



Sioux Rivers

REGIONAL MENTAL HEALTH & DISABILITIES SERVICES



FY23 ANNUAL REPORT

SUBMITTED
12/01/23

GEOGRAPHIC AREA: Dickinson, Emmet, Lyon, O'Brien, Plymouth, Sioux
APPROVED BY ADVISORY BOARD: 11/22/23
APPROVED BY GOVERNING BOARD: 11/28/23

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Introduction

Sioux Rivers Regional MHDS was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 225C.57. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

FY23 saw Sioux Rivers Regional MHDS completing its 9th year of operation and with it brought transformational changes. For the first time since its inception, Sioux Rivers was fully funded by The Department of Human Services. For the Regional Governance Board, individual counties of record, and Regional Employees, this brought upon a new way of thinking about regional structure and the individual roles and responsibilities of counties versus the region. It encouraged Sioux Rivers to really begin to look at the region as a whole instead of individual parts coming together. A Sioux Rivers Employee Handbook was developed and approved by the Governing Board to bring upon a more consistent set of rules for regional employees. Prior to the handbook, each Sioux Rivers employee followed the handbook of their unique County of Record. This caused a lot of confusion and inconsistencies as it related to basic employment dynamics. The Handbook has allowed regional employees to feel more united and as a result it has dramatically improved internal collaboration and teamwork as evidenced by improvement in the Service Coordination Sioux Rivers provides to regional counties. Regional employees have been challenged to really focus on serving all six counties and not just one or two assigned counties. This can be seen in staff members becoming more involved in the development of programs in personal interest areas and or areas of strengths. Areas such as children-based services, justice informed services and crisis services.

In addition, FY23 also brought on new leadership with the hiring of a new Chief Executive Officer. This introduction of new leadership along with the change in funding source indicated a shift in regional direction and approach. Leadership changes often bring about significant changes and fresh perspectives. The implementation of new provider/partner quarterly meetings has proven to be a positive step in developing healthy and strategic communication and collaboration amongst all regional partners. These regular meetings have provided an opportunity for stakeholders to discuss issues, share insights, identify gaps in care, and find creative approaches and alignment in mental health and disability services. New leadership also initiated collaboration with two neighboring regions and common crisis service providers as a means of increasing utilization of the shared crisis services. Engaging in collaboration with common crisis service providers is crucial, especially in the mental health and disability services field. Crisis services are often a critical component of support, and partnering with other providers can ensure that these services are more accessible and efficient. Continued collaboration in the area of crisis services will continue into FY24 as well as any new identified areas in which collaboration could be viewed as valuable such as 229 court committals.

The FY2023 Annual Report covers the period of July 1, 2022, to June 30, 2023. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

Governing Board and Advisory Board (Committee) (Iowa Code 225C.57):

Governing Board

The Sioux Rivers Regional MHDS organizational structure assigns the ultimate responsibility for funding the non-Medicaid funded MHDS services, and oversight of the entire mental health delivery system with the governing board. In FY23 the following representatives were appointed to serve on the Regional Governance Board by either the individual County Board of Supervisors, Sioux Rivers MHDS Advisory Committees, or the Regional Governance Board itself.

Two County Board of Supervisors

One individual who utilizes adult MH services.

One individual representing the adult services providers.

One parent of a child receiving behavioral health services or actively involved in the life of said individual.

One individual representing the educational system.
One individual representing children’s behavioral health services

FY23 Voting Members:

Kim Wermersen, Board Chair	Don Kass, Board Vice Chair	William Leupold
John Pluth	Tim Schumacher	Jerry Birkey
Cory Altena	Dennis Vanden Hull	Tim Overmire
Mike VanOtterloo	Carl VandeWeerd	Craig Hoftyzer
Tammy Bruinsma	Brenda Langstraat Janish	Brittney Funston

Current Non-Voting Members:

Dr. Dayton Vogel	Denise Driesen	Mark Loutsch
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Sioux Rivers MHDS Regional Governing Board will be in transition during FY24 to restructure board members as instructed by Iowa Law changes.

MHDS Advisory Board

Sioux Rivers Regional MHDS encourages stakeholder involvement by maintaining regional advisory board (committees) which assist in developing and monitoring the plan, goals and objectives identified for the adult MHDS and children’s behavioral health service systems. Advisory Boards serve as a public forum for other related MHDS issues and are appointed by the Governing Board. In FY23 Sioux Rivers maintained two advisory boards, one for adult services and one for children’s behavioral health services as outlined in our Regional Management Plan.

Adult Advisory Board has a minimum of nine members and includes individuals:

- Utilizing services or actively involved relatives of such individuals
- Service providers
- County Service Coordinator
- County Supervisor representative of the Governing Board of Directors

The Children’s Advisory Committee has a minimum of ten members and includes:

- Parents or actively involved relatives of a child receiving behavioral health services
- Representative of the educational system
- An early childhood advocate
- A child welfare advocate
- A children’s behavioral health services provider
- A representative of the juvenile court system
- A pediatrician
- A child- care provider
- A law enforcement representative
- A member of the Regional MHDS Governance Board

Adult Advisory Committee FY23 Members:

Dr. Shawn Scholten- Chair	Lisa Rockhill	Carl VandeWeerd
Janice Hill	Tammy Bruinsma	Troy Mennis
Cheryl Van Beek	Barry Whitsell	Mike Martens
Dorothy Christensen	Wade Koenen	

Children Advisory Committee FY23 Members:

Brenda Langstraat Janish	Megen Fretham	Cheryl Van Beek
Brittany Funston	Beth Schubert	Denise Driesen
Shawn Olsen	Kim Schroeder	Courtney Cook
Don Kass	Kaisha Netten	Lisa Rockhill

A. Services Provided and Individuals Served

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

Disability Group	Children	Adult	Unduplicated Total	DG
Mental Illness	597	1551	2148	40
Mental Illness, Intellectual Disabilities	3	22	25	40, 42
Intellectual Disabilities	1	7	8	42
Total	601	1580	2181	99

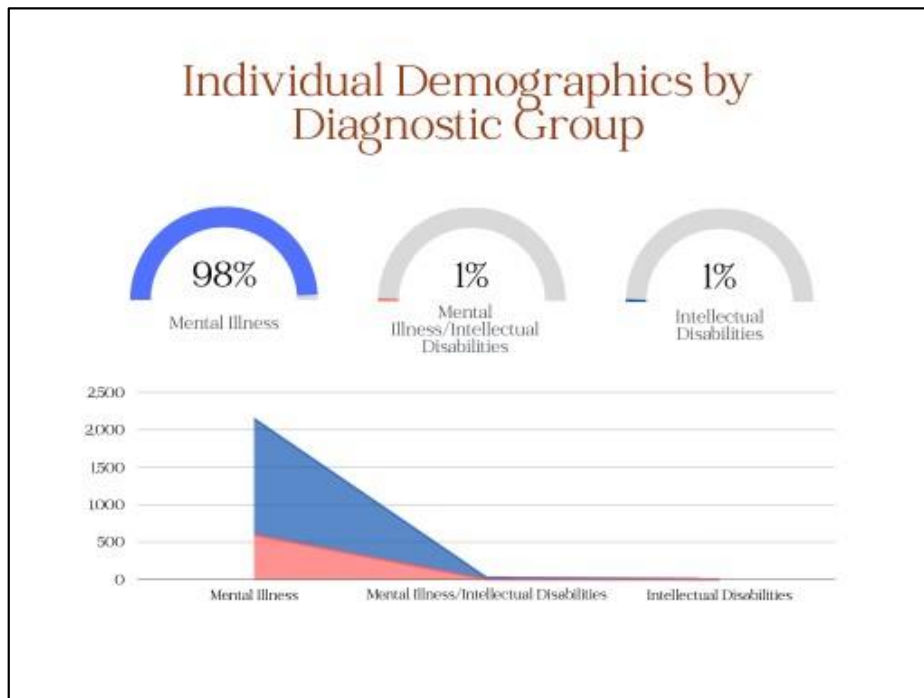


Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

**Specific charts and graphs outlining the below table can be found in the Outcomes/Regional Accomplishments in FY23

FY 2023 Actual GAAP	SiouxRiversRegionalIMHDS MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
Core												
	Treatment											
42305	Psychotherapeutic Treatment - Outpatient	6	262									268
43301	Evaluation (Non Crisis) - Assessment and Evaluation	1			4							5
71319	State MHI Inpatient - Per diem charges	3										3
73319	Other Priv./Public Hospitals - Inpatient per diem charges	4										4
Basic Crisis Response												
44301	Crisis Evaluation	193	59									252
44302	23 Hour Observation and Holding	16										16
44307	Mobile Response	25	14									39
44312	Crisis Stabilization Community Based Services (CSCBS)	2										2
44313	Crisis Stabilization Residential Service (CSRS)	22										22
Support for Community Living												
32329	Support Services - Supported Community Living	3			6							9
Support For Employment												
50367	Day Habilitation				11							11
50368	Voc/Day - Individual Supported Employment	40			18							58
Recovery Services												
45366	Peer Family Support - Peer Support Services	33										33
Service Coordination												
Sub-Acute Services												
Core Evidence Based Treatment												
42398	Assertive Community Treatment (ACT)	13										13
Core Subtotals:		361	335	35	4							735
Mandated												
74XXX	CommitmentRelated (except 301)	166	5									171
75XXX	Mental health advocate	229	11									240
Mandated Subtotals:		395	16									411
Core Plus												
Justice System Involved Services												
46305	Mental Health Services in Jails	37										37
Additional Core Evidence Based Treatment												
42366	Psychotherapeutic Treatment - Social Support Services	61										61
Core Plus Subtotals:		98										98
Other Informational Services												
05373	Public Education Services	1024	283									1307
Other Informational Services Subtotals:		1024	283									1307
Community Living Support Services												
22XXX	Services management	349	50									399
31XXX	Transportation	16	2									18
41306	Physiological Treatment - Prescription Medicine/Vaccines	1										1
42310	Psychotherapeutic Treatment - Transitional Living Program	1										1
42396	Psychotherapeutic Treatment - Community Support Programs	2										2
Community Living Support Services Subtotals:		369	52									421
Congregate Services												
64XXX	RCF-6 and over beds	12										12
Congregate Services Subtotals:		12										12
Administration												
Uncategorized												
Regional Totals:		2259	686	35	4							2984

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

<u>Date Designated</u>	<u>Access Center</u>
12/31/2022	Siouxland Mental Health Center



Access Center is the coordinated provision of intake assessment, screening for multi - occurring conditions, care coordination, crisis stabilization residential services, subacute mental health services, and substance abuse treatment for individuals experiencing a mental health or substance abuse crisis who do not need inpatient psychiatric hospital treatment, but who do need significant amounts of supports and services not available in other home and community -based settings.

