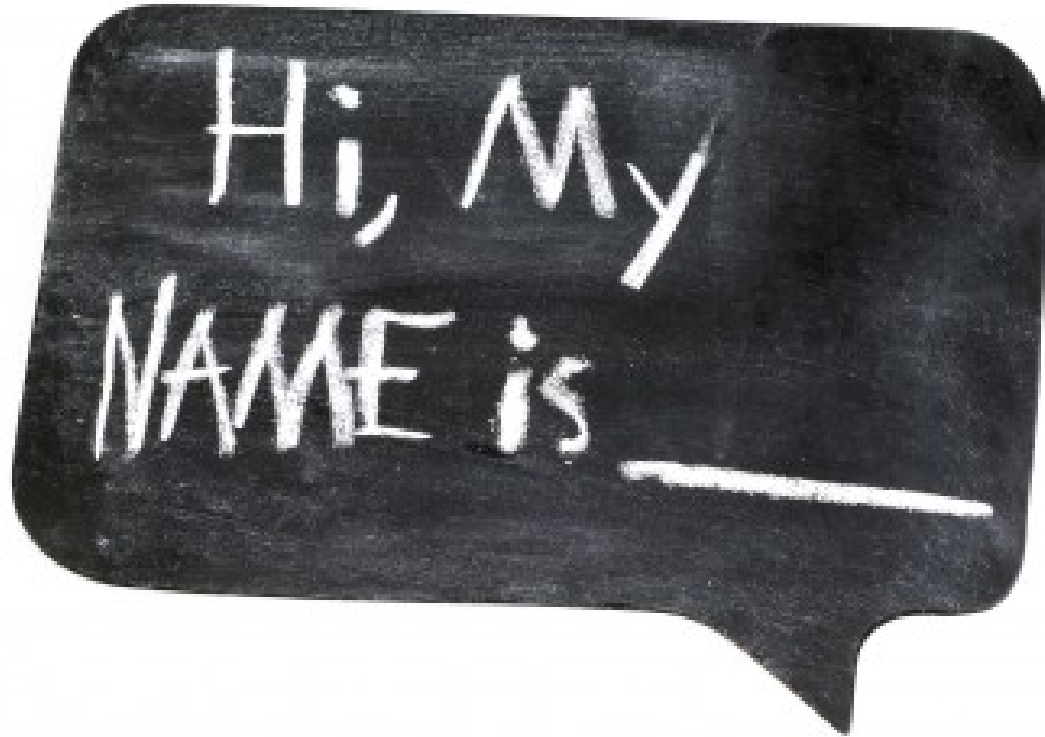




I-START

IOWA- Systemic, Therapeutic, Assessment, Resources & Treatment



Felicia Bates, MPH
I-START Program Director
fbates@elevateccbhc.org
319-830-2048

WHAT IS START?

- First developed in 1988 by Dr Joan Beasley
- Mental health program specialized for individuals with Intellectual and Developmental Disability
- START provides community-based crisis prevention and intervention services for individuals with IDD and mental health needs
- Goal to create a support network that can respond to crisis needs at the community level
- Evidence informed comprehensive model
- Recognitions
 - Cited in the US Surgeon General's Report (2002) on Mental Health Disparities as the "model program" for persons with IDD
 - Identified as "best practice" by National Academy of Sciences, Engineering, and Medicine (2016)
- National Program "Center for START Services" UCED University of New Hampshire

www.centerforstartservice.org

WHAT IS START?

START Programs Provide

- Mental health assessments
- 24-hour crisis response
- START coordination
- Training and Education
 - “Capacity Building”
- System linkages to address mental health needs of people with IDD and their families
 - “System’s Change”
- Crisis prevention and intervention services are patient-centered and engage service recipients with IDD-MH in treatment, including those with significant delays in cognition, communication, and social functions
- START services significantly reduce emergency mental health service use

THE START MODEL

Guiding Principles

- Tertiary Care Model
- Positive Psychology
- Focus on the 3 A's to care (Access, Appropriateness and Accountability)
- Cultural and linguistic competence
- Evidence informed-practices
 - SIRS

