

# In The Know, UDMO: September 2023



All-Staff Meeting

9/20/23

Wild Rose Casino  
in Emmetsburg

Executive Director 2 & 3

CACFP 4

LIHEAP 4

Compliance/Reporting 5

1st/Five, KIDS, 1st/Five 6-8

Early Childhood 9

Housing 9

Weatherization 10

HR 11

FaDSS 12

Outreach 13-15



1st place - Avera Medical  
Group 705.10 pounds!



Clay Outreach would like to thank everyone who participated in the Battle of the Businesses Food Drive! A big shout out the Spencer Chamber for their partnership on this project. 3500 pounds of food was collected for families and individuals in need! Congratulations to Avera Medical Group for collecting the most pounds of food!

Thank you to all that participated - Community State Bank, Woodruff Construction, Arnold Motor Supply, Stay In Home Care, Spencer Municipal Utilities, The Spencer Chamber, State Bank, Holiday Inn Express, CMBA, Campbell Higgins & Mummert, Bethany Lutheran Church, and the City of Spencer!



Pocahontas Outreach would like to thank everyone that participated in the Pocahontas CommUnity Race on August 18th! What a wonderful thing to do! It was so much fun to watch and participate in! We would love to do this again...Thank you once again, we appreciate each of you!



Palo Alto Outreach would to give a huge Thank You to Bernie Janssen for his donation of produce. It is greatly appreciated!

## Executive Director Report by Julie Edwards



### Monthly Happenings:

- **Weatherization Legislative Tour:** Representative Megan Jones and Senator Lynn Evans hosted a Clay County Clean Energy Tour which included a presentation by Kyle Deitrich, UDMO Weatherization Director on September 15.
- **Roosevelt OPEN HOUSE:** September 26 with a Ribbon Cutting Ceremony at 10:30am. Please come see this beautiful facility!
- **UDMO Leaders:** For the first time UDMO provided administrative leadership training for all programs. Sarah Ennis is facilitating the training designed to focus on building individual skills and team building within UDMO on a monthly basis from September 2023 through June 2024.
- **Agency-wide Training:** All UDMO staff will receive hands-on strategies on how to de-escalate individuals during the training on September 20.
- **ADA Facilities Checklists:** Site visits to each Outreach & Head Start center are being completed by DEI Committee members as part of UDMO's Risk Assessment.
- **Accountant Hired:** We are excited to welcome Jean Biggs an experienced accountant who will join our UDMO team September 18.
- **Grants:** We received new grants and are writing for more so please read Shakira's section in this newsletter!
- **DHHS Realignment – Recommendations scheduled for October.**
  - The process has entailed:
  - Health Management Associates (HMA), the company hired to conduct a statewide assessment to identify successes and gaps in service delivery as well as opportunities for service integration continue.
  - The assessment included the following program areas:
    - Local governmental public health
    - Integrated Provider Network
    - Environmental Health
    - Tobacco Community Partnerships
    - Emergency Preparedness Regions
    - ECIs
    - Local public health delivered Medicaid services
    - Certified Community Behavioral Health Centers
    - Maternal and Child Health (MCH)
    - Mental Health Delivery Regions
    - Family Planning
    - Aging and Disability Regional Centers
    - I-SMILE
    - Area Agencies on Aging
    - WIC
    - Decat
    - Family Development and Self Sufficiency Program (FaDSS)
    - Community Partnership for Protecting Children
    - **Community Action Agencies**



## Executive Director-Continued:

- Initially, **Town Hall meetings** were held.
- Follow-up was conducted through **Interviews** with Community Action Agencies and partners.
- On July 1, **Stakeholder Surveys** were sent out to: Contractors/Providers on behalf of HHS, Organizations that advocate on behalf of contractors or providers delivering HHS programs and services, Organizations that advocate on behalf of consumers and families receiving services, Volunteers, Committee/Board members of an HHS program, Elected Officials, HHS and other State of Iowa employees. Surveys were due back by August 11.
- September information received is processed with **recommendations scheduled for October.**

