

Iowa Specialty

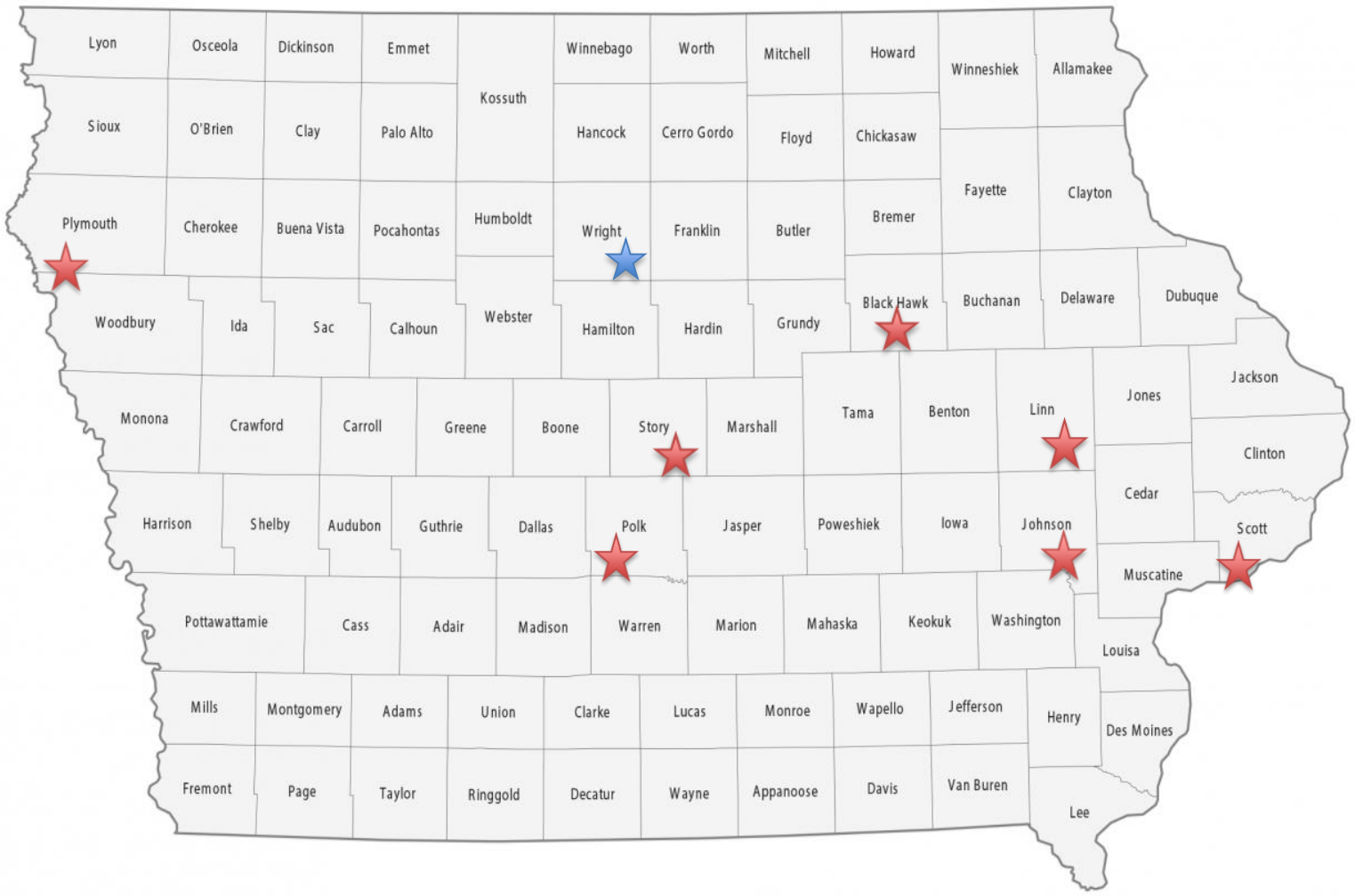
Hospitals & Clinics

Filling the Gap: Mental Health Care in Rural Areas

Iowa Specialty Hospitals & Clinics
Rachel Fletcher, LISW
Clinical Social Worker/Behavioral Health Team Coordinator

