

Champaign County Mental Health Board

In fulfillment of our responsibilities under the Community Mental Health Act, the Champaign County Mental Health Board (CCMHB) presents the following documents for public review:

The CCMHB's <u>Annual Report</u> provides an accounting to the citizens of Champaign County of the CCMHB's activities and expenditures during the period of January 1, 2019 through December 31, 2019.

The CCMHB's <u>Three-Year Plan</u> for the period January 1, 2019 through December 31, 2021 presents the CCMHB's goals for development of Champaign County's system of community mental health, intellectual and developmental disabilities, and substance use disorder services and facilities, with <u>One-Year Objectives</u> for January 1, 2019 through December 31, 2019.

Any questions or comments regarding the CCMHB's activities or the county's behavioral health and developmental disability services can be directed to the Champaign County Mental Health Board; 1776 E. Washington; Urbana, IL 61802; phone (217) 367-5703, fax (217) 367-5741.

Champaign County Mental Health Board

Fiscal Year 2019 Annual Report & Three-Year Plan 2019-2021

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LISTING OF 2019 BOARD MEMBERS AND STAFF

BOARD MEMBERS

Ms. Margaret White (President)

Mr. Kyle Patterson (Vice President)

Dr. Susan Fowler

Dr. Thom Moore

Ms. Judi O'Connor

Mr. Joseph Omo-Osagie

Ms. Elaine Palencia

Dr. Julian Rappaport

Ms. Jane Sprandel

STAFF MEMBERS

Lynn Canfield Executive Director

Kim Bowdry
Associate Director for Intellectual and Developmental Disabilities

Mark J. Driscoll
Associate Director for Mental Health & Substance Use Disorder Services

Stephanie Howard-Gallo Operations & Compliance Coordinator

Shandra Summerville
Cultural & Linguistic Competence Coordinator

Chris Wilson Financial Manager

CCMHB President's Report

As the incoming President, it is my pleasure on behalf of the Champaign County Mental Health Board (CCMHB/Board) to present to the citizens of Champaign County the 2019 Annual Report. The report is statutorily required under the Illinois Community Mental Health Act (405 ILCS 20/). The Board meets the mandated reporting requirements and provides additional information detailing funded services and performance as well as including the Three-Year Plan with objectives for the new year. The following pages include a financial accounting of 2019 expenditures, amounts allocated to community agencies by program, and for the two CILA homes. Detailed descriptions of funded services by program and reported utilization follow and is accompanied by charts aggregating reported service data and the commitment of financial resources by the Board. Closing out the report is the Three-Year Plan with Fiscal Year 2020 Objectives.

While state funding started to stabilize in 2019, agencies continue to struggle in a difficult operating environment. State rates for many services continue to be inadequate. Medicaid and managed care pose enrollment, claims, and other challenges for providers and clients alike. Then there is the competitive employment market compounding existing staff shortages in the developmental disability and behavioral health fields. These are some of the overarching issues confronting providers not only in Champaign County but across the state and nationally. Locally, the cycle of violence perpetuated by youth with guns continues to plague larger communities while rural, small towns lack access to services be it due to the absence of providers, transportation issues, or stigma, all present challenges for the respective communities, stakeholders, and the Board.

Over the last year, the Board has moved to restore a family-based model for addressing needs of youth. Cunningham Children's Home was awarded a grant to complete the planning process in late 2019 and move to implementation in 2020. Another significant achievement is the collaborative effort between the Board and the Champaign County Developmental Disabilities Board to pay off the mortgage of two CILA homes purchased in 2014. In an effort to provide long-standing programs with some security regarding current contracts, the Board approved extending the term of twenty contracts representing 35% of 2019 awards. The amount of funding the Board has awarded to local agencies has continued to increase over the last three years at a rate exceeding that of the property tax levy. For contract year 2019 (7/1/18-6/30/19), the Board awarded \$4,201,929, compared to contract year 2020 (7/1/19-6/30/20) awards of \$4,562,151. As you will see in the following pages, these funds support services to the very young to the very old, to residents of our large towns and cities to our very small rural communities.

In closing, I want to thank you for your interest in the work of the CCMHB. What has been accomplished would not be possible without the commitment of my fellow volunteer board members, including outgoing members Judi O'Connor and immediate past President Margaret White. I would also like to welcome to the Board, Ms. Kathleen Wirth-Couch and Dr. Jon Paul Youakim.

