

**SIoux RIVERS MHDS REGION**  
**FY24 ANNUAL SERVICE & BUDGET PLAN**

**Sioux  
Rivers**

Regional Mental Health & Disabilities Services



**SUBMITTED**  
**04/01/23**

**GEOGRAPHIC AREA:** *Dickinson, Emmet, Lyon, O'Brien, Plymouth and Sioux*  
**APPROVED BY ADVISORY BOARD:** 03/27/23  
**APPROVED BY GOVERNING BOARD:** 03/28/23

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## Introduction

Sioux Rivers MHDS Region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service (MHDS) Region in compliance with Iowa Code 331.390. The annual service and budget plan 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.

The FY2024 Annual Service and Budget Plan covers the period of July 1, 2023, to June 30, 2024. The Annual Service and Budget Plan includes local access points, targeted case management providers, crisis services, intensive mental health services, a description of the scope of services to be provided including core services, budget and financial provisions, and provider reimbursement provisions.

Description of any changes in counties in region in the fiscal year covered by plan. Sioux Rivers MHDS Region seeks oversight by his Regional Governing Board as well as evokes incite from both its adult and children’s advisory boards. The Governing Board provides oversight of the entire mental health delivery system.

Sioux Rivers MHDS Regional Governing Board will be in transition during FY24 to restructure board members as instructed by Iowa Law changes. At the time of this Annual Service and Budget Report, Sioux Rivers Regional Governance Board is comprised of the following:

- 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.

### Current Voting Members:

Kim Wermersen, Board Chair	Don Kass, Board Vice Chair	William Leupold
John Pluth	Tim Schumacher	Jerry Birkey
Cory Altena	Dennis Vandenhull	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 Loutch
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Adult Advisory Committee- The board comprised of stakeholders to assist in developing and monitoring the plan, goals and objectives of the Sioux Rivers MHDS region identified for the adult behavioral health services systems. Members are appointed by Governance Board and comprised of the following with a maximum of 9 members:

- Individual who uses MH Services or active in the life of someone who uses such services.
- Service providers
- County Service Coordinator
- County Supervisor Representative of the Governing Board of Directors

### Current 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- The board comprised of stakeholders to assist in developing and monitoring the plan, goals and objectives of Sioux Rivers MHDS Region identified for children’s behavioral health services systems. The Board has a minimum of 10 members appointed by the Governance Board and comprised of the following:

- Parents or actively involved relatives of a child receiving behavioral health services.
- Representative of the Educational System
- Early Childhood Advocate
- Child Welfare Advocate
- Childrens behavioral health services provider
- Representative of Juvenile Court System
- Pediatrician
- Child Care provider
- Law Enforcement representative
- Member of the Governance Board

Current 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. Local Access Points**

An access point is a part of the Sioux Rivers MHDS Region service system trained to complete MHDS regional applications for persons with a disability.

Sioux Rivers MHDS Region has designated the following access points for adult mental health and disability services.

<b>Access Point</b>	<b>Location</b>	<b>Contact Information</b>
Siouxland Mental Health	625 Court Street Sioux City, IA 51101	712-252-3871
Seasons Center for Behavioral Health	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 Other Regional Locations: Sioux Center, Rock Rapids, Spirit Lake	800-242-5101
Plains Area Mental Health	Main Office: 180 10 <sup>th</sup> St SE LeMars, IA 51031 Other Regional Locations: Orange City,	712-546-4624
Champions State of Mind	Main Office: 1820 E Central Ave Estherville, IA 51334 Other Regional Locations: Spirit Lake, Rock Valley, LeMars	800-592-0180
Creative Living Center	Main Office: 1905 10 <sup>th</sup> St. Rock Valley, IA 51247 Other Regional Locations: Rock Rapids, Orange City, Hawarden, Sioux Center, Sheldon	888-587-2537
Avera Behavioral Health	4400 W 69 <sup>th</sup> St. Sioux Falls, SD 57108	605-322-4005

Sioux Rivers MHDS Region has designated the following access points for children’s behavioral health services.