Sioux Rivers provides funding to Siouxland Mental Health as our contracted Access Center provider.

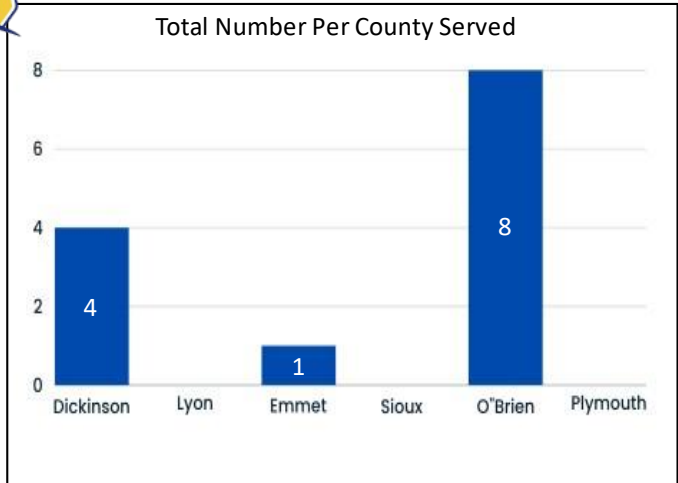
The region has designated the following **Assertive Community Treatment (ACT)** team provider which has not evaluated for program fidelity, including a peer review as required by subrule 25.6(2).

Seasons Center for Behavioral Health is currently delivering ACT services in all regional counties, its program continues to meet fidelity by capping the number of clients that can receive this service. ACT programming continues to have a waiting list in all regional counties reportedly due to staff shortages. Seasons Center also reports that an internal fidelity review was completed in April 2023 by their Compliance Officer, however a full fidelity review by the Center for Excellence for Behavioral Health (CEBH) has not been completed at the time of this report. CEBH has reported plans for a full fidelity review in Fall of 2023 (FY24) and Sioux Rivers is working closely with the provider and CEBH to ensure completion.

Date Designated	ACT Teams	Fidelity Score
7/1/2022	Seasons Center for Behavioral Health	Not completed FY23

Assertive Community Treatment (ACT) is a program of comprehensive outpatient services provided in the community and directed toward the improvement of symptoms and the rehabilitation of behavioral, functional, and social deficits of individuals with severe and persistent mental illness and individuals with complex symptomology who require multiple mental health and supportive services to live in the community.

Sioux Rivers provides funding and support to Seasons Center for Behavioral Health to provide Regional ACT services. In FY23 13 individuals were provided ACT services which enabled them to remain vital in their home and community environments.



The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

Date Designated	Subacute
12/31/2022	Siouxland Mental Health Center



Siouxland Mental Health Center did not serve any Sioux Rivers individuals in the Subacute Level of Care during FY23.

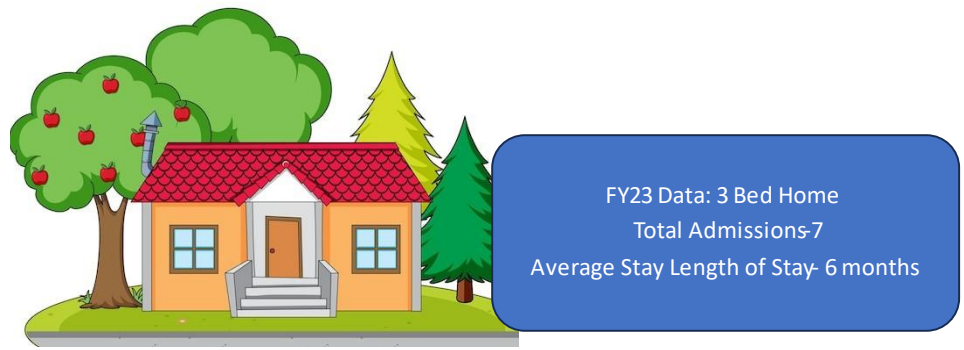
The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and one-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual’s clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

A designated IRSH provider shall meet these criteria at initial application and annually thereafter.

Date Designated	Intensive Residential Services
6/1/2022	Lakes Lifeskills (LLS)

Sioux Rivers Regional MHDS is currently working with the Department of Health and Human Services in developing an annual redesignation for FY24 services. Once developed, Lakes Lifeskills will be one of the first IRSH providers in the state of Iowa to go through the redesignation process. Results of redesignation will be reported in FY24 Annual Report.



IRSH is an intensive, community-based service provided 24 hr a day, 7days a week, 365 days a year to individuals with severe and persistent mental illness who have functional impairments and may also have multibccurring conditions.

IRSH services are a no eject/reject service and strict criteria is in place to limit ejection from a home . During FY23 Lakes Lifeskills did record 1 individual ejected from the home. This individual did meet the qualifying rational and Sioux Rivers was able to find alternative placement in an inpatient psychiatric unit for stabilization .

C. Financials

Table C. Expenditures

FY 2023 Accrual	XXXX MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
Core Domains							
COA	Treatment						
42305	Mental health outpatient therapy **	\$ 96,157					\$ 96,157
42306	Medication prescribing & management **						\$ -
43301	Assessment, evaluation, and early identification **	\$ 183	\$ 813				\$ 995
71319	Mental health inpatient therapy-MHI	\$ 32,319					\$ 32,319
73319	Mental health inpatient therapy **	\$ 7,083					\$ 7,083
Crisis Services							
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 144,174					\$ 144,174
44302	23 hour crisis observation & holding	\$ 139,901					\$ 139,901
44305	24 hour access to crisis response	\$ 82,782					\$ 82,782
44307	Mobile response **	\$ 296,580					\$ 296,580
44312	Crisis Stabilization community-based services **	\$ 134,809					\$ 134,809
44313	Crisis Stabilization residential services **	\$ 139,901					\$ 139,901
44396	Access Centers: start-up / sustainability	\$ 53,623					\$ 53,623
Support for Community Living							
32320	Home health aide						\$ -
32325	Respite	\$ 24,939					\$ 24,939
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 12,917	\$ 18,249				\$ 31,166
42329	Intensive residential services	\$ 191,737					\$ 191,737
Support for Employment							
50362	Prevocational services						\$ -
50364	Job development						\$ -
50367	Day habilitation		\$ 79,553				\$ 79,553
50368	Supported employment	\$ 37,201	\$ 66,625				\$ 103,826
50369	Group Supported employment-enclave						\$ -
Recovery Services							
45323	Family support						\$ -

45366	Peer support	\$ 26,382					\$ 26,382
	Service Coordination						
21375	Case management						\$ -
24376	Health homes						\$ -
	Sub-Acute Services						
63309	Subacute services-1-5 beds	\$ 53,623					\$ 53,623
64309	Subacute services-6 and over beds						\$ -
	Core Evidenced Based Treatment						
04422	Education & Training Services - provider competency	\$ 69,008					\$ 69,008
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)	\$ 63,590					\$ 63,590
45373	Family psychoeducation						\$ -
	Core Domains Total	\$ 1,606,910	\$ 165,240	\$ -	\$ -		\$ 1,772,150
	Mandated Services						
46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 55,635					\$ 55,635
75XXX	Mental health advocate	\$ 99,561					\$ 99,561
	Mandated Services Total	\$ 155,196	\$ -	\$ -	\$ -		\$ 155,196
	Additional Core Domains						
	Justice system-involved services						
25xxx	Coordination services						\$ -
44346	24 hour crisis line*						\$ -
44366	Warm line*						\$ -
46305	Mental health services in jails	\$ 15,544					\$ 15,544
46399	Justice system-involved services-other						\$ -
46422	Crisis prevention training	\$ 4,494					\$ 4,494
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	Additional Core Evidenced based treatment						
42366	Peer self-help drop-in centers	\$ 17,523					\$ 17,523
42397	Psychiatric rehabilitation (IPR)						\$ -
	Additional Core Domains Total	\$ 37,560	\$ -	\$ -	\$ -		\$ 37,560
	Other Informational Services						
03371	Information & referral						\$ -
04372	Planning, consultation &/or early intervention (client related) **						\$ -

04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)						\$ -
05373	Public education, prevention and education **	\$ 169,751					\$ 169,751
	Other Informational Services Total	\$ 169,751	\$ -	\$ -	\$ -		\$ 169,751
Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	\$ 436,241					\$ 436,241
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 5,148					\$ 5,148
32321	Chore services						\$ -
32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)						\$ -
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs						\$ -
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds	\$ 343					\$ 343
41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -
42309	Partial hospitalization						\$ -
42310	Transitional living program	\$ 18,760					\$ 18,760
42363	Day treatment						\$ -
42396	Community support programs	\$ 66					\$ 66
42399	Other psychotherapeutic treatment						\$ -
43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services						\$ -
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail						\$ -
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -
63329	SCL 1-5 beds						\$ -

63399	Other 1-5 beds						\$ -
	Community Living Supports	\$ 460,559	\$ -	\$ -	\$ -		\$ 460,559
Other Congregate Services							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 218,595					\$ 218,595
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	Other Congregate Services Total	\$ 218,595	\$ -	\$ -	\$ -		\$ 218,595
Administration							
11XXX	Direct Administration					383,328	\$ 383,328
12XXX	Purchased Administration					37,804	\$ 37,804
	Administration Total					\$ 421,132	\$ 421,132
	Regional Totals	\$ 2,648,572	\$ 165,240	\$ -	\$ -	\$ 421,132	\$ 3,234,944
(45XX-XXX)County Provided Case Management							
							\$ -
(46XX-XXX)County Provided Services							
							\$ -
	Regional Grand Total						\$ 3,234,944