Iowa Specialty Hospitals & Clinics

Iowa


Lyon
Osceola
Dickinson
Emmet
Kossuth
Winnebago
Worth
Mitchell
Howard
Winneshiek
Allamakee
Sioux
O'Brien
Clay
Palo Alto
Hancock
Cerro Gordo
Floyd
Chickasaw
Fayette
Clayton
Plymouth
Cherokee
Buena Vista
Pocahontas
Humboldt
Wright
Franklin
Butler
Bremer
Woodbury
Ida
Sac
Calhoun
Webster
Hamilton
Hardin
Grundy
Black Hawk
Buchanan
Delaware
Dubuque
Monona
Crawford
Carroll
Greene
Boone
Story
Marshall
Tama
Benton
Linn
Jones
Jackson
Clinton
Harrison
Shelby
Audubon
Guthrie
Dallas
Polk
Jasper
Poweshiek
Iowa
Johnson
Cedar
Scott
Muscatine
Pottawattamie
Cass
Adair
Madison
Warren
Marion
Mahaska
Keokuk
Washington
Louisa
Mills
Montgomery
Adams
Union
Clarke
Lucas
Monroe
Wapello
Jefferson
Henry
Des Moines
Fremont
Page
Taylor
Ringgold
Decatur
Wayne
Appanoose
Davis
Van Buren
Lee