Access Point	Location	Contact Information
Seasons Center for Behavioral Health	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 Other Regional Locations: Sioux Center, Rock Rapids, Spirit Lake	800-242-5101
Plains Area Mental Health	Main Office: 180 10 <sup>th</sup> St SE LeMars, IA 51031 Other Regional Locations: Orange City	712-546-4624
Champions State of Mind	Main Office: 1820 E Central Ave Estherville, IA 51334 Other Regional Locations: Spirit Lake, Rock Valley, LeMars	800-592-0180
Creative Living Center	Main Office: 1905 10 <sup>th</sup> St. Rock Valley, IA 51247 Other Regional Locations: Rock Rapids, Orange City, Hawarden, Sioux Center, Sheldon	888-587-2537
Avera Behavioral Health	4400 W 69 <sup>th</sup> St. Sioux Falls, SD 57108	605-322-4005

## **B. Service Coordination and Targeted Case Management**

The following agencies provide service coordination and/or targeted case management for Sioux Rivers MHDS Region.

Service Coordination Provider	Adult/Child/Both	Location	Contact Information
Sioux Rivers MHDS Region	Both	Serves County Locations: Dickinson, Emmet, Lyon, O’Brien, Plymouth, and Sioux	Sue Duhn, CAO 1802 Hill Ave Spirit Lake, IA 51360 712-336-6333
Plains Area Mental Health	Both	Serves County Locations: Dickinson, Emmet, Lyon, O’Brien, Plymouth, and Sioux	180 10 <sup>th</sup> St. SE LeMars, IA 51031 712-546-4624
Seasons Center for Behavioral Health	Adult	Serves County Locations: Dickinson, Emmet, Lyon, O’Brien, Plymouth, and Sioux	201 East 11 <sup>th</sup> St. Spencer, IA 51301 800-242-5101

## **C. Crisis Planning**

The following accredited crisis services are available to residents of the region for crisis prevention, response and resolution.

### **24 Hour Crisis Response**

Provider	Location	Contact Information
Seasons Center for Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O’Brien, Plymouth, and Sioux	201 East 11 <sup>th</sup> St. Spencer, IA 51301 800-242-5101
Siouxland Mental Health (Access Center)	Serves County Locations: Dickinson, Emmet, Lyon, O’Brien, Plymouth, and Sioux	625 Court Street Sioux City, IA 51101 712-252-3871

## 24 Hour Crisis Hotline

Provider	Location	Contact Information
Your life Iowa	Online: <a href="https://yourlifeiowa.org/">https://yourlifeiowa.org/</a>	988
Seasons Center for Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101
Plains Area Mental Health	Serves County Location: Plymouth, and Sioux	180 10 <sup>th</sup> St. SE LeMars, IA 51031 712-546-4624

## Crisis Evaluation

Provider	Adult/Child/Both	Location	Contact Information
Flow State	Both	County Hospitals, Jails and MH Committals Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, Sioux	Steven Flye <a href="mailto:Stevenslye@flowstate.health">Stevenslye@flowstate.health</a> Michelle Vore <a href="mailto:michellevore@flowstate.health">michellevore@flowstate.health</a> Immediate Response: <a href="mailto:flowstate@onpage.com">flowstate@onpage.com</a> 515-335-2999(fax) 515-373-5553 (phone)
Seasons Center for Behavioral Health	Both	Mobile, In Office Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101
Plains Area Mental Health	Both	In Office Serves County Locations: Plymouth, and Sioux	180 10 <sup>th</sup> St. SE LeMars, IA 51031 712-546-4624
Siouxland Mental Health	Adult	Access Center Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	625 Court Street Sioux City, IA 51101 712-252-3871
Avera Behavioral Health	Both	In Office, Crisis Center, MH Committals Serves County Locations: : Dickinson, Emmet, Lyon, O'Brien, Plymouth, Sioux	4400 W 69 <sup>th</sup> St. Sioux Falls, SD 57108 605-322-4005

## Mobile Response

Provider	Location	Contact Information
Seasons Center for Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101

## Crisis Stabilization Community-based Services

Provider	Adult/Child/Both	Location	Contact Information
Seasons Center for Behavioral Health	Both	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101