Table D. Revenues

FY 2023 Accrual	Sioux Rivers MHDS Region		
Revenues			
	FY22 Annual Report Ending Fund Balance		\$ 2,595,838
	Adjustment to 6/30/22 Fund Balance		
	Audited Ending Fund Balance as of 6/30/22 (Beginning FY23)		\$ 3,081,108
	Local/Regional Funds		\$ 150,815
1010	Delinquent Property Tax		
25XX	Other Governmental Revenues		
4XXX-5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest	73,248	
6XXX	Use of Money & Property		
8XXX	Miscellaneous	77,567	
9040	Other Budgetary Funds (Polk Transfer Only)		
	State Funds		\$ 3,352,546.08

24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	3,352,546	
2643	State Incentive Funds		
	Other		
	Federal Funds		\$ -
2344	Social services block grant		
2345	Medicaid		
	Other		
	Other		
	Total Revenues		\$ 3,503,362

Total Funds Available for FY23	\$ 6,584,470
FY23 Actual Regional Expenditures	\$ 3,234,944
Accrual Fund Balance as of 6/30/23	\$ 3,349,526

It is noteworthy to identify that there is a significant discrepancy between the previously certified FY22 Ending Fund Balance and the actual FY22 Audited Ending Balance which was used to determine the allowable fund balance for FY23. The FY22 completed audit uncovered a significant discrepancy of approximately \$440,000. This variance can be attributed to a couple of things. One being the integration of Emmet County into the Sioux Rivers Regional MHDS. Emmet County joined Sioux Rivers July 1, 2021, and the county revenue from this transfer from County Social Services was reported in the final audit and not taken into account during the internal audit. This was a difference in reported revenue of \$219,384. Secondly, Sioux Rivers obtained revenue in FY22 from the sale of a crisis stabilization center building. Governmental funds report only the proceeds from the sale of capital assets as revenue whereas the statement of activities reports the gain or loss on sale or disposal of fixed assets. This net revenue amount is \$220,000. What we are noting in the FY23 Annual Report is a much higher anticipated fund balance which will have a direct impact on state FY24 HHS regional payments. Unfortunately, this discrepancy will force Sioux Rivers to have both the third and fourth quarter payments withheld by HHS and additionally the anticipation of returning approximately \$400,000.

The identification of this discrepancy between the internal and the final FY22 audit not only sheds light on the past financial technicalities but also positions Sioux Rivers Regional MHDS favorably for the future. In preceding years, Sioux Rivers justifiably maintained the highest allowable fund balance allowing for more spending flexibility. This strategic approach has now proven invaluable with the new law regarding allowable fund balances for MHDS regions. Noting this discrepancy in the FY22 final audit serves as a proactive measure, allowing Sioux Rivers to address these irregularities now so that it puts us in a strategic position regarding the upcoming allotment of a 5% fund balance when completing the FY25 Service and Budget Report.

D. Status of Service Development in FY2023

During FY23 Sioux Rivers Regional MHDS was able to provide all the required core services and continued to improve and refine these services while simultaneously addressing gaps in care and regional service needs. Sioux Rivers continued to undergo transformation of many of the core services with the focus on utilization. By increasing utilization for these services, Sioux Rivers takes positive strides in improving mental health outcomes for all residents as well as developing positive community engagement and support when addressing mental health and disability services.



Justice Involved Services- During FY23, Sioux Rivers supported our County Law Enforcement agencies by providing emergency evaluations for incarcerated individuals experiencing a mental health crisis. Sioux Rivers also supported a jail diversion program which outlined outpatient mental health treatment services for incarcerated individuals with some service coordination follow up after release. However, this service was not well-known to county law enforcement and as a result under-utilized in many of the Sioux Rivers regional counties. During FY23 conversations

were had with all law enforcement, both county and local community departments, regarding needs, concerns, and strengths. These conversations identified the importance of a more consistent way to access justice involved services for those incarcerated individuals as well as the need to assist with paying for psychotropic medications prescribed during emergency crisis evaluations. Both areas as well as other identified areas have been addressed and taken into consideration with the FY24 budget and will be improved and/or developed during FY24.

Drug Courts have been a vital part of jail diversion practices for those struggling with addiction as well as for the co-occurring individual. The Drug Court is designed as a jail/prison diversion program. The Drug Court is made up of a panel consisting of community members and professionals along with a Probation Officer from the Department of Corrections and a District Court Judge. Dickinson County started implementing this diversion practice in January 2023. The Dickinson County Drug Court Panel spent the first two months in training both online and in person to understand the process, side effect of using substances and the court process. In April 2023, the Court began with 5 participants, meeting two times a month. As of June 30, 2023, these 5 participants remain in the program and Dickinson County reports that no new arrests have been charged to these participants.

Because of the success seen with this type of diversion program, Lyon County is currently exploring the possibility of implementing a Drug Court program, during FY24. While Dickinson County is beginning conversations regarding a Juvenile Drug Court program to assist some of the most vulnerable youth.

Plymouth County also has been successfully implementing this diversion-based program for many years. Plymouth County also serves some Sioux County referrals for their Drug Court programming.



Emergency Evaluations Jails/Emergency Departments- FY23 saw the end of a contract with ITP for these services and Flowstate began completing these assessments and placements in January 2023. You will see specific data points outlined in the Regional Accomplishment section of this report for both ITP and Flowstate. Prior to and during FY23, not all regional hospitals had utilized regionally funded contracts for the purpose of emergency evaluations and placement. Flowstate began with just 4 hospitals in FY23 with the goal of on-boarding all the regional hospitals in FY24. ITP also served the County jails for emergency crisis

evaluation needs for the first six months of FY23 and once the Flowstate contract was in effect, Flowstate began the on-boarding process all of six of the county jails and was successful in completing this endeavor by the end of FY23.



Transitional Living- Sioux Rivers allocated funding for The Pride Group to establish and support a Transitional Living program. Unfortunately, due to staff shortages The Pride Group was not able to fully open the Transitional Living Program by the end of FY23. This resulted in the allocated funds of \$471,325 not being utilized during FY23. Knowing this is an area that is of great need and provides a huge gap in care for many of our individuals, Sioux Rivers is continuing to partner with The Pride Group in FY24 with the hopes of getting a Transitional Living Programming open by January 1, 2024. If the Pride Group is unable to accept individuals into the program by this date, per regional contract the FY24 budgeted dollars may be reallocated.



Crisis Response Services- Sioux Rivers placed a lot of emphasis on utilization of crisis response services during FY23. New leadership identified a need to work with two neighboring regions and all three crisis providers to maximize efforts in covering the vast ruralness of the regions and the increasingly noted staff shortages by initiating a collaborative approach to Crisis Response Services. Out of this collaboration positive things have begun to happen in FY23 regarding communication and shared processes. At the end of FY23, the three identified crisis programs, Seasons Center for Behavioral Health, Plains Area Mental Health, and Siouxland Mental Health, developed a unified referral process to all three residential programs to be implemented when the third program can open doors in early FY24. With continued encouragement by the regions,

these providers have also begun to discuss a joint assessment process to minimize the individual/family in crisis from being assessed by multiple programs minimizing the time the individual has in the evaluation/screening process and allows them to begin stabilization at the identified level of care more quickly. The Crisis Collaboration Workgroup will continue into FY24 with continued focus on the utilization of the Access Center and growth of Mobile Crisis and Residential programming. As the Workgroup finds the collaboration productive for client services, additional goals beyond utilization were developed for FY24. These goal areas relate to the civil commitment process including pre-committals and addressing non-compliance of individuals currently under a court commitment. Sioux Rivers, along with two neighboring regions, continues to initiate and support the work of The Crisis Collaboration Workgroup.

Seasons Center for Behavioral Health has been focusing on the opening of a Crisis Residential Program with four beds to be used interchangeably for 23-hour observation and residential stay throughout this fiscal year. Sioux Rivers allocated \$377,465.76 for FY23 for the utilization of this residential program. However, due to unforeseen circumstances, Seasons Center was unable to open the residential programming during this fiscal year and as a result these dollars were not spent. Sioux Rivers continues to encourage and support the opening of these beds for adults and this support will continue into FY24.

FY23 brought changes regarding crisis residential programming for our children. Jackson Recovery Center closed their stabilization center in January 2023 which created a local gap in stabilization for our children as well as unspent allocation dollars of \$100,000. Sioux Rivers reached out to Avera Behavioral Health in Sioux Falls, SD requiring about their programming for children and potential contracting in FY24. The need for more robust crisis residential programming for children in our local communities is an identified need and continued conversation for FY24. Seasons Center for Behavioral Health is currently providing Mobile Crisis Response as well as Community Based Crisis Services for regional adolescents and children. Sioux Rivers continues to support them in identifying gaps and needs to increase utilization of these services for not only adults but youth as well.



IRSH- Just prior to the start of FY23 Sioux Rivers designated and supported the opening of the first IRSH home in Iowa with the doors opening in June of 2022. During FY23, Sioux Rivers designated provider, Lakes Lifeskills, identified the specific needs and gained experience in working with individuals meeting the IRSH level of care. The need for this level of care is so vast across the state of Iowa, Sioux Rivers designated provider has begun to look at increasing their number of beds. Lakes Lifeskills began the year with a 3-bed home, and at the time of this report Sioux Rivers has supported an increase to 5 beds, which is currently awaiting approval from the state. Lakes Lifeskills also continues to look at the possibility of opening a second IRSH location as the need continues to grow across the state and is supported by Sioux Rivers Regional Governance Board of Directors.



Evidence Based Practices Fidelity Reviews- In October 2022 Hope Haven completed the fidelity review for IPS services with a score of 101 out of 125 assuring compliance and fidelity with the programming they offer.

Sioux Rivers continues to work with the Center for Excellence for Behavioral Health (CEBH) in the completion of fidelity reviews for multiple service program areas. FY24 will bring continued support and encouragement for providers to comply with the Fidelity Review options made available to them through the CEBH and/or other proven fidelity-based reviews.

