Healthy Iowans 2017-2021
Iowa’s Health Improvement Plan

Mental Health, Illness & Suicide
March 2017

Coordinated by the Bureau of Planning Services
Iowa Department of Public Health
Mental Health, Illness & Suicide

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: http://idph.iowa.gov/chnahip/health-improvement-plans

Mental Health, Illness & Suicide

Goal #1 Prevent suicide deaths.

Alignment with National Plans

2012 National Strategy for Suicide Prevention

Alignment with State / Other Plans

Overall Goal, Iowa Suicide Prevention Plan 2015-2018

Mental Health, Illness & Suicide

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.

Baseline Year Baseline Value Target Year Target Value
2012-14 406 2018 365


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

Strategy Type Community-focused


Who’s Responsible Iowa Suicide Prevention Planning Group

Target Date 12/31/2021

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


Who’s Responsible Iowa Suicide Prevention Planning Group

Target Date 12/31/2021

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

Healthy Iowans: Iowa’s Health Improvement Plan
March 2017
### 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.

<table>
<thead>
<tr>
<th>Alignment with National Plans</th>
<th>Alignment with State / Other Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Army Regulation 600-63, Army Health Promotion, 14 April 2015; Army Regulation 350-53, Comprehensive Soldier and Family Fitness (unpublished)</td>
<td>N/A</td>
</tr>
</tbody>
</table>

#### Objective 2-1
Reduce the number of suicidal ideation's by 25% over the next two years, from 67 (2015-2016; as of Oct. 24, 2016) to 50 by the end of 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>2015-16</td>
<td>67</td>
<td>2018</td>
<td>50</td>
</tr>
</tbody>
</table>

Data Source & Location

Commanders Critical Information Requirement (CCIR) tracker (unpublished)

#### 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 Source & Location**
Training Year 2017 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, 2017

#### 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 2017 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, 2018

#### 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 2017 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (Unpublished)
Who's Responsible
Commanders identify individuals, and Suicide Prevention Office provides training.

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

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

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

Mental Health, Illness & Suicide
Strategy 2-2.1
Ensure that at least one Master Resilience Trainer (MRT) is trained at each unit in the Iowa Army National Guard.

| Strategy Type | Policy-focused |

| Strategy Source & Location | Training Year 2017 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 |

Mental Health, Illness & Suicide
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 2017 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (unpublished) |

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

Mental Health, Illness & Suicide
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 2017 Unit Level Ready and Resilient Suicide Prevention Program Requirements Plan, JFHQ (Unpublished) |

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

Mental Health, Illness & Suicide
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

Mental Health, Illness & Suicide
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.

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>0</td>
<td>2017</td>
<td>1</td>
</tr>
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</table>
Mental Health, Illness & Suicide

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

<table>
<thead>
<tr>
<th>Alignment with National Plans</th>
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</tr>
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<tr>
<td>N/A</td>
<td>N/A</td>
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</table>

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

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>0 training session</td>
<td>2017</td>
<td>TBD</td>
</tr>
</tbody>
</table>

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

**Strategy Type** Professional/provider-focused

**Strategy Source & Location**
Iowa Pharmacy Association

**Who’s Responsible**
Iowa Pharmacy Association

**Target Date** Jan 1, 2021

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Mental Health, Illness & Suicide

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

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>Iowa Department of Corrections Strategic Plan <a href="http://publications.iowa.gov/21093/">http://publications.iowa.gov/21093/</a></td>
</tr>
</tbody>
</table>

**Objective 5-1** Reduce the number of individuals in prison who have chronic mental health issues by 25% over the next five years.

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>4,698</td>
<td>2021</td>
<td>3,523</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 Type** Professional/provider-focused

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

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

**Target Date** Mar 31, 2017

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.

**Strategy Type** Individual/interpersonal-focused

**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** Dec 31, 2017

Mental Health, Illness & Suicide

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

**Strategy Type** Individual/interpersonal-focused

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

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

**Target Date** Ongoing

Mental Health, Illness & Suicide

**Goal #6** Improve state employees' health and wellbeing.

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Mental Health, Illness & Suicide

**Objective 6-1** Improve/enhance communications to Executive Branch Non-Contract wellness-eligible employees to increase the use of Employee Assistance Services.

<table>
<thead>
<tr>
<th>Baseline Year</th>
<th>Baseline Value</th>
<th>Target Year</th>
<th>Target Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>1,669</td>
<td>2017</td>
<td>2,000</td>
</tr>
</tbody>
</table>

**Data Source & Location** New objective

Mental Health, Illness & Suicide

**Strategy 6-1.1** In partnership with Wellmark Blue Cross and Blue Shield, use the results from the state employees' 2016 Workplace Assessment to develop a defined communication strategy incorporating Public Relations strategies to engage eligible employees.

**Strategy Type** Individual/interpersonal-focused
Mental Health, Illness & Suicide

Goal #7  By 2020, increase the number of Iowans who receive problem gambling treatment.

Alignment with National Plans  | Alignment with State / Other Plans
--------------------------------|----------------------------------
N/A                           | N/A

Mental Health, Illness & Suicide

Objective 7-1  Increase admissions by Iowa Gambling Treatment Program-funded providers by 10% each year.

Baseline | Baseline | Target | Target Value
Year     | Value    | Year   | Value
2015     | 268      | 2020   | 390

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

Mental Health, Illness & Suicide

Strategy 7-1.1  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 Type: Individual/interpersonal-focused
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, 2017

Mental Health, Illness & Suicide

Strategy 7-1.2  Release an RFP for an integrated call center.

Strategy Type: Professional/provider-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

Mental Health, Illness & Suicide

Strategy 7-1.3  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
Who’s Responsible: Iowa Department of Public Health, Office of Problem Gambling and Prevention
Target Date: Jul 1, 2017