

Behavioral Healthcare in Iowa

Iowa Healthcare Collaborative Annual Forum
May 10, 2023



Presentation Objectives

- Examine the overall state of behavioral healthcare
- Analyze access and stigma associated with behavioral healthcare
- Promote community and leader involvement better access and resources available



Iowa's Behavioral Health System

Mental Health Services

- MHDS Regions
- Crisis Services
- Designated Community Mental Health Centers

Substance Use and Gambling Services

- Licensed Treatment Providers
- Integrated Provider Network

Access to information, resources and help

- Your Life Iowa
- 988

Mental Health Services

Mental Health and Disability Services Regions

- **2012** Legislation passed to form MHDS Regional system with goals of improving equal access to services and supports for Iowans
- **2014** Regions are effective 7/1/2014
- **2017** Complex Service Needs legislation- **added requirements for crisis services for adults**
- **2019** Children's Services legislation (effective 7/1/2021)-**added requirements for crisis services for children**
- **2021** SF 619 begins to shift funds away from property tax levy to State appropriation

<https://hhs.iowa.gov/mhds-providers/providers-regions/regions>

MHDS Regions

Crisis Services:

23-hour crisis observation and holding,
Crisis stabilization community-based,
Crisis stabilization residential, and
Mobile response

Core Services (Adults and Children):

Screening, Assessment and evaluation
Service Coordination
Outpatient Services
Inpatient hospitalization
Day or Intensive Outpatient Treatment

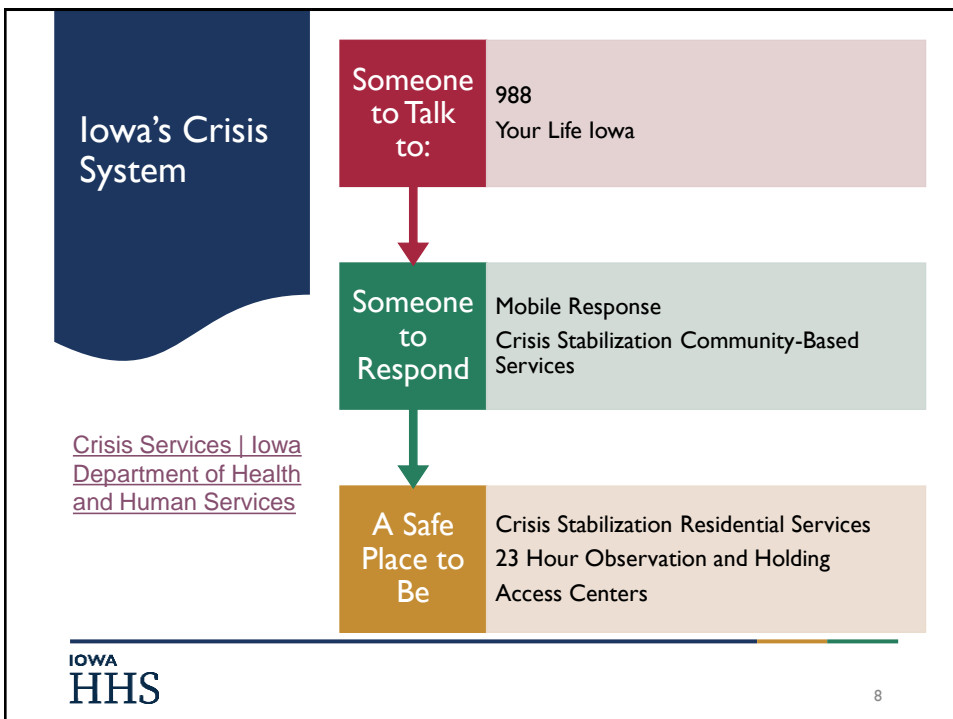
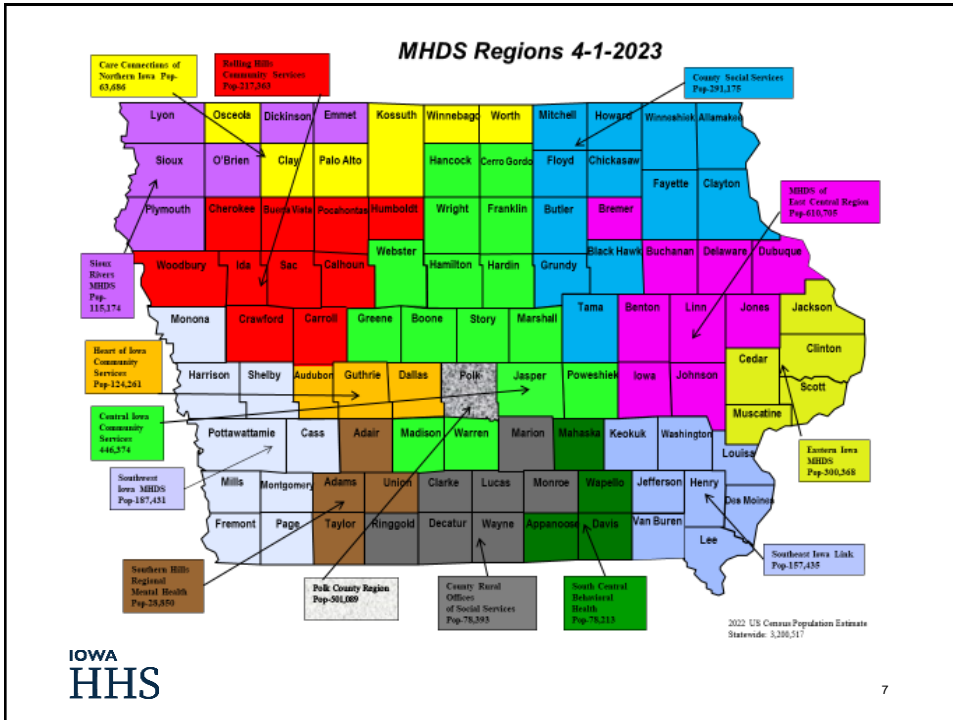
Access an Funding