Continuous feedback loops through quarterly provider/partner meetings, collaborations, and through beginning to look at data-driven outcomes, Sioux Rivers has been able to focus on fine-tuning these programs and continue to remain responsive to the evolving needs of a rural communities during FY23. By continuing to involve stakeholders in the decision-making process and in addressing potential barriers the hope is that Sioux Rivers continues to create an environment that fosters trust and ability to expand the reach of mental health and disability services well into FY24 and beyond.

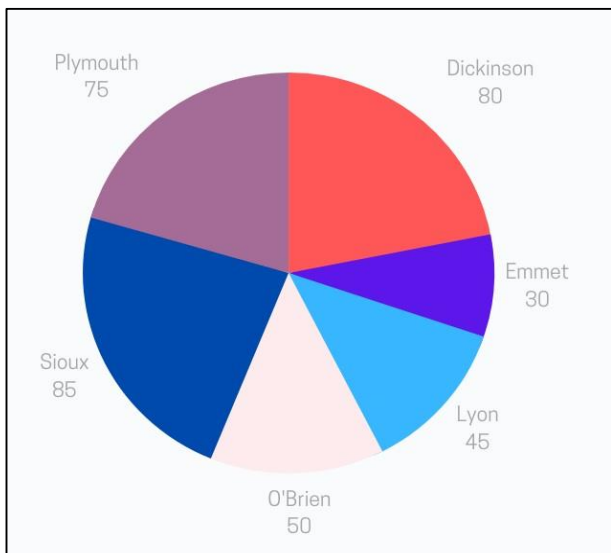
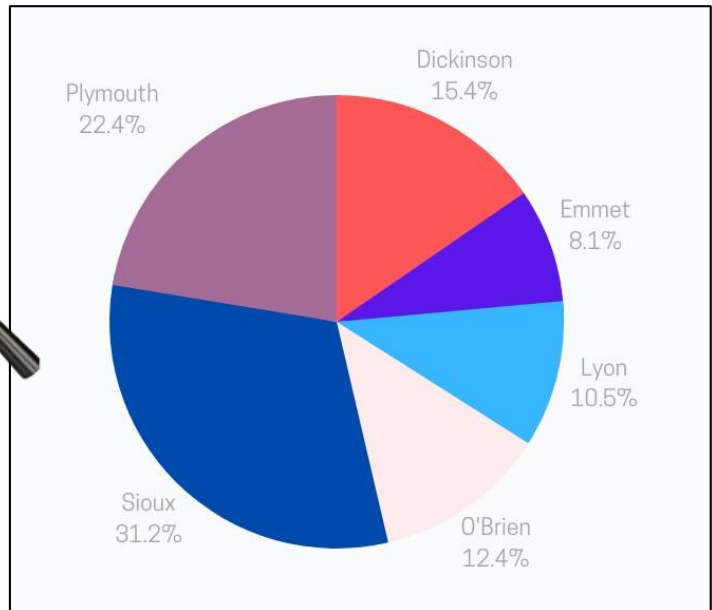
E. Outcomes/Regional Accomplishments in FY2023

Data-driven funding has emerged as a critical and transformative approach in providing organizations and decision-makers with valuable insights and enabling more informed and strategic allocation of resources. FY23 saw Sioux Rivers begin utilizing data derived from stakeholders to identify trends, assess the impact of the services provided, and make decisions that optimize the use of funding resources. Sioux Rivers continues to utilize the information collected from stakeholders in making funding and service-based decisions for the betterment of all individuals who reside within our six counties. Knowing that outcomes and accomplishments are grounded in baseline data, FY23 is serving as this baseline for Sioux Rivers as this was the first year that stakeholders were required as part of their regional contracts to provide specific information regarding the services they provided. In FY24, the continuation of data collection is paramount to maintaining a comprehensive understanding of the evolving trends, program growth, and utilization of

the services offered and reflects on Sioux Rivers dedication to evidence-based practices and utilization of services offered to those who require mental health and disability service programming. The below charts and graphs highlight the information collected and the service trends noted in FY23 for a variety of core and core plus service programs.

Sioux Rivers Regional MHDS General Make-Up:

Sioux Rivers Regional MHDS
Population Census= 114,741



Sioux Rivers Regional Service Coordinators are responsible for facilitating, coordinating and monitoring services provided to adults and children who meet our eligibility guidelines within our Management Plan.

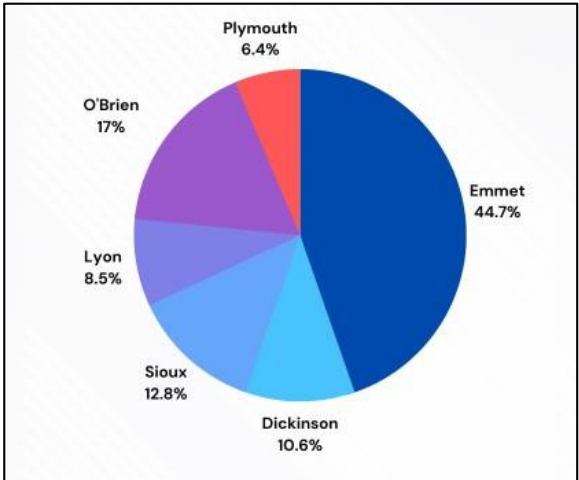
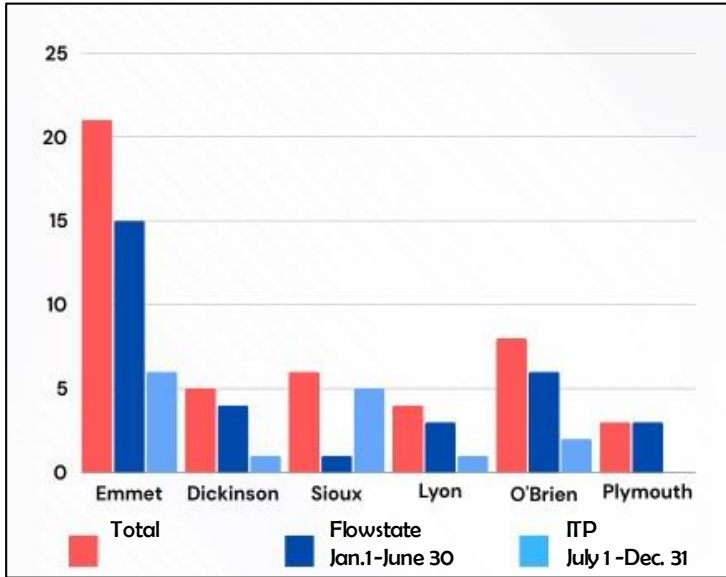
Service Coordinators also work with individuals/families to identify service needs and apply for available funding resources. Service Coordinators are an important part of assuring individuals and families have the best resources and services to meet their needs.

This chart identifies the number of unduplicated individuals provided service coordination in each of the six counties.

Justice Involved Services:

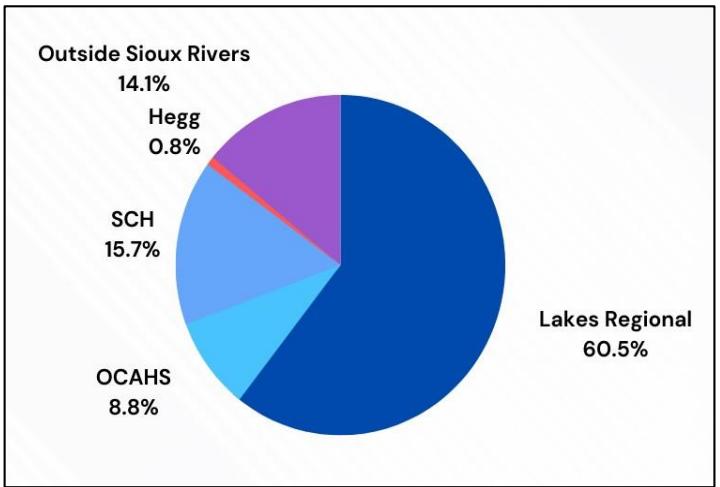
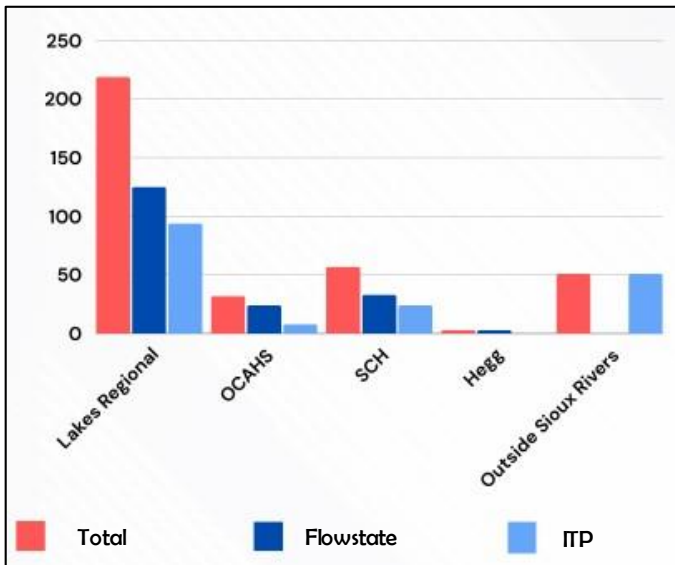
During FY23 Sioux Rivers changed contracted providers January 1, 2023, from ITP to Flowstate