Respectfully,

Joseph Omo-Osagie CCMHB President, 2020

SECTION I: Financial Reports and Service Data

CHAMPAIGN COUNTY MENTAL HEALTH BOARD ANNUAL FINANCIAL REPORT

1/1/19 - 12/31/19

		2018	Г	2019
Beginning of the Year Fund Balance	s	2,842,704	<u> </u>	3,225,111
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REVENUE				
General Property Taxes	\$	4,611,577	\$	4,813,598
Back Taxes, Mobile Home Tax &		7,809		13,155
Payment in Lieu of Taxes				
Local Government Revenue				
Champ County Developmental Disabilities Board Interest Earnings		310,783		409,175
Gifts and Donations		41,818		45,950
Disability Expo		21,613		4,706
Miscellaneous		N/A		14,275
TOTAL REVENUE	\$	29,955 5,023,555	<u>s</u>	129,028 5,429,887
EXPENDITURES				
Administration & Operating Expenses:				
Personnel	S	522,073	\$	517,053
Commodities		10,049		11,147
Services		404,059		286,377
Interfund Transfers*		56,779		406,505
Capital Outlay				
Sub-Total	\$	992,960	\$	1,221,082
Grants and Contributions:				
Program		3,648,188		3,993,283
Capital				_
Sub-Total	\$	3,648,188	\$	3,993,283
TOTAL EXPENDITURES	\$	4,641,148	\$	5,214,364
Fund Balance at the End of the Fiscal Year	\$	3,225,111	\$	3,440,634

^{*}to CILA fund and to CCDDB fund for share of revenue from Expo donations and miscellaneous

CHAMPAIGN COUNTY MENTAL HEALTH BOARD PROGRAM ALLOCATIONS -- FY2019

1/1/19 - 12/31/19

1/1/19 - 12/31/19 AGENCY/PROGRAM	TOTAL PAID
CHAMBAICM COUNTY CHU DDONG A DUOCA CHI TTAIRE	TOTALIA
CHAMPAIGN COUNTY CHILDREN'S ADVOCACY CENTER	50,256.00
CHAMPAIGN COUNTY CHRISTIAN HEALTH CENTER	
Mental Health Care (6 months)	6,498.00
CHAMPAIGN COUNTY HEALTH CARE CONSUMERS	
CHW Outreach and Benefit Enrollment (6 months)	29,646.00
Justice Involved CHW Services & Benefits (6 months)	27,384.00
Agency Total	57,030.00
CHAMPAIGN COUNTY REGIONAL PLANNING COMMISSION	
Homeless Services System Coordination (6 months)	23,579.00
Early Childhood Mental Health Services	152,394.00
Youth Assessment Center	76,350.00
Headstart - Social/Emotional Disabilities**	80,607.00
Justice Diversion	70,192.00
Agency Total	403,122.00
CHAMPAIGN URBANA AREA PROJECT	
CU Neighborhood Champions (6 months)	25,004.00
TRUCE	50,000.00
Agency Total	75,004.00
COMMUNITY SERVICE CENTER OF NORTHER CHAMPAIGN COUNTY	
Resource Connection	67,094.00
	0.7922.1100
COURAGE CONNECTION	
Courage Connection	124,321.00
CRISIS NURSERY	
Beyond Blue - Rural	75,000.00
CUNNINGHAM CHILDREN'S HOME	
ECHO Housing and Employment Support	02.004.00
Parenting Model Planning/Implementation (6 months)	92,886.00
Agency Total	140,472.00 233,358.00
	233,330,00
DEVELOPMENTAL SERVICES CENTER	
Family Development Center **	281,144.00
DON MOYER BOYS & GIRLS CLUB	
CU Neighborhood Champions (6 months)	32,358.00
Community Coalition Summer Youth Programs	107,000.00
CU Change	50,002.00
Youth and Family Organization	80,002.00
Agency Total	269,362.00
DREAAM HOUSE	
DREAAM House	80,000.00
FACT CENTRAL II LINGIS DECLOSES ASSISTANCE CONTRACT	
EAST CENTRAL ILLINOIS REFUGEE ASSISTANCE CENTER Family Support and Strengthening	
- want, pupport and prienginging	52,343.00
FAMILY SERVICE	
Counseling	27,502.00

CHAMPAIGN COUNTY MENTAL HEALTH BOARD PROGRAM ALLOCATIONS -- FY2019

1/1/19 - 12/31/19

AGENCY/PROGRAM	TOTAL PAID
Self Help Center	28,682.00
Senior Counseling and Advocacy	152,345.00
Agency Total	208,529.00
FIRST FOLLOWERS	
Peer Mentoring for Re-entry	82,498.00
GROW IN ILLINOIS	
Peer Support (6 months)	48,614.00
MAHOMET AREA YOUTH CLUB	
Members Matter	15,000.00
BLAST	13,000.00
Agency Total	33,000.00
	55,000,00
NATIONAL ALLIANCE ON MENTAL ILLINOIS	
NAMI Champaign County (6 months)	4,998.00
PROMISE HEALTHCARE	
Mental Health Services	244,272.00
Wellness/Justice	58,000.00
Agency Total	302,272.00
RAPE ADVOCACY COUNSELING EDUCATION SERVICES	
Sexual Violence and Prevention Education	10.000.00
Sexual Violence and Prevention Education	18,276.00
RATTLE THE STARS	
Youth Suicide Prevention Education	54,752.00
ROSECRANCE	
Criminal Justice PSC	321,495.00
Crisis, Access, Benefits & Engagement	229,700.00
Fresh Start	79,310.00
Prevention Services	60,000.00
Recovery Home	183,326.00
Specialty Courts	203,000.00
Agency Total	1,076,831.00
UNITED CEREBRAL PALSY LAND OF LINCOLN	
Vocational Training and Support (6 months)	21,620.00
UP CENTER OF CHAMPAIGN COUNTY	
Children/Family/Youth Program	16 006 00
omasour anny roun riogian	25,095.00
URBANA NEIGHBORHOOD CONNECTION	
Community Study Center	22,500.00
GRAND TOTAL	3,673,517.00
	0,070,027,00

