



SIoux RIVERS REGIONAL MHDS

GOVERNANCE BOARD MINUTES

TUESDAY, JULY 28, 2020

O'BRIEN COUNTY COURTHOUSE, PRIMGHAR

The Sioux Rivers Regional MHDS Governance Board members met on Tuesday, July 28, 2020 at 1:30 p.m. at the Assembly Room of the O'Brien County Courthouse in person with the regional staff members. The other attendees attended via Zoom.

1. Chairman Mark Loutsch welcomed attendees and called the meeting to order at 1:30 p.m. Loutsch asked the group to introduce themselves because there were new members present. Members present include: Mark Loutsch, Carl Vande Weerd, Mark Sybesma, Don Kass, Jerry Birkey, Mark Behrens, Sherri Bootsma, John Steensma, Kim Wermersen, Bill Leupold (arrived to meeting at 1:45 pm), Shane Walter, Sue Duhn, Beth Will, Lisa Rockhill, Mavis Anema, and Abby Wallin. In attendance via zoom were Brenda Langstraat-Janish (Children's Advisory/NWAEA/new Governance Board member, Denise Driesen (Children's Advisory/new Governance Board member), Christina Eggink-Postma (Seasons Center), Shante Whalen (Seasons Center), Janelle Hultquist (Seasons Center) Kasey Fear (Spencer Hospital), Ryan Dokter (Fiscal Agent/Sioux County Auditor), Nicky Eaton (ASC), Matt Buley (Hope Haven), Jason Bergsma (Sioux County Sheriff's Office), Jamie Van Voorst (Sioux County Sheriff's Office), and Shawn Scholten (Creative Living).
2. **CHAIRMAN LOUTSCH ASKED FOR A MOTION TO APPROVE THE AGENDA.**
Motion made by Sybesma and seconded by Behrens to approve the agenda. With no further discussion motion carried by all ayes.
3. **APPROVAL OF MINUTES**
Motion made by Vande Weerd and seconded by Kass to approve the minutes from June 23, 2020. Behrens questioned the wording with regard to the Policies and Procedures with Walter's crediting Rockhill for making it look good. With no further discussion the motion carried by all ayes.
4. **APPROVAL OF SIOUX RIVERS REGIONAL BOARD SECRETARY**
Motion made by Wermersen and seconded by Bootsma to approve Sue Duhn as secretary for the Sioux Rivers Governance Board. With no further discussion motion carried by all ayes.
5. Due to technical difficulties with Zoom, Chairman Loutsch skipped ahead in the agenda to **#7 JOB DESCRIPTIONS.**
Loutsch stated he had asked for job descriptions to come back to the regional agenda this month to allow for the individual counties to look them over. Walter stated he and the Lyon County Attorney had visited about Rockhill's job description and that he now believed they were ready to approve it. He stated the other counties had acted on theirs already. Behrens believed any issues had been discussed and it would be ready for approval at the next Lyon County Board meeting next week. Sybesma made a motion to approve the job descriptions seconded by Kass. Loutsch stated the CEO Job description would be presented and discussed at next months meeting. With no further discussion motion carried by all Ayes.



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6. SPENCER HOSPITAL AGREEMENT-

Loutsch moved to the Spencer Hospital agreement on the agenda. Walter stated the template is similar to the other contracts with some differences in the daily rate. Walter recommended approval of the contract. Walter stated it would be a rarity for the region to need to pay for services. Beth Will stated that it is a reduced rate from the full rate for those that do not have Medicaid. She also stated that in the 5 years that NWIACC had a contract with Spencer Hospital we may have paid them one time. Motion made by Wermersen and seconded by Vande Weerd to approve the Spencer Hospital agreement. With no further discussion motion carried by all Ayes.