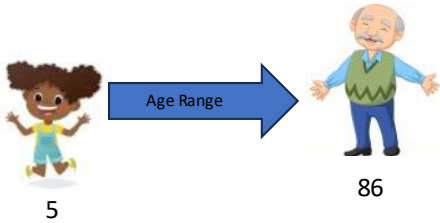
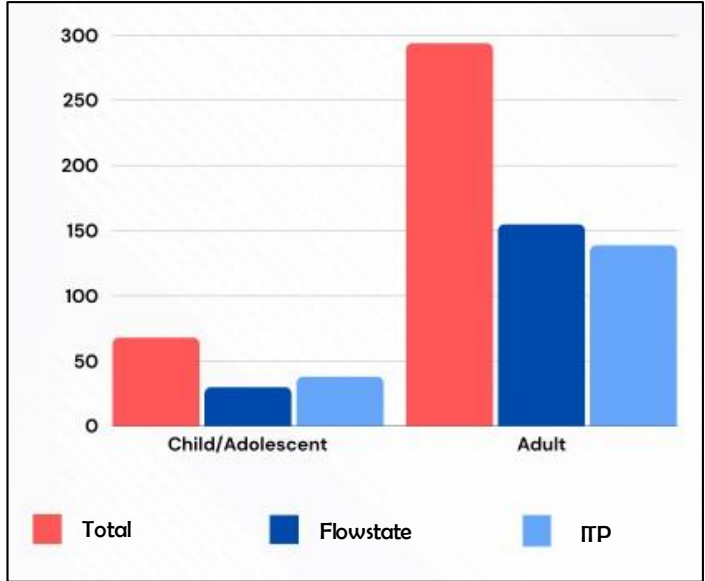
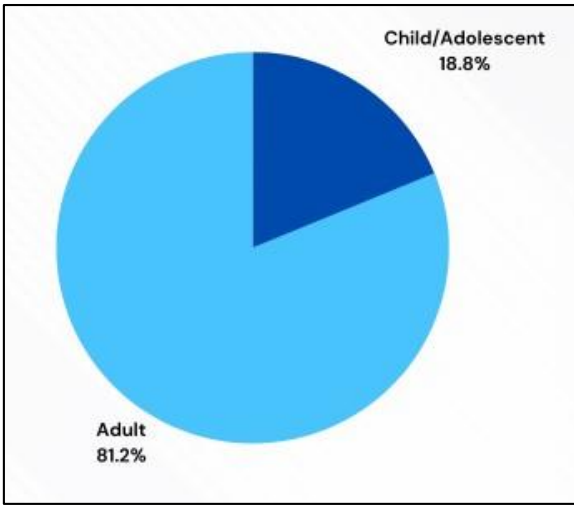
Within our six county jails 47 inmates were seen for Crisis Evaluations with 37 being unduplicated individuals. Emmet County was the largest user of these services with 44.7% of all completed jail evaluations.



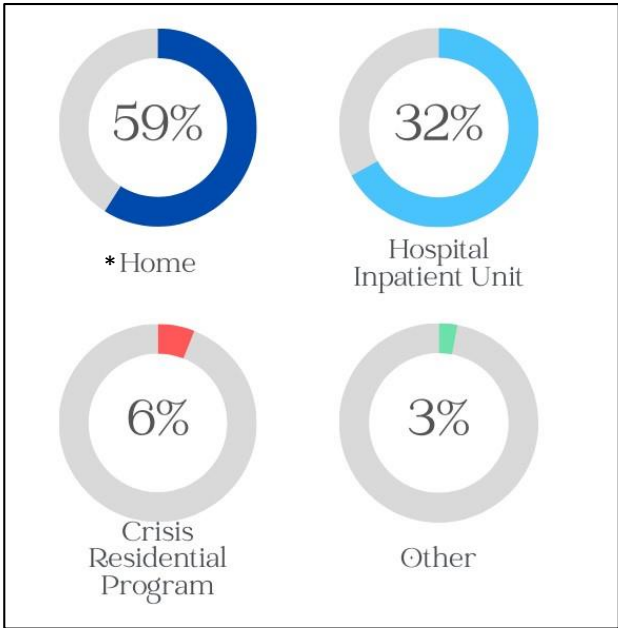
Hospital Crisis Evaluations:

The following graphs show the usage of Crisis Evaluation Services by individual hospital location.





In FY23 ITP and Flowstate saw a total of 362 total individuals in hospitals for Crisis Evaluation of which 263 were unduplicated.



Flowstate was able to provide discharge disposition following the completion of the hospital Crisis Evaluations completed between January 1-June 30, 2023.

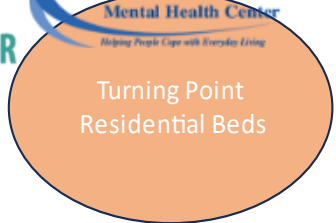
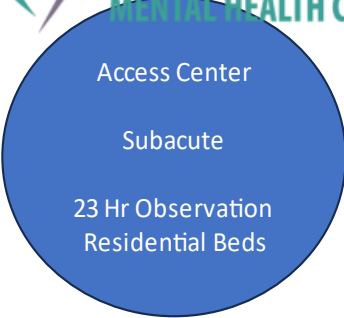
We were not able to gather the same data for the first six months of FY23 from ITP for comparison.



Flowstate reported an average of 7 hr. 5 min of time spent in the ER before disposition/discharge.

*Home includes individuals who returned to a community based residential program (such as HAB, IRSH, etc) if the individual resided in that location prior to presenting in the ER.

Crisis Response Services:



Sioux Rivers Adult Services Crisis data is reported based upon our three contracted providers, Seasons Center for Behavioral Health, Plains Area Mental Health (Turning Point) and Siouxland Mental Health.

Seasons Center for Behavioral Health also provides Mobile Crisis and CSCBS Services for children/adolescents.

In Development FY24: Avera Behavioral Health (Sioux Falls, SD) will begin to provide Crisis Stabilization Residential with 5 beds for children/adolescents.

In the State of Iowa, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Medicare Services
- Government Services
- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else

211 also can connect people with information and referrals for:

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

Call for Information and Community Resources
211

Call for Suicide Intervention and Crisis Support
988

Call for Emergencies
911

Whole Person Care

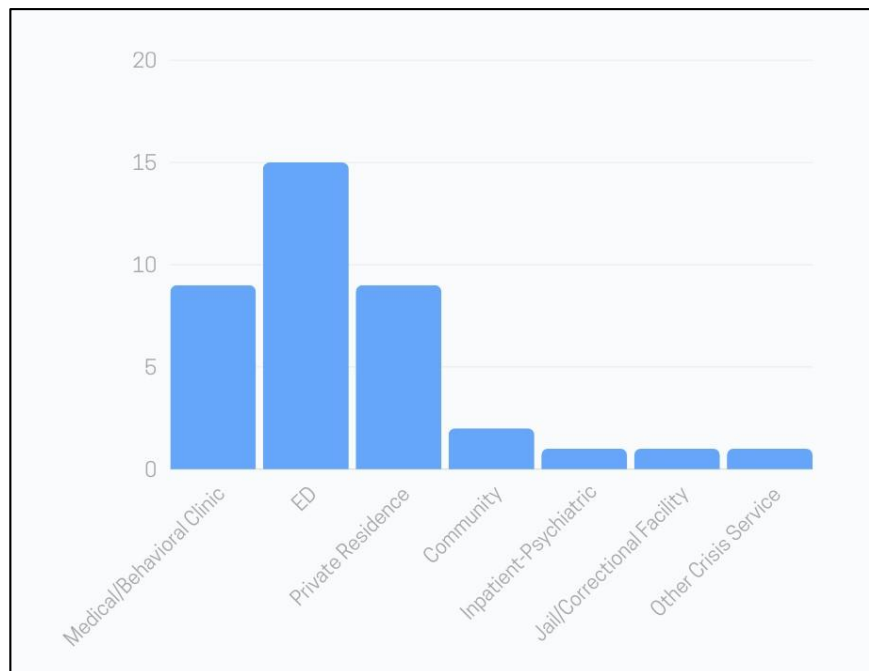
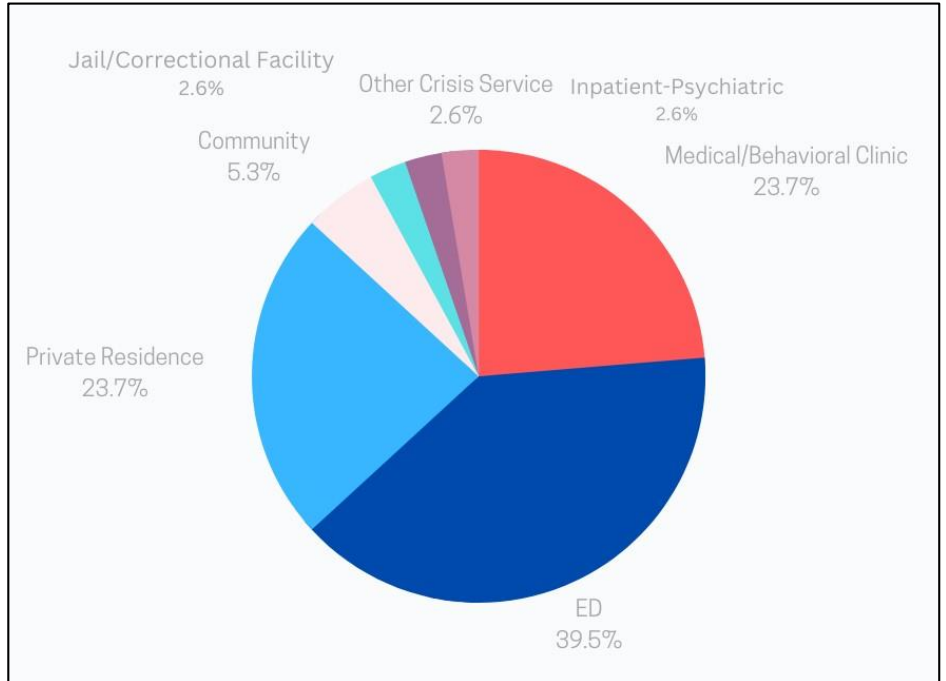
Warm Handoff

Currently Sioux Rivers supports two open Adult Crisis Residential programs for a total of 12 adult beds.