## Board Meeting: September 26, 2023 @ 5 pm in Estherville @ Roosevelt or Zoom

- **FaDSS Annual Report:** In the report's conclusion it is stated, "The Upper Des Moines Opportunities Inc. FaDSS program works diligently to provide high-quality, supportive services to families participating in the Family Investment Program. The data presented above reflect the program's commitment to achieving improved outcomes for parents, children, and families as a whole."
- **FaDSS Amendment:** Approval was granted to transfer \$6,000 from other to personnel (benefits).
- **LIHEAP 23ES-16 #8:** UDMO received an additional \$5,000 for ECIP.
- **ESG** Iowa Finance Authority (IFA) intends to award Upper Des Moines Opportunity, Inc. (UDMO) an Emergency Solutions Grant (ESG) Program award in the form \$85,517.00. This award is contingent upon IFA's availability of funds.
- **TBRA** Iowa Finance Authority (IFA) intends to award Upper Des Moines Opportunity, Inc. a HOME Investment Partnerships (HOME) Program award in the form of a \$750,000.00 Grant for Tenant-Based Rental Assistance.
- **Head Start:** Will be seeking permission to write for annual continuation and Training/Technical Assistance grants for a total of \$6,755,161. Grant is due by 12/1/2023.
- **Wipfli Letter of Engagement** for this year's audit at a cost of \$39,000.
- **Still searching for a representative from Humboldt, Pocahontas or Buena Vista with a background in accounting.**
  - **Apply at UDMO.com.**
  - Go to the "About Tab" click on the drop down "Board" for the application.





## CACFP (Child & Adult Care Food Program) In Home

## Monthly Board Report:

*Counties Served: Buena Vista, Clay, Dickinson, Emmet, Lyon, O'Brien, Osceola, Palo Alto, Pocahontas, and Sioux.*

CACFP currently has 40 providers with 40 providers claiming for August.

I lost 1 provider and gained 1 this month. August was a busy month with my year end and completing the State Budget and Management Plan. In the process, the decision was made that starting October 1<sup>st</sup> I will be going to 32 hours. This decision was made so that CACFP could continue to sustain its program with the current level of funding, which is based on the total number of enrolled Daycare providers.

Recruitment efforts are ongoing. CACFP In-home Providers served the following meals in August:

	August 2023	August 2022
Breakfast:	5,052	6,021
Lunches:	5,494	6,605
Snacks:	6,016	7,211
Suppers:	174	163
Total Meals Served:	16,736	20,000

<b>Providers Served:</b>	<b>40</b>	<b>48</b>
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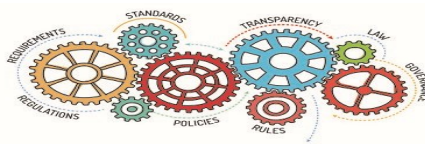
**Shelly Charapata– Energy Program Director**



- Participated in virtual meetings: Town Hall Meeting, IUB and THO computer trainings.
- **CRISIS:** For August, 190 households received ECIP-Liheap Supplement 23ES Crisis funds in the amount of \$92,316.16. 96 households received LIHWAP ARPA crisis funds in the amount of \$26,451.63.
- **LIHWAP ARPA Crisis for water/waste water:** Iowa applied for, and received, a no-cost, six-month extension for LIHWAP. This will allow for agencies to continue with LIHWAP through March 31, 2024. This extension does not come with any additional funding. State will be working on an amendment to extend the end date of the existing contract. State will also be working on reallocation of unspent funds.



## Shakira Meyer – Director of Program Development, Compliance & Reporting



### Upper Des Moines Opportunity, Inc.

A Member of the Iowa Community Action Association



As one of sixteen community action agencies in Iowa, UDMO is part of a larger state-wide network, the Iowa Community Action Association (ICAA). During FY22, Tiffany Keimig, ICAA Director of Training and Technical Assistance guided the UDMO leadership team through Strategic Planning.

Did you know ICAA provides many resources? Check out what ICAA has to offer you as a professional working in Community Action!

Orientation to Community Action: <https://iowacommunityaction.org/event/orientation-to-community-action-2/>

On Demand Trainings: <https://iowacommunityaction.org/on-demand-training/>

Leadership Opportunities: <https://iowacommunityaction.org/leadership-opportunities/>

Lyceum Lounge – Next meeting TBD: <https://iowacommunityaction.org/events/>

ICAA Book Club: <https://iowacommunityaction.org/event/icaa-book-club-copy-2/>

Annual Conference each July: Information and Registration usually opens in the spring of the year

### UDMO Funding Requests Update:

Recent Foundation/Organizational/Trust Grants Submitted and Status as of June 2023	County	Program	Submitted/ Pending	Awarded	Denied
Sheldon United Fund	OB	Outreach – Client Services	X		
United Way	BV, CL, OB	Outreach – Client Services	X		
Dickinson County Endowment Fund	DI	Head Start – Appliances		X	
Dickinson County Good Neighbor Fund	DI	Outreach – Client Services	X		

