |                  |  |                     | 176   | 2014           | 409          | 72         | 117                          | 177          | 43 |
|                           |                  |  | 201                 | 2015  | 424            | 77           | 139        | 166                          | 42           |    |
|                           |                  |  | 136                 | 2016  | 459            | 68           | 161        | 186                          | 44           |    |
|                           |                  |  |                     | 2017  | 470            | 85           | 151        | 173                          | 61           |    |
|                           |                  |  |                     | 2018  | 495            | 71           | 170        | 201                          | 53           |    |
| Location                  | Adult            | Youth  | Geriatric           | Total |                |              |            |                              |              |    |
| Iowa Lutheran             | 68               | 16   | 12                  | 68    | 156            | 2019         | 521        | 81% increase from 2000- 2019 |              |    |
| Broadlawns                | 44               |  |                     | 44    | 208            | 2020         | 551        | 91% increase from 2000-2020  |              |    |
| VA Hospital               | 10               |  |                     | 10    | 258            | 2021         | 525        | As of 12-31-21               |              |    |
| Clive Behavioral          | 67               | 33   |                     | 100   | 237            | 2022         | 550        | As of 12-31-22               |              |    |
| Total                     | 161              | 49   | 12                  | 222   | 238            | 2023         | 509        | As of 12-31-23               |              |    |
|                           |                  |  |                     |       | 87             | 2024         | 335        | As of 7-31-24                |              |    |
| <b>Beds in Des Moines</b> |                  |  |                     |       |                |              |            |                              |              |    |

7-8-24 NBC News – **Construction Workers are dying by suicide at an alarming rate.**- 6000 in 2022

<https://www.nbcnews.com/politics/economics/construction-workers-are-dying-suicide-alarming-rate-rcna156587>

**Pentagon Data Shows High Suicide Rates Among Troops Exposed to Blasts** – NY Times 8-1-24

[https://www.nytimes.com/2024/07/31/us/military-suicide-rates-report.html?campaign\\_id=9&emc=edit\\_nn\\_20240801&instance\\_id=130383&nl=the-morning&regi\\_id=232796398&segment\\_id=173786&te=1&user\\_id=10f6f1b298da76b3410073161f8479a7](https://www.nytimes.com/2024/07/31/us/military-suicide-rates-report.html?campaign_id=9&emc=edit_nn_20240801&instance_id=130383&nl=the-morning&regi_id=232796398&segment_id=173786&te=1&user_id=10f6f1b298da76b3410073161f8479a7)

**The Polk County Health Department** has given away over 1700 gun locks in the past year to reduce gun-related accidents. (**WHO-13**)

**The Plastics Crisis: A Neuropsychiatric Problem Hidden in Plain Sight** – Psychiatric Times

The impact of plastics on health is an area of increasing concern. Plastics specifically affect brain health and development, which is why psychiatry must pay attention to the growing plastics crisis.

[Read More](#)

**Number of Iowa Mental Health Facilities has declined in past 15 years, report finds** DsM Register 8-24-24

[https://www.desmoinesregister.com/story/news/health/2024/08/22/report-more-iowa-health-care-centers-have-closed-than-have-opened-hospitals-medicaid/74903316007/?utm\\_source=desmoinesregister-dailybriefing-strada&utm\\_medium=email&utm\\_campaign=dailybriefing-headline-stack&utm\\_term=Content%20List%20-%20Stacking%20-%20optimized&utm\\_content=pdem-desmoines-nletter65](https://www.desmoinesregister.com/story/news/health/2024/08/22/report-more-iowa-health-care-centers-have-closed-than-have-opened-hospitals-medicaid/74903316007/?utm_source=desmoinesregister-dailybriefing-strada&utm_medium=email&utm_campaign=dailybriefing-headline-stack&utm_term=Content%20List%20-%20Stacking%20-%20optimized&utm_content=pdem-desmoines-nletter65)

**Is asking students how they feel illegal in Iowa schools? Some teachers say yes, study finds**

[https://www.desmoinesregister.com/story/news/education/2024/09/09/iowa-book-ban-how-does-senate-file-496-impact-student-mental-health-in-schools/75061966007/?utm\\_source=desmoinesregister-evening-reads-strada&utm\\_medium=email&utm\\_campaign=baseline&utm\\_term=hero&utm\\_content=pdem-desmoines-nletter08](https://www.desmoinesregister.com/story/news/education/2024/09/09/iowa-book-ban-how-does-senate-file-496-impact-student-mental-health-in-schools/75061966007/?utm_source=desmoinesregister-evening-reads-strada&utm_medium=email&utm_campaign=baseline&utm_term=hero&utm_content=pdem-desmoines-nletter08)

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 | Cerro         | 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                 |
| <b>Community Hospital Total</b>                |               | <b>828</b>    | <b>430</b>         | <b>72</b>                | <b>97</b>          | <b>599</b>         |
| Cherokee Mental Health Institute               | Cherokee      | 36            | 24                 | 0                        | 12                 | 36                 |
| Independence Mental Health Institute           | Buchanan      | 56            | 40                 | 0                        | 16                 | 56                 |
| <b>Mental Health Institute Total</b>           |               | <b>92</b>     | <b>64</b>          | <b>0</b>                 | <b>28</b>          | <b>92</b>          |
| <b>* Last updated 6.28.21</b>                  |               |               |                    |                          |                    |                    |
| <b>GRAND TOTAL</b>                             |               | <b>920</b>    | <b>494</b>         | <b>72</b>                | <b>125</b>         | <b>691</b>         |

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.

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 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.

**Transgender or nonbinary Iowans** under age 18 will soon have more help obtaining gender-affirming care out of state. In partnership with the LGBTQ advocacy group One Iowa, the North Carolina-based Campaign for Southern Equality is expanding its Trans Youth Emergency Project to Iowa, the groups announced on August 9.

