Healthy Iowans 2017-2021
Iowa’s Health Improvement Plan

Mental Health, Illness & Suicide

REVISED August 2019

Coordinated by the
Bureau of Public Health Performance
Iowa Department of Public Health
## FOCUS AREA: Mental Health, Illness, & Suicide

### What Health Issues Are Included
Mental Health, Illness, & Suicide

### Mental Health, Illness, & Suicide Measures of Health Improvement

#### MH-1 Decrease the percentage of adults who reported their mental health was not good 14 or more days in the past 30 days.

<table>
<thead>
<tr>
<th>Overall</th>
<th>Female</th>
<th>Ages 18-44</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 9%</td>
<td>Target: 11%</td>
<td>Target: 11%</td>
</tr>
<tr>
<td>Baseline: 10% [2016]</td>
<td>Baseline: 12% [2016]</td>
<td>Baseline: 12.5% [2016]</td>
</tr>
<tr>
<td>Newest: 11% [2017]=8%↑ increase</td>
<td>Newest: 13% [2017]=8%↑ increase</td>
<td>Newest: 13% [2017]=5%↑ increase</td>
</tr>
</tbody>
</table>

**Income less than $25,000**

<table>
<thead>
<tr>
<th>Overall</th>
<th>Female</th>
<th>Ages 18-44</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 17%</td>
<td>Target: 23%</td>
<td>Target: 23%</td>
</tr>
<tr>
<td>Newest: 22% [2017]=16%↑ increase</td>
<td>Newest: 26% [2017]=3%↑ increase</td>
<td>Newest: 26% [2017]=3%↑ increase</td>
</tr>
</tbody>
</table>


#### MH-2 Increase the number of mental health providers (per 100,000 population).

<table>
<thead>
<tr>
<th>Overall</th>
<th>Ages 18-44</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 129</td>
<td>Target: 14</td>
</tr>
<tr>
<td>Newest: 132 [2017]=8%↑ increase</td>
<td>Newest: 14 [2017]=8%↑ increase</td>
</tr>
</tbody>
</table>

Data Source: Centers for Medicare and Medicaid Services, National Provider Identification Registry. Courtesy: University of Wisconsin Population Health Institute, County Health Rankings. Rankings Data & Documentation, National Data & Documentation. [https://www.countyhealthrankings.org/](https://www.countyhealthrankings.org/)

#### MH-3 Increase the percentage of children ages 3-17 with a mental/behavioral condition who have received treatment or counseling.

<table>
<thead>
<tr>
<th>Overall</th>
<th>Ages 15-19</th>
<th>Ages 20-29</th>
<th>Ages 30-39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 66%</td>
<td>Target: 9</td>
<td>Target: 17</td>
<td>Target: 20</td>
</tr>
<tr>
<td>Newest: 61% [2017]=3%↓ decrease</td>
<td>Newest: 15.4 [2017]=50%↑ increase</td>
<td>Newest: 15.1 [2017]=4%↑ increase</td>
<td>Newest: 15.1 [2017]=4%↑ increase</td>
</tr>
</tbody>
</table>


#### MH-4 Decrease the rate of suicides (per 100,000 population).

<table>
<thead>
<tr>
<th>Overall, age-adjusted</th>
<th>Male, age-adjusted</th>
<th>Ages 30-39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 13</td>
<td>Target: 22</td>
<td>Target: 20</td>
</tr>
<tr>
<td>Newest: 15.1 [2017]=4%↑ increase</td>
<td>Newest: 24.4 [2017]=1%↑ increase</td>
<td>Newest: 22.1 [2017]=2%↑ increase</td>
</tr>
</tbody>
</table>

**Ages 15-19**

<table>
<thead>
<tr>
<th>Overall</th>
<th>Male, age-adjusted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 9</td>
<td>Target: 17</td>
</tr>
<tr>
<td>Baseline: 10.3 [2016]</td>
<td>Baseline: 18.8 [2016]</td>
</tr>
<tr>
<td>Newest: 15.4 [2017]=50%↑ increase</td>
<td>Newest: 17.7 [2017]=6%↓ decrease</td>
</tr>
</tbody>
</table>

**Ages 20-29**

<table>
<thead>
<tr>
<th>Overall</th>
<th>Male, age-adjusted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target: 20</td>
<td>Target: 22</td>
</tr>
<tr>
<td>Newest: 21.7 [2017]=1%↓ decrease</td>
<td>Newest: 18.5 [2017]=16%↓ decrease</td>
</tr>
</tbody>
</table>

Data Source: CDC, NCHS. Multiple Cause of Death on CDC WONDER Online Database. Data are from the Multiple Cause of Death Files as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. [https://wonder.cdc.gov/mcd-icd10.html](https://wonder.cdc.gov/mcd-icd10.html)
**Iowa Health Issue:** Mental Health, Illness & Suicide