Program Grants Submitted and Status as of September 2023	County	Program	Submitted/ Pending	Awarded	Denied
Tennent Based Rental Assistance (TBRA)	All	Housing		X	
CSBG FY23 Application – Submitted June 1 with decision from the State of Iowa Department of Human Rights in Summer 2023	All 12	Outreach + Co-funding for HS, SV, SWVPP, WRAP & KIDS	X		
IFA-Emergency Solutions Grant	All	Housing		X	

## Jessie Hansen-1st Five Project Director/KIDS Program Director




**Meredith Mickelson, 1<sup>st</sup> Five Site Coordinator**

**Counties Served: Calhoun, Hamilton, Hardin, Humboldt, Pocahontas, Webster & Wright Counties**

*1<sup>st</sup> Five Services: Partnership between Primary Care Providers and Community partners to support child development in children birth up to their 5<sup>th</sup> birthday.*

- FY24 – 1<sup>st</sup> Five new incoming referrals listed below by county of referring clinic for current FY24

Referring County Provider-Clinic	 <b>New Incoming 1<sup>st</sup> Five Referrals for CSA4</b> (Meredith Mickelson, 1 <sup>st</sup> Five Site Coordinator)											
<b>FY24</b> (July 1, 2023-June 30, 2024)	<b>JULY</b> <b>2023</b>	<b>AUG</b> <b>2023</b>	<b>SEPT</b> <b>2023</b>	<b>OCT</b> <b>2023</b>	<b>NOV</b> <b>2023</b>	<b>DEC</b> <b>2023</b>	<b>JAN</b> <b>2024</b>	<b>FEB</b> <b>2024</b>	<b>MAR</b> <b>2024</b>	<b>APR</b> <b>2024</b>	<b>MAY</b> <b>2024</b>	<b>JUNE</b> <b>2024</b>
<b>CALHOUN</b>	0	0										
<b>HAMILTON</b>	3	8										
<b>HARDIN</b>	0	2										
<b>HUMBOLDT</b>	4	0										
<b>POCAHONTAS</b>	1	0										
<b>WEBSTER</b>	2	11										
<b>WRIGHT</b>	1	1										
<i>New monthly incoming referrals</i>	<i>11</i>	<i>22</i>										
<b>TOTAL CSA4 FY24 referrals</b> (July 1, 2023-current)	<b>11</b>	<b>33</b>										
<i># of Different Primary Care Providers who referred current month</i>	<i>9 primary care providers</i>	<i>13 primary care providers</i>										

### **Focus Area 1:** Meeting with Primary Care Physicians/Clinics

- UDMO CSA 4- 1<sup>st</sup> Five Site Coordinator, Meredith Mickelson shares training webinars, resource connections, encouraging 1<sup>st</sup> Five presentation with clinic staff. Continued guidance is provided to clinic staff on the importance of developmental screening, completion of the Iowa HHS's 1<sup>st</sup> Five referral form and importance of obtaining parent/caregiver signature on Release of Information section.

### **Focus Area 2:** Meeting with Community Partners

- 1<sup>st</sup> Five Site Coordinator was the featured community resource presenter at the PCC Meeting in Webster County on August 31, 2023 at FD Housing Agency in Fort Dodge. CSA4 1<sup>st</sup> Five continues to expand knowledge on 1<sup>st</sup> Five at community partner meetings both with virtual and in-person attendance at meetings and increasing email communications.
- 1<sup>st</sup> Five attended the Prevent Child Abuse America convention in Baltimore, MD.

### **Focus Area 3:** Referrals/Communication with Families:

- Meredith continues ongoing positive, supportive and regular communication, training and supervision with CSA4 Developmental Support Staff and data entry team.
- UDMO 1<sup>st</sup> Five CSA4 staff were invited to attend the Iowa HHS state consultant, Amy Robak, 1<sup>st</sup> Five Site Visit on was re-scheduled from August 30, 2023 in Fort Dodge to September 8th.

**On-going efforts/Upcoming Changes:** Share experiences and improvement suggestions on the new 'Iowa Connected' data entry system. Continue to build upon the state approved materials to share as outreach.



Jessie Hansen  
Teresa Ball  
Meredith Mickelson  
at the Prevent Child Abuse  
Conference in Baltimore.



### KIDS Program

Throughout the month of August, we have received a few referrals in Emmet. We have continued to look at caseloads to determine where the referrals should go and the availability of staff in those areas. We are at capacity. Our subcontract with Emmet County Public Health, to provide home visitation services in Emmet County, has been going well. Training is expected to be completed by the end of September or the middle of October at the latest. In addition, there has been a lot of planning for upcoming trainings to offer a group-based parent education services under Positive Behavior Intervention and Support and Parents As Teachers which is scheduled to take place in October.

