

I. Introductions:

Lori Elam, CEO, called the meeting to order at 1:02pm

Members Present: Holly Parmer, Jack Willey, Lisa DuFour, Liz Finerty, Lynne Hilgendorf, Luana Gredell and Nancy Nauman. Absent: Michael Terry, Aaron Roome, Richard Whitaker, Melissa Peterson, Jen Armstrong, Jackie Hunt and Susie Ruchotzke. Management Team Present: Lori Elam, Becky Eskildsen, Felicia Toppert, Julie Tischuk and Christine Gradert. Absent: Lynn Bopes.

II. Discussions:

- a. Christine Gradert, Coordinator of Children's Behavioral Health Services, shared that Family Resources, Inc. has opened their doors for Crisis Stabilization Residential for children ages 8-17 at the Annie Wittenmyer Complex and children will be able to stay for up to five (5) days. Christine shared that Family Resources, Inc. had two (2) open houses prior to the opening and Gary Metivier with Metivier Media was there to film the facilities and has posted two (2) different videos on the Eastern Iowa MH/DS Region Website under Crisis Services. Christine shared that Family Resources, Inc. is going to have a soft opening for the Crisis Stabilization Community Based for kids and continues to work on hiring staff for this program. Christine shared that Crisis Stabilization Community Based for kids is a five (5) day, intensive in-home program that offers one (1) hour of skill development and one (1) hour with a licensed clinician. Christine shared that the Step-In Program with Lutheran Services in Iowa is receiving a large amount of referrals and is very helpful in the rural areas of the Region to get families connected to services. Christine shared that the Direct Family Intervention Program (DFI) through Bethany for Children and Families, which is an in-home program for both children, and families, with the focus being parenting skills, is accepting referrals in Scott County only. Christine shared that Functional Family Therapy (FFT) through Families, Inc. and Multi-Systemic Therapy (MST) through Vera French Mental Health Center are both currently accepting referrals in all five (5) counties in the Region. Christine shared that the Region's HHS Liaison and Juvenile Court Liaison are busy with several referrals. Christine shared that she and Linda Cavazos, Early Childhood Care Coordinator for the Eastern IA MH/DS Region are working with Early Childhood Providers to develop an Ages and Stages Questionnaire (ASQ) Toolkit Proposal. ASQ is a brief assessment that providers in day care centers, home care centers, preschools and Head Start can use to screen young children to make sure they are developmentally on track. Christine shared that ASQ also has a Social-Emotional (SE) Assessment, which is solely focused on social-emotional development in young children. Christine shared that Linda will first assess a child for an undiagnosed developmental disorder and if this is ruled out then Linda will refer to home centered programs.

- b. Christine Gradert, Coordinator of Children's Behavioral Health Services shared that she is working with Frank Grijalva, MSCC, MSPH Director and founder of Midwest Trauma Services Network (MTSN) and Dr. Robert Macy, Ph.D., DMT and founder of The International Trauma Center (ITC), training advanced neurobiology and brain development of adolescents. Christine shared that ITC provided a Sequential Intercept Model (SIM) Workshop, which was held January 9-11, 2023, with 150 people in attendance. Christine shared that Dr. Robert Macy included Frank Grijalva and Dr. Robert Kinscherff, Ph.D., J.D., ESQ., ITC-Senior Vice President, Juvenile Justice/Behavioral Health Initiatives in leading the workshop. Christine shared that the SIM workshop consisted of mapping from Intercept 0 thru Intercept 6 through the lens of mental health. Christine shared that Juvenile Court, HHS, DCAT, superintendents of schools and school counselors in the Region attended the workshop to review each different discipline. Christine shared that the SIM Workshop will continue on March 6-7, 2023, with results of the mapping so the five (5) counties in the Region will be able to review each Intercept, prioritize the needs of adolescents and identify gaps in the system. Christine shared that the goal of the mapping is to keep children out of the Juvenile Court System and to have a map of what all Children's Providers approve. Christine shared that on Wednesday, March 8, 2023, at the Mississippi Bend Area Education Agency (A.E.A.), Dr. Robert Macy, Ph.D., DMT, will be presenting the Neurosequential Model Workshop, which was developed by Bruce D. Perry, M.D., Ph.D.
- c. Christine Gradert, Coordinator of Children's Behavioral Health Services shared that Frank Grijalva, MSCC, MSPH Director and founder of Midwest Trauma Services Network (MTSN) visits the Eastern Iowa MH/DS Region five (5) days per month to work with Christine. Christine shared that currently Frank is working on a biopsychosocial format for the Eastern Iowa MH/DS Region to help with complex children's cases.
- d. Lori Elam, CEO, shared the Management Team has been working on developing a list of one-time funding requests for the Eastern Iowa MH/DS Region for FY23. Lori shared that currently, the Region is projected to be \$2.6 million over the fund balance level and if there are services or purchases the Region can fund, they are able to do so. Christine Gradert, Coordinator of Children's Behavioral Health Services shared Challenge To Change, Inc. is requesting \$65,000.00 of additional funding for FY23, fifty (50) slots for teachers, paras and community therapists to attend the ninety-five (95) hour training to teach yoga and mindfulness in the classrooms.
- e. Lori Elam, CEO and Christine Gradert, Coordinator of Children's Behavioral Health Services presented the Eastern Iowa Region Crisis System FY24 Budget Proposal PowerPoint, Eastern Iowa MH/DS Region FY24 Budget Proposal PowerPoint and shared the Eastern Iowa Region FY24 Budget Proposal for Crisis/Admin Services/New Services Spreadsheet, Non-RYC Services/General Services Spreadsheet and FY24 Annual Service and Budget Plan Expenditures Spreadsheet. Lori shared that the Governing Board should approve the FY23 one-time funding requests and FY24 Budget at the next Eastern Iowa MH/DS Governing Board of Directors Meeting, which will be held March 20, 2023. The FY24 Budget is due to Iowa Department of Health and Human Services (IHHS) by April 1, 2023. Discussion was held.
- f. Lori Elam, CEO shared that she has been following Legislative updates. Lori shared updates to the Iowa Department of Health and Human Services (IHHS) Bill. Discussion was held.

III. Other

- a. The next Children's and Adult Advisory Committee Meeting will be Friday, June 2, 2023 from 1:00pm to 2:30pm at the Scott County Administrative Center in the first floor Board Room.
- b. Lori shared that both Children's and Adult Advisory Committees are in need of members. The Children's Advisory Committee has open positions for the following: 1) Parent/Active Relative of a child receiving services, 2) Children's Behavioral Health Provider and 3) Pediatrician. The Adult Advisory Committee has open positions for the following: 1) Active Relative for individual receiving services from Cedar County, 2) Provider from Cedar County and 3) Active Relative for individual receiving services from Scott County.

IV. Public Comment

- a. No public comment at this time.

V. Adjournment

- a. Lori adjourned the meeting at 2:46pm



Jennifer Ybarra, Administrative Assistant, Eastern Iowa MH/DS Region