^{••} Programs for people with ID/DD, per Intergovernmental Agreement with the Champaign County Developmental Disabilities Board

Service Totals - Brief Narrative of What the Service Categories Represent

The Champaign County Mental Health Board funds a wide range of services through local human service providers of varying size and sophistication. The CCMHB invests in services that range from helping mothers and families with newborn babies into early childhood to supporting youth through adolescence and young adulthood to assisting adults and families dealing with life's challenges to helping the elderly with activities of daily living. The not for profit and government agencies that provide services with CCMHB funds range from small agencies with only a few employees and volunteers to large multi-million dollar agencies with over a hundred employees. Descriptions of the service activities supported in current and previous years are available at http://ccmhddbrds.org.

Regardless of their size, agencies are required to report on services delivered using four categories. Those categories must be broad enough to provide a certain amount of flexibility to account for how and to whom the programs delivered services. The four categories are Community Service Event (CSE), Service Contact (SC), Non-Treatment Plan Client (NTPC), and Treatment Plan Client (TPC). Each agency is allowed to define within each category what will be reported. Definitions of CSEs and SCs relate to types of activities. Definitions of TPCs and NTPCs relate to who has been served and require a certain level of documentation associated with the service. Some programs may only report under one of the categories, others may report on all four. Which and how many categories an agency reports activity under depends on the services provided by the program.

<u>Community Service Events (CSEs)</u> can be public events, work associated with a news interview or newspaper article, consultations with community groups and caregivers, classroom presentations, and small group workshops and training to promote a program or educate the community. Meetings directly related to planning such events may also be counted here. Examples are the Family Service Self-Help Center planning and hosting of a self-help conference or newsletters published by the East Central Illinois Refugee Mutual Assistance Center.

A Service Contact (SC), also referred to as a screening contact or service encounter, represents the number of times a program has contact with consumers. Sometimes this can be someone who is being served by the program. Or it can be sharing of information, fielding a call about services, or doing an initial screenings or assessment. An example of a service contact would be the volume of calls answered by the Crisis Line at Rosecrance.

A Non-Treatment Plan Client (NTPC) is someone to whom services are provided and there is a record of the service but does not extend to a clinical level where a treatment plan is necessary or where one would be done but does not get completed. An example is a person who comes into the domestic violence shelter at Courage Connection but leaves within a few days before fully engaging in services.

<u>A Treatment Plan Client (TPC)</u> has traditionally meant people engaged in services where an assessment and treatment plan have been completed and case records are maintained. This applies to agencies such as Promise Healthcare, Rosecrance Central Illinois, and others. It can also represent an individual receiving a higher level of care within the spectrum of services provided within a program.

Most contracts are funded as grants while a few are paid on a fee for service basis. Those operating on a fee for service basis have additional detail included in the table. Fee for service detail includes number and type of units of service the program delivered to clients.

Utilization Summaries for PY2019 CCMHB Funded Programs

Detail on each program's performance toward defined consumer outcomes during the funding year of July 1, 2018 to June 30, 2019 is available at http://ccmhddbrds.org, among downloadable public files toward the bottom of the page. The relevant document is titled "CCMHB PY19 Performance Outcome Reports."

Priority: Intellectual/Developmental Disabilities (Collaboration with CCDDB)

Champaign County Regional Planning Commission Head Start/Early Head Start Social Emotional Development Services \$73,605

Services: Program seeks to identify and address social-emotional concerns in the early childhood period, as well as to promote mental health among all Head Start children. The social-emotional portion of the program focuses on aiding the development of self-regulation, problem solving skills, emotional literacy, empathy, and appropriate social skills. Accomplishments in these areas will affect a child's ability to play, love, learn and work within the home, school and other environments. All fit together to form the foundation of a mentally healthy person. Utilization actual: 67 TPC, 90 NTPC, 31 CSE, 594 SC, 73 Other (newsletter articles, staff training).