Iowa Counties with Local Strategies


These community health improvement plans are available on the Iowa Department of Public Health, Community Health Needs Assessment and Health Improvement Planning (CHNA&HIP) website: https://idph.iowa.gov/chnahip/health-improvement-plans

## Goals, Objectives & Strategies

### Mental Health, Illness & Suicide

**Goal #1** Prevent suicide deaths.

<table>
<thead>
<tr>
<th>Alignment with National Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012 National Strategy for Suicide Prevention</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alignment with State / Other Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Goal, Iowa Suicide Prevention Plan 2015-2018</td>
</tr>
</tbody>
</table>

#### Objective 1-1

Reduce the annual number of deaths by suicide by 10% from an average of 406 each year (2012-14) to 365 by 2018.

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012-14</td>
<td>406</td>
<td>2018</td>
<td>365</td>
</tr>
</tbody>
</table>

**Data Source & Location**


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**Mental Health, Illness & Suicide**

**Strategy 1-1.1** Identify, coordinate, and establish suicide prevention activities across multiple sectors and settings by 2021.

**Strategy Type** Community-focused

**Strategy Source & Location**

Iowa Suicide Prevention Plan 2015-2018, Goal #1.

**Who’s Responsible**

Iowa Suicide Prevention Planning Group

**Target Date**

Dec 31, 2021

**Mental Health, Illness & Suicide**

**Strategy 1-1.2** Provide care and support to individuals affected by suicide attempts and deaths to promote healing, and implement community strategies to help prevent further suicides.

**Strategy Type** Individual/interpersonal-focused

**Strategy Source & Location**

Iowa Suicide Prevention Plan 2015-2018, Goal #5.

**Who’s Responsible**

Iowa Suicide Prevention Planning Group

**Target Date**

Dec 31, 2021
Mental Health, Illness & Suicide

Strategy 1-1.3  Provide de-identified data from the Iowa Office of the State Medical Examiner’s Case Management System to policy makers in an effort to support suicide prevention efforts, initiatives, and policy change.

Strategy Type  Policy-focused

Strategy Source & Location  Iowa Plan for Suicide Prevention 2015-2018

Who’s Responsible  Iowa Office of the State Medical Examiner and the Iowa Department of Public Health, Bureau of Behavioral Health

Target Date  Dec 31, 2020

Mental Health, Illness & Suicide

Goal #2  Reduce the bi-annual numbers of suicidal ideation (thoughts of engaging in suicide behavior) and the number of deaths by suicide in the Iowa Army National Guard.

Alignment with National Plans

Army Regulation 600-63, Army Health Promotion, 14 April 2015; Army Regulation 350-53, Comprehensive Soldier and Family Fitness (unpublished)

Alignment with State / Other Plans

N/A

Mental Health, Illness & Suicide

Objective 2-1  Reduce the number of suicidal ideations by 25% over the next two years, from 46 (2018) to 35 by the end of 2020.

Baseline Year  2018
Baseline Value  46
Target Year  2020
Target Value  35

Data Source & Location  Commanders Critical Information Requirement (CCIR) tracker (unpublished)

Mental Health, Illness & Suicide

Strategy 2-1.1  Ensure that at least one Master Resilience Trainer (MRT) is trained at each unit in the Iowa Army National Guard. The Adjutant Generals policy orders all units to have one MRT trained by the end of October 2017. As of 24 October 2016, 39 are trained out of 53 required.

Strategy Type  Policy-focused

Strategy Source & Location  Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)

Who’s Responsible  Unit commanders supported by Iowa Army National Guard Resilience team

Target Date  Oct 1, 2019

Mental Health, Illness & Suicide

Strategy 2-1.2  Provide Applied Suicide Intervention Skills Training (ASIST; aka gatekeepers) to at least 10% of each unit in the Iowa Army National Guard annually.

Strategy Type  Individual/interpersonal-focused

Strategy Source & Location  Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)

Who’s Responsible  Commanders identify individuals and Suicide Prevention Office provides training.

Target Date  Oct 1, 2019
Strategy 2-1.3  Provide/train Ask, Care, Escort-Suicide Intervention (ACE-SI) to at least 10% each of each unit in the Iowa Army National Guard annually.  

**Strategy Type**  
Individual/interpersonal-focused  

**Strategy Source & Location**  
Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (Unpublished)  

**Who's Responsible**  
Commanders identify individuals, and Suicide Prevention Office provides training.  

**Target Date**  
Oct 1, 2019

Objective 2-2  
Reduce the total number of deaths by suicide in the Iowa Army National Guard by 50% from 8 (2014-16) to 4 (2017-2019).  

