

[View this email in your browser](#)



## Now

One in 5 Americans are living with mental illness.

One in 12 Americans are living with an addiction.

For many years, the need for comprehensive mental health and addiction reform has been urgently sought.

The psychological impacts of the coronavirus pandemic are leading to unprecedented rates of suicide and overdose deaths and increasing the demand for mental health services around the country.----- *Mental Health America*

In Iowa, we have a shortage of mental health professionals and very low reimbursement rates for services whether paid through private insurance or public health insurance like Medicaid. Providers of mental health and addiction services struggle with financial stability and are overwhelmed by demand.

**Because of the pandemic, for a finite period of time, federal funds have arrived to help meet the demands for services.**



## Through the CARES Act:

**Paycheck Protection Program** - handled through the Iowa Workforce Development. First program available. Help related to expenses incurred because of the pandemic.

**Provider relief fund** Only 6% of funds applied for. Apply directly to the feds. Always read the fine print. Cannot apply for funds for purposes already claimed in the Paycheck Protection Program.

**Coronavirus Relief Fund** - \$50 million - Medicaid reimbursement rates have not changed, but more money is available to see more people.

- **Mental Health Providers - \$10M** will go to **Medicaid** providers of non-hospital based inpatient and outpatient services to cover increased costs associated with pandemic.
- **Substance Use Disorder Providers - \$10M** will go to **Medicaid** providers of non-hospital based residential and outpatient services to cover increased costs associated with pandemic.
- **Mental Health and Disability Services Regions - \$30M - \$9.50/per capita** A distribution on an equal per capita amount to each **MHDS region** to support ongoing adult and children's mental health services, including to cover increased service need due to the stressors and isolation associated with pandemic. With \$98-99M of property tax levy dollars going to MHDS regional services, the additional \$30M investment brings the overall system funding to nearly \$130M.

## Through FEMA

**Covid Iowa Recovery Services – all services are free.**

Click on [Pre-Teen Support Groups](#)

Click on [Teen Support Groups](#)

Click on [Parent Support Groups](#)

**Facebook, Instagram, Twitter and Youtube connections**

**Iowa Concern:** 800-447-1985 –*confidential access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. Available 24 hours a day, seven days per week at no charge. Language interpretation services are available.*

**Iowa Warm Line:** 844-775-WARM (9276) *Provides confidential access to peer counseling and can connect people with services. Language interpretation service is available.*

This grant is statewide and all services will be provided virtually. Services are confidential and provided individually and through groups. The services for this grant include:

- Supportive crisis counseling
- Psycho-education - an evidence-based therapeutic intervention for patients and their loved ones that provides information and support to better understand and cope with illness.
- Development of coping skills,
- Linkage to appropriate resources for mental health, decrease stress, provide referrals to housing, food assistance, employment
- Assessing and referring those members of the community who are in need of intensive mental health and substance use treatment to appropriate community resources.

DHS has contracted with 5 providers for the Covid Iowa Recovery Resources.

Special outreach is being made to the following special populations:

- Agriculture, rural communities
- Domestic violence
- Homelessness
- Children and families
- Unemployed, including non-essential and essential staff
- Older adults
- Developmental disabilities
- Veterans and military families



## What Other Changes Has DHS Made for the Pandemic situation?

Medicaid has applied for and been granted several waivers from CMS that gives DHS the authority to implement changes to certain requirements in the delivery of **Medicaid** funded services to assure individuals can continue with access to services.