Core Adult Services:

Access Centers
Assertive Community Treatment
Intensive Residential Services
Mental Health Commitment
Peer Support Services
Service Coordination
Sub-Acute Care

Other Key Services:

Evidence-Based Practices
Provider Education and Training
Family Psychoeducation
Jail Diversion



988 SUICIDE & CRISIS LIFELINE

- Free and confidential 24/7 emotional support to people in suicidal crisis or emotional distress
- National network of over 200 local crisis centers
- Trained crisis counselors who support individuals considering/experiencing:
 - Suicide,
 - Self-harm,
 - Emotional distress, or
 - People looking for help for someone experiencing a crisis.
 - Crisis as defined by the individual.

Iowa



Your Life Iowa

Funded by the Iowa Department of Health and Human Services



- Phone, Chat, Text, Website (<https://yourlifeiowa.org>), Social Media (@YourLifelowa)
- Confidential & Free Information, Resources, Referrals and Help around substance use, gambling, suicide, mental health, and more.
- Available 24/7/365
- Help is offered by experts in the field dedicated to the health of Iowans
- Supportive Text Messaging: YourLifelowa.Support
- Contractor – Foundation 2, Inc. (Cedar Rapids)

CALL:

(855) 581-8111

TEXT:

(855) 895-8398

CHAT:

YourLifelowa.org



Community Mental Health Centers (CMHCs)

Designated by Iowa HHS to serve a catchment area

Accredited through IAC 441-Ch.24 to provide a core set of services:

- Outpatient and evaluation services
- 24-hr emergency services
- Day treatment, partial hospitalization **or** psychosocial rehabilitation services
- Admission screening for voluntary patients to a state mental health institute
- Community support services
- Consultation services
- Education services
- Coordination with unaffiliated agencies

Target Population:

- Individuals experiencing a mental health crisis
- Individuals who have a mental health disorder
- Adults with an SMI And Children with an SED
- Individuals with co-occurring mental health and substance use, intellectual disability, developmental disability, brain injury, or other disability
- [Microsoft Word - MHDS-CMHC-Map.doc \(iowa.gov\)](#)

