

**Regional Autism Assistance Program (RAP)  
Expert Panel Advisory Committee Meeting  
January 8, 2020  
12:00 - 1:00 pm  
Via Go To Meeting**

Name	Organization/Role Representing	Attended in person or via Go To Meeting
Alyson Beytien	Hills & Dales/Family Member	x
Josh Cobbs	Family Advisor	
Kimberly Cooke	Family Advisor	
James Curry	Family Advisor	x
Peter Daniolos	UICH Child & Adolescent Psychiatry	
Connie Fanselow	Iowa Department of Human Services, Iowa Mental Health and Disability Services Commission	
Megan Hartwig	Iowa Department of Public Health	
Erika Hertel	RAP/Family Member	x
Michelle Holst	Iowa Department of Public Health- 1st Five	x
Leann Hotchkiss	Family Advisor	x
Aaron Kauer	UICH Child & Adolescent Psychiatry	
Andrea Keith	Iowa Vocational Rehabilitation Services	x
Vanessa Kimm	Family Advisor	
Shawn Kolb	ChildServe	x
Toni Fuller Merfeld	Metro West Learning Center	x
Steve Muller	Balance Autism	x
Nathan Noble	Blank Children's Hospital	
Michelle Nuehring	Grant Wood AEA	
Analisa Pearson	Iowa Department of Public Health	
Kelly Pelzel	UI Stead Family Children's Hospital Autism Center	x
Sacha Pence	Drake University	x
Mary Roberts	Family Advisor	
Leslie Rogers	ChildServe	x
Natalie Sandbulte	Seasons Center for Behavioral Health	
Thomas Scholz	Division of Child & Community Health	
Kristine Steinmetz	Autism Society of Iowa/Family Member	x
Blake Stephenson	Tanager Place	
Jill Stevenson	Family Advisor	
Rachell Swanson-Holm	Learn the Signs. Act Early., RAP	x
Wendy Trotter	Iowa Department of Education	x
Kathy Francois	Administrative Support	x
Guests		
Candace Fedeler	Metro West Learning Center	x

## Welcome and Introductions

Facilitator: Erika Hertel

- Roll call was taken and introductions were made.
- Membership update: James Curry was welcomed to the panel as a Family Advisor. James is an advocate and father of Ryan who has a diagnosis of ASD with speech delays. James previously served on the Iowa Autism Council.

**Member Updates:** Erika asked for updates and announcements.

- Kris from ASI announced Autism Acceptance and Advocacy Day on the Hill will be held at the Iowa State Capital, February 18 from 8 AM until noon. You can register on the ASI website: <https://autismia.com/event/2020-autism-acceptance-and-advocacy-day-on-the-hill/>
- Steve from Balance Autism disclosed they are hoping to announce the Iowa City location soon for anticipated ASD services.
- Erika announced she will be developing an email list serve to share events such as the RAP Autism Basics webinar series.

## Crisis Planning: Continue work from last meeting

Erika led a discussion regarding the draft crisis plan that panel members worked on at the last meeting. She discussed the need for such a plan originated with families and providers who recognized the inadequacies in finding crisis care statewide for children. The original draft was sent out with the minutes from our October 9<sup>th</sup> meeting.