KIDS Program also attended the Early Childhood Iowa North Central Meeting in Bancroft regarding an RFP to UDMO for home visitation services. This was approved to be sent and was received, with a due date of September 25<sup>th</sup>, 2023. We are reviewing the RFP to determine if this is financially feasible to provide services.

I attended several meetings this last month including many local prevention council groups and resource meetings. Through the Prevent Child Abuse Iowa grants, community meetings are required to take place on a **quarterly basis**. We have had meetings so far in all of our counties, except Clay and Dickinson which are combined. This is a great opportunity to collaborate with providers and make connections to resources in the community. There have not been any Decategorization-Community Partnership for Protecting Children meetings which are held by Siouxland Human Investment Partnership out of Sioux City, which typically provides support to local programs for services. However, we look forward to continue our collaboration with our community partners.

### **Operations Director-T.J Thayer**



#### **Roosevelt Building**

##### **Sprinkler system**

The system is in its final stages. A punch list has been provided and currently is being worked on by the fire group. The system passed its pressure test and was passed by the fire marshal. Currently it is expected to be completed in September with the punch list. Once the system is passed by staff final bill will be paid.

##### **Boiler Room Building**

The masonry company is completing another section of the boiler room so the roof can be completed. The boiler has been repaired and is waiting for the new gas line to be installed before fire up.

##### **Classroom Remodel**

Punch list is almost complete as a few items are needing to be addressed. The Engineers are going to visit the facility and make sure everything mechanically is up to par and they give their approval.

#### **Head Start**

Currently trying to find a company that will complete Fair Market Rent that is required by Head Start.



# 'FALL' INTO 1<sup>st</sup> FIVE

**Our Mission~** 1st Five is a public-private partnership bridging primary care and public health services in Iowa. The 1st Five model supports health providers in the earlier detection of social-emotional and developmental delays and family risk-related factors in children birth to 5 and coordinates referrals, interventions and follow-up.

## **Our Focus in 2023~**

Building quality partnerships with primary care providers by introducing our initiative to the area, offering education on the importance of universal screening during well-checks for children birth to 5 years old, and by providing guidance on the 1<sup>st</sup> Five referral model.

## 6 Months of Results ~1<sup>st</sup> FIVE in CSA-1~

- ❖ 5 out of 6 counties in CSA-1 are referring
- ❖ The addition of 6 new engaged providers from 5 clinics to CSA-1
- ❖ Introduced All Level 1 (new, reengaged) clinics to 1<sup>st</sup> Five
- ❖ The 1<sup>st</sup> ASQ Clinic Training took place in August
- ❖ All client referrals successful with numerous valuable resource connections completed beyond provider identified needs
- ❖ State Training and Professional Development of the 1<sup>st</sup> Five Team accomplished

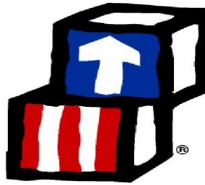
*"I can do things you cannot, you can do things I cannot; together we can do great things."* —  
Mother Teresa

Teresa Ball, MA  
1<sup>st</sup> Five Site Coordinator, CSA-1  
[tbball@udmo.com](mailto:tbball@udmo.com)  
(712) 298-6751

CSA-1 serves the Counties of Clay, Dickinson, Emmet, O'Brien, Osceola, and Palo Alto



### 0-5 Early Childhood Programs– Director Irene Mayland



#### **Enrollment:**

Head Start Programs enrolled with 289 students. 17 HS slots left open awaiting results of the Conversion request. Early Head Start is fully enrolled with 176 students for year-round programming.

#### **Disabilities:**

- EHS students are being served on IFSP's: 13
- HS students were served on IEP's: 13

#### **Continuing Education**

- Head Start CDA TEACH: 5
- Early Head Start CDA TEACH: 2
- Total CDA's completed- 1

#### **TEACH – 2 year or 4 year degree**

- Associates degree: 0 completed
- Bachelor's degree: 2 in progress

#### **COACHING-number participating**

- Teachers: 5
- Home Base Teachers: 2

#### **What's Happening:**

- New Milford Head Start Site:
  - First Lutheran Church, Milford
- In-Service for all HS/EHS held on August 16, 2023
- Temporary EHS Classroom Closures:
  - Spencer – 1 room closed due to shortage of employees, all students are being served through the home base program.
- Recruitment efforts are ongoing.