## Crisis Stabilization Residential Services

Provider	Adult/Child/Both	Location	Contact Information
Siouxland Mental Health	Adult	Located: Access Center, Sioux City, Iowa Serves County Locations:	625 Court Street Sioux City, IA 51101 712-252-3871

		Dickinson, Emmet, Lyon, O'Brien, Plymouth and Sioux	
Plains Area Mental Health	Adult	Location: Sac City, IA Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	(Ph) 712-662-8055 (Cell) 712-662-8055 (Fax) 712-662-8054
Avera Behavioral Health	Both	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	4400 W 69 <sup>th</sup> St. Sioux Falls, SD 57108 605-322-4005
Seasons Center for Behavioral Health	Adult	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Opening July 2023  Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101

### 23-Hour Observation

Provider	Location	Contact Information
Siouxland Mental Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	625 Court Street Sioux City, IA 51101 712-252-3871
Avera Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	4400 W 69 <sup>th</sup> St. Sioux Falls, SD 57108 605-322-4005
Seasons Center for Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	Opening July 2023  Main Office: 201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101

Sioux Rivers MHDS residents are required to complete a regional application and are subject to guidelines set forth in the Regional Management Plan. As agreed, by Regional Chief Executive Officers all regions will honor all regional crisis contracts to ensure quality crisis services for all Iowans.

## **D. Intensive Mental Health Services**

The region has designated the following provider(s) as an **Access Center** that meet the requirements according to IAC 441—25.6(1) in a coordinated manner in one or more locations:

Provider	Location	Contact Information
Siouxland Mental Health Center	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	625 Court Street Sioux City, IA 51101 712-252-3871

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been designated and meet the requirements in IAC 441—25.6(2).

Provider	Location	Contact Information
Seasons Center for Behavioral Health	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	201 East 11 <sup>th</sup> St Spencer, IA 51301 800-242-5101

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

Provider	Location	Contact Information
Siouxland Mental Health Center	Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	625 Court Street Sioux City, IA 51101 712-252-3871

The region has designated the following **Intensive Residential Service** providers which have been designated and meet the requirements in IAC 441—25.6(8):

Provider	Location	Contact Information
Lakes Life Skills Training Center	Located: Spirit Lake, Iowa Serves County Locations: Dickinson, Emmet, Lyon, O'Brien, Plymouth, and Sioux	PO Box 431 1601 Keokuk Ave Spirit Lake, IA 51360 712-339-9311

## **E. Scope of Services & Budget and Financing Provisions**

The table below identifies the scope of services offered by Sioux Rivers MHDS Region. All core services are available. If there is not funding identified in a core service column, it is because it has not been needed historically. If an individual needs funding for a core service and meets eligibility requirements as outlined, in section *F. Eligibility*, in the Sioux Rivers MHDS Regions Management *Policy* and Procedure Manual, funding will be made available. Core services for children’s behavioral health are identified by (\*\*) after the service name. Eligibility guidelines for children’s behavioral health services are also located in *F. Eligibility*, in the Sioux Rivers MHDS Regions Management Policy and Procedure Manual. The Sioux Rivers Management Policy and Procedure Manual can be found online at:

[https://www.siouxrivers.com/files/ugd/9f30c5\\_9236dcf920544820b89f17a6e0cd4f59.pdf](https://www.siouxrivers.com/files/ugd/9f30c5_9236dcf920544820b89f17a6e0cd4f59.pdf)

The region will utilize braided funding that includes regional, state, and other funding sources to meet the service needs within the region. Federal funding, third-party payors, and other nongovernmental funding is to be used prior to expending state regional service payment dollars.

