



## SIoux RIVERS REGIONAL MHDS

### GOVERNANCE BOARD MINUTES

TUESDAY, JANUARY 23, 2024

The Sioux Rivers Regional MHDS Governance Board met in person at the O'Brien County Courthouse in Primghar as well as via zoom for those unable to attend in person. Those in attendance via zoom and in person included: Joe Van Tol, Michelle Vore, Brenna Koedam, Don Kass, Abby Wallin, Crystal McHugh, Carl Vande Weerd, Sue Duhn, Karen Rosengreen, Dennis Vanden Hull, Denise Driesen, Christina Eggink-Postma, Kimber Patterson, Kerri Dandy (Spencer Hospital), Brianna Zandstra, Tim Schumacher, Alecia Smith, Barry Whitsell, Tammy Bruinsma, Robert Aiken, Nicholle Eaton, Kevin Maughan, Jami Van Voorst, Sheri Bootsma, and Beth Will joined at 1:40.

#### 1. **WELCOME AND INTRODUCTIONS-**

Kass called the meeting to order and welcomed the group. Everyone introduced themselves.

#### 2. **APPROVE AGENDA-**

Vande Weerd made a motion to approve the agenda. Schumacher seconded the motion. The motion carried with all ayes.

#### 3. **REVIEW AND APPROVAL OF 12/19/23 MEETING MINUTES-**

Schumacher made a motion to approve the minutes as submitted. Vanden Hull seconded the motion. The motion carried with all ayes.

#### 4. **APPOINTMENT OF OFFICERS-**

Koedam did tell the board in Wermersen's absence today that she had talked with Wermersen. He was willing to remain the Chair of the board if the group wanted him to, since things would most certainly be changing in eighteen months. He was also willing to step down if someone wanted to take over. Vanden Hull nominated Kim Wermersen to remain Chair of the Governance Board. Vande Weerd made a motion to cease nominations. Schumacher seconded the motion. The motion carried with all ayes. Schumacher made a motion to appoint Kim Wermersen as the Chair of the Governance Board. Whitsell seconded the motion. The motion carried with all ayes. Schumacher nominated Don Kass as the Vice Chair of the Governance Board. Driesen seconded. Vanden Hull made a motion to cease nominations. Vande Weerd seconded the motion. The motion carried with all ayes. Whitsell made a motion to appoint Don Kass as Vice Chair of the Governance Board. Van Voorst seconded the motion. The motion carried with all ayes.



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#### 5. **GENERAL DISCUSSION/UPDATES: INPUT FROM REGIONAL STAFF, PUBLIC, PROVIDERS, ETC.**

Koedam asked if anyone had anything they would like to discuss. Schumacher did state he asked to move this item up on the agenda so the board could process their thoughts on discussion items as they acted on those later in the agenda. Kim Scorza provided an update on the Crittenton Center. There will be an increase in beds to twenty-five at the Transitional Therapeutic Home as well as an increase to twelve supervised apartment living homes beginning April 2024.

#### 6. **FISCAL AGENT REPORT AND REGIONAL EXPENDITURES-**

Van Tol reported in the December fiscal agent report. Duhn did report, the November fiscal agent report was also in the packet as it was not yet available at last month's meeting. Vanden Hull made a motion to approve the November 2023 report. Schumacher seconded the motion. The motion carried with all ayes. Whitsell made a motion to approve the December 2023 report. Van Voorst seconded the motion. The motion carried with all ayes. Schumacher asked about the amount needed to get paid to the state yet. Duhn stated she would be working with the fiscal agent on this in February.

#### 7. **APPROVAL OF CLAIMS-**

Whitsell made a motion to approve claims as submitted. Vande Weerd seconded the motion. The motion carried with all ayes. Duhn reminded the Governance Board the payment due to the state would be paid in the next few weeks as well.

Vande Weerd asked how things with Flowstate were going. Koedam did say she believed things were going well and provided an example of a current client that has been bouncing back and forth in counties. Flowstate has assisted in getting this individual stable. Vore did state Paige Smith was able to see him the next morning after leaving the hospital as well. The plan is to have Flowstate do the follow up as well. Vore said the average placement time is about six hours and the average time to do an evaluation from contact is about forty-five minutes. The average placement is 44% placement, 18% of that are going to the crisis centers. Vore reminded the Governance Board the goal is not to place in hospitals, but rather offer crisis services, or outpatient services if possible.