Iowa Specialty Hospital

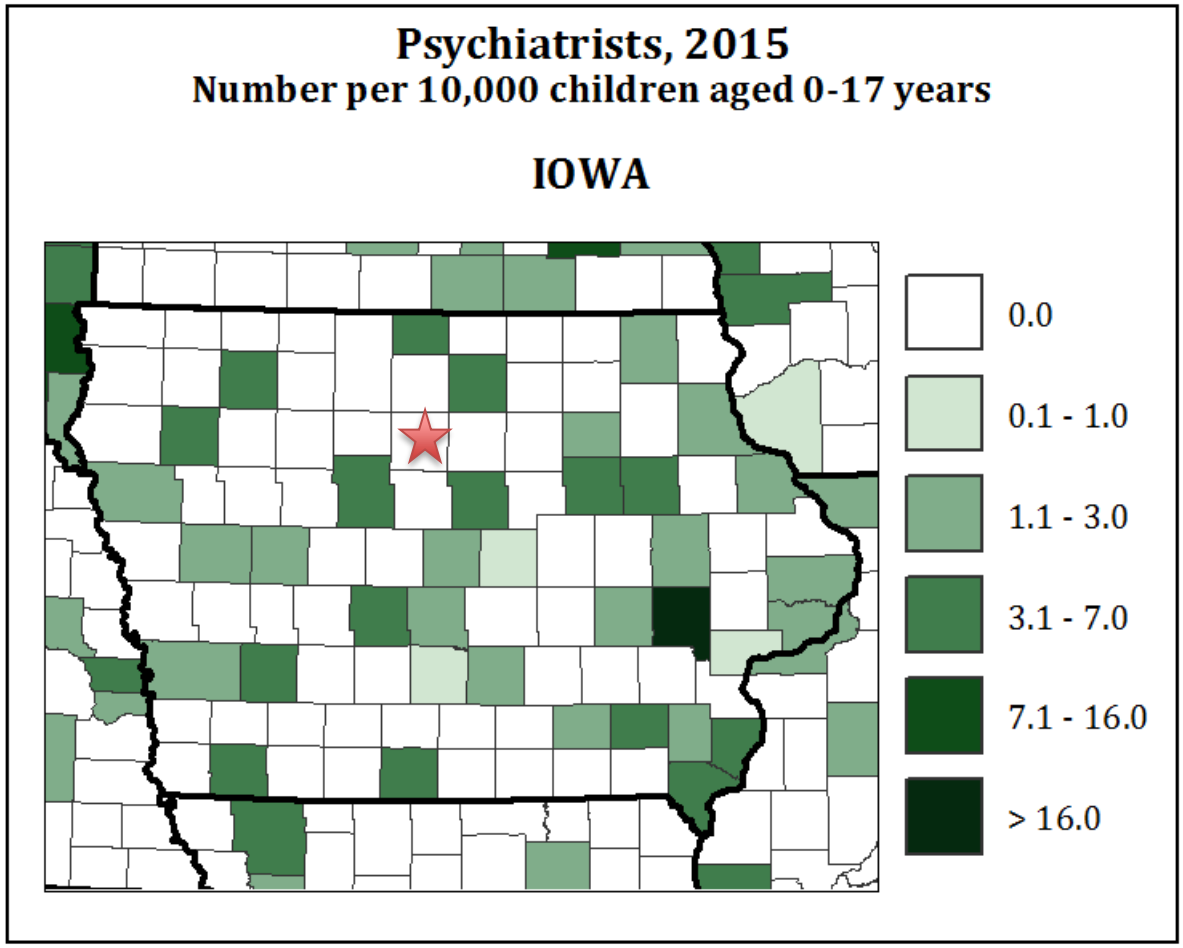


Iowa Specialty
Hospitals & Clinics

Our Why

- Prior to 2015 ISH had two therapists they contracted with.
  - Limited coverage
  - Limited availability
- Psychiatry
  - One psychiatrist came to Wright County 2 days per month
- Options for mental health care in 2015
  - Fort Dodge 45 minutes from Clarion
  - Ames 1 hour from Clarion
  - Mason City 1 hour from Clarion, 40 minutes from Belmond
  - Some agencies had outreach offices in Clarion with limited hours and availability.
  - Telehealth was not as available/widely used.

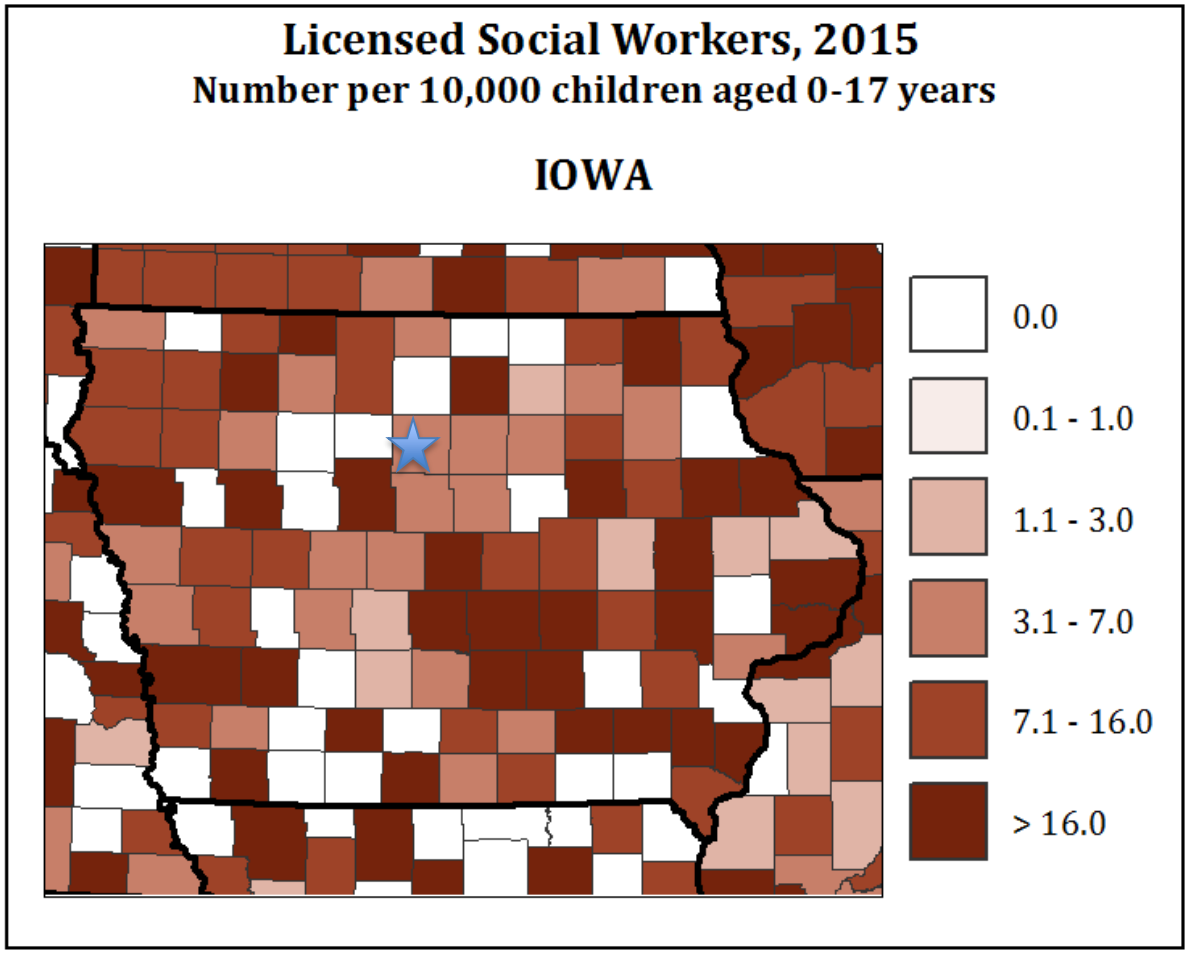
Our Why



https://www.cdc.gov/childrensmentalhealth/stateprofiles-providers/iowa/index.html