- **Bullet 1**-A suggestion was made to include the telephone number of the Psychiatric Consult line. James asked if there were any plans to educate Emergency Room Physicians on ASD. Wendy shared information on what Illinois had done with Emergency Room physicians along with all 1<sup>st</sup> Responders regarding training. James suggested we investigate training possibilities.
- **Bullet 2**-James asked if this group had any contacts with the Iowa MCO's. James is willing to make contacts to inquire about crisis placement and treatment options/protocols. Alyson gave an example of a crisis she experienced with an adolescent and family she served with little hope given to find out-of-home placement and that it would likely be denied by the MCO. Residential placement options and application process is not clear for families and she questioned is training and support something we can offer. Tony mentioned she is experiencing similar issues in her service area. Erika mentioned we are hearing from RAP Family Navigators that families are having to attempt to find placements in Psychiatric Mental Health Institutions (PMHI) for children on their own and are told there are "no openings". Connie Fanselow who is on medical leave may be able to help us find answers to our questions. Erika mentioned Connie provided a DHS contact who is available while she is on leave. James will contact Iowa Total Care to inquire about crisis care. Kris suggested we have a representative from each MCO join as a panelist. Toni said we need to think about the process for non-Medicaid families too. Erika mentioned families may need to apply for a waiver and Medicaid early rather than waiting for a crisis to occur. Alyson agreed that families could do a lot to prepare for potential crisis. This would be especially important when there has been challenging behavior. Once puberty hits there are often added concerns. If the family knows the process with their MCO, when there is a crisis, they will be more prepared. It is important to talk about the future to prepare families.
- **Bullet 4**-Alyson suggested we include Intermediate Care Facilities as another residential option. Alyson gave an example that her son with ASD was denied a PMIC placement because he also had an Intellectual Disability. Another consideration is once a child is placed, who is responsible for their education? Does every agency need an application packet from the family or is there a way to use the same form to apply for all?
- **Bullet 5**-Erika asked if there were any other Partial care or intensive day treatment resources to add to the list. There was further discussion about what, if any, support is available to families after child is released from a psychiatric placement. James asked if the CDD Challenging Behavior Clinic have knowledge of options for crisis care. Kelly mentioned Mike in Psychiatry is available on a limited basis to assist. He also does telehealth. Questions arose as to who provides emergency crisis care and that is necessary to know. Erika mentioned UIHC does child psychiatry consults.

- **Bullet 6**-Erika shared the Mobile Mental Health Crisis Units were to be in place by July 2020. They will be equipped with teams to address the crisis face-to-face. You can find the CEO assigned for each region on the DHS website. ([https://dhs.iowa.gov/sites/default/files/Regional-Contacts\\_6.pdf?010920201917](https://dhs.iowa.gov/sites/default/files/Regional-Contacts_6.pdf?010920201917)) Wendy asked if these teams have training in ASD?



Crisis Planning-  
draft 1-8-2020.docx

## Action Steps

1. **Alyson** is willing to start gathering information regarding strategies for families to prepare for a potential crisis and find out who to contact at Medicaid or private insurance regarding crisis plans.
2. **James** is willing to contact Iowa Total Care\* and the Polk County Regional CEO to gather information.
3. **Erika** will contact the CEO for Johnson County.
4. **Kris, Shawn, and Leslie** will look into 1<sup>st</sup> Responder and ER Physician trainings.
5. **Kelly** will check into what other services UIHC Psychiatry and CDD can offer.
6. **Rachell** will contact the CEO for Webster County and locate a PMIC list.
7. **Kelly and Leslie** will share the crisis planning document with additional staff for input.
8. **Kris** will contact Amerigroup\*.

### \*MCO questions-

- What is the process for families whose child is in crisis and/or in need of residential placement?
- Are their staff trained on Autism Spectrum Disorder?
- Is there a representative who be interested in attending the next RAP Expert Panel meeting on April 8?

## Next Meeting

Wednesday, April 8, 10 am - 2:00 pm, in person  
Balance Autism,  
1625 Adventureland Drive, Suite B  
Altoona, IA 50009  
Lunch Provided

## Resources Shared

- **Iowa Mental Health and Disability Services (MHDS) Redesign:** Many regions are in the process of developing the core services for the children's system and are also in the process of or have already developed Children's Advisory Committees. See list of CEOs', their contact information and the counties included in each of the regions
  - Regional CEO Contacts (pdf copy sent out with minutes): [https://dhs.iowa.gov/sites/default/files/Regional-Contacts\\_6.pdf?120320192139](https://dhs.iowa.gov/sites/default/files/Regional-Contacts_6.pdf?120320192139)
  - Region information: <https://dhs.iowa.gov/mhds-providers/providers-regions/regions>