#### 8. **PLAINS AREA AFTER SCHOOL PROGRAM REALLOCATION FOLLOW UP-**

Koedam did follow up with Plains Area regarding the After School Program. Koedam gave Plains Area credit for trying to get this program started. Koedam did contact Kim Keleher about reallocating those dollars to the Drop-In Center as Duhn did let Koedam know the Drop-In Center contract is just about out



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of funds for FY24 halfway through the year. Schumacher made a motion to reallocate those dollars to the Drop-In Center. Bruinsma seconded the motion. The motion carried with all ayes.

#### 9. FUNDING REQUESTS-

Flowstate-Koedam did meet with Steven Slye regarding the numbers since starting the contract. Vore shared some information regarding Flowstate. Starting January 1, 2023, Flowstate went live with four of the regions ten hospitals. As of April 1, 2024, Flowstate will be in all ten hospitals in our region. Flowstate has added two regions since onboarding our region. Flowstate utilizes a small team of Iowa providers. Four of those providers reside in our region. One of those has been promoted to Director of Correctional Services, Paige Smith. Flowstate works directly in each hospitals' electronic health record. Flowstate can see the information before seeing the individuals in the hospital emergency rooms. Flowstate also has close coordination with the coordinators and Duhn as well. Flowstate has additional funds for the onboarding that have not been reimbursed by the region. The initial contract was for \$10,000 per month for 4 hospitals. To date, Flowstate is scheduled to see forty-five patients in emergency rooms in January in the Sioux Rivers region. This will be the most of any region Flowstate is service. Flowstate is working on getting credentialed to provide substance use disorder services as well. The SUD application has been sent to the state. The employees are hired and ready to go once that application is approved. The projected crisis usage for Sioux Rivers is approximately 60 clients. Vore believes this has been a great partnership with Sioux Rivers. Flowstate would like to increase the monthly amount by \$7,466.89 per month for the remainder of this contract year. Koedam believes it is worth this. Schumacher made a motion to approve the monthly increase of \$7,466.89. Whitsell seconded the motion. Schumacher asked if Flowstate was expecting any big changes in the future. Vore did state Flowstate has grown but has added regions slowly to make sure they are providing a good service. Koedam believes this will continue to be a need for the service in the hospitals and jails going forward regardless of what happens with regions. Vore did state she have added capacity to add Federal Inmates, and access to med surg at all the hospitals as a separate contract with those providers. Kass did state the total amount of this increase would be \$37,334.45. The motion carried with all ayes. **Maximum amount approved: \$37,334.45.**

Seasons Center-Eggink-Postma shared their requests for funding. The first request includes public awareness campaigns. The campaigns included public awareness, Child Abuse Prevention Month, Mental Health Awareness Month to include Carnivals and Coffee Shop Outreach. The second request is the



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respite request. The ask is for group and individual camps as well as some camp facility improvement. The final asks for staff recruitment, retention, and development for increased sign-on bonus for crisis staff and therapy in Sheldon and Sioux Center for ACT, and recruitment to recover the costs as they have attempted to onboard staff for the crisis services, as well as temp licensed staff and an annual subscription with Relias for staff training. The grand total of the request is \$355,065.91. Public Education-Koedam did state the region has funded public awareness for providers in the past. Koedam did ask about having a carnival that will represent all counties within the region. Eggink-Postma did state they want to be able to do follow up after the carnivals and currently do not have a provider in Lyon but are recruiting staff for Lyon County. Vanden Hull asked if there were dollars available if the region is having their money withheld. Koedam confirmed there is money that needs to be reallocated that was not provided as contracted in other areas. Vande Weerd asked how we justify the staff retention for one provider. He does not believe it is the region's job to staff the programs, but to provide services. Vande Weerd has no problem funding the services but does not want to get into a bidding war with providers over staff costs. Schumacher questioned the Seasons Center staff time to implement activities at 80 hours and paying staff time. It was decided to go through all requests and then make decisions.

Creative Living Center-Koedam reported on the proposal is for Rog's Corner. KSOU would like to dedicate a 15-minute segment to Roger Broek who passed away in Sioux Center from suicide. They would like to do a program dedicated to those who struggle with different hurts, habits, and hangups. Creative Living is asking for \$24,000 to provide this program for one year.

Crittenton Center-Scorza reported on the ARC Training ask. Transitional Therapeutic Home-Working on increasing this to twenty-five beds. Currently there are twenty-two beds, that are generally full on any given day. Many of the kids that are placed there are waiting for a PMIC. The ask is \$3,388.33 to provide training for their staff.