### Housing Report– Tanya Thelen Housing Services Coordinator



**20 Households (51 Individuals) were assisted.**

#### **TBRA:**

8 Households and 18 Individuals

#### **ERA:**

Homeless Prevention: 10 Households and 29 Individuals  
Rapid Rehousing: 2 Households and 4 Individuals



Housing Continued:Status of Funding Opportunities

Rural Unsheltered Housing Grant – Awarded/Still waiting for the contract.

Tenant Based Rental Assistance – Awarded \$750,000.00

IA Bos CoC Local Competition – Not awarded

Emergency Solutions Grant – Awarded \$85,517.00 for Homelessness Prevention

We have been fortunate to have received plentiful funding to continue the fight against poverty and homelessness in our region. This funding has made it possible for the UDMO Housing Program to expand adding additional staff to better provide service to the families we serve.

Please welcome Penny Murphy back to Upper Des Moines Opportunity, Inc. She has joined UDMO Housing as a Housing Case Manager. She will cover Osceola, O'Brien, Dickinson, Clay, Emmet, Palo Alto, Buena Vista and Pocahontas. We are also adding an Inspector to the team very soon.

**Statewide Crisis Line Update:** Clients in need of rental assistance should call the **Statewide Crisis Line** at 1-833-739-0065 to complete the intake process. The state of Iowa Crisis Line is now reporting a slight delay in returning calls to clients but call backs are being completed within 48 hrs.

**Effective January 1, 2024 the Statewide Crisis Line will no longer offer 24/7 live operator service. Normal business hours will be 7am-8pm. Clients calling outside of these hours will still be able to leave a message and will be triaged the next business day.**

"Weatherization Report for August 2023"

**Number of Families Served in August 2023: 10**

**Number of Families Served in FY 2023: 57**

**Goal for 2023: 110 Homes**

Weatherization Update:

The Weatherization Department for the month of August, completed our goal again of 10 homes. Not much is going on for the month just continuing to assist as many clients as we can before the weather changes.

We are starting next week hopefully getting in some candidates for interviews for the Weatherization Home Auditor and start the process of hiring a new employee. This is necessary due to the increase in funding for the DOE BIL contract over the next 4 years.

The good news is, it seems that the contractors have been ramping up in progress on getting more homes done in the last few months. So, I am hopeful that they can continue to stay the course and to continue to finish homes in a timely manner for the future months to finish strong at the end of the fiscal year for our program.

**Tiffany Harris– HR Director**



**The following positions have recently been filled:**

- Outreach Specialist, Fort Dodge
- EHS Teacher, Jefferson – Spencer
- **(2)** WRAP Assistant Teacher, Jefferson – Spencer
- HS Teacher, Jefferson – Spencer
- Sub, Jefferson – Spencer
- Housing Case Manager, Central Office

**The following INTERNAL transfers have recently taken place:**

- Health Services Manager, Emmet to Health Coordinator, Emmet

**The following positions have recently separated employment:**

- Sub, ILCC & Jefferson
- Food Service Personnel, Gingerbread – Storm Lake
- HS Assistant Teacher, Emmet
- Home Base teacher, Jefferson - Spencer

**Navigate – Wellness Program Stats:**

- Wellbeing Survey: 154 Completed
- Personal Challenges: 27 Completed
- Holistic Health: 79 Enrolled --- Tasks must be logged daily!
- **REMEMBER to log in to Navigate and complete the Wellbeing Survey and three Personal Challenges by October 31, 2023 to be entered into a drawing for 8 hours of vacation!**

**Work Comp Incident Report Recap:**

In order to keep our rates from rising, our goal is to provide a safe working environment to keep these incident reports to a minimum and avoid preventable work comp claims.

- June 2023: 2 Incident Report
- July 2023: 0 Incident Reports
- August 2023: 2 Incident Reports
- YTD Total: **30**

**Staff Comments:**

“I enjoy the people that I work with and the support of staff. I think that it is wonderful that our program allows for internal advancement.”

“I enjoy being able to help others in their time of need, and being able to follow their journeys into bettering themselves. The benefits are great!”

