


# MENTAL HEALTH in the CEDAR VALLEY



Mental illnesses are biologically based brain diseases that affect an individual's ability to think, feel and relate to others and the environment. These disorders are more common than cancer, diabetes, heart disease and arthritis.

## WHAT THE DATA TELLS US

- 1 in 4 American adults (61 million) will experience a mental health problem/illness in their lifetime. In Black Hawk County, this equates to 29,000 individuals. 60% of these individuals never receive any treatment for a variety of reasons including: stigma, lack of health insurance, transportation barriers and a shortage of providers.
- 1 in 5 children in the US has a diagnosable mental, emotional or behavioral disorder. In Black Hawk County, this equates to roughly 5,500 youth.
- 1 in 10 of these children have a Serious Emotional Disturbance (SED) that causes significant impairment in their ability to function at school, at home or in the community. In Black Hawk County, this equates to roughly 3,000 youth. Almost 50% of these youth never receive any treatment.

Mental health symptoms present themselves on average 7 years before formal diagnosis. Half of all lifetime cases of mental illness occur by age 14, three-quarters by age 24. The opportunities for prevention and early intervention are significant.

Untreated mental health problems have been shown to contribute to:

- POOR ACADEMIC PERFORMANCE & SCHOOL DROPOUTS
- HOMELESSNESS
- UNEMPLOYMENT OR UNDEREMPLOYMENT
- LEGAL DIFFICULTIES/INCARCERATION
- TEENAGE CHILDBEARING
- SUBSTANCE ABUSE
- VIOLENCE
- RELATIONSHIP PROBLEMS
- SUICIDE
- VICTIMIZATION

Cedar Valley United Way

[CedarValleyUnitedWay.org](http://CedarValleyUnitedWay.org)

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## MENTAL HEALTH NUMBERS AND RESOURCES

### Iowa ranks:

- 47th in the US in the number of psychiatrists
- 47th in the US in the number of psychologists
- 47th in the US in the number of psychiatric beds (8.1 per 100,000 versus the recommended 50 per 100,000)

### Resources in Black Hawk County:

- Psychiatrists — 10 full time (3 are hospitalists), 4 part time
- Psychiatric Nurse Practitioners — 6 full time
- University of Iowa Hospital and Clinics has 53 psychiatrists on staff



Cedar Valley United Way is bringing together health care providers, school personnel, law enforcement, legislators, families and individuals affected by mental health illnesses to find a path forward to improve the state of mental health in Black Hawk County.

## WHAT WORKS?

Research suggests that delaying treatment results in the development of more complex, difficult to treat illnesses. Virtually every community survey that has been done in recent years has identified mental health needs as a priority. Yet, since 2011, 41 states have cut their mental health budgets despite predicting an increase in the number of people requiring mental health services.

### What type of mental health programs and services work?

- Evidence-based practices
- Prevention and education
- Early intervention (school-based)
- Outreach or in-home services
- Crisis intervention training for law enforcement
- Mobile crisis programs
- Jail diversion (pre and post)
- Integrated health homes (care coordination)
- Injectable medications
- Transportation
- Patient assistance programs
- Open access

## PRIORITY ACTION ITEMS

- Increasing school-based mental health services
- Increasing community treatment capacity
- Decreasing the burden of mental health on our emergency departments and jail facilities