**Table A. Expenditures**

FY 2024 Budget	XXXX MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
<b>Core Domains</b>							
<b>COA</b>	<b>Treatment</b>						
42305	Mental health outpatient therapy **	\$500,000					\$500,000
42306	Medication prescribing & management **	\$58,500					\$58,500
43301	Assessment, evaluation, and early identification **	\$58,500					\$58,500
71319	Mental health inpatient therapy-MHI	\$40,000					\$40,000
73319	Mental health inpatient therapy **	\$30,000					\$30,000
	<b>Crisis Services</b>						
32322	Personal emergency response system	\$0					\$0



44301	Crisis evaluation	\$153,000					\$153,000
44302	23 hour crisis observation & holding	\$238,188					\$238,188
44305	24 hour access to crisis response	\$0					\$0
44307	Mobile response **	\$312,902					\$312,902
44312	Crisis Stabilization community-based services **	\$143,966					\$143,966
44313	Crisis Stabilization residential services **	\$260,744					\$260,744
44379	System building & sustainability - Crisis	\$0					\$0
44396	Access Centers: start-up / sustainability	\$53,623					\$53,623
	<b>Support for Community Living</b>						
32320	Home health aide	\$0					\$0
32325	Respite	\$128,500					\$128,500
32328	Home & vehicle modifications	\$0					\$0
32329	Supported community living	\$32,364	\$7,404	\$1,000	\$1,000		\$41,768
42329	Intensive residential services	\$257,209					\$257,209
	<b>Support for Employment</b>						
50362	Prevocational services	\$0					\$0
50364	Job development	\$0					\$0
50367	Day habilitation		\$68,087	\$1,000	\$1,000		\$70,087
50368	Supported employment	\$40,000	\$66,613	\$1,000	\$1,000		\$108,613
50369	Group Supported employment-enclave	\$0					\$0
50379	System building & sustainability - IPS & Vocational	\$0					\$0
	<b>Recovery Services</b>						
45323	Family support	\$0					\$0
45366	Peer support	\$25,000					\$25,000
	<b>Service Coordination</b>						
21375	Case management	\$0					\$0
24376	Health homes	\$0					\$0
	<b>Sub-Acute Services</b>						
63309	Subacute services-1-5 beds	\$53,623					\$53,623
64309	Subacute services-6 and over beds	\$0					\$0
	<b>Core Evidenced Based Treatment</b>						
04422	Education & Training Services - provider competency	\$60,000					\$60,000
32379	System building & sustainability - Supported housing	\$0					\$0
32396	Supported housing	\$0					\$0
42398	Assertive community treatment (ACT)	\$75,036					\$75,036
45373	Family psychoeducation	\$0					\$0
45379	System building & sustainability - FPE & Recovery Svcs	\$0					\$0
	<b>Core Domains Total</b>	<b>\$2,521,155</b>	<b>\$142,104</b>	<b>\$3,000</b>	<b>\$3,000</b>		<b>\$2,669,259</b>
	<b>Mandated Services</b>						
46319	Oakdale	\$17,316					\$17,316
72319	State resource centers	\$0					\$0
74XXX	Commitment related (except 301)	\$55,000					\$55,000
75XXX	Mental health advocate	\$101,170					\$101,170

	<b>Mandated Services Total</b>	<b>\$173,486</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$173,486</b>
<b>Additional Core Domains</b>						
	<b>Justice system-involved services</b>					
25xxx	Coordination services	\$122,704				\$122,704
25378	Contracted coordination services	\$0				\$0
44346	24 hour crisis line*	\$27,000				\$27,000
44366	Warm line*	\$0				\$0
46305	Mental health services in jails	\$102,000				\$102,000
46399	Justice system-involved services-other	\$230,400				\$230,400
46422	Crisis prevention training	\$30,000				\$30,000
46425	Mental health court related costs	\$0				\$0
74301	Civil commitment prescreening evaluation	\$1,500				\$1,500
	<b>Additional Core Evidenced based treatment</b>					
42366	Peer Wellness / Wellness and Recovery Centers	\$32,500				\$32,500
42379	System building & sustainability - Non crisis	\$0				\$0
42397	Psychiatric rehabilitation (IPR)	\$0				\$0
	<b>Additional Core Domains Total</b>	<b>\$546,104</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$546,104</b>
<b>Other Informational Services</b>						
03371	Information & referral	\$0				\$0
04372	Planning, consultation &/or early intervention (client related) **	\$115,778				\$115,778
04377	Provider Incentive Payment					\$0
04399	Consultation Other	\$0				\$0
04429	Planning and Management Consultants (non-client related)	\$0				\$0
05373	Public education, prevention and education **	\$115,778				\$115,778
	<b>Other Informational Services Total</b>	<b>\$231,556</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>	<b>\$231,556</b>
<b>Community Living Supports</b>						
06399	Academic services	\$0				\$0
22XXX	Services management	\$196,988				\$196,988
22378	Contracted services management	\$0				\$0
23376	Crisis care coordination	\$96,861				\$96,861
23378	Contracted crisis care coordination	\$0				\$0
23399	Crisis care coordination other	\$0				\$0
24399	Health home other	\$0				\$0
31XXX	Transportation	\$10,000				\$10,000
32321	Chore services	\$0				\$0
32326	Guardian/conservator	\$0				\$0
32327	Representative payee	\$0				\$0
32335	CDAC	\$0				\$0
32399	Other support	\$0				\$0
33330	Mobile meals	\$0				\$0
33340	Rent payments (time limited)	\$2,500				\$2,500
33345	Ongoing rent subsidy	\$0				\$0
33399	Other basic needs	\$0				\$0

