



CICS

Supporting Individuals. Strengthening Communities.

CICS Adult Regional Advisory Committee Minutes Tuesday December 10, 2024

Roll Call of Committee Members

Ellen Rasmussen

Kathy Hanzek

Rachel Fletcher

Jennifer Ellis

Julie Smith

Breon Gardner

Deb Williams

Heidi Metz

Sharon Swope

Beth Colby Plautz

Approval of 12/10/24 Agenda

Action

Motion to approve: Kathy

Second: Sharon

Vote on motion: All ayes, motion carried

Approval of 9/10/24 Meeting Minutes

Action

Motion to approve: Ellen

Second: Breon

Vote on motion: All ayes, motion carried.

Highlights of Regional Governing Board – Ellen Rasmussen and Julie Smith

Informational

The CICS Region is getting ready for the changes to becoming districts. The proposal for Administrative Service Organizations (ASOs) was submitted and are applying for the Disability Access Point (DAP). Will know by end of December who is awarded contracts for ASO and February for DAP. A lot of extra work and extra time has been put in. There is a lot of uncertainty with CICS, agencies, and clients alike.

ASO and DAP Updates – Liza Maxwell

Informational

See update from Governing Board members.

Access Center Network and OASIS Overview – Liza Maxwell

Informational

The Access Center Network is a group of services and providers to meet the needs of individuals experiencing crisis. The group has been meeting for over a year and has pulled in residential service providers to create the OASIS process (Optimizing Access to Services and Integrated Support). The overarching goal of the initiative is to ensure comprehensive and coordinated support for individuals by facilitating collaboration among diverse stakeholders, identifying and implementing tailored interventions, and promoting seamless transitions between care settings.

Drop-In Centers – Julie Smith

Informational

Capstone has 2 centers, funded by CICS. Newton and Grinnell. The two centers do similar and separate activities, depending on what's going on in the community. There is a monthly activity calendar. There is a free lunch every day and snacks for people. NAMI has a group once a week. Capstone has two interns that do classes. They have a nurse that will do blood pressure and vitals checks. In Grinnell, they had a holiday meal for people to join; Newton has a meal the day before Thanksgiving. They also will deliver a holiday meal to people who have transportation or other barriers to get to the center.

It is just a place where people can go to get assistance through peer support (people with lived experience). There are also computers for people to use for job applications and things like that.

Capstone therapist, staff, IHH, CICS, jails, social media awareness is how people in the community become aware of the service.

Wellness Centers – Breon Gardner

Informational

A wellness center is a broader term used to address both mental and physical health. Free to a specific group of people. Drop-in Center is more front line. The Friendship Club is considered a Wellness Center and there is an enrollment process to join, rather than anyone dropping in. They do long term plans and programming. They have holistic classes and presentations.

Idea Sharing for Supervisors to Support Staff – Open Discussion

Informational

Breon shared all the things her Director does well, some of them include not micromanaging, at the end of the day they debrief about the day. She's available to talk to, she gives feedback, keeps communication open. Provides appreciation. Gives credit where it's due rather than taking on as her own.

Rachel shared that at Iowa Specialty they do staff check-ins to see how things are going and see if they need help with anything. They hold an in-service day quarterly. It's nice to have that in person contact to support each other and bounce ideas off each other.

Jennifer shared about focusing on solutions, rather than focusing on the problem and getting stuck in the negative. Nobody is then afraid of getting blamed for doing something wrong.

Agency Update/Information Sharing – Open Discussion

Informational

Jennifer shared Friendship Ark finished their 9th group home in Ames to serve people with more complex needs including medical.



Julie shared about Connections sites, have 3 interns starting after the first of the year. Waiting to hear about what is going to happen with the state.

Breon utilized the students at the local college to find volunteers to help with holiday meals, focusing on mental health through the holidays at Friendship Club.

Sharon is getting ready for Christmas – everyone gets a present. They are always open on holidays.

Rachel had no updates for Iowa Specialty. They added another school to where they are providing therapy.

Topics for Next Meeting – Open Discussion

Informational

Discussion regarding awardees of ASO and DAP.

Next Meeting Date: March 11, 2025 @ 1:30pm

Adjournment