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Our Why



- https://www.cdc.gov/childrensmentalhealth/stateprofiles-providers/iowa/index.html

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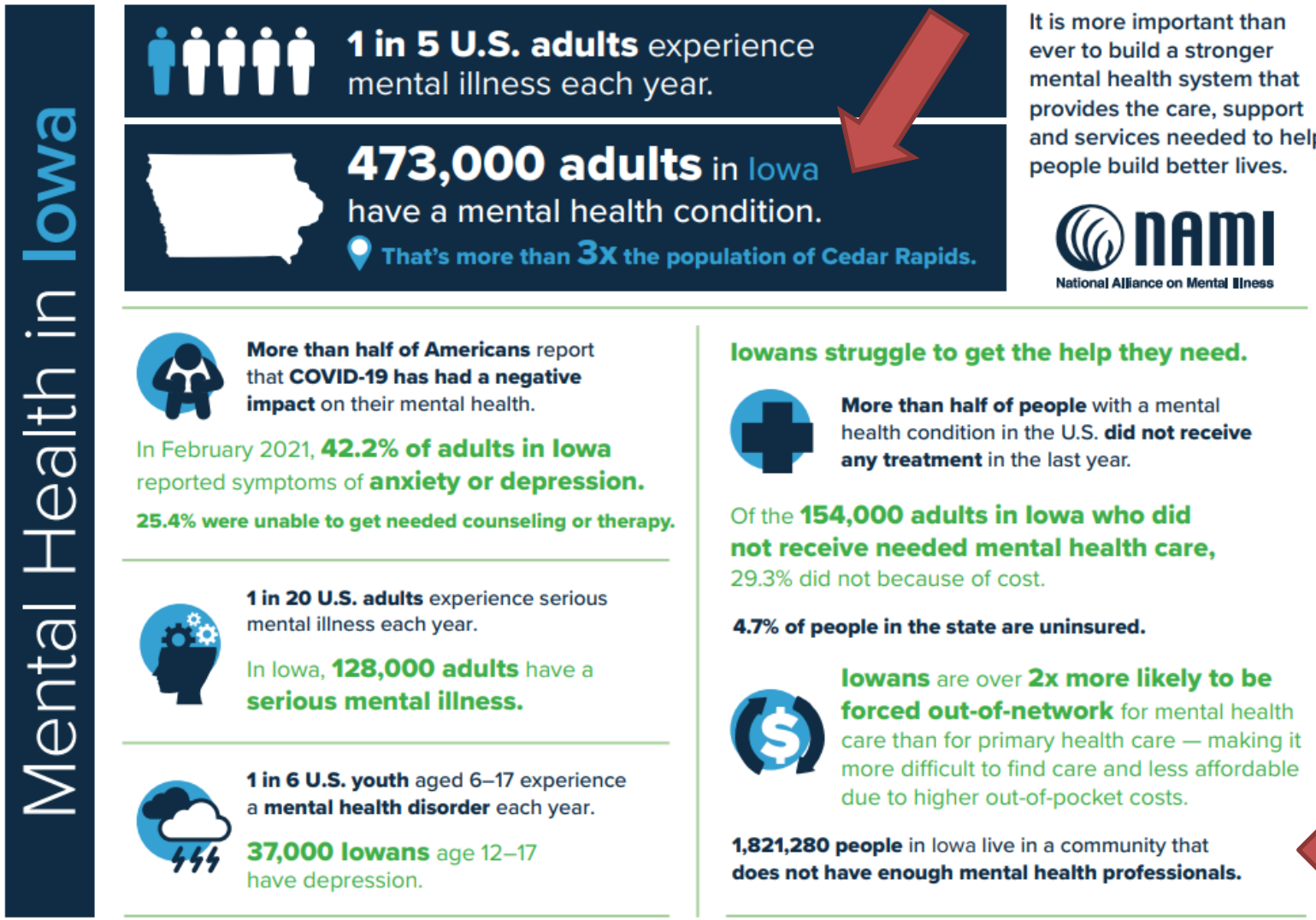
Our Why

- 2015 Health Gaps in Iowa

Clinical Care	Best	Worst	Mean	US Best
Uninsured: population under age 65 without health insurance	8%	13%	10%	11%
Primary care physicians: ratio of population to primary care physicians	1,217:1	3,760:1	1,375:1	1,039:1
Dentists: ratio of population to dentists	1,542:1	5,007:1	1,670:1	1,362:1
Mental health providers: ratio of population to mental health providers	680:1	8,791:1	904:1	383:1

- https://www.countyhealthrankings.org/health-data/iowa/data-and-resources

Our Why



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Our Why

Mental Health in Iowa

An inadequate mental health system affects individuals, families and communities.