Hope Haven-Koedam approached the quarterly provider meeting with Challenge 2 Change. They go into school and provide mindfulness education. Amy Jenkins presented to the quarterly provider meeting which then got opened up to the providers to provide a special funding request if wanted. Kimber Patterson presented Hope Haven's request for 18 SEL Bundles to provide to the day habilitation and respite services. McHugh, as a former school counselor, did state you can modify the bundles towards any



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age level. Patterson is also looking at C2C Hub access for 100 participants (logins) for each of the group home settings. There would be a log-in to each home as well as a log-in available to the staff. Koedam will request each provider utilizing Challenge to Change dollars to share how those dollars were spent. The total request is \$5,870.

MOC Floyd Valley-Koedam shared that MOC Floyd Valley is requesting one SEL Bundle as well as the counseling curriculum. The total request is \$1,714.

Koedam reported that Sheldon Community Schools is also looking at putting a proposal together as well. The Governance Board will likely see this request at the next meeting.

Spirit Lake High School-Koedam reported that Spirit Lake Schools is asking for Teen Yoga Camp with Yoga Okoboji. The trainer would provide a Teen Yoga Camp for ninth-grade students. There are approximately one hundred students. The total request is \$800.

The Governance Board started back at the top of the requests to discuss and act upon each one.

Seasons Center-Kass did state he could get on board with public education, as could Schumacher and Whitsell. Kass was not in favor of infrastructure, nor was Whitsell. Kass asked if Relias is an annual subscription. Koedam did state that it was and did state it had been paid for by another provider in the past. Whitsell confirmed Village Northwest was the recipient of that request. Kass suggested the Governance Board consider approving public education at \$47,180 as well as \$15,455 for Relias, as well as client services for Respite in the amounts of \$20,000 and \$2,200. The grand total of this is \$84,835. Koedam would also like to include the \$60,000 for crisis staff recruitment. Rosengreen did state she had done three interviews. Two of the individuals are not qualified. The third individual will only do PRN's. Seasons Center is already providing a \$5,000 sign on bonus. Whitsell wonders if instead of \$10,000 the region should do \$5,000 to match what Seasons Center is willing to pay. Kass suggested we offer the \$30,000 and see what happens. If it doesn't work, no money will be spent. Koedam would like to allow them to spend the dollars that were originally allocated to them for not having the crisis beds open those two quarters. Koedam believes what separates this ask for bonus money is different than others as it is a core service that we as a region have asked them to provide. Vande Weerd is concerned that once



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regions are gone the money won't be here to support our providers because it will not get to our corner of the state. Kass proposes \$30,000 for sign on bonus for crisis staff. Schumacher would like to go with the \$60,000 since the money was allocated to them to begin with. Vande Weerd is concerned this will open the door to every provider. Koedam is saying the money is different because it is a core service that we need to stand up as a region. We have been attempting to stand this up and now we have the center but do not have the staff. Vanden Hull asked if Care Connections of Northern Iowa has been asked. Rosengreen did state she has a meeting with Care Connections on Friday. Schumacher moves to approve \$30,000 toward the crisis services sign on bonus as well as the \$84,835 discussed earlier (to include \$47,180 public education, \$15,455 for Relias, and \$20,000 and \$2,200 for Respite services). Bruinsma seconded the motion. The motion carried with all ayes. **Maximum grand total approved: \$114,835**

Creative Living-Vande Weerd made a motion to approve the \$24,000 requested for Rog's Corner. Schumacher seconded the motion. The motion carried with all ayes. **Maximum grand total approved: \$24,000**

Crittenton Center-Schumacher made a motion to approve \$3,388.83 requested towards ARC Training. Vanden Hull seconded the motion. The motion carried with all ayes. **Maximum grand total approved: \$3,388.83.**

Hope Haven-Vande Weerd made a motion to approve the request by Hope Haven in the amount of \$5,870. Driesen seconded the motion. The motion carried with all ayes. **Maximum grand total approved: \$5,870.**

MOC-FV School-Schumacher made a motion to approve the MOC Floyd Valley request at \$1714. Van Voorst seconded the motion. The motion carried with all ayes. **Maximum grand total approved: \$1,714.**

Spirit Lake High School-Vande Weerd suggested to table this one until the documentation from the school is received.