Substance Use and Gambling Prevention, Treatment and Recovery

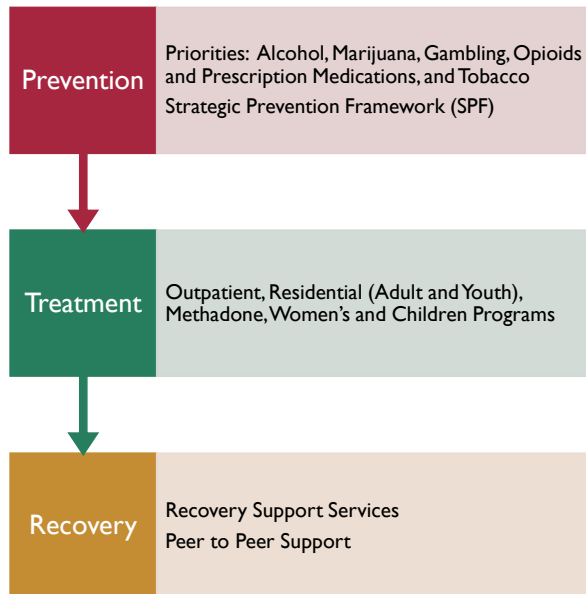
Licensed Substance Use and Gambling Disorder Treatment Programs

641 Iowa Administrative Code Chapter I55

- Substance use disorder assessment and OWI evaluation-only programs
- Substance use disorder programs
 - Outpatient, Residential, Withdrawal Management, Opioid Treatment Programs
- Problem gambling treatment programs
 - Outpatient



Integrated Provider Network Services



Behavioral Health in Iowa

Gambling

- 46% of adults gamble regularly (past 30 days)
- 14% at risk (315,000)
- 1% problem

Alcohol Use

- 63.2% use in past month
- Alcohol Use Disorder 7.2%
- Binge use in past month 30.8%

Other Substance Use

- 7.2% used Marijuana in the past month
- 9.1% Substance Use Disorder

Mental Health

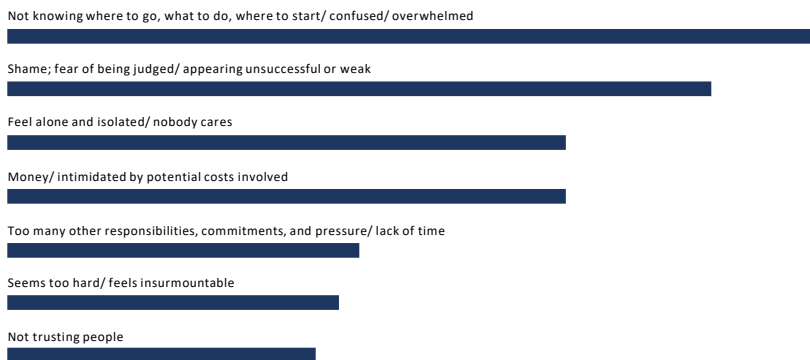
- 19% (18 and older) Any mental illness in the past year
- 8.7% experience a major depressive episode in the past year
- 5.4% had serious thoughts of suicide
- 53.6% with any mental illness that received care
- Suicide Rate (2020) approximately 18 per 100K Iowans
- Death by Suicide (CY 2020) – provisional: 592

Overlap in substance abuse + mental health

- 50% who experience mental illness also experience problems with substance use.

Source: NSDUH , *Gambling Attitudes and Behaviors* - IDPH, *Iowa Public Health Tracking Portal, Behavioral Health Barometer, Iowa, Volume 5.*

Access to Care | Significant barriers



Source: Your Life Iowa Qualitative Research 2019, conducted by ZLR Ignition + Vera Causa

Stigma



- Stigma is discrimination against an identifiable group of people, a place, or a nation.
- Stigma is associated with a lack of knowledge, a need to blame someone, fears about disease and death, and gossip that spreads rumors and myths.
- Stigma hurts everyone by creating more fear or anger toward ordinary people instead of focusing on the disease that is causing the problem.
- Stigma can make people more likely to hide symptoms or illness, keep them from seeking care immediately, and prevent individuals from adopting healthier behaviors.

Reducing Stigma | What can we do?



- Know the facts. Educate yourself about behavioral health.
- Beware of your own attitudes and behavior. Examine your own judgmental thinking reinforced by your upbringing and society.
- Choose your words carefully. The way we speak can affect the attitudes of others.
- Educate others. Pass on the facts and positive attitudes; challenge myths and stereotypes.

Questions?

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