High school students with depression are more than **2x more likely to drop out** than their peers.

58.1% of Iowans age 12–17 who have depression **did not receive any care** in the last year.

2,647 people in Iowa are homeless and **1 in 5 live with a serious mental illness.**

On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Iowa, **490 lives were lost to suicide** and 129,000 adults had thoughts of suicide in the last year.

1 in 4 people with a serious mental illness has been arrested by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.





7 in 10 youth in the juvenile justice system have a mental health condition.

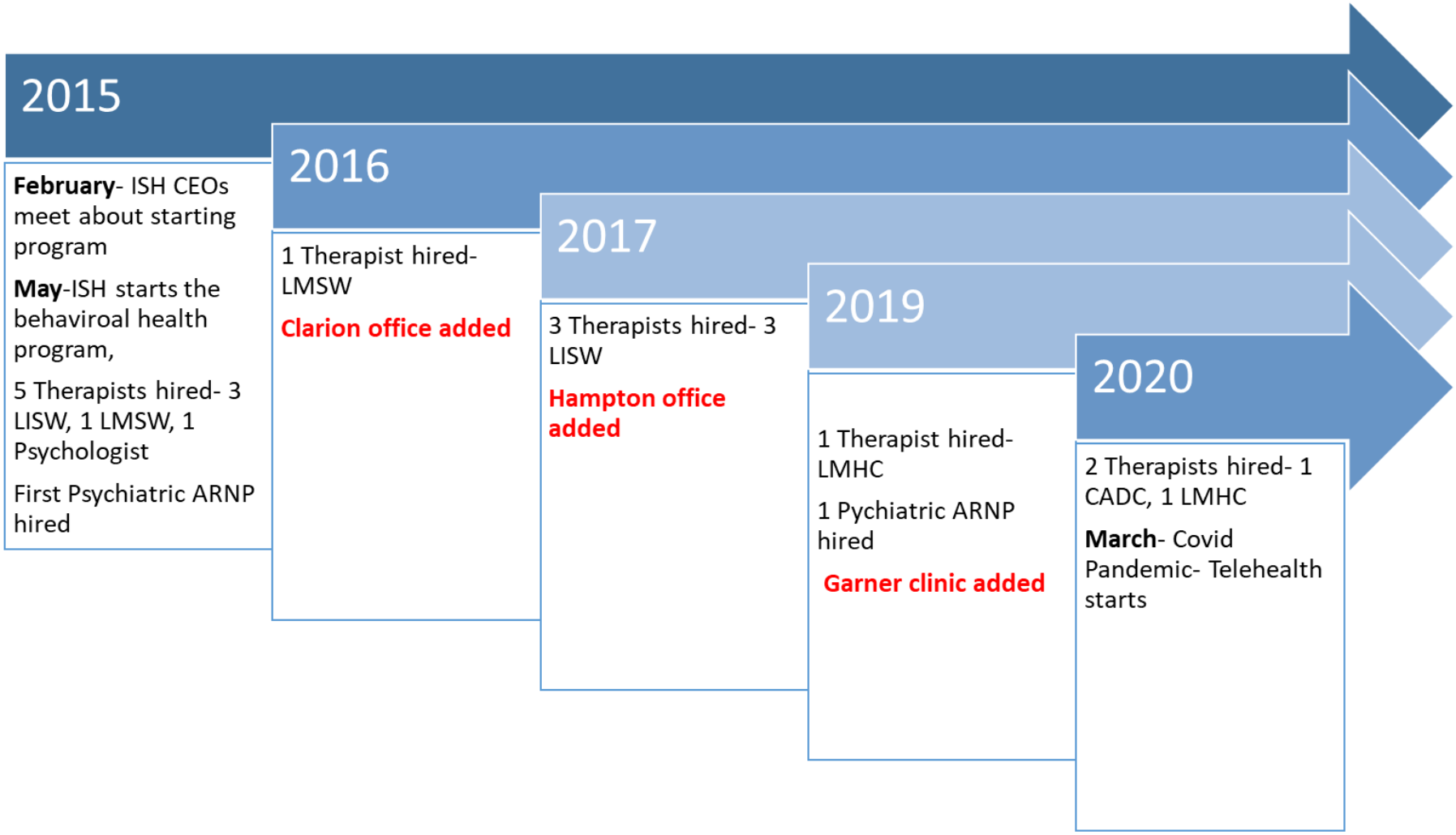
NAMI
National Alliance on Mental Illness