Approaches

Comprehensive best practice model

- Strength-Based
- Solution Focused
- Bio-Psycho-Social
- Person and Family Centered
- Multi-Disciplinary Assessment and treatment methods
- Systemic Consultation
- Wellness based

CLINICAL TEAM



Program Director



Clinical Director



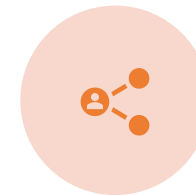
Medical Director



Contracted Clinical
Psychologist



Clinical Team Leads



I-START
Coordinators

WHO THE START PROGRAM SERVES

'MENTAL HEALTH PROGRAM SPECIALIZED FOR INDIVIDUALS WITH IDD'

- Individuals with intellectual and developmental disability and co-occurring mental health concerns
- Externalizing mental health symptoms of unknown origin, challenging to support, or previous interventions unsuccessful
- The individual has complex mental health needs that require crisis intervention
- The individual is at risk of losing services, has had multiple placements, or requires additional staffing do to challenging behaviors or unmet mental health need
- The individual is presenting with complex behavioral, medical and/or trauma related issues, and as appeared to deteriorated over recent months or years

START'S HISTORY IN IOWA

"I-START"

- Program launched in November 2015 only in County Social Services MHDS Region
- Funded strictly through MHDS regional dollars
- Expanded to multiple MHDS Regions
- National Certified Program in June 2020
 - Meeting all fidelity measures
- Changes in MHDS Regional Structure jeopardized sustainability of program
- Transition to Elevate CCBHC July 2021
- Continuing to secure additional and more long-term funding streams

I-START DEMOGRAPHICS

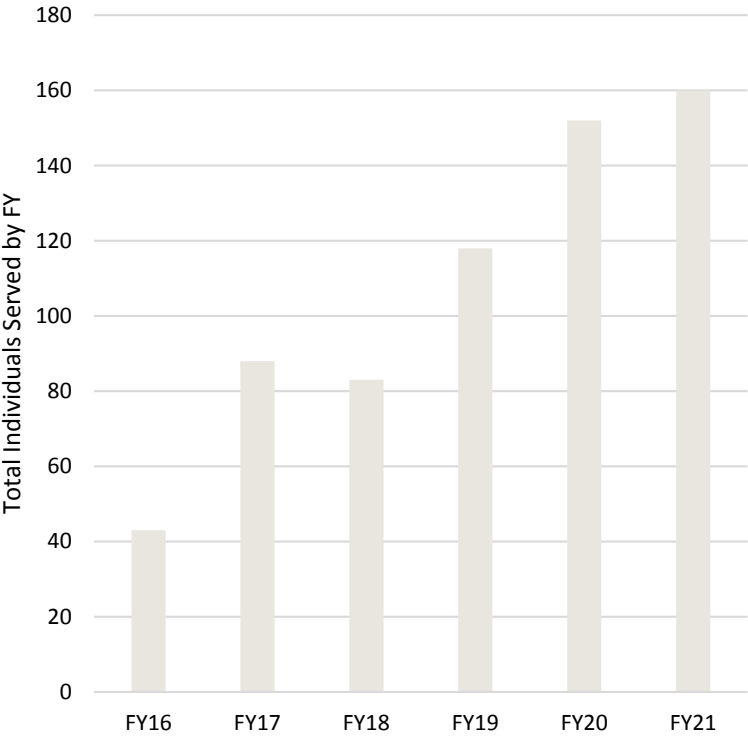


Table IV.B: Reasons for Enrollment since Program Inception (n=275)

Variable (N)	FY21 (n=45)	FY20 (n=55)	FY 19 (n=59)	FY18 (n=29)	FY17 (n=44)	FY16 (n=43)
<i>Most Common Reasons for Enrollment (%)</i>						
Aggression	87%	95%	76%	83%	82%	77%
Family Needs Assistance	22%	15%	25%	38%	34%	26%
Risk of losing placement	42%	36%	37%	38%	59%	58%
Decreased Daily Functioning	40%	36%	51%	45%	57%	23%
Dx and Treatment Planning	40%	40%	41%	41%	32%	21%
Mental Health Symptoms	53%	51%	59%	69%	61%	51%
Leaving Unexpectedly	18%	22%	19%	31%	32%	14%
Suicidality	24%	13%	15%	21%	18%	21%
Self-Injurious Behavior	36%	29%	37%	24%	36%	16%
Sexualized Behavior	31%	20%	15%	17%	18%	23%
Transition from Hospital	-	6%	14%	3%	20%	21%