41305	Physiological outpatient treatment	\$0					\$0
41306	Prescription meds	\$0					\$0
41307	In-home nursing	\$0					\$0
41308	Health supplies	\$0					\$0
41399	Other physiological treatment	\$0					\$0
42309	Partial hospitalization	\$0					\$0
42310	Transitional living program	\$366,825					\$366,825
42363	Day treatment	\$0					\$0
42396	Community support programs	\$1,000					\$1,000
42399	Other psychotherapeutic treatment	\$0					\$0
43399	Other non-crisis evaluation	\$0					\$0
44304	Emergency care	\$0					\$0
44399	Other crisis services	\$0					\$0
45399	Other family & peer support	\$0					\$0
46306	Psychiatric medications in jail	\$18,000					\$18,000
50361	Vocational skills training	\$0					\$0
50365	Supported education	\$1,000					\$1,000
50399	Other vocational & day services	\$0					\$0
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$0
63XXX	ICF 1-5 beds (63317 & 63318)						\$0
63329	SCL 1-5 beds						\$0
63399	Other 1-5 beds	\$0					\$0
	<b>Community Living Supports</b>	<b>\$693,174</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>		<b>\$693,174</b>
<b>Other Congregate Services</b>							
50360	Work services (work activity/sheltered work)	\$0					\$0
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$197,203					\$197,203
64XXX	ICF 6 and over beds (64317 & 64318)	\$0					\$0
64329	SCL 6 and over beds						\$0
64399	Other 6 and over beds	\$0					\$0
	<b>Other Congregate Services Total</b>	<b>\$197,203</b>	<b>\$0</b>	<b>\$0</b>	<b>\$0</b>		<b>\$197,203</b>
<b>Administration</b>							
11XXX	Direct Administration					\$293,525	\$293,525
12XXX	Purchased Administration					\$79,844	\$79,844
	<b>Administration Total</b>					<b>\$373,369</b>	<b>\$373,369</b>
	<b>Regional Totals</b>	<b>\$4,362,678</b>	<b>\$142,104</b>	<b>\$3,000</b>	<b>\$3,000</b>	<b>\$373,369</b>	<b>\$4,884,151</b>
<b>(45XX-XXX)County Provided Case Management</b>							\$0
<b>(46XX-XXX)County Provided Services</b>							\$0
	<b>Regional Grand Total</b>						<b>\$4,884,151</b>

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances)

\$13,951	Distribution to MHDS regional fiscal agent from member county	\$0
\$14,951	MHDS fiscal agent reimbursement to MHDS regional member county	\$0