Screening	Infant/Toddler 0-5 years	Child 6-12 years	Adolescent 13-19/21 years	Adult 19-64 years	Elderly 65+	Current Funding	Supports/Resources	Barriers
Screening	First Five - health dept. Early Periodic Screening (EPSDT) Physical and Mental Head Start- what is their screening activity? Family and Children's Council DHS Allen CPC	Success Street, all elementary schools AEA 267 - ask them for more info Ask CRRA Family and Children's Council UnityPoint Health Clinics DHS Allen CPC	Success Street UnityPoint/ACE-SAP Wheaton Family and Children's Council Jails/courts DCS Jail Diversion UnityPoint Health Clinics	UnityPoint/ACE-SAP Wheaton Employers - EAP Family and Children's Council Jails/courts DCS Jail Diversion UnityPoint Health Clinics	UnityPoint/ACE-SAP Wheaton Assisted Living/Retirement facilities NEHA - not formal Jails/courts DCS Jail Diversion UnityPoint Health Clinics	UnityPoint/ACE-SAP private foundations partnership w/ medical IDPH DCS/Jail Insurance	Barriers - seen as a weakness - timing of when/where you have a captive audience - anything with medicine is a concern right now - awareness of where to obtain - transportation - not including mental health in all health screenings - are we asking the right questions - care coordination - handoff from screening to care	
Prevention	First Five EPI - Early Development Intervention MJC - follow up for more info CRRA - ask about resources NAAMI FCC Pathways Government Regulatory Walk-Child-visits Noverway Waypoint	SuccessStreet AEA 267 Mental Health First Aid NAAMI Pathways FCC Government Regulatory Walk-Child-visits Noverway Waypoint	SuccessStreet HCC - Mental health counselor at health center UNI Pathways AEA 267 People's Clinic PHQ NAAMI Mental Health 1st Aid Government Pediatric Riversview/Waypoint FCC	VA Clinic DHS Hawkeye Comm. College UNI Pathways Courts NAAMI People's Clinic PHQ EAPs DCS Jail Diversion SBIRT - People's Riversview Waypoint	Iowa Caregivers Assoc. NEHA Wheaton UnityPoint LifeLine Links Pathways DCS Jail Diversion NAAMI	medical/care gambling revenue - used for subst. ab. prevention DCS/Jail CSS - Region IDPH Grants (mental health 1st aid)	prevention not being funded stigma	
Crisis Intervention	DHS (all age groups) ER (all age groups) Public Safety (all age groups) Allen CPC (all age groups)	SuccessStreet Quakerdale School Counselors	SuccessStreet Government Emergency Mental Health Liaisons DCS Jail Diversion Quakerdale	Government Emergency Mental Health Liaisons Hawkeye Comm. College DCS Jail Diversion ACSC - Adult Crisis Stabilization Center-10 beds Black Hawk Grundy Mental Disaster Relief - UNI ANP School Counselors K12-secondary Four Oaks STAR - nov 1,14-adult	Government Emergency Mental Health Liaisons CSS - Region DCS Jail Health Mandatory reporters	Coordination of care - are agencies aware of others providing ths services Slowed funding = slowed programming Lack of space Shortage of professionals - esp. for adolescents Lack of reimbursement for Telemed		
Inpatient	faith based community		DCS Jail Diversion SuccessStreet Government Emergency Mental Health Liaisons Allen Mental Health Unit Covenant 5 East - stillpoint Allen Mental Health Unit	Covenant 5 East Saford Senior Behavioral Health Allen Mental Health Unit	Insurance CSS - Region Medical Privatization? Insurance Private Pay	Availability/Capacity Shortage of providers/professionals Possible closure of MH Continuation of treatment/plists beyond initial transportation		
Outpatient	Black Hawk Grundy Mental Health Psychiatric Associates Covenant Clinic Psychiatry Private Agencies/Professionals	Covenant Clinic Psychiatry Success Street Black Hawk Grundy Mental Health Psychiatric Associates	Covenant Clinic Psychiatry LISW - Covenant Clinic - Evanisdale/Arrowhead/ Oelwein Success Street Black Hawk Grundy Mental Health	Covenant Clinic Psychiatry LISW - Covenant Clinic - Evanisdale/Arrowhead/ Oelwein Hawkeye Comm. College Black Hawk Grundy Mental Health	Insurance Private Pay CSS Region Hospital's Community Care/charity programs Drug courts	Shortage of providers/professionals Insurance and private pay limitations (ACA?)		
Substance Abuse	Pathways	Pathways	Private Agencies/Professionals	Private Agencies/Professionals	Insurance IDPH	Difficult to refer and maintain follow-through transportation across the board		
no addl. Inpatient	Neonatology	school counselors	HCC/UNI	Community-based corrections	Insurance drug court			

<p>Ch. 38. Luke's Education/Awards</p>	<p>Youth Mental Health First Aid; Mental Health First Aid; Black Hawk Grundy Mental Health Pathways NAMI</p>	<p>Partners CSS-Region Grants</p>	<p>Lack of addl inpatient services Funding Staff, resources, time</p>
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Others to look into  
 Justice Ministerial  
 Operation Threshold  
 LSI



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Hot Topics Today

## 10 Things You Might Not Know About Mental Health

By [John M. Grohol, Psy.D.](#)

~ 1 min read

1 [4 Ways You Could Be Sabotaging Your Relationship and What to Do About It](#)

In the vein of figuring out what life is all about in this world, it sometimes helps to have "cheat sheets." Financial planners do this, programmers do this, managers do this, engineers all do this to help them remember important things about their world, their lives, whatever. Without further ado then, here's the list:

2 [How to Regain Your Self-Respect Once It's Lost](#)

1. Mental health treatment is most effective (e.g., makes you feel better sooner) when your care is **holistic** in nature and provided by a **multidisciplinary team** of treatment providers (e.g., a therapist, a medical doctor, and others as needed).
2. Your mental health has a **direct and measurable** impact on your physical health and overall well-being.
3. Knowing and learning more about yourself is the best investment you can make today. If knowledge is power, self-

3 [Study Explores Forgiveness of Partner Infidelity](#)

#### 4 Daydreaming May Be Sign of Intelligence

#### 5 The Psych Central Show Podcast is a WEGO Health Award Winner

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#### **knowledge is the ultimate power.**

4. Our understanding of the mind today is at approximately the same place as a doctor's understanding of the heart was 200 years ago.
5. The first professional you go to for treatment is often **not the one** you will receive treatment from (nor should it be). You may need to "shop around" to find a professional that fits your needs and expectations of care.
6. Your doctor or therapist **doesn't know everything** about your condition or the best treatment for you. You may know more than he or she does (especially if you've been living with the condition for a long time, or the condition is rare).
7. Your mental health treatment is more often than not based upon **trial and error**.
8. Most psychotherapists in the real world **do not** usually provide treatment to people based upon research findings (e.g., they are not providing "empirically-based treatment"). Psychotherapy research often uses rigorous "treatment protocols" that are rarely used in most clinicians' practices.
9. **You may be your own best (but secret) treatment provider.** By educating yourself, tracking or journaling your moods, what coping methods you use, etc., finding a support group, and such, you may actually be able to help yourself as much as many professionals can. Even if you can't, you can provide your treatment provider with a lot of help and data that will help improve the efficacy of your overall treatment.
10. **Mental health care is not always affordable, timely, or easy to access.** A lot of work needs to be done in order to make mental health care more affordable, available in a timely manner in every community, and without having to jump through a dozen hoops in order to receive the best care possible.

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## About John M. Grohol, Psy.D.



**Dr. John Grohol** is the founder & CEO of Psych Central. He is also an author, researcher, and expert in mental health online, and has been writing about online behavior, mental health and psychology issues -- as well as the intersection of technology and human