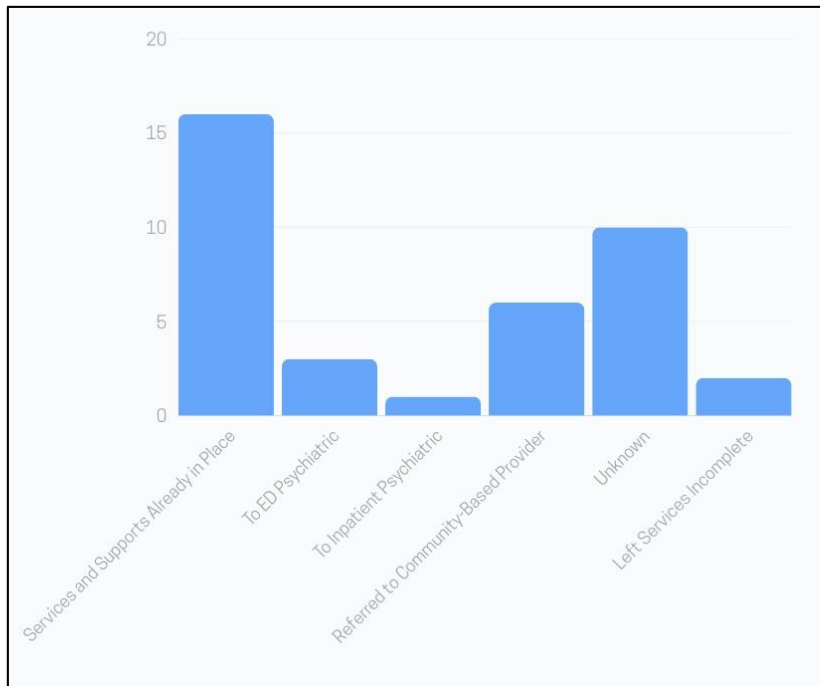
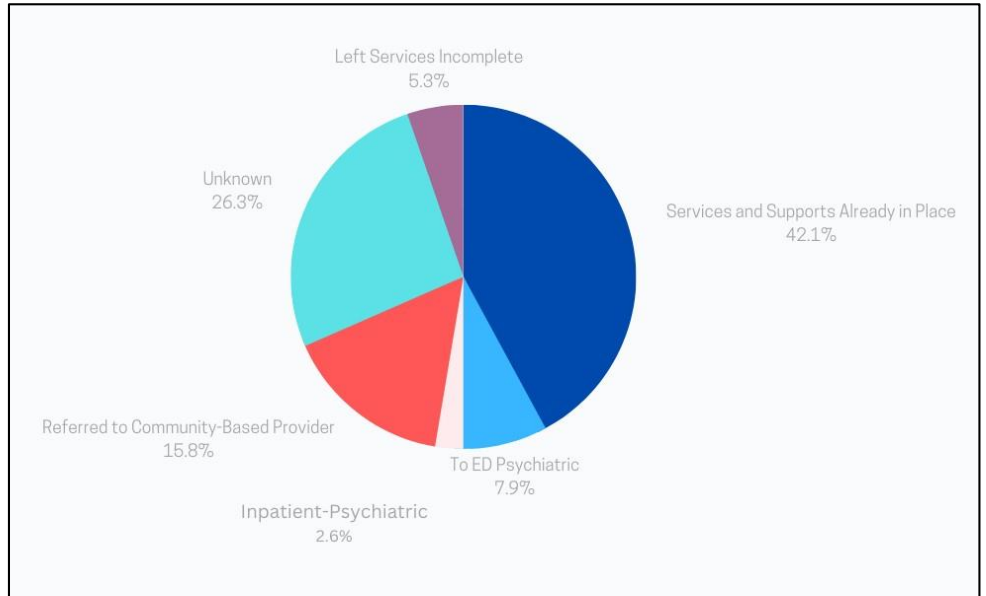


In Development FY 24: Seasons Center for Behavioral Health will begin providing an additional 4 interchangeable adult 23 -observation and residential beds.

The follow charts provide information related to the location of the individual at the time of referral to the Crisis Residential programs.



Individuals are provided 15 days of Crisis Residential Programming before insurance pre-authorization becomes necessary. A discharge disposition is required, and the following provide information related to discharge status from residential programming.



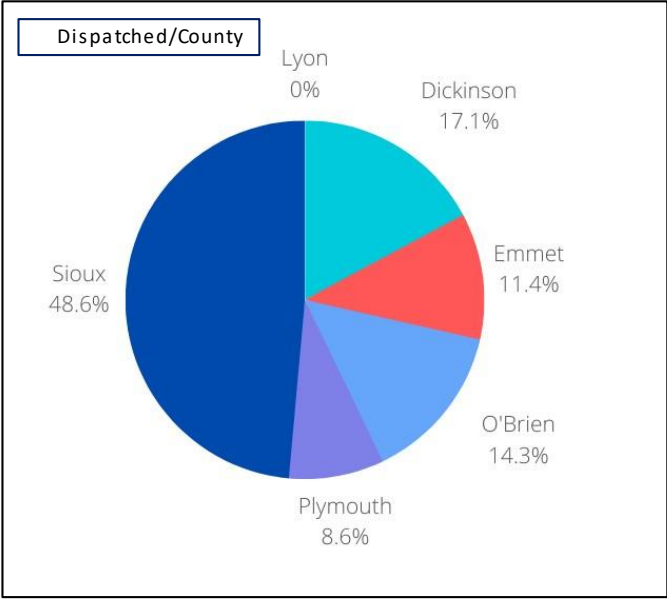
Average Length of Stay for Crisis Residential



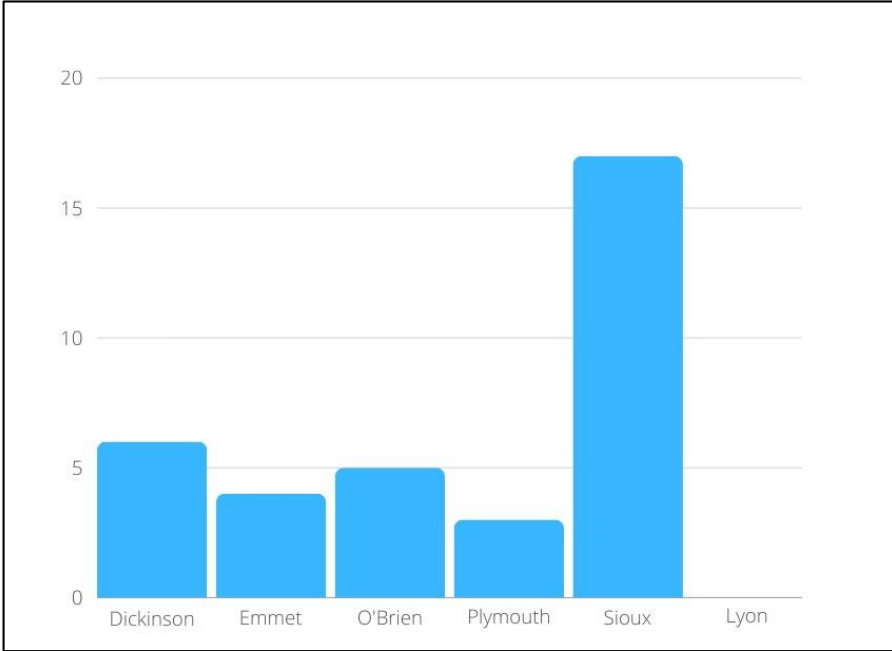
Turning Point- 1.3 days
 Siouxland Mental Health- 1.62 days
 Seasons Center for Behavioral Health- In development

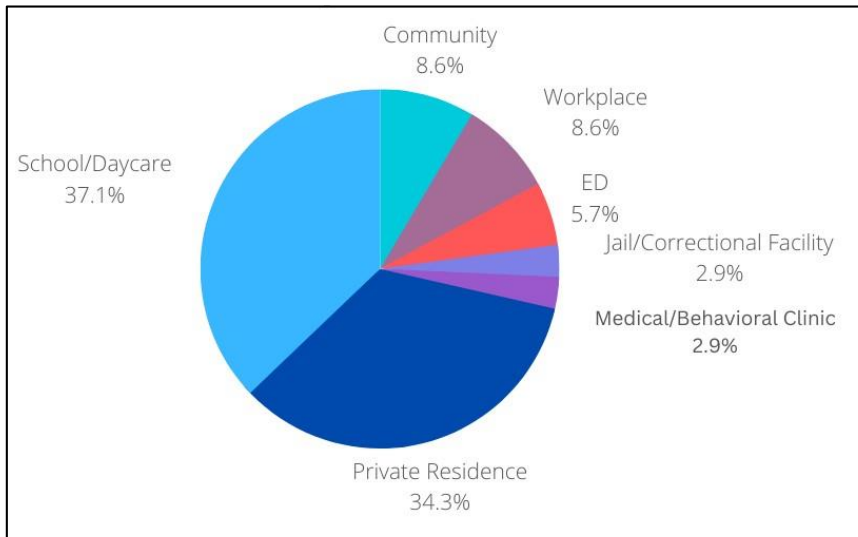
Seasons Center for Behavioral Health is contracted as the Mobile Crisis Services provider dispatched out in all six Sioux Rivers Counties.

During FY23 effort was made in increasing the utilization of Mobile Crisis through focus on networking and marketing of the crisis program.

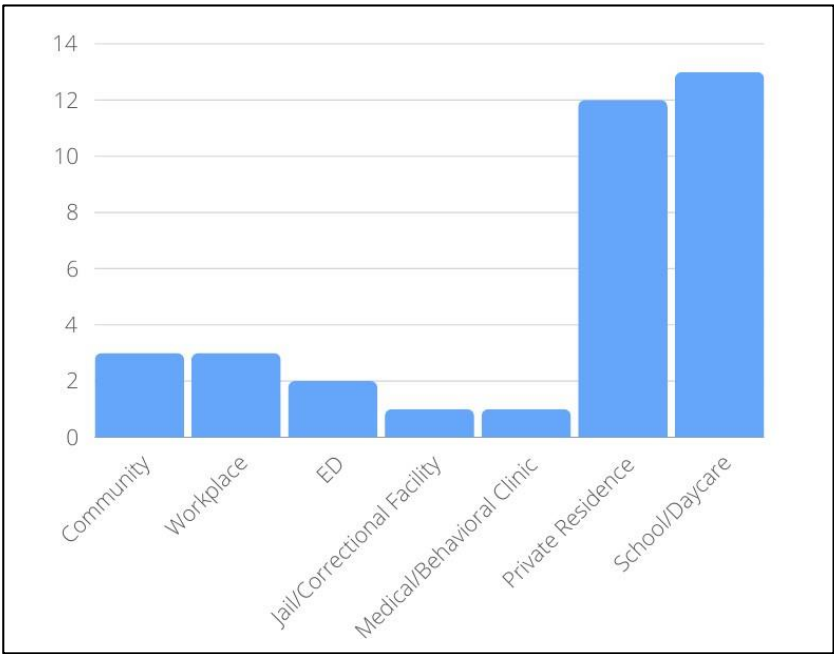


In the narrative- talk about the sub-committee and continued work into FY24- talk accomplishments etc.

