

## The START Model

START is a nationally recognized program model that was implemented in 1988 by Dr. Joan Beasley. START provides community based crisis prevention and intervention services for individuals with IDD and mental health needs, with the goal of creating a support network that can respond to crisis needs at the community level. START provides outreach, education, systemic and clinical consultation, and crisis response.

START is an evidence informed comprehensive model that utilizes a national database. In 2002, the START model was cited as the "model program" in the US Surgeon General's Report on mental health disparities for persons with IDD and in 2016, START was identified as "best practice" by the National Academy of Sciences Institute of Medicine.

**"Services are most effective when every one involved in care and treatment actively participates in decision-making."**

Joan Beasley, Ph.D.,  
Director of the Center for  
START Services



If you are in crisis please call our partners at YOUR LIFE IOWA:  
Call: 855-581-8111  
Text: 855-895-8398



For more information or to make a referral contact the I-START Program:

Phone: 641-525-0401

Fax: 515-220-2272

Email: [istart@elevateccbhc.org](mailto:istart@elevateccbhc.org)

Referral form can be found at [www.elevateccbhc.org](http://www.elevateccbhc.org)



# I-START Program

Iowa Systemic, Therapeutic, Assessment, Resources, & Treatment

For individuals with intellectual/developmental disabilities with complex mental health and behavioral needs.



## Individuals Appropriate for I-START Clinical Services

Externalizing mental health symptoms such as aggression or self-injurious behavior

Challenging to support in the community or previous interventions unsuccessful

High utilization of crisis services such as the law enforcement or the emergency department

At risk of losing placement or other needed services

Multiple community placements

Recent deterioration in skills and abilities

## START Model Components

Enhance communication and collaboration amongst family, community service providers, hospitals, and emergency response services

Help to identify the appropriate resources needed for stabilization and independence

Promote information sharing and collaboration across systems

Facilitate crisis prevention and intervention plans

Provide clinical expertise and training

Ensure a multidisciplinary approach to care

## Documented Benefits of the START Model:

Reduced use of emergency services and state facility/hospital stays

High rates of satisfaction by families and care recipients

Cost-effective service delivery

Increased community involvement and crisis expertise in communities

Strengthened linkages that enrich systems, increased resources, and fill in service gaps

## Eligibility Criteria for I-START

Individuals 17 years of age or older

Individuals with intellectual or developmental disabilities

\*START Service availability may vary depending on location

**“I-START has helped my son truly become the center of his life. That is a gift that most people can’t wrap their heads around. Thank you for all of the time, patience and consistency you have provided to make this happen.”**

–Karla, Mother of an I-START Client