NAMI Iowa is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

This fact sheet was compiled based on data available in February 2021. For full citations, visit: nami.org/mhpolicystats.

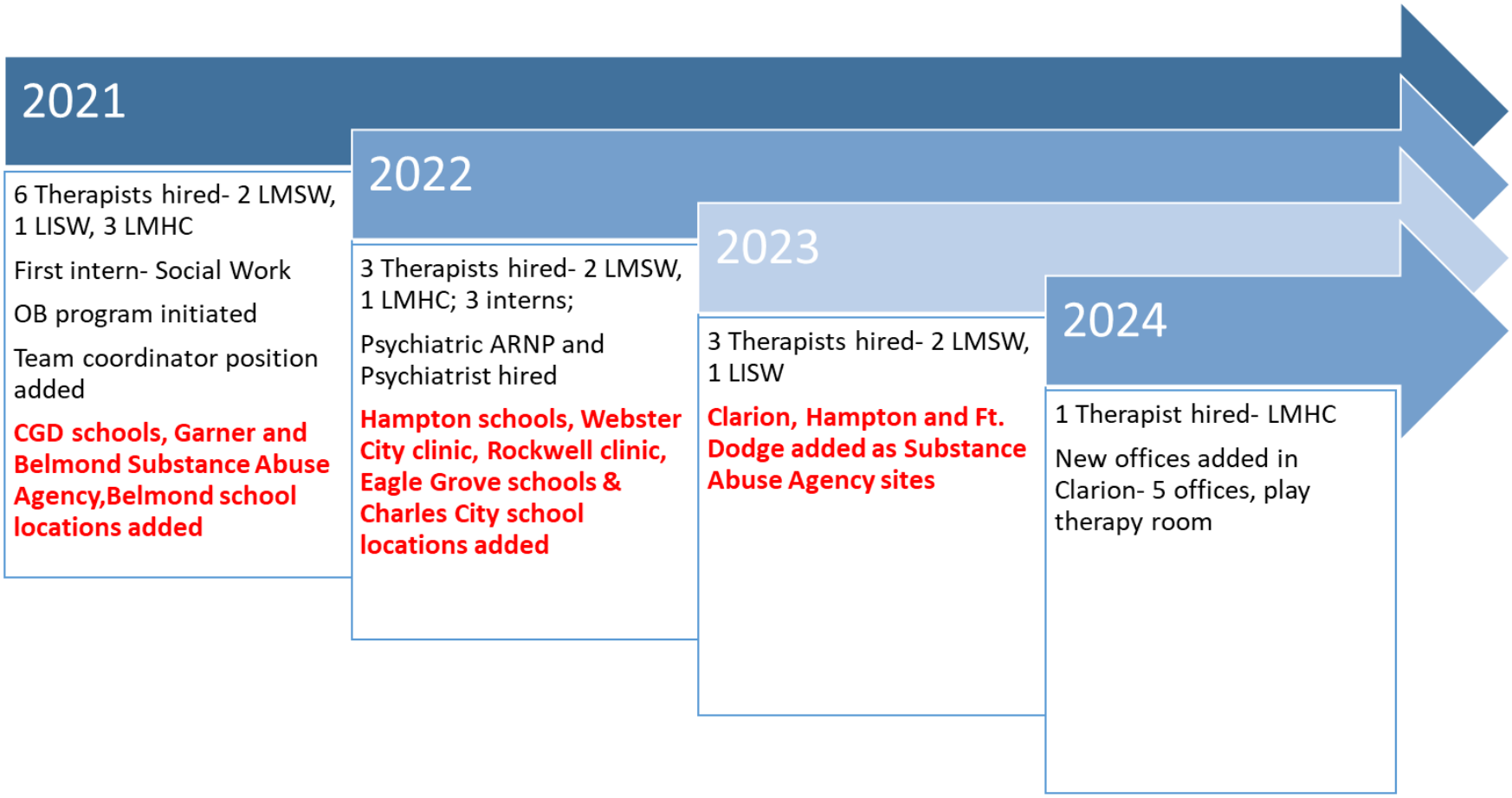
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Where we started vs how it's going