Family & Community Services Director-Alisa Schlieff



**FaDSS:**

**Webster, Wright, Hamilton, Humboldt, Palo Alto, Emmet, Buena Vista and Pocahontas**

**August 2023**

Number of Families Served: for August 2023 68 families

Year to Date Families Served: July 1, 2022 to August 31, 2023: 73 families

	Upper Des Moines Opportunities Inc.		
<b>Contract Measure</b>	<b>FY 23</b>	<b>FY 23 Target</b>	<b>State FY 23 Average</b>
Families involved in at least one work preparedness activity.	35%	70%	35%
Families exiting FaDSS with increased income.	49%	50%	39%
Adult family member(s) with a substantiated mental health barrier that accessed treatment.	83%	90%	86%
Adult family member(s) with a substantiated substance abuse barrier that accessed treatment.	92%	90%	87%
Families experiencing domestic violence that received help.	100%	90%	79%
Employed families with child care issues that have addressed those issues.	76%	60%	46%
Families with age eligible children (0-5) co-enrolled in an early childhood program.	52%	60%	47%
Visits conducted in the family's home environment	34%	75%	43%
Home and quality visits where other family members besides the head of household engaged in the visit	52%	33%	46%



## Outreach:

**Webster, Wright, Hamilton, Humboldt, Palo Alto, Emmet, Buena Vista and Pocahontas**

We would like to welcome **Hallie Schlid** to our Outreach team. Hallie will be working in our Webster County Outreach office! Hallie we are excited to have you with us!

August was a busy month for our Outreach offices with their annual back to school programs. Throughout the 12 counties we provided school supplies to **579 households** and **2421 students**!!

Food programs have increased over the past year so we wanted to take a look back to see where we were and where we are now!

January 2022-June 2022:

we served (unduplicated) **2215 households** and **5018 individuals**

January 2023-June 2023:

we served (unduplicated) **3432 household** and **7522 individuals**

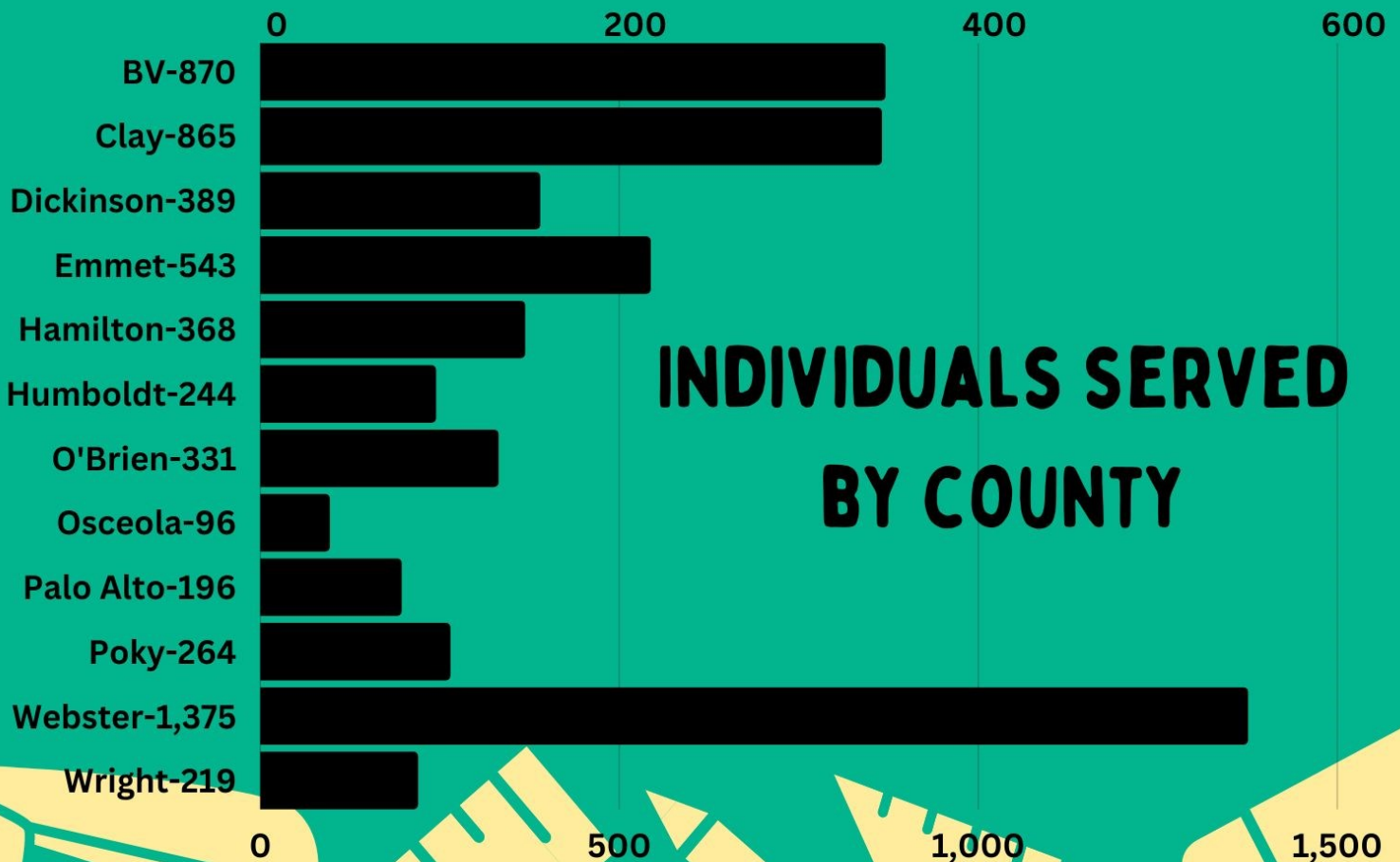
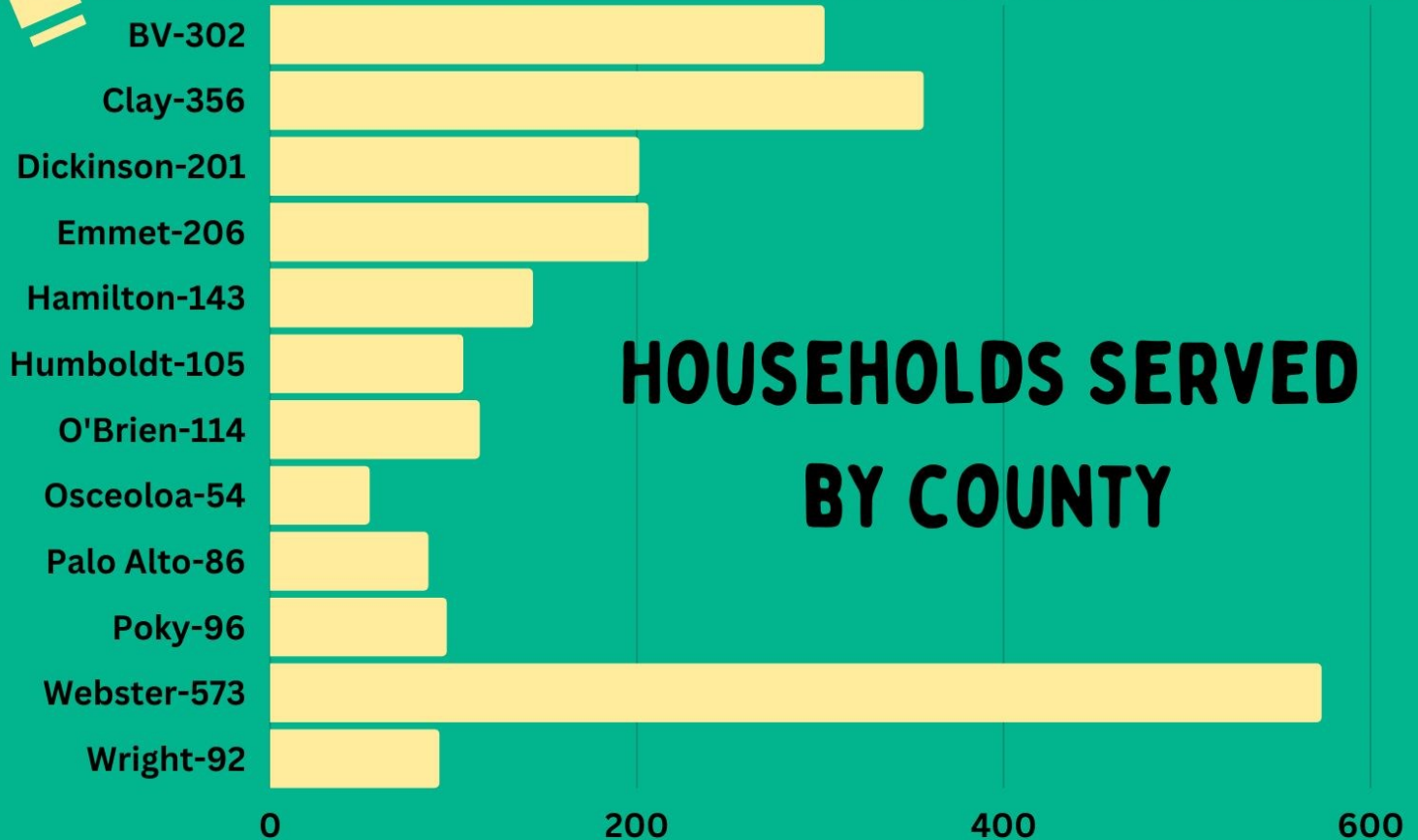
## Upcoming Events:

Outreach offices have started to take application for Coats for Kids

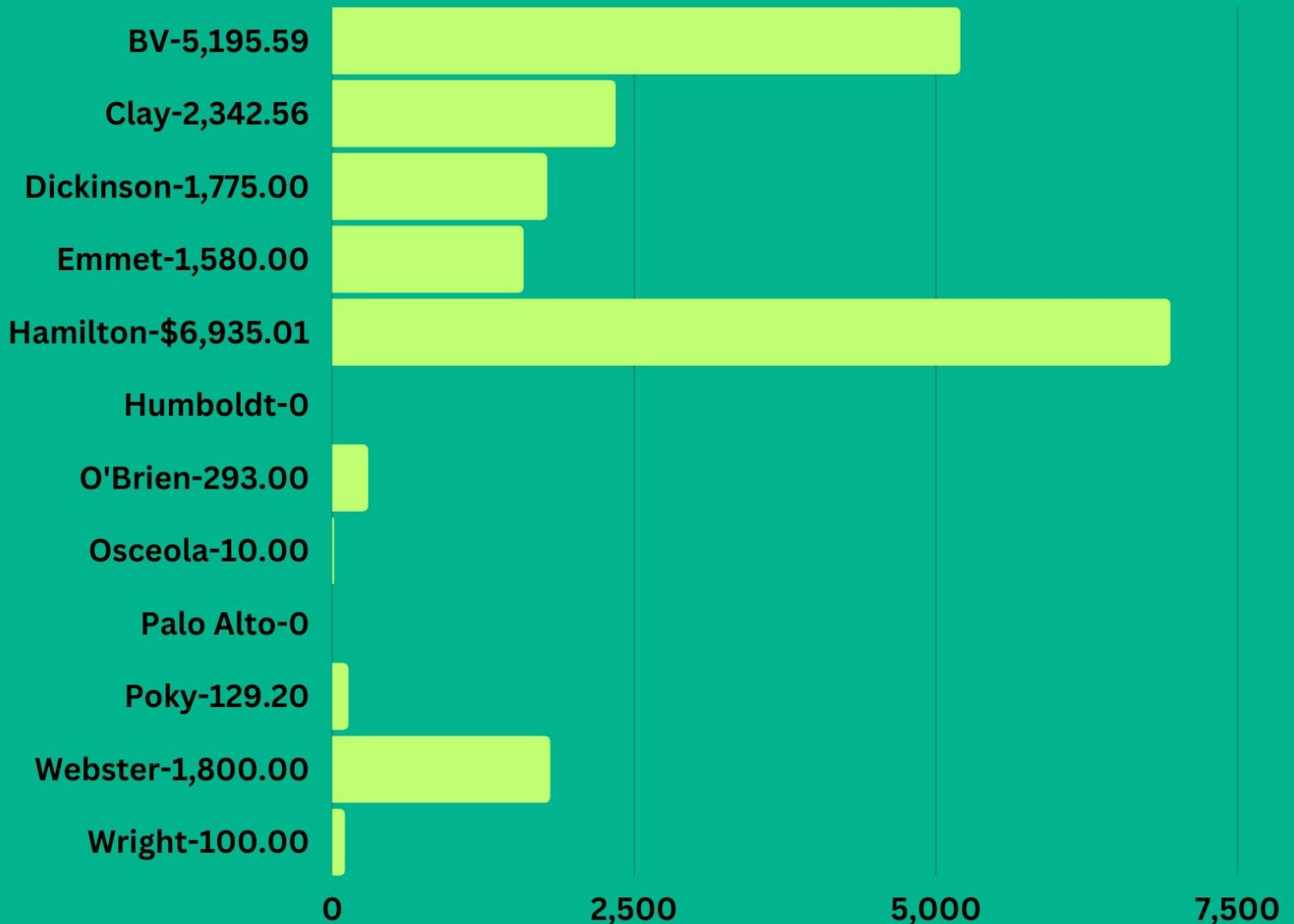
LIHEAP season is right around the corner. Outreach offices will begin taking applications starting October 1<sup>st</sup>!



# OUTREACH - AUGUST 2023



# **MONETARY DONATIONS**



**MANY OUTREACH OFFICES HAD A BUSY  
AUGUST DISBURSING SCHOOL SUPPLIES TO  
KIDS IN THEIR COUNTIES! GREAT JOB!**