## Table B. Revenues

FY 2024 Budget	XXXX MHDS Region		
<b>Revenues</b>			
	<b>Projected Fund Balance as of 6/30/23</b>		<b>\$ 2,902,979</b>
	<b>Local/Regional Funds</b>		<b>\$ 81,000</b>
1010	Delinquent Property Tax		
25XX	Other Governmental Revenues		
4XXX-5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest	\$65,000	
6XXX	Use of Money & Property		
8XXX	Miscellaneous	\$16,000	
9040	Other Budgetary Funds (Polk Transfer Only)		
	<b>State Funds</b>		<b>\$ 4,589,640.00</b>
24XX	State/Federal pass thru Revenue		
2644	State Regional Service Payments	\$4,589,640	
2643	State Incentive Funds		
	Other		
	<b>Federal Funds</b>		<b>\$ -</b>
2345	Medicaid		
	Other		
	<b>Total Revenues</b>		<b>\$ 4,670,640</b>

<b>Total Funds Available for FY2024</b>	\$ 7,573,619
<b>FY24 Actual Regional Expenditures</b>	\$ 4,884,151
<b>Accrual Fund Balance as of 6/30/2024</b>	\$ 2,689,468

## G. Financial Forecasting Measures

The following is a description of the financial forecasting measures used by Sioux Rivers MHDS Region in the identification of service need and funding necessary for services.

This past FY23, Sioux Rivers MHDS Region experienced changes regarding funding sources, from receiving hybrid funding to a singular state funding source. With the changes brought forth in using a singular funding source, Sioux Rivers MHDS Region benefits by having a FY24 beginning balance greater than that of the hybrid system. This is based upon some counties within the region not being able to levy any additional dollars for expanding services.

A singular funded region also comes with a few challenges. These challenges include assisting regional staff, governing board members, and provider partners in overcoming the county-based way of thinking to a more regional based way of thinking. Staff, board members, and providers need to begin to look at what benefits the entire Sioux Rivers MHDS Region to ensure quality care and access no matter where one resides within the six counties. Efforts were put into breaking down these boundaries and to build a more team-based atmosphere. Such efforts included, quarterly meetings being set up with providers to allow for an open forum to discuss strengths, concerns and funding needs as the FY evolved. These meetings also provide stakeholders, and providers the ability to support the quality mental health and disability services work being done across the region and not just within their individual county service area. As a result, more regional collaboration has been noticed and emphasis in this area will continue into FY24. In addition, regional staff have been complying with different personal related policies and procedures according to their individual county of record. This has caused inconsistencies with regional staff members and misunderstandings related to how the regional policies and procedures are to be followed. Efforts have begun and will continue to be made into FY 24 to show unity across the region as regional staff policies have been developed and a new regional handbook will go into effect start of FY24. Overcoming these challenges and continuing to address these needs allows for all voices to be heard regarding the FY24 budgeting needs.

This past FY23, Sioux Rivers MHDS Region, has not only undergone changes in funding source, but also in leadership. The change in leadership has brought in a new way of looking at utilization of core services and non-core related services offered across the region. Over the past six months, regional staff, board members, stakeholders, and providers have worked towards creative approaches in meeting the needs of all residents residing within the six-county region. Out of this collaboration, new services are being supported in FY24.

Sioux Rivers MHDS Region is moving towards a more comprehensive Justice System Program in FY24. Sioux Rivers will be assisting our regional jails with both outpatient mental health services and payment for psychotropic medications. By history, Sioux Rivers has not funded outpatient mental health services in our jails and only funded emergency medication evaluations. Following these evaluations, if medications were prescribed to the inmate, it was the jail's responsibility to purchase the medication. Identified as a gap, moving into FY24 Sioux Rivers MHDS Region will begin paying for the psychotropic medications as prescribed by Flow State as our contracted jail-based evaluators. In addition, outpatient mental health services will now be offered to inmates prior to release in hopes that they will develop necessary therapeutic rapport with a provider and make it easier for them continue with mental health services and medication management post release. The need to fund outpatient mental health services stems from a gap in coverage when an individual is incarcerated. Currently, individuals immediately lose any Medicaid coverage when they are incarcerated or uninsured prior. The FY24 budget allows for funding of these gap-based service needs related to our population involved in the justice system.

With the passing of SF 471, Sioux Rivers MHDS Region will also be exploring Competency Restoration within our six-county region. As noted in the FY24 budget, money has been allocated for the development and funding of this program. However, at the time of this Annual Service and Budget Report it is unclear as to the overall cost of this Core Service for FY24 and data will be collected to be more precise in the upcoming fiscal years.