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Where we started vs how it's going



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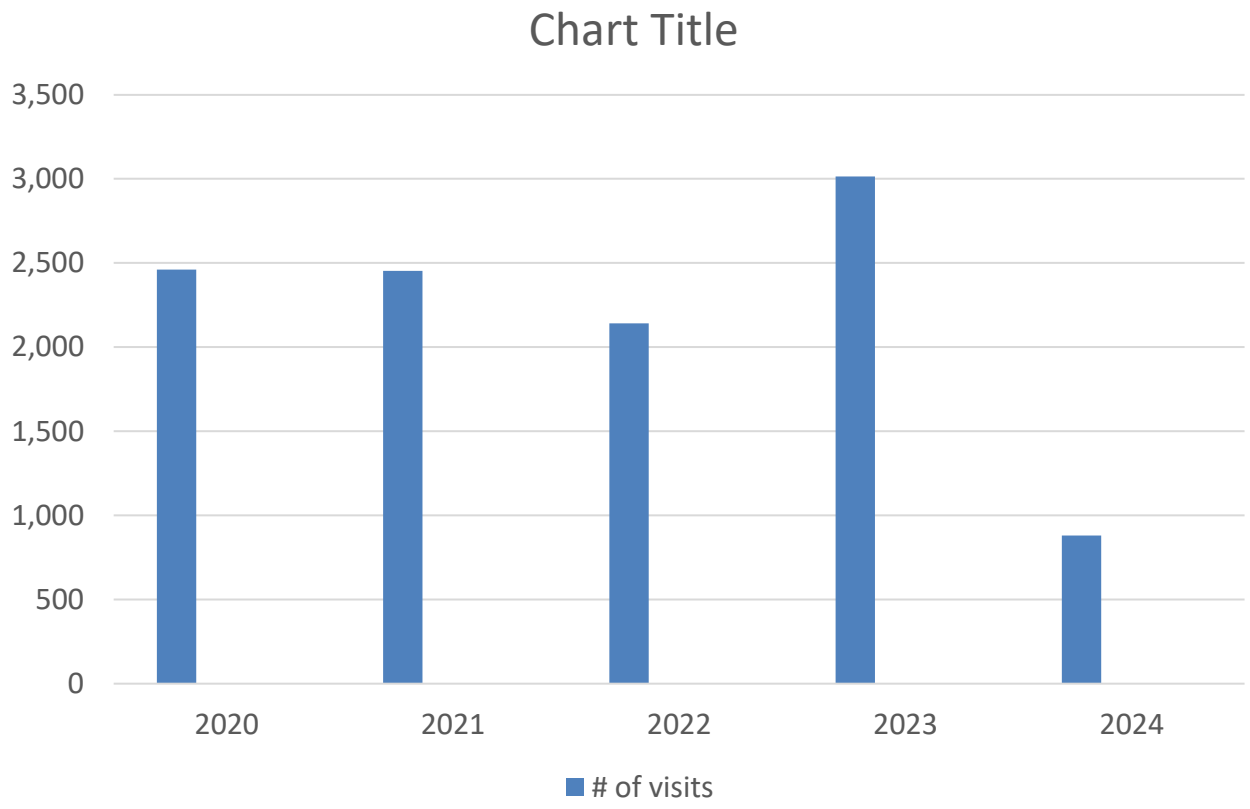
Outpatient Therapy

- Family Practice clinics
- Coordination & consults with FPC providers
- Consults in the ED and hospital (Clarion & Belmond)
- Medical Social Worker
- Intern program

