



Greater Des Moines

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December 2018 NAMI Greater Des Moines newsletter has been posted! [Read it here](#)

Other new posts to the site:

- A document of additional articles, magazines, books and videos from around the nation can be found at the same location as the newsletter.

The Latest:

On November 13, the federal government released groundbreaking new **guidance** to expand and improve mental health services under Medicaid. This new policy will permit states to apply for a waiver that will allow Medicaid to pay for *short-term* (a statewide average length-of-stay of 30 days) inpatient treatment services in an “institution for mental disease (IMD)” —a facility of 16 or more beds that primarily provides mental health treatment.

Why is this important for people with mental health conditions? Currently, the law prohibits states from using Medicaid to pay for care provided in an IMD. This discriminatory exclusion has been part of the Medicaid program since Medicaid’s enactment in 1965, and it has resulted in unequal coverage of mental health care.

People with mental health conditions—just like people with any medical condition—need a range of care options from outpatient services to hospital care. Updating the IMD exclusion to allow for short-term stays in psychiatric hospitals helps strengthen the system and provides people who rely on Medicaid with more treatment options.

More Information



Get Involved

Call 515-277-0672

Join one of our 6 committees!

- Advocacy & Outreach -
- Governance -
- Finance -
- Membership
- Engagement -
- Education & Support -
- Fund Development

Thurs
12/6

8 AM - [Criminal Justice Coordinating Committee](#) meeting - Community Choice Credit Union - Rm 306/307

9:30 to 12:30 PM - [MHDS Commission](#) meeting - Polk Co. River Place - RM 1A

Fri
12/7

[Olmstead Task Force meeting](#) - Pleasant Hill Library 10

Was NAMI involved in making this change?

Yes. Changing the IMD exclusion has long been a [priority](#) for NAMI. Last year, NAMI CEO Mary Giliberti was appointed to a federal committee tasked with making recommendations that will improve the lives of people with mental health conditions. Waiving the IMD exclusion was a major [recommendation](#) of that committee and a focus of the committee's work this year.

When will these changes happen in my state?

Nothing happens automatically. This policy change [will not happen unless your state Medicaid program applies and is approved](#) for a demonstration waiver with the federal Centers for Medicare & Medicaid Services (CMS). NAMI strongly urges states to step up to the plate and use this flexibility from CMS to improve care for people with mental health conditions.

Will this take resources away from community-based care?

No. In order for CMS to approve a state's request for payment in IMDs, states must commit to taking a number of actions to improve community-based mental health care. These commitments to improving community-based care are linked to a set of goals that will include actions or milestones to:

- **Ensure good quality of care in IMDs,**
- **Improve connections to community-based care following stays in acute care settings,**
- **Ensure a continuum of care is available,**
- **Provide a full array of crisis stabilization services, and**
- **Engage people in treatment as soon as possible.**

In fact, the new guidance specifies that federal funding adequate *not making* will be withheld if states are on meeting the milestones and the required progress performance measures. NAMI believes this new policy has the potential to both improve access and quality of care in IMDs and to improve community-based services

What else is in the guidance? In addition to the IMD waiver opportunity, the guidance also outlines existing options that states can use to support innovative service

AM to 3 PM

Wed.,
12/19
"Lifting the Veil"
magazine launch
7:30 to 9 AM
@ Iowa Methodist
Medical Center
1200 Pleasant

Wed.,
1/9
NAMI Greater Des
Moines Board meeting

**Lots of Psychiatrists in
Massachusetts**

**But still poor access to get
mental health help**

[For many, a struggle to find
affordable mental health care](#)

[Click Here to view all of our events!](#)

delivery systems for people with mental health conditions. Specifically, the guidance highlights options for:

- Coordinated Specialty Care for early psychosis
- Earlier identification and engagement in treatment
- Improved data-sharing between system partners, like criminal justice and mental health
- Integration of mental health care and primary care
- Crisis stabilization services
- Tele-mental health
- Registries of available mental health providers
- School-based mental health care
- Care coordination and transitions to community-based care
- Delivery of evidence-based services, such as supported employment and education

How can you help? In order for changes to become a reality in your state, your Medicaid agency must develop a proposal and submit it to CMS. **We encourage you to get involved now.** Every state's proposal will look different, and you can be a part of shaping the proposal to meet the needs in your state.

Here are some ways you can take action:

- Encourage your state Medicaid program to apply for this waiver
- Start a dialogue with your state mental health program director
- Review the guidance and think about what is important for your state to do to improve the lives of people with mental health conditions
- Identify other organizations who can join with you
- Request a meeting with your state Medicaid agency so you can share your thoughts about what should be included in the state's proposal
- Build public and state legislative support for approving the state's Medicaid waiver proposal

Once a proposal is developed, your state is required to seek public input from stakeholders. However, we encourage you to get involved at the ground level so you can shape the proposal rather than simply comment on it.

NAMI Resources

NAMI GDM Website www.namigdm.org

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Crisis Information

Illness Information

Support Groups + more

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Legislation and Advocacy

Volunteer

Faith

Community Conversation 2.0 + more

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Scheduled Trainings

Amazon Smiles

Remember, if you want **Amazon to donate to National Alliance On Mental Illness of Greater Des Moines**, you need to **start each shopping session at the URL**

<http://smile.amazon.com/ch/42-1333379>. You need to select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Choose: **National Alliance on Mental Illness of Greater Des Moines**

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