7. PURCHASE REGIONAL CAR-

Loutsch said this was started about a month ago for the new counties. Walter stated we are looking to spend roughly \$20,000 with the Government discounts. Walter said it makes sense to go that way to save some money on mileage. Loutsch asked if anyone had any objection. Walter said that Rockhill has a car and that is recently fixed. Nieman also has a car. Both of those came from Woodbury County when Sioux Rivers formed. Walter and Anema purchased a car about a year ago. It currently has about 12,000 miles. Walter had it calculated that it would take roughly two years to pay for the car based on mileage expenses. Sybesma said it would be hard to say no with the fleet that the region already have based on three they inherited from Woodbury. Nicky at the ASC uses one of those three at the access center. Leupold asked if they had looked into leasing. Walter said the staff would be putting on too many miles based on leasing and would likely cost us more. Loutsch asked if we should look into it more. Behrens asked if we should check more into leasing. The government pricing would not fall into the leasing. Kass said when they did the YES Center vehicles it was cheaper to pay for the vehicles than to lease those. Loutsch asked how many miles they put on at the YES Center. Kass was not sure how many miles they use. Vande Weerd made motion to approve the purchase of a vehicle and Kass seconded. Bootsma asked if there should be a dollar limit. Loutsch would appreciate finding something and then coming back with an option. Wermersen asked if it needed to be new or if it could be fairly new. Loutsch said if he understood correctly the new cars would be just as cheap as the used vehicles. The group discussed again the idea of putting a dollar limit to the purchase. Vande Weerd amended the original motion to approve the purchase of a vehicle setting the limit at \$25,000 or under. Kass seconded the amended motion. Wermersen asked who was looking for the car. Walter said he would work with Loutsch and Will to get something looked for. Loutsch said the dealership in Spirit Lake is a GM dealership so they are going to target GM so any work can be done locally. Behrens said the prices could vary when looking for



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government vehicles based on dealership available. Vande Weerd said GM has a program that you can take them off the lease too. Kass said several dealerships have some small SUV's available based on the information he was reading. Bootsma said that O'Brien County has had success in getting a dealership to match the government price too. Loutsch said they would work to get the best deal they can. With no further discussion motion carried by all Ayes.

8. FISCAL AGENT REPORT AND REGIONAL EXPENDITURES-

Loutsch moved back to Dokter on the agenda after Zoom audio was working.

Dokter presented the June FY20 Fiscal Agent Reports.

- a. Total revenues for the month of June were \$47,113.43
- b. Total expenditures for the month of June were \$85,709.85
- c. Ending balance as of June 30, 2020 was \$969,791.69

Dokter stated the region was under percentage for everything except Administration. Overall still under budget as a whole. Sybesma asked why the overage in administration and if that was attributed to changes in staff. Walter stated that was part of it, but that as a whole the region is doing well.

A motion was made by Bootsma and seconded by Behrens to approve the report. Sybesma asked if the cash balance was more than anticipated as he though we were expecting less than \$900,000. Again, Shane said as a region we are doing well. Sybesma stated it is typical to end this way. Having no further discussion the motion was carried with all Ayes.

9. UPDATES-

Loutsch shared a report from Jay with ITP. The Rock Valley hospital is scheduled to come on board with ITP effective September 1, 2020. Scholten stated the Advisory Board did not meet in July due to Covid and the transition. They will wait to meet again at the next quarterly meeting. They had done some earlier work with Walter via phone and email. Hultquist shared information regarding mobile crisis. She stated they are reaching out to local law enforcement to start back with face-to-face services again. The Sioux County Sheriff's Office reported they are making sure all deputies have the mobile crisis information. Buley gave an update on IPS. He stated there were three new referrals with a caseload of 13 with eight of those currently employed. Dickinson County is seeing an uptick. Buley stated he would provide updated numbers with all five counties on the next report. Eaton provided an update on ASC. She had previously sent the report out. She stated they are slowly averaging where they were before Covid started, seeing more. Sioux Rivers averages between one to two people per month. They want to see those numbers increase as O'Brien and Dickinson Counties join the region. Eaton stated Wermersen, Walter, Rockhill, Will, and Duhn made a tour yesterday, which could assist with marketing in the future. Eaton stated they are business as usual, while following the normal standard processes in cleaning. Sybesma stated we need to see an increase in numbers. Sybesma and Kass both stated that we would need to start looking at