I-START DEMOGRAPHICS

I-START	FY21
Variable (N)	n=160
Mean Age (Range)	32 (14-65)
Gender (% male)	62%
Race	
White/Caucasian	79%
African American	4%
Asian	1%
Other	3%
Unknown	2%
Ethnicity (% Hispanic)	-
Level of Intellectual Disability (%)	
No ID/Borderline	6%
Mild	54%
Moderate	27%
Severe-Profound	13%
None Noted in record	-
Living Situation (%)	
Family	16%
Foster/Alternative Family Living	3%
Group Home and Community ICF/DD	46%
Independent/Supervised	29%
Psych. Hospital/IDD Center	3%
Other (Jail, Homeless, "Other")	3%
Unreported	-

I-START	FY21
Variable (N)	n=160
Mental Health Conditions (%)	
At least 1 diagnosis	89%
Mean Diagnoses (range)	2.6 (1-7)
Most Common MH Conditions (%)	
Anxiety Disorders	25%
ADHD	36%
ASD	28%
Bipolar Disorders	21%
Depressive Disorders	30%
Disruptive Disorders	31%
OCD	9%
Personality Disorders	6%
Schizophrenia Spectrum Disorders	14%
Trauma/Stressor Disorders	16%

I-START	FY21
Variable (N)	n=160
Medical Diagnosis (%)	
At least 1 diagnosis	71%
Mean Diagnoses	2.3 (1-7)
Most Common Medical Conditions (%)	
Cardiovascular	14%
Endocrine	16%
Gastro/Intestinal	25%
Immunology/Allergy	7%
Musculoskeletal	6%
Neurologic	22%
Obesity	9%
Pulmonary disorders	9%
Sleep Disorder	12%

I-START OUTCOMES

(n=132) Average elapsed time: 23 months	Percent with Improvement	Mean Score		t Stat	P(T<=t) one-tail
		Initial	Most Recent		
Hyperactivity/Noncompliance	71%	18.86	12.18	6.24	0.00
Irritability/Agitation	77%	19.15	12.21	6.59	0.00
Lethargy/Social Withdrawal	61%	10.89	8.20	2.55	0.01