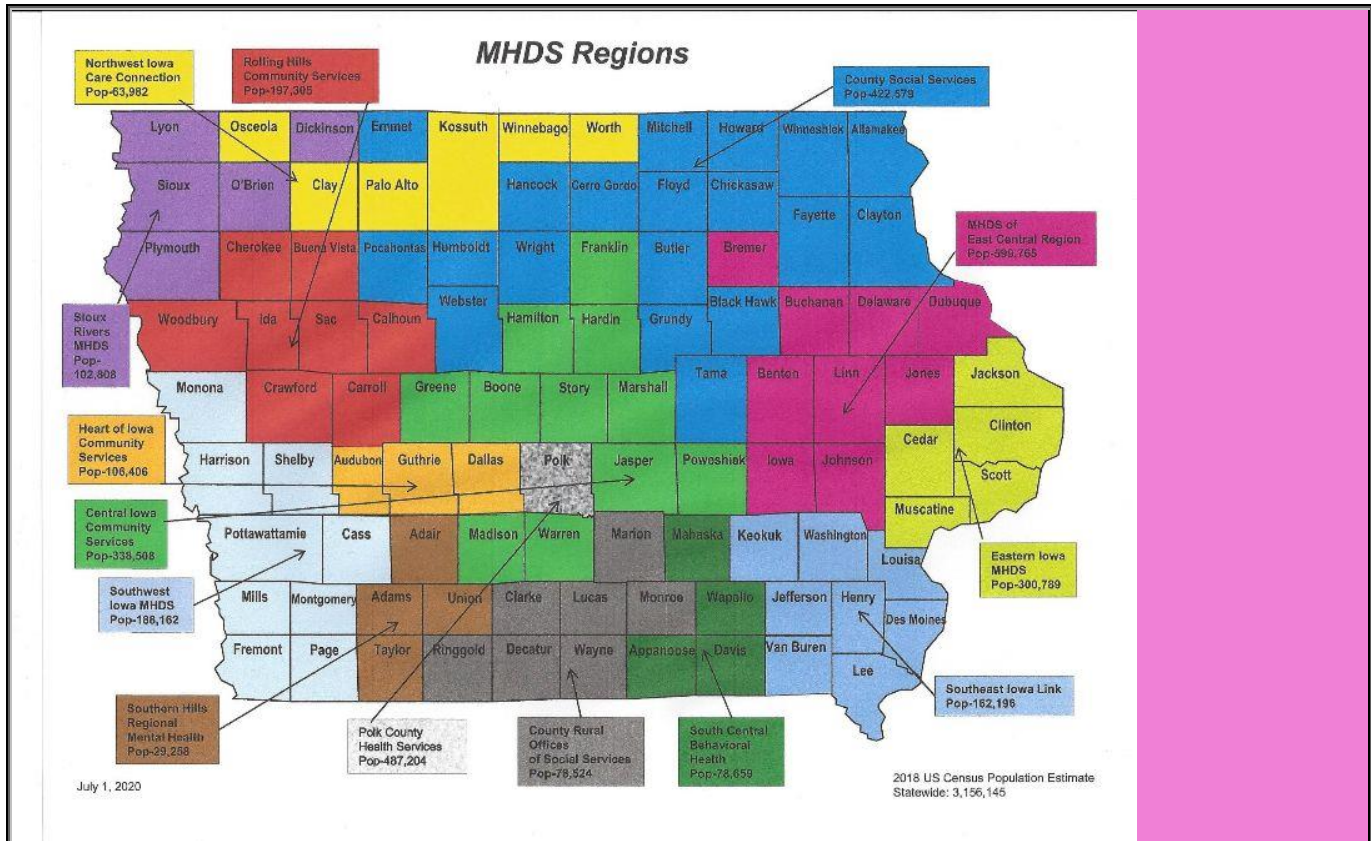
- Waiving co-pays and premiums
- Adding home delivered meals and homemaker services
- Allowing family members to provide direct services in some situations, allowing telehealth when it is clinically appropriate
- Expanding telehealth to include audio
- Not disenrolling any individuals eligible for Medicaid.
- The Center for Medicaid Services (CMS) increased the federal match for services
- Iowa Medicaid and the Managed Care Companies (MCO's) issued retainer payments for April for HCBS services that were unable to be provided including CDAC and Day Habilitation.

No onsite accreditation reviews are taking place and any accreditations that are expiring during this time are being extended.

**Providers are using telehealth wherever possible. Reimbursement for telehealth services is being paid at the same rate as in-person services.**

**It remains to be seen whether the positive changes will be kept past the time of the federal grants and pandemic.**

CMS has announced the contents of an Executive Order signed which expands telehealth. See the article [here](#).



## Knowledge of Providers State-wide

**Mental Health and Disability Service Regions** (MHDS regions) contact information and other information on regions - [Map](#)

**Iowa Behavioral Health Association** (IBHA) - is the **statewide association** and leading voice for **substance use disorder and addiction treatment programs, community mental health centers and problem gambling services in the state of Iowa.**

**Iowa Association of Community Providers** (IACP) – is the **statewide association** representing community-based organizations providing Iowans **mental health and disability services.**



## Types of Providers

*(can have more than 1 provider designation)*

**Certified Community Behavioral Health Clinics** (CCBHC) - a new provider type in Medicaid, designed to provide a comprehensive range of mental health **and** substance use disorder services to vulnerable individuals. In return, CCBHCs receive an enhanced Medicaid reimbursement rate. Required services are: crisis mental health services; screening, assessment and diagnosis; patient-centered treatment planning; outpatient mental health and substance use services; primary care screening and monitoring;\* targeted case management;\* psychiatric rehabilitation services;\* peer support, counseling and family support services; and services for veterans

There are 6 providers in Iowa receiving federal grants for CCBHC: Abbe Center, Seasons Center, Eyerly-Ball, Berryhill, Hillcrest, Plains Area, Robert Young, and Elevate Housing Foundation.

**Community Mental Health Centers** (CMHC) - provide **mental health services** for individuals of all ages regardless of funding.

**Federally Qualified Health Centers** (FQHC) - a reimbursement designation from HHS - *community-based organizations that provide comprehensive primary care and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay or health insurance status.*

**Hospitals** who have behavioral health staff – whether for mental health or for addiction.

**Private providers** – whether an individual practicing alone, or a group of providers in a practice together.

**Accredited Providers**



# Greater Des Moines



---

*Copyright © 2020 NAMI of Greater Des Moines, All rights reserved.*  
You are receiving this email because you have opted in at our website or past event.

**Our mailing address is:**

NAMI of Greater Des Moines  
511 E. 6th St., Suite B  
Des Moines, Ia 50309

[Add us to your address book](#)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