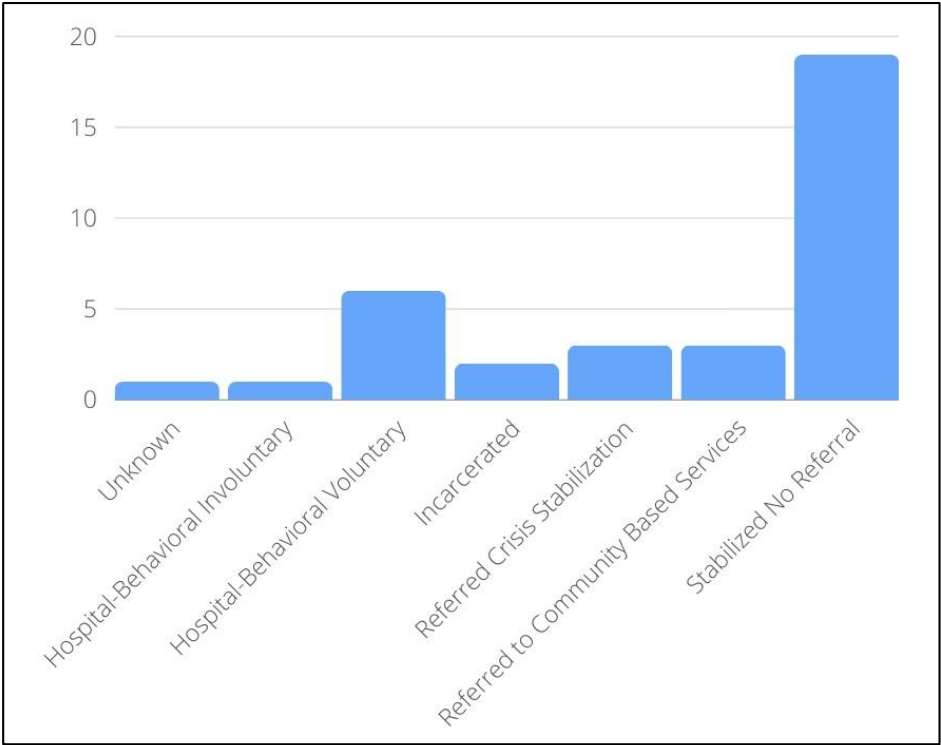
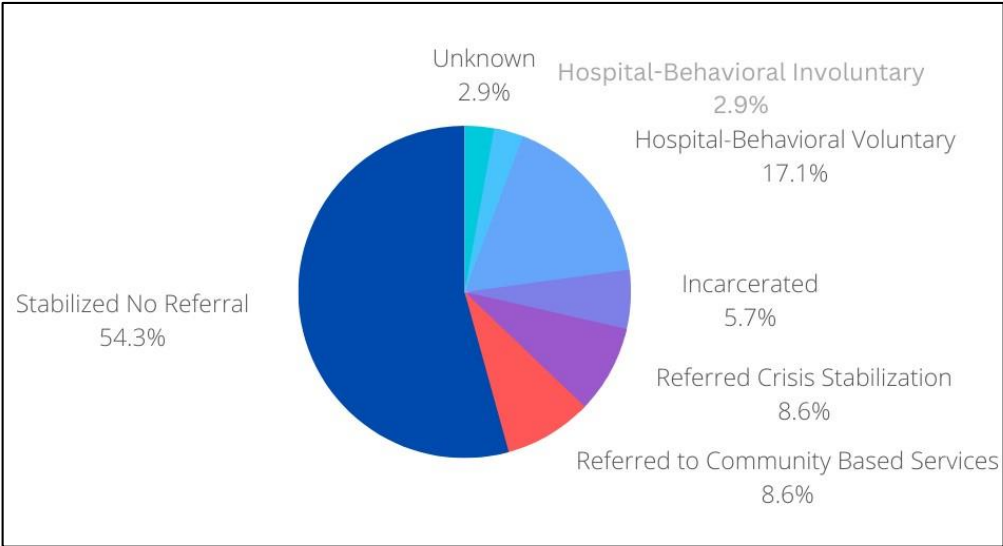




Mobile Crisis Response has increased its utilization by responding to multiple locations throughout the community and continues to respond wherever and whenever their assistance is needed.



Many options are available for individuals who utilize Mobile Crisis Services to assist in stabilization.



Home and Community Based:

Support for Employment is an approach to assist individuals to participate in competitive work located in integrated employment settings that are consistent with the strengths, resources, priorities, concerns, abilities, capabilities, interests, of the individual. Sioux Rivers funding is subject to availability and management plan guidelines through a variety of contracted providers. Most often these services are covered by other funding sources. Many of the individuals who utilized Support for Employment services are also working with Regional Service Coordination Staff.

In FY23 Sioux Rivers Funded a total of 69 individuals for these services, which typically is due to gap in funding for supported employment.

Day Habilitation = 0 Mental Illness 11 Intellectual Disabilities
Individual Supported Employment = 40 Mental Illness
18 Intellectual Disabilities

We're Hiring



Individual Placement and Support (IPS) is the evidence-based practice of supported employment for persons with serious mental illness. IPS is different from other types of supported employment in that employment services to an individual are integrated with his/her mental health treatment. The IPS model requires commitment and cooperation among Mental Health Provider, Funder, and Employment Service Provider. All three participate in training on the model and are engaged in continuous quality improvement. This ensures that the partners adhere to IPS principles, providing the best opportunity for individuals with mental illness to not only find a job but also to continue receiving the job supports that help them to keep a job.

Sioux Rivers MHDS supports the sustainability of IPS services as well as providing funding for a blended socialization group for individuals in the IPS program

FY23 IPS Data:
30 IPS Individuals Served
23 Unduplicated Individuals Served

FY23 IPS Group Data:
27 Individuals Served
16 individuals were not in the IPS program but participated in other Supported Employment programs



Sioux Rivers supports our peerrecovery-based service through Hope Haven.

Many of these services are covered by other funding sources. Sioux Rivers funding is subject to availability and management plan guidelines through a variety of contracted providers. Many of the individuals who utilized Recovery Services are also working with Regional Service Coordination Staff.

In FY23 Sioux Rivers Funded a total of 33 adults for this services, which typically is due to a gap in funding for Recovery Based Services.

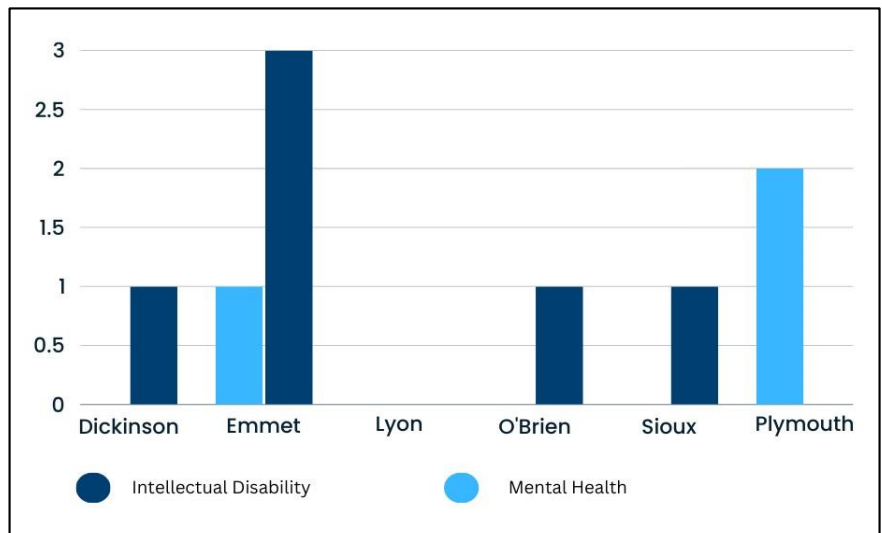
Sioux Rivers also supports Social Support Services through Peer Drop-In- Centers.

In FY 23 Sioux Rivers Supported Plains Area Mental Health Center in serving 61 adults with Mental Illness in their Plymouth County Drop-In Center



SCL services are provided in a noninstitutional setting to adult individuals with mental illness or intellectual disabilities to meet the person’s daily living needs. SCL are services that the region may be asked to fund in the gap while a person is awaiting waiver-based services.

As represented below by individual counties of residency, Sioux Rivers funded a total of 3 individuals awaiting the MH Waiver slot for a total of \$12,917.23 gap funded dollars and 6 individuals foawaiting an ID Waiver slot for a total of \$18,249.12 of gap funded dollars.



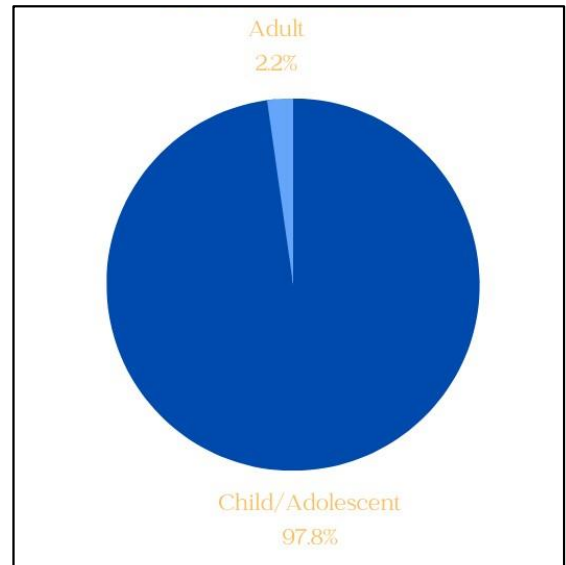
Core:

Treatment consists of services that are provided in an office or clinical setting on an outpatient basis utilizing Evidence-Based Therapy Practices. Outpatient services may include psychiatric evaluation, medication management, and individual, family, and group therapy. Outpatient services provide appropriate mental health diagnosis, treatment, as well as follow-up care.