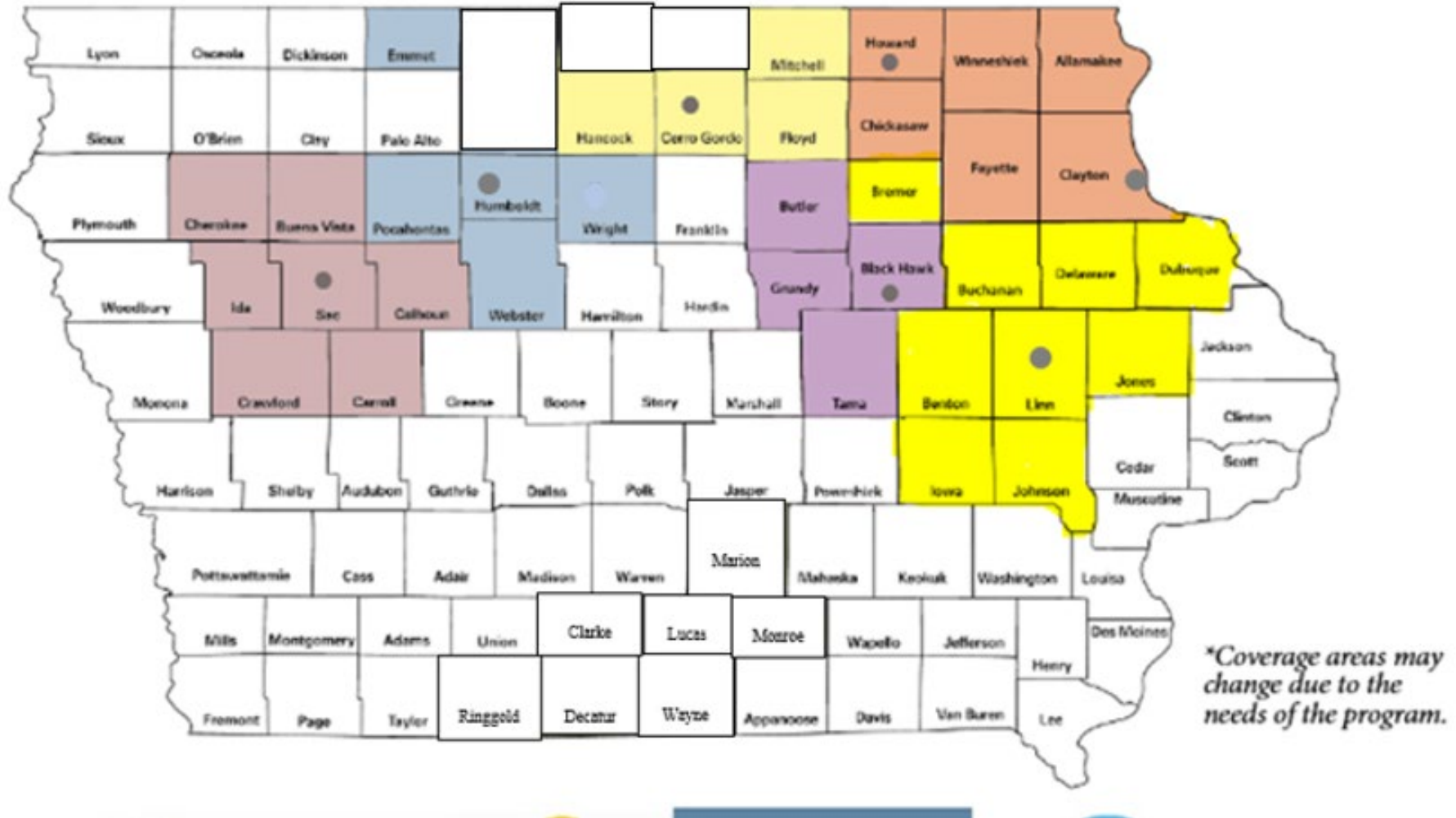
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I-START	FY21 (n=160)	
Variable	Psychiatric Hospitalization	Emergency Department Visits
Prior to enrollment, N (%)	48 (30%)	64 (40%)
Mean Admissions (range)	2.5 (1-10)	3.8 (1-20)
During START, N (%)	36 (25%)	57 (36%)
Mean (range)	3.2 (1-21)	3.9 (1-24)
Average length of stay (hospital)	12 days	N/A

	I-START
<i>Total Community Outreach/Training Episodes (N)</i>	103
<i>Total Hours of Community Outreach/Training</i>	122 hours

I-START	FY21
<i>Crisis Contacts</i>	
Number of Individuals with a contact	44
Number of Crisis Contacts	348
Range of Contacts	(1-67)
<i>Frequency of calls with each type of Intervention N (%)</i>	
In-Person	3 (1%)
Phone Consultation	299 (86%)
Virtual response	41 (12%)
<i>Average Length of In-Person Intervention</i>	2 hours
<i>Crisis Disposition for each crisis contact N (%)</i>	
Maintain Setting	262 (75%)
Psychiatric Hospital Admission	15 (4%)
Emergency Department (released)	23 (7%)
Emergency Department (held)	4 (1%)
ED (disposition not specified)	6 (2%)
Medical Hospital Admission	-
Jail/Incarceration	1 (-)
Crisis Stabilization	34 (10%)
Unreported	3 (1%)

I-START Program Service Area



WHERE DO WE GO FROM HERE?

- Sustainable long-term funding
- Expansion; Access for all Iowans with intellectual and developmental disability and co-occurring mental illness
- Awareness
- Advocacy
- Linkage to resources and support
- Advisory Board
- Steering Committee

CONTACT INFORMATION

HOW TO MAKE A REFERRAL

istart@elevateccbhc.org

641-525-0401

www.elevateccbhc.org

Felicia Bates, MPH

I-START Program Director

fbates@elevateccbhc.org

319-830-2048

QUESTIONS?