April 1, 2023, marks the end of the Medicaid continuous coverage requirement. During the recent public health emergency, Medicaid was required to maintain continuous health care coverage for all members. This meant that if a

member's financial earnings changed it would not automatically disqualify them from coverage. As a result of President Biden signing the Consolidated Appropriations Act of 2023 this continuous coverage ends, meaning Medicaid members will go through a redetermination process. As a result, many members who have benefitted from continuous coverage will find themselves no longer qualifying for Medicaid benefits. In preparation, FY24 has allowed for additional dollars being placed in mental health assessment/evaluation and outpatient therapy services. Anticipating many regional residents will be losing Medicaid funding.

The MHDS Regions across the state have been working to provide more consistent services for all Iowans. As part of consistency of care, discussions were had regarding standardizing eligibility criteria and population groups covered for funding. FY24 will bring upon changes to support more consistency of state funded core services. To support these efforts, Sioux Rivers MHDS Region will be adding cost share amounts for adult applicants. Currently cost share amounts are only supported in the Sioux Rivers MHDS Regional management plan for child applicants. Additionally, Sioux Rivers MHDS Region has not supported the Developmental Disability or the Brain Injury populations unless the individual had been Grandfathered in by past regional/county funding. FY24 has allocated some dollars to assist these populations in the Core Services areas if an eligible application is made for funding across the entire six regional counties.

Regions have only been tasked to ensure that funding for services are available to children for the past couple of years. However, the core service areas have remained limited. Currently, the only core services required for children involve crisis-based programming and treatment related to mental health diagnosis. Sioux Rivers MHDS Region is committed to continuing to focus on children's programming and sees this as a potential area for growth and development regarding regional funding. FY24 has allocated continued support for school-based therapy services and additional funding for children's respite and peer support-based programming, which are all identified as optional additional core services.

As we continue to see an increase in the need for an IRSH level of care and requests from other regions to provide services at this level of care. We also continue to experience several residents who require gap coverage and care as they await funding sources and waiting lists such as the Elderly Wavier and ID Waiver. This means that Transitional Housing remains a need as many of these individuals do not meet the level of care for an RCF, IRSH, or HAB supports. In FY23, Lakes Life Skills provided 3 beds for the IRSH level of care and Sioux Rivers will continue to work with this provider to open up additional beds in FY24. Funding for Transitional Housing was also secured in FY23 for The Pride Group to develop a transitional living program. Unfortunately, staff shortages have made it difficult to open the transitional home and as a result continued support and encouragement will be provided in FY24.

Crisis services is a core service which strongly relies on regional support, and for this reason no reduction in dollars will be received by our three crisis providers for FY24. By history, Sioux River MHDS Region has allocated money for crisis program development and continued access to care. It is not unknown that the monies spent have been met with low utilization numbers reported in many of these core programs. This is an area that the region has also been assisting providers in focusing on gap care and best practices. Moving into FY24, emphasis will continue to be on data collection and analytics. Analysis of this data will be utilized in a future financial forecasting and programmatic decisions. Regarding best practices, a new crisis subcommittee has been formed in partnership with two neighboring regions who share common crisis providers. This subcommittee is being tasked with formulating ways to increase utilization of crisis services, which may involve signing of MOUs to share the mobile crisis work amongst the three crisis providers. It will also look at ways to standardize policies and procedures to assist each other in coverage, as staff shortages tend to be a big reason for lack of utilization. FY25 budget will reflect the data analytics and the work of this subcommittee.

FY 24 will also see funding reductions in some areas related to supplemental funds which were provided as additional support dollars to our providers. Reduction in funding to the 24-hour crisis and phone line is noted because of the state funded crisis lines. There is also decreased allocation for supported employment regarding support employment funding dollars, which to providers is known as the work grant. However, it will be reviewed quarterly and if budget allows

additional dollars will be reallocated to these providers. These reductions in funding are necessary to expand our core services and as a result of the ending of continuous Medicaid coverage.