Outpatient Therapy

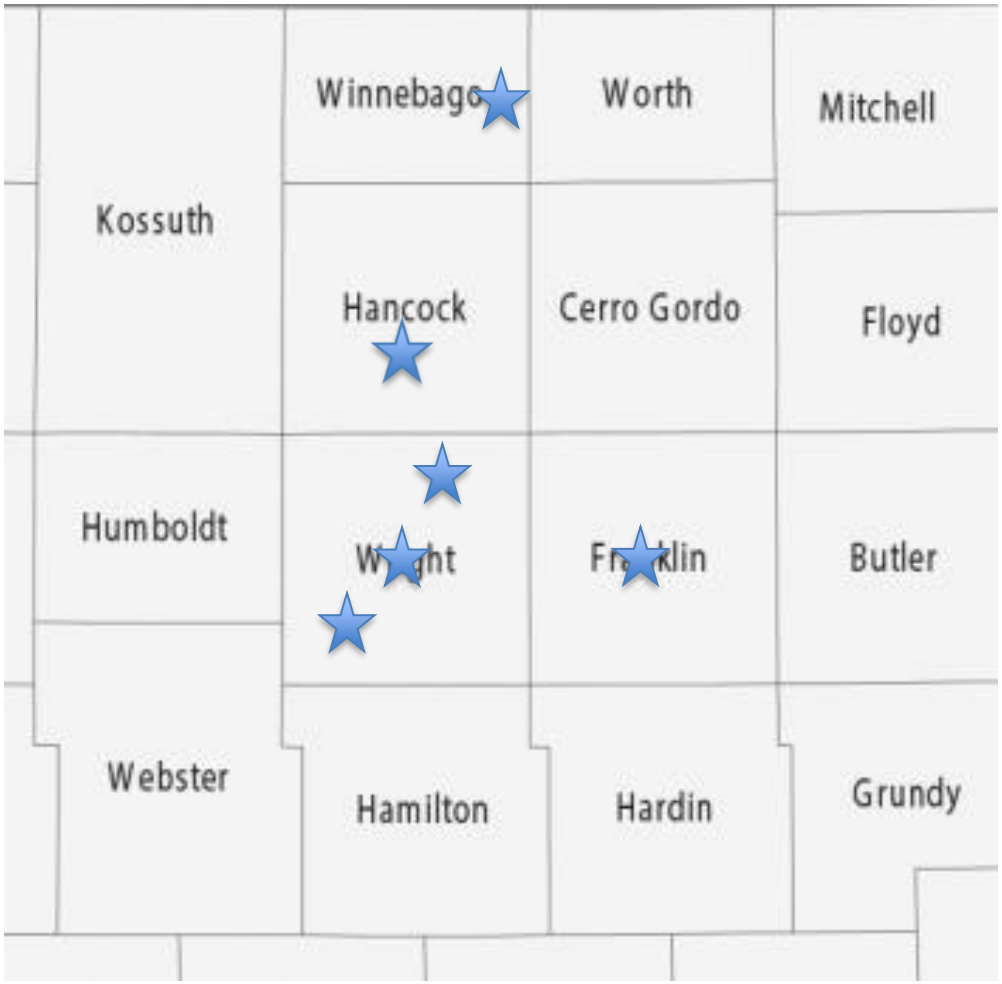
- Telehealth
  - Therapy appointments
  - Consults in ED and hospital
  - Intern program

Outpatient Therapy



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School Program



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School Program

- What makes our school program unique?
  - ISH's dedication to completely staffing the school with a therapist.
  - Funded by ISH, billed through patient's insurance, schools don't pay anything, some funding through grants
  - Most of the therapists are at the schools full time and are a part of the schools team.
    - When they are there full time we ask that the therapist has a dedicated space they can be in and that we can bring in things to make it more comfortable (chairs, couch, toys, etc.)

School Program







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School Program

- Telehealth
  - Offering sessions when school is closed due to weather
  - Incorporating parents into the sessions

Substance Abuse Program

- Locations
  - 2021
    - Garner and Belmond locations added
  - 2023
    - Clarion, Hampton & Ft. Dodge locations added
- 3 Providers- CADC
- Services
  - OWI evaluations
  - Outpatient services
  - Mat Medication
  - Drug testing
  - Prevention services
  - Psychiatric medication management
  - Substance Abuse Professional (SAP)

Substance Abuse Program

- Telehealth
  - Therapy appointments
  - Consults for the ED and hospital

OB Program

- Behavioral Health Clinician
  - January 2021
  - Consults with patients pre and postnatally
    - Any mom who scores a 10 or higher on the EPDS meets with the BH clinician
  - Attends OB team meetings and works with their team on their needs.
  - Provides education to the OB team.

OB Program

- Telehealth
  - Consults if the clinician is not able to complete in person
  - Follow up with the patient afterwards with a phone call or video visit
  - Therapy appointments

Future Program Goals

- Preventative Care vs Reactive Care
  - Schools
  - Clinics and hospitals
  - Social Determinants of Health
- Brief Therapy Program
- GI Program

Questions?

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