Developmental Services Center Family Development Center \$562,280

Services: Program serves children birth to five years old, with or at risk of developmental disabilities, and their families. FDC responds to needs with culturally responsive, innovative, evidence-based services. Early detection and prompt, appropriate intervention can improve developmental outcomes for children with delays and disabilities and children living in at-risk environments. Family-centered intervention maximizes the gifts and capacities of families to provide responsive intervention within familiar routines and environments. Utilization actual: 655 TPC, 150 SC, 505 CSE.

Individual Advocacy Group CILA Expansion \$450,000 (CCMHB and CCDDB)

This annual investment pays for mortgage and property management costs of two of the three local small group homes run by Individual Advocacy Group, which was selected in 2014 through an RFP process to provide services to people with I/DD living in MHB/DDB owned-homes. During 2019, the CCMHB contributed a larger share in order to pay off the mortgage loan in full; the CCDDB will continue to transfer \$50,000 into the fund each year until their total payments are equal to the CCMHB contribution. **Utilization:** 7 TPCs with staffing ratios from 1:4 to 2:3 and a choice between IAG 'Flexible Day Experience' and community day programs run by other local providers.

Priority: System of Care for Children, Youth, and Families

Champaign County Children's Advocacy Center (CAC)
Children's Advocacy \$47,754

Services: Promoting healing and justice for children/youth who have been sexually abused. The CAC provides: a family-friendly initial investigative interview site; supportive services for the child and non-offending family, promoting healing; and abuse investigation coordination. While most of the young people served are victims of sexual

abuse, CAC services are also provided to those children/youth who are victims of severe physical abuse and to victims of child trafficking. Trauma inflicted by these crimes is deep; with the right help the young person can begin to heal. **Utilization actual:** 260 TPC, 44 NTPC, 223 SC, 13 CSE.

Champaign County RPC Head Start/Early Head Start Early Childhood Mental Health Services (NEW) \$90,120

Services: Support from an Early Childhood Mental Health Assistant including: assisting teaching staff and parents in writing individualized social-emotional goals to include in lesson plans for children identified through screening; developing with parents and teaching staff an Individual Success Plan for children who exhibit challenging behaviors; offering teachers social and emotional learning strategies; monitoring children's progress and outcomes; and providing information to families and staff. Also includes facilitating meetings with a child's parent(s) and teaching staff throughout the process of the child receiving services as well as supporting parents and teaching staff with resources, training, coaching, and modeling. Utilization actual: 71 TPC, 119 NTPC, 2340 SC, 7 CSE, Other 86.

Champaign Urbana Area Project CU Neighborhood Champions \$50,000

Services: Designed to increase community understanding of trauma and expand community capacity to implement trauma-informed practices and procedures. The goals of this effort are: addressing the needs of those impacted by trauma and violence, and also creating more supportive and healed communities. Accomplished through training community members, focusing on youth leaders and elder helpers, and educating the community about trauma and trauma-informed practices to support the creation of community-based trauma response teams. Utilization actual: 17 NTPC, 73 SC, 80 CSE, Other 869.

Champaign Urbana Area Project TRUCE \$50,000

Services: Addresses gun violence preventively from a public health perspective. Under this approach, first posited by the epidemiologist creator of "Cease Fire" at the University of Chicago Gary Slutkin, the spread of violence is likened to the spread of an infectious disease and it should be treated in much the same way: go after the most infected, and stop it at its source. TRUCE engages the community in reducing violence by: 1) interrupting the transmission of the violence; 2) reducing the risk of the highest risk; and 3) changing community norms. Utilization actual: 3 NTPC, 93 SC, 139 CSE, 20 Other.

Courage Connection Courage Connection \$127,000

Services: A family's immediate safety is intimately connected to their long-term success. A community's stability is threatened when any family is in danger. Courage Connection's purpose is to help victims and survivors of domestic violence rebuild their lives through advocacy, housing, counseling, court advocacy, self-empowerment, community engagement, and community collaborations. Utilization actual: 480 TPC, 110 NTPC, 639 SC, 152 CSE.

Don Moyer Boys & Girls Club CU Change \$100,000

Services: Seeks to impact under-resourced youth with potential for high school graduation by providing group and individual support, counseling, life skills training, and exposure to positive cultural and healthy life choices. Program emphasizes academic support, community engagement, interactive, hands on learning experiences and exposure to positive life alternatives. Goals are to assist youth with navigating obstacles

to success in the school environment, increase positive peer and community involvement and develop a positive future plan. **Utilization actual:** 76 TPC, 43 NTPC, 343 SC, 143 CSE.

Don Moyer Boys & Girls Club Community Coalition Summer Initiatives \$107,000

Services: Services and supports provided by specialized providers, through subcontract to Don Moyer Boys and Girls Club, to engage Champaign County's youth in a range of positive summer programming: strengthening academics; developing employment skills and opportunities; athletics; music and arts instruction; etc. Supports and reinforces System of Care principles and values particularly relevant to system-involved youth impacted with emotional and environmental challenges. Utilization actual: 623 NTPC, 12640 SC, 60 CSE.

