

# Evidence-Based Practices in Behavioral Health Summit

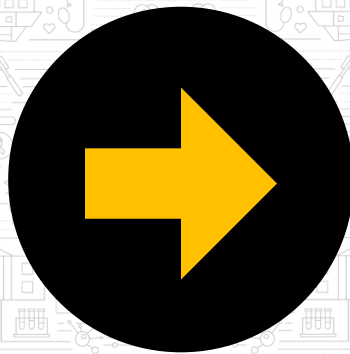
Learn. Support. Advance.

*Taking a deeper dive into how we can adopt, adapt, and expand evidence-based practices in Iowa*

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Friday, September 29, 2023

Hilton Garden Inn Des Moines/Urbandale



To obtain continuing education credits for today's sessions, please complete the post-session survey via QR code for each session attended. A certificate of attendance will then be emailed to you directly. Contact [iowa-cebh@uiowa.edu](mailto:iowa-cebh@uiowa.edu) if you have not received your certificate(s) within 5 days of the Summit.



Iowa's Center of Excellence for Behavioral Health is sponsored by the Iowa Department of Health and Human Services (MHDS 22-037)



# Evidence-Based Practices in Behavioral Health Summit

## Schedule of Events

8:30 a – 9:00 a	Registration & Networking		
9:00 a – 10:30 a	<i>Ballroom 2/3 ----- Introductory</i> <b><u>Welcome &amp; Setting the Tone for the Day</u></b> Theresa Armstrong & Torie Keith		
	<b><u>Keynote: Culturally Informing Evidence-Based Practices Supports Community Integration</u></b> Torie Keith & Derrick Willis		
10:30 a – 10:45 a	Transition & Networking		
10:45 a – 11:45 a	Breakout Sessions 1		
	<i>Garden Room 1/2 ---- Introductory</i> <b><u>ACT 101</u></b> Dr. Torie Tann	<i>Ballroom 1- ----- Introductory</i> <b><u>Advancing Competitive Integrated Employment</u></b> Tammie Amsbaugh, Darcey Sebolt, Vienna Hoang & Brandy McOmber	<i>Ballroom 2/3- ----- Intermediate</i> <b><u>Implementation Examples: Varying Models of PSH</u></b> Erin Sullivan, Amela Moeller & Hannah Landgraf
11:45 a – 1:00 p	Lunch On Your Own		
1:00 p – 2:15 p	Breakout Sessions 2		
	<i>Garden Room 1/2- --- Intermediate</i> <b><u>Rural ACT: What It Is, What It Isn't</u></b> Dr. Nancy Williams, Mindy Blair & Kristen Penn	<i>Ballroom 1- ----- Introductory</i> <b><u>IPS 101: The What, The Why, The Where</u></b> Darcey Sebolt, Mandy Hatten & Alysha Bartoszek	<i>Ballroom 2/3- ----- Introductory</i> <b><u>Aligning PSH in Iowa</u></b> Torie Keith, Crissy Canganelli & Suzanne Watson
2:15 p – 2:30 p	Transition & Networking		
2:30 p – 3:45 p	Breakout Sessions 3		
	<i>Garden Room 1/2- --- Intermediate</i> <b><u>Implementation Examples: PSH &amp; ACT: Two Great Tastes that Taste Great Together</u></b> Leah Appell & Erin Sullivan	<i>Ballroom 1- ----- Intermediate</i> <b><u>IPS in Rural Communities: Barriers and Strategies</u></b> Tammie Amsbaugh & Rachel Phipps	<i>Ballroom 2/3- ----- Intermediate</i> <b><u>We Want to Hear from You: An Open Discussion on PSH in Iowa</u></b> Alaina Elliott-Wherry, Falcia Beck, Torie Keith & Crissy Canganelli
3:45 p – 4:00 p	Summit Content Application Discussion: Moving Beyond the Education Buzz		

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## Session Summaries

### Keynote

By promoting recovery, reducing stigma, and emphasizing a person-centered approach, evidence-based practices contribute significantly to the overall well-being and social inclusion of individuals within their communities. Evidence-based practices can challenge societal stigma surrounding mental health and empower individuals to engage more fully in community activities, thereby reducing isolation. Despite the overwhelming literature and local successes supporting evidence-based practices, there is a continued need for integration of culturally responsive care into these methodologies. By equipping staff, agencies, and communities with the tools to adapt programs based on local needs, disparities, and cultural practices, evidence-based practices can continue to serve an important role in Iowa’s behavioral health service continuum.