Treatment Services also consists of inpatient hospitalization for those individuals who need stabilization support beyond outpatient services. These inpatient services are received through Iowa Mental Health Institutes (MHIs) or private/public hospital inpatient mental health units.

The following charts provide a snapshot of the number of individuals served for treatment services as well as the total percentage of children/adolescents and adults accessing regional funding for treatment related services.

Core: Treatment Services



ADULT TREATMENT

	MENTAL HEALTH	INTELLECTUAL DISABILITY
PSYCHOTHERAPY OUTPATIENT	6	0
ASSESSMENT AND EVALUATION	1	0
STATE MHI INPATIENT	3	0
OTHER PRIVATE/HOSPITAL INPATIENT	4	0

CHILD/ADOLESCENT TREATMENT

	MENTAL HEALTH	INTELLECTUAL DISABILITY
PSYCHOTHERAPY OUTPATIENT	262	0
ASSESSMENT AND EVALUATION	0	4
STATE MHI INPATIENT	0	0
OTHER PRIVATE/HOSPITAL INPATIENT	0	0

Sioux Rivers provides funding and support to various regional outpatient mental health providers and inpatient units. Individual and family funding is subject to availability and management plan guidelines.

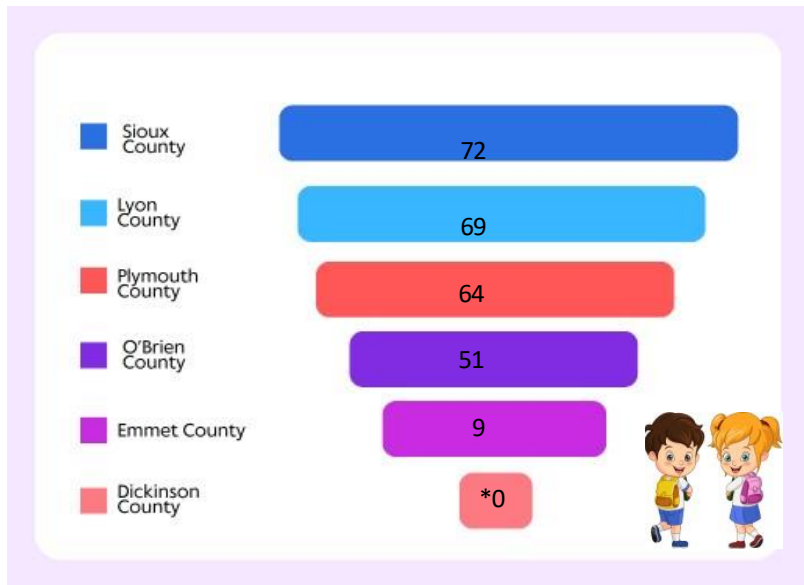
Sioux Rivers contracted with three outpatient providers in FY23 to bring mental health psychotherapy to local school systems throughout the region.

The graph shares the number of unduplicated students received outpatient services within their local school setting.



In Development FY24:

Additional schools have reached out to Sioux Rivers for assistance in identifying an outpatient provider to provide services within their districts. Sioux Rivers will continue to support the growth of school - based psychotherapy services.



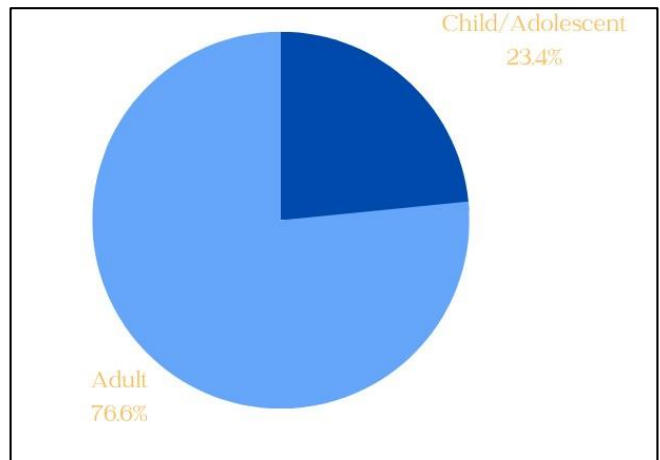
*Dickinson County also had students served within the local school systems for outpatient psychotherapy services. However, Sioux Rivers did not contract with outpatient therapy providers to provide additional funding support. Therefore, data was not available and could not be included in this report. However, Regional staff members may have been involved in coordination for some of these services.

Basic Crisis Response consist of multiple service types that assist an individual who is experiencing a mental health crisis.

A mental health crisis can be defined as any situation where an individual's actions, feelings, and/or behaviors can put them at risk for self -harm or suicide. In addition, Mental Health crisis scenarios can also consist of individuals who may be unable to care for themselves or function in their home or community without immediate help and support.

The following charts provide a snapshot of the number of individuals served for Basic Crisis Response services as well as the total percentage of children/adolescents and adults accessing regional funding for these services.

Core: Basic Crisis Response Services



ADULT		
	MENTAL HEALTH	INTELLECTUAL DISABILITY
CRISIS EVALUATION	193	0
23 HOUR OBSERVATION	16	0
MOBILE RESPONSE	25	0
CRISIS STABILIZATION COMMUNITY BASED SERVICES (CSCBS)	2	0
CRISIS STABILIZATION RESIDENTIAL SERVICE (CSRS)	22	0

CHILDREN		
	MENTAL HEALTH	INTELLECTUAL DISABILITY
CRISIS EVALUATION	59	0
23 HOUR OBSERVATION	0	0
MOBILE RESPONSE	14	0
CRISIS STABILIZATION COMMUNITY BASED SERVICES (CSCBS)	0	0
CRISIS STABILIZATION RESIDENTIAL SERVICE (CSRS)	0	0

Sioux Rivers provides funding and support to various regional crisis providers as well as Flowstate who provides Crisis Evaluations in our County Jails and local hospitals. Crisis services are not subject to funding eligibility requirements. More detailed information regarding eligibility may be viewed in the Sioux Rivers management plan guidelines.

Non-Core Support:

Sioux Rivers provided transportation support services to 18 individual during FY23.

Mental Health Adult = 16 Transports
 Mental Health Child/Adolescent = 2 Transports



Other Needs:
 Sioux Rivers assisted with the cost of psychotropic medications for 1 person.

Transitional Living Services were creatively provided to 1 individual through Siouxland Mental Health



Sioux Rivers Management Plan allows for funding of transportation services for all involuntary civil commitment cases as well as limited voluntary placements as deemed necessary and per eligibility requirements outlined in the Sioux Rivers Management Plan.

Residential Care Facilities (RCF) provide food, shelter, personal development and social activities for individuals who require 24hour support services. Independent living skill development is offered on an individualized basis as means of community reintegration. RCF services are fully funded by MHDS Regions.

During FY23 Sioux Rivers funded 12 regional residents in the RCF setting.

Individuals who utilized RCF Services are also working with Regional Service Coordination Staff.




Plymouth and O'Brien Counties are home to the regions RCF homes. Both of these homes are managed by The Pride Group and offer quality based residential care for those requiring more structure and stablization before moving out into a community based setting.



Professional Development and community education is crucial for stakeholders and the communities in which Sioux Rivers serves. The field of mental health and disability services is ever changing with newer research, treatment

modalities, and ethical considerations. Continuous professional development allows stakeholders to stay informed about the latest developments in evidence-based practices and therapeutic techniques. Sioux Rivers not only provided funding for stakeholders to educate their professional workforce but also provide community-based trainings. Educating the community about mental health is critical to the overall well-being and resilience of our communities. Raising awareness and providing individuals within our communities with education regarding mental health and disability services assists in reducing the stigma associated with mental illness and disabilities while fostering understanding and empathy in community-based settings. The above diagram illustrates how allocated public educational dollars were spent during FY23. It outlines the number of individuals trained along with the type and specific trainings attended.

New Website:



Sioux Rivers Regional MHDS worked on updating our website during FY23. The new website launched in the first quarter of FY24.

The website will allow for ease in navigation for both individual/family and provider/partners with descriptive definitions related to the services we support through MHDS system work.

Sioux Rivers

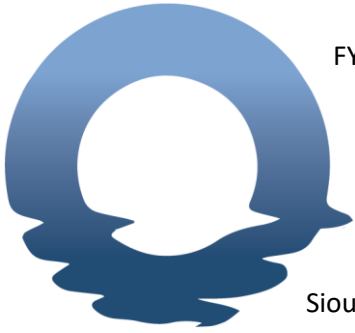
REGIONAL MENTAL HEALTH & DISABILITIES SERVICES



<https://www.siouxrivers.com>

A user-friendly and easy-to-navigate website is important when it comes to serving the residents of Sioux Rivers Regional MHDS as well as anyone else who is seeking mental health and disability service information. As part of the efforts in sharing what we do with our communities it was a priority to ensure that our website was able to communicate the information that we wanted to convey. Navigating a website designed with clarity and simplicity is crucial for individuals and families who are seeking support who may already be dealing with heightened stress or anxiety. A layout with clear menu options and straightforward navigation contributes to a positive and welcoming environment, reducing frustration, and ensuring access to the information sought in a timely manner. During FY23 Sioux Rivers contracted with Neapolitan Labs to create this type of user experience for those we serve. The new website launched in early FY24 and continued development regarding a staff portal will occur over the course of the upcoming fiscal year.

F. FY2023 Summary and FY2024 Projection



FY23 brought a host of changes and transition for Sioux Rivers Regional MHDS. This annual report reflects a year of compassion, dedication, and strategic growth for us as a team in many ways. We have navigated challenges with resilience, all while continuing to make sure that our community members receive the care and support, they so richly deserve. The accomplishments outlined in this report prove the positive impact of the services provided within our communities, the strength of our partnerships, and dedication to the six counties Sioux Rivers Regional MHDS services.

Looking ahead to FY24, Sioux Rivers is excited to continue to support stakeholders with increasing the utilization of crisis services, the opening of Seasons Center for Behavioral Health Crisis Residential program, the development of procedures for pre-committal and non-compliance civil court commitment processes, as well as the growth of the justice informed services to name just a few. Closing out FY23, Sioux Rivers Regional MHDS wants to express our gratitude to everyone who has shown commitment to serving those diagnosed with mental health and disability services and the individuals and families we get the privilege to know.