Don Moyer Boys & Girls Club Youth and Family Services \$160,000

Services: Family-driven, youth-guided services for/with families and children experiencing mental health and/or emotional challenges, supports at home, in school, and in the community for optimal recovery. Partnering with caregivers to provide the best-fit, most comprehensive services and supports possible. Peer-driven support from those with lived experiences and challenges, educational opportunities to make informed decisions, and technical support to help navigate complicated systems for the best possible outcomes for you and your family. Utilization actual: 19 TPC, 22 NTPC, 332 SC, 38 CSE.

DREAAM House DREAAM House \$80,000

Services: Prevention and early intervention program for boys, aimed at cultivating academic excellence and social emotional health. Designed to increase positive outcomes (academic achievement, self-efficacy, social mobility) and decrease negative outcomes (suspensions, low educational performance, violence). Evidence-informed components: 1) day-long summer program, 2) 5-day week, after-school program, 3) school-based mentoring, 4) Saturday athletic activities, and 5) family engagement and training. Embedded in each component is social emotional learning and behavioral health instruction to foster transfer of skills from DREAAM House to school to home. Utilization actual: 91 TPC, 205 SC, 27 CSE.

Mahomet Area Youth Club Bulldogs Learn & Succeed Together (BLAST) \$15,000
Services: Programming for students K-12 includes enrichment activities, academic help, and cultural and community-based programming. MAYC partnered with Mahomet Seymour Schools District in this endeavor for several reasons: it allows the use of district facilities, providing a safe and structured environment, where children participate in activities in their own school community, additional contact with teachers, school staff, social workers, and guidance counselors, specialized learning spaces (including computer labs, gyms, music and art rooms), access to a variety of caring community volunteers, and most importantly, an inclusive environment that brings students from all economic backgrounds together. The B.L.A.S.T program is open to all students but specifically targets low income and/or struggling students and makes the program available at no cost. Utilization actual: 3 TPC, 75 NTPC, 2445 SC, 1152 CSE.

Mahomet Area Youth Club MAYC Members Matter! \$18,000

Services: Programming for students K-12 includes enrichment activities, academic help, and cultural and community-based programming. Partnered with Mahomet Seymour Schools to allow for the use of district facilities, provide a safe and structured

environment, participation in activities in school community, additional contact with teachers, school staff, social workers, and guidance counselors, specialized learning spaces, access to caring community volunteers, and an inclusive environment bringing students from all economic backgrounds together. **Utilization actual:** 8 TPC, 185 NTPC, 1709 SC, 200 CSE.

Rosecrance Central Illinois Parenting with Love & Limits \$16,505 (fee for service billed activity) (program discontinued/contract terminated effective 12/31/18)

Services: An evidence-based family education, skill building, and therapeutic intervention model which has demonstrated effectiveness in significantly reducing aggressive behaviors, depression, attention deficit disorder problems, externalizing problems and substance use while reducing recidivism and improving family communication. After an assessment, parents and youth attend six classes, held one evening a week for six weeks. Program targets specific risk and protective factors related to delinquency and other emotional and behavioral problems. Utilization actual: Fee For service Billed Activity comprised 170 SCs, comprising 12 intakes, 72.25 hours of family therapy, and 33.75 hours of family centered case management, and 9.5 hours transportation assistance (case management).

Rosecrance Central Illinois Prevention Services \$60,000

Services: An evidence-based life skills and drug education curriculum for Champaign County students. Programs available for preschool through high school. Sessions on health risks associated with the use of alcohol, tobacco and other drugs. Life skills sessions may include instruction on and discussion of refusal skills, self-esteem, communicating with parents, and related social issues. The prevention team are active members of several anti-drug and anti-violence community-wide coalitions working to reduce youth substance abuse levels. **Utilization actual:** 1141 CSE.

UP Center of Champaign County Children, Youth & Families Program \$18,423
Services: Serves LGBTQ adolescents aged 11-18; LGBTQ families; and children dealing with issues related to the stigmatization of their gender and sexual identifications and identities. Services include provision of social-emotional supports; non-clinical crisis intervention; case management referrals, risk reduction strategies; strengths development; community-building events; and management of adult volunteers within this program. Program provides a weekly adolescent non-clinical support group.
Utilization actual: 1 TPC, 29 NTPC, 95 SC, 50 CSE.

Urbana Neighborhood Connections Community Study Center \$19,500

Services: Empowerment zone where youth benefit from productive year-round academic, recreational, and social-emotional supplements. Point of contact for information, linkage and referral to community resources. Study Center provides opportunity to engage school aged youth in non-traditional, practical intervention and prevention approaches for addressing difficulties. In individual and group activities facilitated/supervised by program staff and volunteers, participants can process feelings in a secure and supportive environment. Utilization actual: 344 NTPC.

