



SUPPORT FOR IOWA'S MENTAL HEALTH SYSTEM

Iowa has made significant legislative strides in the past three years regarding the adult and child mental health systems, including improvements in policy and funding. **But critical gaps remain: Demand for services is increasing as the COVID pandemic continues.** A truly successful system hinges on the recruitment and retention of a trained workforce of professionals.

Certain populations in Iowa also face greater barriers to care: people of color, rural Iowans, people who come to Iowa as immigrants and refugees, older adults, and lower-income earners. We believe Iowa has the ability and the will to address these issues and build a strong mental health system that serves everyone and leads to a brighter, healthier Iowa in the future.

Workforce and Rate Reimbursement

Iowa is facing unprecedented human services workforce challenges.

Without a sustainable investment and sufficient rate reimbursements, providers are unable to recruit and retain high quality therapists, nurses, educators, and direct care workers necessary to provide the service Iowans deserve.

There is a shortage of mental health therapists who work with Iowans who utilize Medicaid. Medicaid reimbursement rates remain below market rate for community-based therapy and should be increased.

Prevention and Early Intervention Programming

Prevention and early intervention services promote overall long-term health for our state's most vulnerable families.

Research proves that children who experience Adverse Childhood Experiences (ACEs) suffer negative health and financial outcomes throughout adulthood. A total of 56% of Iowa adults report at least one Adverse Childhood Experience, with 14.5% experiencing four or more ACEs.

Funding preventative services — as one piece of a continuum of care — is key to a strong children's mental health system.

Access and Equity

We cannot take a one-size-fits-all approach to mental health.

As Iowa's Mental Health and Disability Services regions build out their services, they must center the needs of underserved populations. The pandemic has exacerbated disparities in access to care. As Iowa's Mental Health and Disability Services regions build out their services, they must center the linguistic and cultural needs of underserved populations.

The state and its regions should invest in providers that offer services designed specifically for rural Iowans, people of color, immigrants and refugees, and older Iowans.

LSI has a more than 150-year legacy of providing a broad spectrum of human services. From prenatal care, early childhood services, and behavioral health services, to crisis stabilization and intense residential treatment like Psychiatric Medical Institute for Children and Qualified Residential Treatment Program (Q RTP), LSI promotes positive outcomes for Iowa children, adults, and families.



99 IOWA COUNTIES
have access to LSI Behavioral Health Intervention Services



11,120 VIRTUAL SUPPORT MEETINGS
and home visits were provided for families of young children through LSI Early Childhood Services in 2021



1,609 IOWANS
were served through LSI Therapy Services in 2021



Lutheran Services in Iowa

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