#### Additional Changes FY24:

Legislation has passed a code change which removes the MHDS region from County Code 331 and places the regional structure into the Mental Health and Disability Services Section of Code 225.

FY24 will also bring changes to our overall Regional Board Structure with the passing of SF471. The board changes gives county elected officials with no more than 49% representation and increases provider presence in board membership.

The anticipated 5% fund balance will follow FY24 and will provide some challenges when completing FY25 Annual Service and Budget Report. The FY24 budget was developed with the lower fund balance in consideration moving forward.

Regional staff structure will also change in FY24 to bring in more specialization in service coordination. With specialization of service coordination, the region will be able to better support our providers by making it easier to build and nurture a relationship with one or two regional employees who provide service coordination in their area of MHDS service care.

Due to changes in legislation as well as standardization of funding across regions, FY24 will need to bring changes to The Sioux Rivers MHDS Regional Management Plan Policy and Procedures. The Management Plan will be revised and presented to the Regional Governance Board, and MHDS Commission prior to the beginning of FY24. However, the Annual Services and Budget Report does reflect these upcoming changes as they are driven by legislature and standardization. Competency restoration will be added as a core services. Regarding justice related services, psychotropic medications will be a covered service as it is prescribed by Flow State, Sioux Rivers MHDS Region contracted provider. Increased funding availability will be granted to the DD and the BI populations as well as a cost shared option for adult eligible participants.

Great strides have been made during FY23 for Sioux Rivers MHDS region and this will continue in FY24 as Sioux Rivers MHDS Regional team members, advisory board members, regional governance board members, providers and partners will continue to enhance the core services and additional core services provided. Focus will remain on overall client wellness and identification of additional service care gaps.

## **H. Provider Reimbursement Provisions**

The following is a description of the types of funding used by Sioux Rivers MHDS Region.

- Fee for service:  
Sioux Rivers MHDS Region will contract with MHDS providers whose base of operation is within the region. Sioux Rivers MHDS Region may also honor contracts that other regions have with their local providers or may choose to contract with providers outside of the region. A contract may not be required with providers that provide one-time or as needed services. A fee for service approach will be utilized in most provider contracts outlining the services to be provided and the rate of reimbursement. All payments will be based on a pre-authorized request for service authorization with the exception of court ordered payments, such as civil commitment costs and crisis services.

- Block grant payments:  
Block grant payments are made to regional service providers when the service they are delivering is on a per capita basis and does not have adequate funding or other sources to cover the operational costs. Example: Crisis Services
- Compensation for a “system of care” approach: Sioux Rivers MHDS Region does not have a per member/per month reimbursement model in place. However, it is value-based contracting is something that may be explored in the future as health care reimbursement appears to be moving towards this approach.
- Use of nontraditional providers:

When a non-traditional provider arrangement is more appropriate than a fee for service approach with a contracted provider, the Coordinators of Disability Services will work with the region’s CEO to request such arrangements. A non-traditional provider may be an individual, organization and/or business who delivers services in the consumer’s home and/or other community setting. Non-traditional providers typically are individuals, organizations, or businesses which do not provide MHDS services as a part of their normal business. These services are not to provide treatment but are supportive and may be rehabilitative in focus and are initiated when there is a reasonable likelihood that such services will benefit the consumer’s functioning, assist them in maintaining community tenure, and act as an alternative way to achieve the consumer’s stated goals or outcomes. A request for funding can be made by any consumer, or the consumer’s authorized representative, to utilize non-traditional providers for services as approved in the Regional Management Plan. Non-traditional providers may be subject to certain licensing, certification, accreditation, or other state approval standards.

- Incorporation of all funding sources for individuals including Medicaid:  
Sioux Rivers MHDS Region is responsible for ensuring that MHDS services are available to all residents of the region regardless of funding source. Sioux Rivers MHDS Region will ensure that individuals apply for all funding sources prior to accessing regional funding, including private insurance, Medicaid, Medicare, and other funding mechanisms which ensure that individuals and their families are able to optimally live, work, and recreate in integrated communities of their choice.