Priority: Behavioral Health Supports for People with Justice Involvement

Champaign County Regional Planning Commission - Social Services

Justice Diversion Program (JPD) \$65,074

Services: Primary connection point for case management and services for persons who have Rantoul Police Department (RPD) Crisis Intervention Team (CIT) and/ or domestic contacts. The goal of JPD case management services is to reduce criminal recidivism and help clients develop and implement plans to become successful and productive members of the community. The JDP will also strive to develop additional community resources and access to services in Rantoul. Utilization actual: 40 TPC, 46 NTPC, 177 SC, 13 CSE.

Champaign County Regional Planning Commission – Social Services Youth Assessment Center (YAC) \$76,350

Services: Screens youth for risk factors and links youth/families to support and restorative community services. Provides an alternative to prosecution for youth involved in delinquent activity. Case managers, using Trauma Informed Care and Balanced and Restorative Justice (BARJ) principles, screen youth referred to the YAC to identify issues that might have influenced an offense and link youth to services to address the identified issues. Focused on helping youth be resilient, resourceful, responsible, and contributing members of society. Utilization actual: 38 TPC, 20 NTPC, 40 SC, 60 CSE.

Family Service of Champaign County Counseling \$25,000

Services: Affordable, accessible counseling services to families, couples and people of all ages. Clients are given tools and supports to successfully deal with life challenges such as divorce, marital and parent/child conflict, depression, anxiety, abuse, substance abuse/dependency and trauma. Strength-based, client driven services utilize family and other natural support systems and are respectful of the client's values, beliefs, traditions, customs and personal preferences. **Utilization actual:** 22 TPC, 30 NTPC.

First Followers Peer Mentoring for Re-entry \$70,000

Services: Mission is building strong and peaceful communities by providing support and guidance to the formerly incarcerated, their loved ones, and the community. Offers assistance in job searches, accessing housing and identification as well as emotional support to assist people during the transition from incarceration to the community. In addition, First Followers carry out advocacy work aimed at reducing the stigma associated with felony convictions and attempt to open doors of opportunity for those with a criminal background. Utilization actual: 25 TPC, 98 NTPC, 30 SC, 12 CSE.

Rosecrance Central Illinois Criminal Justice PSC \$338.643

Services: Problem Solving Courts (Drug Court) involved individuals receive a screening at the Champaign County Jail and, as appropriate, mental health assessment, substance abuse assessment, Moral Reconation Therapy and Anger Management group counseling, case management, individual and/or intensive outpatient substance abuse treatment, and linkage to additional supports as needed in the community. A subcontract with Champaign County Health Care Consumers augments services to those clients in need of obtaining and/or retaining necessary healthcare insurance and other essential benefits. Utilization actual: 161 TPC, 256 NTPC, Other = 138 group sessions.

Rosecrance Central Illinois Fresh Start \$79,310

Services: Aimed at addressing the root cause of the violence, customized for our community, involving a 3-pillar approach – Community, Law Enforcement, and a Case Manager. Identifies and focuses on core offenders with history of violent, gun-related

behaviors. Supports the case manager who provides intensive case management to offenders, assisting with accessing services, such as medical, dental, behavioral health, to address immediate personal or family issues, and overcome barriers to employment, housing, education. **Utilization actual:** 6 TPC, 16 NTPC, 3 SC, 190 CSE, 29 Other.

Rosecrance Central Illinois Specialty Courts \$203,000

Services: People sentenced to Champaign County Drug Court receive substance use disorders assessment, individualized treatment planning, individual counseling sessions, and a wide array of education and therapeutic groups. Case manager provides intensive case management to connect the clients to overcome barriers to treatment, such as access to food, clothing, medical and dental services, mental health treatment, employment, housing, education, transportation, and childcare. Utilization actual: 48 TPC, 1478 SC, 9 CSE, Other 374 hours assessment, 431 hours case management, 4206 hours counseling. "Other" represents services funded by other sources leveraged through CCMHB support for non-billable activities crucial to the operation of the Specialty Court.

Priority: Innovative Practices and Access to Community Based Behavioral Health Services

Community Service Center of Northern Champaign County Resource Connection \$66,596
Services: A multi-service program aimed at assisting residents of northern Champaign
County with basic needs and to connect them with mental health and other social
services. The program serves as a satellite site for various human service agencies
providing mental health, physical health, energy assistance, and related social services.
We also have an emergency food pantry, provide prescription assistance, clothing and
shelter coordination, and similar services for over 1,700 households in northern
Champaign County. Utilization actual: 1357 NTPC, 4268 SC, 20 CSE, Other = 2365
contacts with other agencies using CSCNCC as a satellite site.