<table>
<thead>
<tr>
<th>Year</th>
<th>Value</th>
<th>Year</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-16</td>
<td>8</td>
<td>2017-19</td>
<td>4</td>
</tr>
</tbody>
</table>

**Data Source & Location**  
Commanders Critical Information Requirement (CCIR) tracker (unpublished)

Strategy 2-2.1  
Ensure that at least one Master Resilience Trainer (MRT) is trained at each unit in the Iowa Army National Guard. The Adjutant General's policy orders all units to have one MRT trained by the end of October 2017. As of 24 October 2016, 39 are trained out of 53 required.  

**Strategy Type**  
Policy-focused  

**Strategy Source & Location**  
Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)  

**Who's Responsible**  
Unit commanders supported by Iowa Army National Guard Resilience Team  

**Target Date**  
Oct 1, 2019

Strategy 2-2.2  
Provide/train Applied Suicide Intervention Skills Training (ASIST; aka gatekeepers) to at least 10% of each unit in the Iowa Army National Guard annually.  

**Strategy Type**  
Individual/interpersonal-focused  

**Strategy Source & Location**  
Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished)  

**Who's Responsible**  
Commanders identify individuals and Suicide Prevention Office provides training.  

**Target Date**  
Oct 1, 2019

Strategy 2-2.3  
Provide/train Ask, Care, Escort-Suicide Intervention (ACE-SI) to at least 10% each of each unit in the Iowa Army National Guard annually.  

**Strategy Type**  
Individual/interpersonal-focused  

**Strategy Source & Location**  
Training Year 2019 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ. (Unpublished)  

**Who's Responsible**  
Commanders identify individuals, Suicide Prevention Office provides training  

**Target Date**  
Oct 1, 2019
Goal #3  Increase access to behavioral health services across the continuum.

Alignment with National Plans

Healthy People 2020, Mental Health & Mental Disorders

Alignment with State / Other Plans

N/A

Objective 3-1 Build a care continuum that includes sub-acute services, crisis intervention, crisis homes, nursing facility care, community-based services, and more hospital inpatient beds for acutely-ill behavioral health patients.

Baseline
Year 2016 Baseline Value 0 Target Year 2021 Target Value 1
continuum of care

Data Source & Location Iowa Hospital Association 2017 Position Paper
https://www.ihaonline.org/Advocacy/Legislative-Agenda

Strategy 3-1.1 Advocate for the following: increase crisis stabilization services in local communities, increase utilization of "transitional level of care units," increase sub-acute services, decrease days waiting placement.

Strategy Type Policy-focused

Strategy Source & Location Iowa Hospital Association 2017 Position Paper

Who’s Responsible Iowa Hospital Association

Target Date Dec 31, 2021

Goal #4 Educate pharmacists to provide services to evaluate mental health pharmacotherapy and make referrals as appropriate.

Alignment with National Plans

N/A

Alignment with State / Other Plans

N/A

Objective 4-1 Pharmacists are educated to provide and utilize the PHQ-9 and assessing the appropriateness of anti-depressant treatment.

Baseline Year 2016 Baseline Value 0 training session Target Year 2019 Target Value 74 pharmacies offering depression screenings

Data Source & Location New objective, to be developed.
Mental Health, Illness & Suicide

**Strategy 4-1.1** Hold education and training meetings with pharmacists involved in treatment of patients with mental health care needs.

**Strategy Source & Location**
Iowa Pharmacy Association

**Who’s Responsible**
Iowa Pharmacy Association

**Target Date**
Jan 1, 2021

**Baseline**

<table>
<thead>
<tr>
<th>Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>0</td>
<td>2020</td>
<td>100</td>
</tr>
</tbody>
</table>

**Objective 4-2** Train pharmacists, pharmacy technicians, and student pharmacists with the skills to recognize mental health condition exacerbations or crises developing and refer to appropriate professional help.

**Baseline**

<table>
<thead>
<tr>
<th>Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>0</td>
<td>2020</td>
<td>100</td>
</tr>
</tbody>
</table>

**Data Source & Location**
Iowa Pharmacy Association

**Mental Health, Illness & Suicide**

**Strategy 4-2.1** At least 100 pharmacists, pharmacy technicians, and student pharmacists across Iowa are trained in Mental Health First Aid.

**Strategy Source & Location**
Iowa Pharmacy Association

**Who’s Responsible**
Iowa Pharmacy Association

**Target Date**
Jan 1, 2020

**Goal #5** Reduce the use of prisons in Iowa to house individuals with chronic mental health issues.

**Alignment with National Plans**
N/A

**Alignment with State / Other Plans**
Iowa Department of Corrections Strategic Plan [http://publications.iowa.gov/21093/](http://publications.iowa.gov/21093/)

**Mental Health, Illness & Suicide**

**Objective 5-1** Reduce the number of individuals in prison who have chronic and serious mental health issues by 25%.

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>8,371</td>
<td>2021</td>
<td>6,278</td>
</tr>
</tbody>
</table>

**Data Source & Location**
Iowa Corrections Offender Network and ICON-Medical module.

**Mental Health, Illness & Suicide**

**Strategy 5-1.1** Educate service providers in the community on addressing the needs of persons reentering the community from prison.