*Introductory sessions are tailored to those with minimal knowledge of the focus practice.*

*Intermediate sessions are tailored to those with more in-depth knowledge of the focus practice.*

### Assertive Community Treatment

*Session 1: Introductory*

#### **ACT 101**

This session will cover the basic tenets of the ACT model. Dr. Torie Tann, an ACT psychiatrist with the University of Iowa’s IMPACT team, will discuss how the model originated, how it works in the community, and who it is intended to serve. She will also discuss evolving challenges of ACT care, the status of ACT on the world stage and future directions for the model.

*Session 2: Intermediate*

#### **Rural ACT: What it is, What it isn’t**

While ACT has spread across more populated areas in the US, ACT in its traditional form is not easily adapted to rural settings. A myriad of adaptations of the model have been tried in rural areas. Mindy Blair (Heartland Family Services, Council Bluffs) and Kristen Penn (Prairie Ridge, Mason City) will describe initiatives to make ACT available in rural communities. They’ll describe what’s worked, what hasn’t, and lessons learned based on their experiences to date.

*Session 3: Intermediate*

#### **PSH & ACT: Two Great Tastes that Taste Great Together**

This session will discuss the path to permanent supportive housing in Iowa City, and how ACT and PSH have collaborated to help people with serious mental illness living in the community. Case examples of people we’ve worked with, what’s worked, what hasn’t, and lessons learned will be discussed.

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## Session Summaries

### Individual Placement & Support

<p><i>Session 1: Introductory</i></p> <p><b>Advancing Competitive Integrated Employment</b></p>	<p>This session will walk through the history of how Iowa has moved towards competitive integrated employment (CIE), aligning with Employment First, and how we have evolved through the years. Panelists will map out past and current initiatives that have and will catapult Iowa forward in identifying the best methods of employment to best support Iowans with disabilities.</p>
<p><i>Session 2: Introductory</i></p> <p><b>IPS 101: The What, The Why, The Where</b></p>	<p>Individual Placement and Support, or IPS, is an evidence-based supported employment model shown through rigorous research to be the best model for persons with serious mental illness and co-occurring disorders. Learn about the "8 Practice Principles" of IPS, the research behind the model, and Iowa's 5-year history of implementing the practice, along with plans to continue to increase access. Also hear from program supervisors as they share their IPS experiences on the journey of implementing a new evidence-based practice, what went well, and challenges encountered.</p>
<p><i>Session 3: Intermediate</i></p> <p><b>IPS in Rural Communities: Barriers and Strategies</b></p>	<p>Rural communities face a variety of challenges to IPS implementation. The creative strategies used to overcome barriers in one community may not resonate in other communities. Program leaders must tailor their strategies to address the unique characteristics of their communities and their local resources. This presentation will describe The IPS Employment Center's research on rural IPS and feature one of Iowa's rural IPS programs.</p>

### Permanent Supportive Housing

<p><i>Session 1: Intermediate</i></p> <p><b>Varying Models of PSH</b></p>	<p>Permanent supportive housing programs distinguish themselves in several critical ways from other housing efforts. Providing permanent supportive housing with flexible, voluntary supports has been shown to produce outcomes that are as good as or better than more restrictive residential settings. Explore how permanent supportive housing looks in varying communities while still upholding the key elements that make permanent supportive housing a well-supported practice.</p>
<p><i>Session 2: Introductory</i></p> <p><b>Aligning PSH in Iowa</b></p>	<p>In this session, attendees will dive into the work over the past year completed by Iowa's Statewide PSH Advisory Committee, made up of far-ranging Iowa partners to streamline and standardize PSH in the state. Attendees will hear about the need for PSH units in Iowa, the critical role housing first plays in the success of PSH initiatives, available funding sources, best practices and more.</p>
<p><i>Session 3: Intermediate</i></p> <p><b>We Want to Hear from You: An Open Discussion on PSH in Iowa</b></p>	<p>As Iowa continues to develop a statewide system to establish and support permanent supportive housing, Iowa CEBH and additional partners continue to analyze other states' systems to identify areas for Iowa to learn from and potentially leverage. This session will review the successes in other states, identify how Iowa could benefit from this work, and end with an open, group discussion on how we continue moving forward.</p>