A news release explained that the Trans Youth Emergency Project provides “1-on-1 custom patient navigation services and supports families of transgender youth with emergency grants of \$500, renewable every six months, to help them travel out of state for care.” The project has distributed “more than \$500K in direct emergency grants to 1,000 families and individuals” in fifteen states since March 2023. After the expansion, grants will be available to families in 25 states. Iowa families can contact the Trans Youth Emergency Project to seek a grant or assistance from a patient navigator [through this page](#) on the Campaign for Southern Equality’s website.

# Advocacy Resources

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

**Home (iowaddcouncil.org)** - New website location for IDD Council – which includes the Iowa Infonet newsletter, bill tracker and legislative information.

## 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

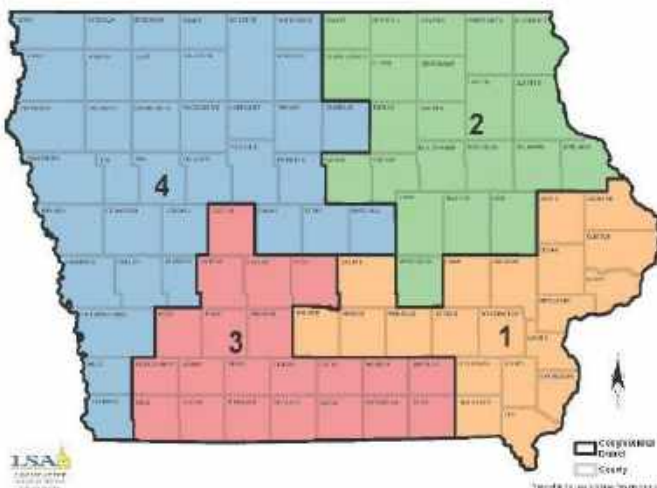
You are represented by 2 US Senators, 1 US Representative

- US Senator Joni Ernst:  
[www.ernst.senate.gov](http://www.ernst.senate.gov)
- US Senator Chuck Grassley:  
[www.grassley.senate.gov](http://www.grassley.senate.gov)

You are represented by one US Representative

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

IOWA CONGRESSIONAL DISTRICTS  
(The Congressional Districts are subject to change by the U.S. Congress)



## Two non-partisan sites for information:

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

Congressional Research Service - non-partisan

<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.

**The General Election is Tuesday, Nov. 5, 2024**

### Offices on the 2024 General Election Ballot

#### U.S. OFFICES

- U.S. President/Vice President
- U.S. Representative (all districts)

#### STATE OFFICES

- State Senator (even-numbered districts 2-50)
- State Representative (districts 1-100)

#### COUNTY OFFICES

- Some members of county boards of supervisors
- County Auditor
- County Sheriff
- Any vacant offices needing to be filled

#### NON-PARTISAN OFFICES

- Some township officers
- County public hospital trustees
- Soil and water conservation district commissioners
- County agricultural extension council members
- Any vacant offices needing to be filled

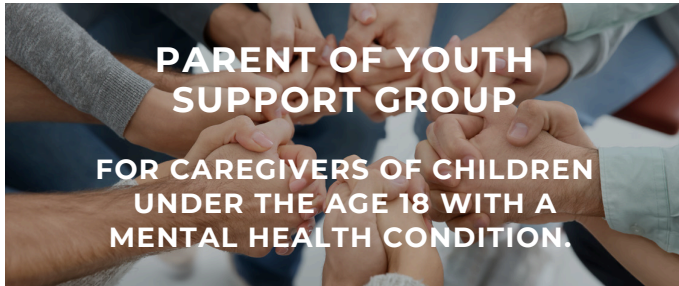
#### JUDGES STANDING FOR RETENTION

- Judges may stand for retention at the General Election before their terms expire. Supreme Court Justice David May is up for a retention vote.



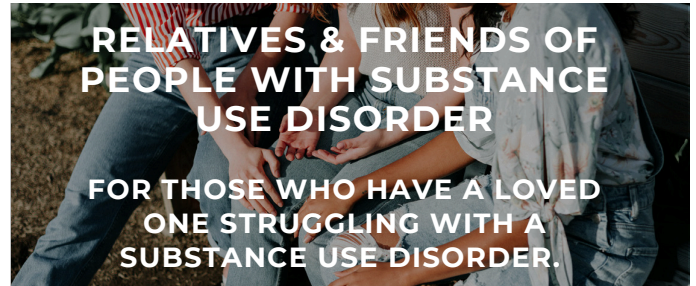
## JOIN A SUPPORT GROUP

Mindspring's support groups provide participants with the opportunity to connect with others who are experiencing similar challenges, develop lasting friendships, strengthen community networks, and reduce isolation.



**1st Sunday of every month  
1:00 - 2:30 PM**

**Urbandale Public Library**  
Conference Room  
3520 86th St, Urbandale  
*No registration required.*



**1st Sunday of every month  
4:00 - 5:30 PM**

**Mindspring Office**  
Conference Room  
511 E 6th Street STE B, Des Moines  
*No registration required.*



**2nd Saturday of every month  
3:00 - 4:30 PM**

**Forest Avenue Public Library**  
Conference Room  
1326 Forest Ave, Des Moines  
*No registration required.*



**3rd Sunday of every month  
2:30 - 4:00 PM**

**West Des Moines Public Library**  
Southwoods Room  
400 Mills Civic Pkwy West Des Moines  
*No registration required.*

**Mindspring empowers individuals to take care of their  
mental wellbeing and supports those around them.**

*For the most updated information on groups, please visit our website*







**mindspring**  
MENTAL HEALTH ALLIANCE

511 East 6th Street, Suite B  
Des Moines, IA 50309