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#### 10. SEASONS CENTER QUARTERLY REPORT-

Karen Rosengreen provided the quarterly ACT update. There are currently sixteen individuals enrolled in ACT services. Five of those are from Sioux Rivers Region. One completed successfully. One withdrew. Another member is meeting this week to join. There are 5 Sioux Rivers individuals on the wait list, with one of those being seen this week to enroll in services. There are also open staff positions within ACT.

Rosengreen reported on mobile crisis. This quarter there were eleven mobile crisis calls, eleven calls into the crisis line, and one hundred talk like individuals.

Community Based Services-Seasons Center did not serve anyone during the quarter, but referrals have been made into the program. It has been difficult to get individuals into this program, as it is a voluntary service.

Rosengreen shared a success story. They had an individual in the Plymouth County Jail. He went to the Crisis Center in Sioux City. Then went to inpatient SUD treatment and is now working on outpatient services. He is a good example of how he worked through the service system.

#### 11. UPDATE ON KEVIN HINES EVENTS AND SIOUX RIVERS MAREKTING REQUEST-

Koedam got the confirmation email from Kevin Hines this morning. He will be coming to the region April 3 and 4. About 3000 students will be able to participate in the programs he will be providing in our community. Three of them will be held at Northwestern College and the fourth will be held at Sheldon High School. Koedam would like an additional \$20,050 to purchase items for those students in attendance. Kass would like to provide this again in the future so additional schools could attend if desired. There were some schools that wouldn't participate at this time but may if it is brought to the region again. Koedam did share some of the schools were not comfortable having large groups of students together talking about suicide. Vande Weerd made a motion to approve an additional \$20,050 towards Kevin Hines presentations promotional materials to provide to students. Van Voorst seconded the motion. The motion carried with all ayes.

#### 12. STAFF SALARIES FOR FY25-

Vande Weerd made a motion to table staff salaries for next month. Driesen seconded the motion. The motion carried with all ayes.

**13. HHS ALIGNMENT-**

Koedam shared information regarding HHS Alignment. The CEOs knew the regions would be joined. Koedam shared Dawn, Melissa, and her have worked well together with initiatives. It feels natural that they would continue to work together. The language in the bill will basically say the regions will be terminated as of July 1, 2025. Administrative Service Organizations will take the place of regions. The ASO will include all nineteen counties on the map. The punch in the gut for the regional CEO's was the regions felt the regions would roll into that roll. But there will be a competitive RFP process to apply for. The CEOs would need to write an RFP for the region to continue as the ASO. The oversight of the ASO will be done by HHS itself. There will no longer be a Governance Board. The Advisory Board would need to include 1/3 Lived Experience, 1/3 Providers, and 1/3 Elected Officials. The part that has Koedam not sleeping is how to stand us up without counties. Koedam believes the 28E with counties would hurt the region. Koedam is wondering if a 501 could be the direction. Koedam already has a skeleton plan together and is already working with the other regions. Kass did state this is not going to save one cent and we need to tell our legislators to vote no. Koedam wants the counties of records to be aware that if the regions are no more and have no dollars, the unemployment could go back to the counties to pay. Kass suggested calling legislators as this does not save money and takes local oversight away. A MCO can apply to be an ASO. Koedam did state she plans to be Sioux Rivers until they tell us we can no longer be. Koedam had heard the bill would drop this week, with RFP out by April 1, but it hasn't yet. Koedam listened to the committee meeting when this was presented. Koedam will continue to share information as she receives it.

**14. ADJOURN GOVERNANCE BOARD MEETING-**

Schumacher made a motion to adjourn the meeting. Bruinsma seconded the motion. The motion carried with all ayes.

The meeting adjourned at 3:44 pm.

*Via email action, sent by Koedam, on Wednesday, January 24, 2024, the Governance Board was asked to vote on an item that was inadvertently missed during the regularly scheduled meeting. Within the Flowstate proposal Flowstate was also asking for \$35,176.50 for implementation and onboarding of the hospitals and jails. If approved, the plan is to submit a separate claim run to pay Flowstate, HHS overpayment, and Brian Hines payment. By email vote, Whitsell voted aye, Kass voted aye, Wermersen voted aye, Vande Weerd voted aye, Bruinsma voted aye, Vanden Hull voted aye, Jager voted aye, Driesen voted aye, Bootsma voted aye, and Van Voorst voted aye.*





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Sue Duhn, Secretary

A handwritten signature in black ink that reads "Sue Duhn".

Sioux Rivers Regional MHDS Governance Board