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## Featured Speakers

	<p><b>Derrick Willis, MPA</b>                  Director, Iowa's University Center for Excellence in Developmental Disabilities                  Summit Activity: Keynote</p>
	<p><b>Torie Keith, LMSW</b>  <i>Program Manager, Center of Excellence for Behavioral Health</i>                  Summit Activities: Keynote, Aligning PSH in Iowa, We Want to Hear from You</p>
	<p><b>Dr. Torie Tann, MD</b>  <i>IMPACT Psychiatrist, University of Iowa Hospitals and Clinics</i>                  Summit Activity: ACT 101</p>
	<p><b>Dr. Nancy Williams, MD</b>  <i>IMPACT Medical Director, University of Iowa Hospitals and Clinics</i>                  Summit Activity: Rural ACT</p>
	<p><b>Mindy Blair, MHR</b>  <i>Director of Community Behavioral Health, Heartland Family Service</i>                  Summit Activity: Rural ACT</p>
	<p><b>Kristen Penn, BSN, RN</b>  <i>ACT Team Lead/Nurse, Prairie Ridge Integrated Behavioral Healthcare</i>                  Summit Activity: Rural ACT</p>
	<p><b>Leah Appell, MSN, RN</b>  <i>IMPACT Team Lead/Nurse, University of Iowa Hospitals and Clinics</i>                  Summit Activity: PSH &amp; ACT</p>
	<p><b>Erin Sullivan, BA</b>  <i>Housing Services Director, Shelter House</i>                  Summit Activity: PSH &amp; ACT, Varying Models of PSH</p>
	<p><b>Darcey Sebolt</b>  <i>IPS State Trainer and Fidelity Reviewer</i>                  Summit Activity: Advancing Competitive Integrated Employment, IPS 101</p>
	<p><b>Mandy Hatten, CWIP, CESP</b>  <i>Employment Services Coordinator, Hope Haven Area Development Center</i>                  Summit Activity: IPS 101</p>
	<p><b>Alysha Bartoszek, BA</b>  <i>IPS Program Supervisor, 43 North Iowa</i>                  Summit Activity: IPS 101</p>

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## Featured Speakers

	<p><b>Tammie Amsbaugh, BA</b> <i>Program Manager, Iowa's University Center for Excellence in Developmental Disabilities</i> Summit Activity: Advancing Competitive Integrated Employment, Rural IPS</p>
	<p><b>Rachel Phipps, JD</b> <i>West Side My Choice Area Supervisor, Hope Haven Inc.</i> Summit Activity: Rural IPS</p>
	<p><b>Brandy McOmber, MSW</b> <i>DIF Project Director &amp; Program Manager, Iowa Vocational Rehabilitation Services</i> Summit Activity: Advancing Competitive Integrated Employment</p>
	<p><b>Vienna Hoang, CRP</b> <i>Resource Manager, Iowa Vocational Rehabilitation Services</i> Summit Activity: Advancing Competitive Integrated Employment</p>
	<p><b>Hannah Landgraf, MDIV</b> <i>Senior Program Manager, Anawim Housing</i> Summit Activity: Varying Models of PSH</p>
	<p><b>Amela Moeller, BA</b> <i>Case Operations Manager, Friends of the Family</i> Summit Activity: Varying Models of PSH</p>
	<p><b>Crissy Canganelli, MA</b> <i>Executive Director, Shelter House</i> Summit Activity: Aligning PSH in Iowa, We Want to Hear from You</p>
	<p><b>Suzanne Watson, LMSW</b> <i>CEO, Southwest Iowa MHDS Region</i> Summit Activity: Aligning PSH in Iowa</p>
	<p><b>Alaina Elliott-Wherry, MPH</b> <i>Program Coordinator, Center of Excellence for Behavioral Health</i> Summit Activity: We Want to Hear from You</p>
	<p><b>Falicia Beck, LMSW</b> <i>Program Coordinator, Center of Excellence for Behavioral Health</i> Summit Activity: We Want to Hear from You</p>

# Iowa's Center of Excellence for Behavioral Health

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