Cunningham Children's Home ECHO (NEW) \$90,000

Services: Program works closely with homeless individuals (or at risk of homelessness) through intensive case management and care coordination geared towards promoting permanent housing and employment and resolving barriers. The Case Manager will accomplish this by taking a holistic approach to supportive services by countering possible barriers to goal stability (e.g., basic needs, child care, physical health, and mental health). Participants will receive weekly services that last until 90 days after obtaining both housing and employment. Utilization actual: 45 TPC, 25 NTPC, 592 SC, 20 CSE.

Family Service of Champaign County Self-Help Center \$28,928

Services: Information about and referral to local support groups. Provides assistance to develop new support groups and maintaining and strengthening existing groups. Program maintains a database of Champaign County support groups, national groups, and groups in formation. Information is available online and in printed directory and specialized support group listings. Provides consultation services, workshops, conferences, educational packets and maintains a lending library of resource materials. **Utilization actual:** 301 CSE.

Family Service of Champaign County Senior Counseling & Advocacy \$142,337

Services: Program offers services in the home or in the community to Champaign County seniors and their families. Caseworkers assist with needs and challenges faced by seniors, including grief, anxiety, depression, isolation, other mental health issues, family concerns, neglect, abuse, exploitation, and need for services or benefits acquisition. Program assists seniors providing care for adult children with disabilities and adults with disabilities age 18-59 experiencing abuse, neglect or financial exploitation.

Utilization actual: 334 TPC, 392 NTPC, 5924 SC, Other = 134 caregivers.

GROW in Illinois Peer Support \$20,000

Services: Mutual-help; peer to peer 12-step program provides weekly mental health support groups for those of all races and genders. GROW compliments the work of professional providers by connecting people with others in similar situations and empowering participants to do that part which they can and must be doing for themselves and with one another. While professional providers offer diagnosis and treatment, consumer-providers offer essential rehabilitation and prevention services because of firsthand experience with the recovery process. Utilization actual: 49 NTPC, 588 SC, 35 CSE.

Promise Healthcare Promise Healthcare Wellness \$58,000

Services: Provides support, case management, and benefit enrollment for patients with non-clinical barriers to achieving optimum medical and mental health. Targets hundreds of patients who have a mental health diagnosis and a chronic medical condition. Coordinators work with patients to remove barriers from reaching optimum medical and mental health. Program facilitates care at satellite location and supports collaborations with other agencies and community outreach. **Utilization actual:** 284 TPC, 101 NTPC, 1120 SC, 37 CSE, Other = 2283 enrolled in healthcare coverage.

Rattle the Stars Youth Suicide Prevention Education (NEW) \$54,500

Services: Designed to build skills and improve competence to encourage intervention between peers, and by parents and adults. Covering three core areas for intervention: what to look for to recognize mental illness, mental health crises, and suicidal thoughts; how to intervene by using appropriate and effective communication skills; and accessing necessary resources for professional care. Program is developed from evidence informed models and adheres to best practices suggested by nationally recognized mental health and suicide prevention agencies. Utilization actual: 87 CSE.

Rosecrance Central Illinois Recovery Home (NEW) \$83,330

Services: Therapeutic interventions that facilitate: removal of barriers for safe/supportive housing; 12-Step support involvement; independent living skills; education/vocational skills; identification and use of natural supports; use of community resources; and peer support. Evidence based practices to be used include: 12-Step model and peer support; Level system; Case Management; and Contingency management initiatives. Utilization actual: 11 TPC, 93 SC.

United Cerebral Palsy Land of Lincoln Vocational Training and Support \$43,238

Services: Vocational support services to people with behavioral health conditions, ages 18-55, in Champaign County. Services include extended job coaching and case management to people currently employed as well as vocational training and job development to people seeking employment or improvement of skills. Job

coaching/support services allow people to continue working in their community, receive promotions, and have the opportunity to increase hours. **Utilization actual:** 36 TPC, 40 SC, 21 CSE, Other = 2086 hours contact with clients.

Priority: Other/Renewal

Crisis Nursery Beyond Blue - Champaign County \$75,000

Services: Serves mothers who have or are at risk of developing perinatal depression (PD), targeting mothers who demonstrated risk factors for PD and are pregnant or have a child under age one. Individual and group support and education to facilitate healthy parent-child engagement. Research suggests that 10-20% of mothers suffer from PD, nearly half are undiagnosed. Beyond Blue addresses risk factors that lead to emotional disturbances and multiagency and system involvement in children. The program also works to increase awareness of PD and reduce stigma. Utilization actual: 31 TPC, 93 NTPC, 503 SC, 320 CSE, Other = 1101 hours of in-kind/respite care.

East Central IL Refugee Mutual Assistance Center Family Support and Strengthening \$48,239

Services: Support and strengthen refugee and immigrant families transitioning and adjusting to American culture and expectations. Provides orientation, information/referral, counseling, translation/interpretation services, culturally appropriate educational workshops, and help accessing entitlement programs. Bi-monthly newsletter, and assistance to refugee/immigrant mutual support groups. Staff speaks nine languages and accesses community volunteers to communicate with clients in languages not spoken by staff. **Utilization actual:** 103 CSE, Other = 31 hours of workshops.