**Sioux
Rivers**

Regional Mental Health & Disabilities Services



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some alternatives. Sybesma stated that we need to set some time limits as to possible alternatives if the numbers do not start to increase. Walter stated we are seeing decrease in numbers in other places too. Behrens asked what the option was if this does not pick up. Sybesma said we need to look at a facility more centrally located with possible hospital connection. Kass agreed. Sybesma said we are spending big dollars. Wermersen is concerned that the two new counties will have difficulty sending folks that distance. Walter said we need to educate hospitals, sheriffs, etc. Behrens asked how we were going to do more marketing. Will said she had picked up brochures and cards to try to get the law enforcement and hospital in O'Brien and Dickinson Counties to move from Turning Point to the ASC with plans to reach out to all of those in the next 30 days. However, she is not sure if it will make a difference. Walter agrees that we need to see the numbers increase in order to be sustained. He still hopes that some of this is Covid related. Loutsch is wondering if people are not getting help. Walter is committed to working with Eaton and her staff to market correctly. In addition, if we cannot get the numbers up then we need to look at something different. Kass is wondering if Spencer Hospital could do this. Will stated that we could take another approach at Spencer Hospital to see if this was something, they could do. Sybesma did state that Spencer Hospital or a different provider could not do it for nothing either. Rolling Hills is paying 80% of the cost. Kass stated again that it is not because of Eaton, but we do need to look at numbers and what we can afford to pay. Eaton stated she understands it is budget related. Eaton stated they are committed to doing as much as they can with regard to marketing. Eaton stated that Will picking up the information shows the commitment to get the information out there to try to increase the numbers. Eaton does realize the region needs to look at the long term. Anema said last year they did a presentation to the law enforcement in collaboration with Eaton to work as a team to try to make people aware. Walter and Anema have been to the Sioux County hospitals, though they have not seen a big increase in usage. Rockhill said Eaton did come to Rock Rapids hospital with the plan to meet with law enforcement, but then weather and Covid got in the way. Walter said he and the staff would continue to monitor. Sybesma said they need to look at the location of providing the service. Behrens stated we are contracted through the end of the year and need to continue to look at options this year. Loutsch asked if Rolling Hills was utilizing it or if mostly Woodbury County was. Eaton stated it is mostly Woodbury County, as the other counties tend to utilize Turning Point. Walter said conversations would continue. Walter moved on to Access Centers. He stated we had to change course due to Covid and that he had been working with Rolling Hills and NWIACC for a possible building. However, Rolling Hills has less money to play with now, and talks are moving to an all-virtual system. Southwest Iowa is doing a full on virtual model and Walter believes that has a lot of promise. Walter said the staff will be working with SW Iowa to learn more about their process, and that it may make a better model for us. Walter stated we might need to work with other regions. Loutsch asked if the timeline is July 1st of next year. In addition, we would need to have something figured out by budget time. Walter said there was a meeting last week and the process is moving along and likely moving towards virtual. Walter said that sub-acute beds are a stumbling block for everyone across the state. Having a brick and mortar building is a financial issue. Walter gave an update



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on IRSH. He said that we need to see a better rate to have a provider that would be able to do this. They are waiting on MCO's to look at this. Anema gave an update on jail diversion. She said she had one person in Sioux County that she had been working with the last little bit. She stated she is getting a list together and will work with the team to get some marketing stuff together for the Sheriffs and she is working on policies and procedures. Walter reported that Nieman is working with the Children's Advisory Board and that they had met last week and it had gone well. He stated they have appointed some folks to represent the group on the board. Langstaat-Janish and Baird are the Children's representatives appointed as voting members. Bruinsma is the Adult Advisory Board voting member. ARC is on hold for another year. Transition beds are on hold for a while.

10. CHILDREN'S ADVISORY REPRESENTATIVES-

Walter stated that Brenda Langstraat-Janish, Janie Baird, and Denise Driesen have been appointed to the Regional Board. Langstraat-Janish introduced herself and stated she has worked at NWAEA for 13 years. She does work with school districts throughout the Region doing assessments and plans for kiddos to be successful in school settings. Walter stated the Children's Advisory Board has designated them. No action needed.

11. REGIONAL MANGEMENT PLAN POLICIES AND PROCEDURES-

Walter met via Zoom with the MHDS Commission on July 16, 2020. He stated the Commission had no problems, concerns, or questions. The commission approved it on July 16, 2020. The plan is updated, approved, and good to go.