**Strategy Source & Location**
Department of Corrections series of scheduled meetings in each of the eight judicial districts (unpublished)
**Mental Health, Illness & Suicide**

**Strategy 5-1.2** Under the direction of the National Alliance on Mental Illness (NAMI), educate individuals with mental health issues so they may manage their mental health issues on a daily basis. This includes an apprenticeship program for peer to peer.

**Strategy Source & Location**
Ongoing programs/trainings in each Iowa Department of Corrections institution (unpublished)

**Who’s Responsible**
Department of Corrections executive officer for mental health

**Target Date**
Mar 31, 2017

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**Strategy 5-1.3** Begin Medicaid sign-up while individuals are still in prison, as part of the reentry process.

**Strategy Source & Location**
Each Iowa Department of Corrections institution (unpublished)

**Who’s Responsible**
Department of Corrections Statewide Reentry Coordinator

**Target Date**
Dec 31, 2018

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**Goal 6** By 2020, increase the number of Iowans who receive problem gambling treatment.

**Alignment with National Plans**
N/A

**Alignment with State / Other Plans**
N/A

**Mental Health, Illness & Suicide**

**Objective 6-1** Increase admissions by Iowa Gambling Treatment Program-funded providers by 10% each year.

<table>
<thead>
<tr>
<th>Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>268</td>
<td>2020</td>
<td>390</td>
</tr>
</tbody>
</table>

**Data Source & Location**
I-SMART - Problem Gambling Domain, Office of Problem Gambling Treatment and Prevention [http://www.idph.iowa.gov/igtp/reports](http://www.idph.iowa.gov/igtp/reports)

**Mental Health, Illness & Suicide**

**Strategy 6-1.1** Develop Annual Targeted Health Promotion Plan/Strategy to drive call to action by Iowans who are struggling with gambling related behaviors or their loved ones.

**Strategy Source & Location**
Iowa Department of Public Health, Office of Problem Gambling Treatment and Prevention, funded providers, and ZLR (contractor)

**Who’s Responsible**
Office of Problem Gambling Treatment and Prevention, funded providers, and ZLR (contractor)

**Target Date**
Jun 30, 2020
Mental Health, Illness & Suicide

**Strategy 6-1.2**  COMPLETE: Release an RFP for an integrated call center.  
*Strategy Type*  Policy-focused

**Strategy Source & Location**  
Iowa Department of Public Health, Bureau of Substance Abuse, Office of Problem Gambling and Prevention.  
RFP will focus on Suicide Prevention, assistance for substance and gambling related issues, including value added services until decision to engage or not engage in services.

**Who’s Responsible**  
Iowa Department of Public Health, Bureau of Substance Abuse, Office of Problem Gambling and Prevention  
**Target Date**  
Feb 1, 2017

**Report Date**  
Feb 19, 2018

<table>
<thead>
<tr>
<th>Progress on Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Complete</td>
</tr>
<tr>
<td>□ On track</td>
</tr>
<tr>
<td>□ Off track</td>
</tr>
<tr>
<td>□ No progress</td>
</tr>
</tbody>
</table>

**Progress notes:** BETS OFF helpline and website merged with Your Life Iowa (YLI) as of 7/1/17, with YLI website going live on 10/23/17. [https://yourlifeiowa.org/](https://yourlifeiowa.org/)

Mental Health, Illness & Suicide

**Strategy 6-1.3**  Annually, allocate a minimum 10% of the General Appropriation for Health Promotion activities.  
*Strategy Type*  Policy-focused

**Strategy Source & Location**  
Iowa Department of Public Health, Office of Problem Gambling and Prevention  
**Target Date**  
June 30, 2020

Mental Health, Illness & Suicide

**Strategy 6-1.4**  Ensure that each month a minimum of 85% of the "warm-hand-offs" attempted for problem gambling by the Your Life Iowa Call Center are successful.  
*Strategy Type*  Individual/interpersonal-focused

**Strategy Source & Location**  
Iowa Department of Public Health, Office of Problem Gambling and Prevention; Foundation 2 (Your Life Iowa contractor); IDPH funded problem gambling providers  
**Target Date**  
Jun 30, 2020

**Who’s Responsible**  
Iowa Department of Public Health, Office of Problem Gambling and Prevention; Foundation 2 (Your Life Iowa contractor); IDPH funded problem gambling providers

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