



## **INFORMATIONAL LETTER NO. 2463-MC-FFS**

**DATE:** May 17, 2023

**TO:** Iowa Medicaid Targeted Case Managers, Case Managers, Care Coordinators, Home- and Community-Based Services (HCBS) Providers

**APPLIES TO:** Managed Care (MC), Fee-for-Service (FFS)

**FROM:** Iowa Department of Health and Human Services (HHS), Iowa Medicaid

**RE:** Competency-Based Training

**EFFECTIVE:** Upon Receipt

The purpose of this informational letter is to announce upcoming competency-based training opportunities for all Iowa long-term services and supports (LTSS) providers. Competency-based training allows providers and direct support professionals to acquire skills that can be applied to member care. Trainings are provided at no cost to agencies or direct support professionals.

### **Developing Healthy Attachments & Healing from Attachment Disruptions** **Thursday, May 25, 2023 | 3:00 PM – 5:30 PM | [Register \(virtual\)](#)<sup>1</sup>**

**Presenter:** Susan Dannen, LISW, RPT-S, RYT-200, Certified Youth Instructor – Yoga Calm. Susan is with River Roots Mental Health and Wellness Center.

**Intended Audience:** all direct care staff of all LTSS services. Adults and children who receive community-based services may direct their attachment behavior towards direct care staff. Having direct care staff as an informed secure base can help promote emotional regulation and a sense of security, resulting in more positive outcomes.

#### **Objectives:**

- Identify and describe attachment, attunement, and co-regulation.
- Understand the impact of unhealthy attachments in childhood and how unhealthy attachments impact us across the lifespan.
- Define how containment affects co-regulation.

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<sup>1</sup> <https://telligen.zoom.us/meeting/register/tZMvd-ivrzwjE9NO7mgiNZWQMtzoAgL-7m95#/registration>

- Identify how we create co-regulation and how co-regulation leads to self-regulation.
- Identify adult attachment styles and how adults can heal from attachment disruption.

**Understanding Bipolar Disorder with Mindspring Mental Health Alliance**  
**Tuesday, May 30, 2023 | 9:00 AM – 10:00 AM | [Register \(virtual\)](#)<sup>2</sup>**

**Presenter:** Jaymi Dormaier, LMSW

**Intended Audience:** All LTSS direct support professionals

**Objectives:** Everyone experiences ups and downs, but bipolar disorder is different. This will be an accessible guide to understanding the types of bipolar disorder, their symptoms, common misconceptions, and how relationships are impacted. Participants will learn about treatment options and practical tips for managing symptoms or helping others.

**HCBS Cost Reporting**  
**Thursday, June 15, 2023 | 12:30 PM – 4:30 PM**

- [Register \(in-person\)](#)<sup>3</sup>  
 Polk County River Place, 2309 Euclid Ave., Des Moines, IA 50310, Conference Room 1 (in-person attendance is encouraged); OR
- [Register \(virtual\)](#)<sup>4</sup>

**Presenters:** Laura Parker, CPA, CFE, Myers and Stauffer LC Senior Manager, and Stacy Fenton, Myers and Stauffer LC Manager

**Intended Audience:** Individuals who prepare HCBS Waiver cost reports or answer questions about cost reports for HCBS Waiver agencies who submit an annual HCBS cost report because they provide the following services:

- Supported community living (daily or 15-minute) through the Intellectual Disability (ID) or Brain Injury (BI) Waiver,
- Residential-based supported community living through the ID Waiver,
- Interim medical monitoring and treatment through the ID, BI, or Health and Disability (HD) Waiver, or

<sup>2</sup> [https://us06web.zoom.us/webinar/register/WN\\_derjqx0aTp-A70Gp3K0XHg#/registration](https://us06web.zoom.us/webinar/register/WN_derjqx0aTp-A70Gp3K0XHg#/registration)

<sup>3</sup> <https://docs.google.com/forms/d/e/1FAIpQLScM-845fivnwIArYmjkWi9dbHglzG04gMKsBqPvKuIc8-FMEA/viewform>

<sup>4</sup> <https://telligen.zoom.us/meeting/register/tZwsceGprD0oGdT5WtYCRXlyOu4l7A-JlPjv#/registration>

- Family and community supports services through the Children's Mental Health (CMH) Waiver.

**Objectives:**

- Understand the purpose of the HCBS cost report and how it impacts reimbursement.
- Understand recent rule changes that resulted in updates to the HCBS cost report template and allowable cost calculations.
- Obtain greater comprehension of each cost report schedule, recent changes to each schedule, and how to complete each.
- Know what to expect during a cost report review.
- Tips to make the submission and review processes successful.

**\*Save the Date\***

**Using Inclusive Language – LGBTQA+**

**Tuesday, June 20, 2023 (in the morning) | Registration (coming soon)**

**Presenter:** Elisa McAfee, MS, LMFT

Training sessions will be recorded and stored in the competency-based training archive. The monthly training schedule and archive can be found on the [competency-based training](#)<sup>5</sup> webpage and will be updated as training opportunities become available.

Should you have additional questions, please direct them to the competency-based training specialist at [hcbstta@dhs.state.ia.us](mailto:hcbstta@dhs.state.ia.us).

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<sup>5</sup> <https://hhs.iowa.gov/ime/Providers/tools-trainings-and-services/CBT-for-LTSS>