12. CARES ACT FUNDING-

Walter said we are waiting for final clarification from DHS. The money has to be spent by December 31, 2020. It is one time money. It has to be spent on current services, not on new services. You cannot have already budgeted the money or supplanted the money. It has to be Covid related. Walter said they have some mixed messages at this point. Walter wants to make sure we understand the options before letting providers know. Will mentioned maybe some options are looking at committals or getting folks moved from RCF to the community. Walter said the problem would be figuring out how to spend all of the money, if we can; to an existing program like ACT. Kass suggested an ad to explain and market the crisis center and getting that on television so people understand that getting help is important even through Covid. The anxiety that people already have is increased due to Covid. Walter said we might be able to help providers add staff to support those through Covid. We need to come up with ideas and get feedback from the state to help us do that. Walter said he and staff would be meeting and would bring ideas back to the board in August.

13. SEASONS CENTER UPDATE ON ACT AND CHILDREN'S RESPITE-



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Whalen shared information on the Seasons Center ACT team. She shared a power point with the group. Seasons Center has been doing ACT since 2017. Seasons is a not for profit organization. They provide services to Sioux Rivers. Currently there are eight clients in Dickinson, five in O'Brien. There are also currently six on the wait list in O'Brien and Sioux Counties. Seasons began one of the first rural ACT teams. Seasons serves nine core counties. Currently the ACT team is based out of Clay County. It focuses on people who are most seriously mentally ill. ACT is Multi-disciplinary Team. They provide services at home and in the community setting. During Covid, they are doing a lot of telehealth. ACT is evidence based as well. They serve seriously mentally ill folks 17 years and older. High service users with schizophrenia, schizoaffective, bipolar and severe depressive disorders. Frequent flyers of high-utilized services. Treatment team, team leader, psychiatric medication provider, nurse, MH therapist, SUD Counselor, Vocation Education Specialist, and Peer Support. Key features multidisciplinary staff, team approach, community based services, small patient:provier ratio, (1: 6 to 8), 24/7 availability for crisis intervention, all-inclusive service team, time unlimited services. Enjoy providing this service because they get to do it as a team. Currently not going into homes unless they need to go in for medication injections. Currently have a group that meets in Dickinson County at the park. They meet, social distanced to get folks out of the house. This has drastically helped two clients there. These clients are getting some in person interaction. Caseloads have to be low in order to have time to travel to the clients. ACT is on call 24/7. When they have a crisis, they call ACT, as they already know them as a team. Some calls are very short. All Inclusive-all services have to be within Seasons Center. They do have to discharge from their other providers. Authorizations have to be done every six months, but it is still a time-unlimited program. The long term is a key to keeping them stable. They may be in the program for several years. The goals: Intensive treatment 3-4 times per week in the client homes. Services are typically provided in their homes. Services can include activities of daily living such as money management, time management, and personal hygiene. General Management of coordination and benefits are included as well. Transportation, employment, and natural supports. Outcome-reduce hospitalizations, independent housing, better engagement in MH services, fewer contacts with law enforcement, and high satisfaction by families and clients. In Iowa ACT has also shown to reduce RCF placement and MHI admissions, unemployment and substance abuse usage. Whalen stated you could find the referral form on their website. Eggink-Postma spoke about Children's Respite services with Seasons Center. Camp Autumn had mobile camps with 10 or less. Later in the summer, they did add on site camp with extra safety precautions. Respite was very necessary this summer with the extended Covid break from school. Seasons is grateful they have been able to give the supports while off from school. The last two weeks of camp are going on right now. Will be looking at evening respite after school starts. Access a wide variety of staff at the camp with various supports. Seasons Center is accredited for Children's MH and ID services.

14. General Discussion-

Loutsch asked if there was anything else for discussion. There was no additional discussion.



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15. **Adjourn-**

Loutsch stated the next meeting would be August 25, 2020. Will plan to meet at the Assembly Room in the O'Brien County Courthouse again. Behrens made a motion to adjourn the meeting. Bootsma seconded the motion. Hearing no objection the motion carried with all Ayes. Meeting adjourned at 2:50.

Sue Duhn, Secretary

A handwritten signature in cursive script that reads "Sue Duhn".

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