Promise Healthcare Mental Health Services with Promise \$242,250

Services: Promise Healthcare provides on-site mental health services to achieve the integration of medical and behavioral health care as supported by both the National Council for Community Behavioral Healthcare and the National Association of Community Health Centers. Mental health and medical providers regularly collaborate, make referrals, and even walk a patient down the hall to meet with a therapist. Patients receive mental illness treatment through counselor, psychiatrist or primary care provider. New in 2018 were the child and adolescent psychiatric services. Utilization actual: Counseling Services: 370 TPC, 64 NTPC, 1979 SC. Psychiatric Services: 2072 in psychiatric practice, 1179 getting psych meds through primary care, 8818 psychiatric service encounters, 12 lunch and learn sessions. Pediatric Psyhicatric Services: 163 SC and 83 TPC.

Rape Advocacy, Counseling & Education Services Sexual Violence Prevention Education \$18,600

Services: Rape Advocacy, Counseling & Education Services (RACES) is the only agency charged with providing comprehensive services to victims of sexual assault in Champaign County. Provides trauma-informed counseling, 24-hour crisis hotline, inperson advocacy at hospital Emergency Departments, and at meetings with law enforcement or Courthouse. Provides prevention education to thousands of local children and adults per year, and holds community events to further the aim to create a

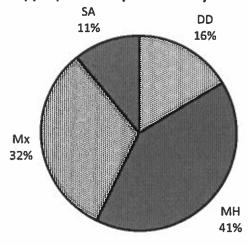
world free of sexual violence. **Utilization actual:** 8986 (# attending) SC, 423 CSE, Other = 13 media contacts.

Rosecrance Central Illinois Crisis, Access, & Benefits \$255,440

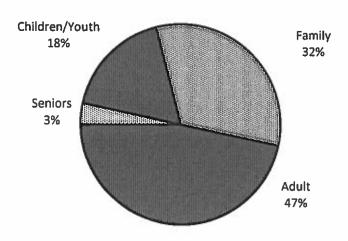
Services: A 24-hour program that including Crisis Team and Crisis Line. Clinicians provide immediate intervention by responding to crisis line calls and conducting crisis assessments throughout Champaign County. The Crisis Team works closely with the hospitals, local police, the University and other local social service programs. Offers access services including information, triage, screening, assessment and referral for consumers and other members of the community. Utilization actual: 1060 NTPC (intake screening or mental health assessments), 3175 SC (crisis calls), 21 CSE; Other = 280 benefits applications (includes those subcontracted through CC Healthcare Consumers). Program also reports 1132 Crisis team contacts (not a subset of crisis calls).

Funding by Sector, Population, and Service in Program Year 2019 (PY19)

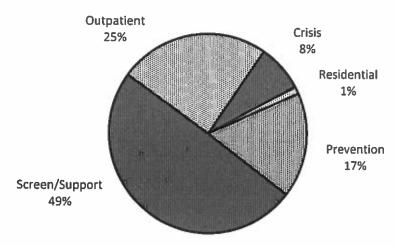
CCMHB PY19 Appropriation by Community Mental Health Sector

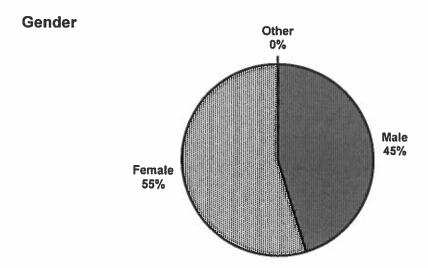


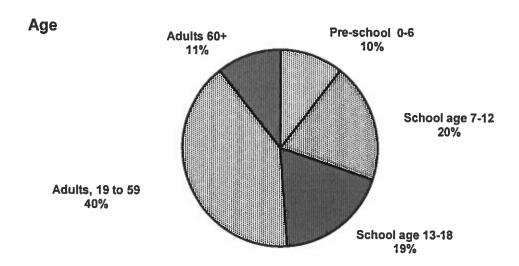
CCMHB PY19 Appropriation by Target Population



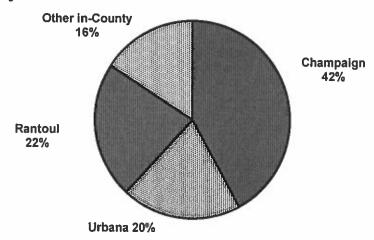
CCMHB PY19 Appropriation by Type of Service



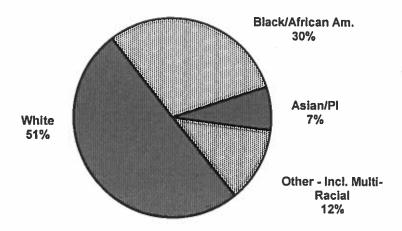




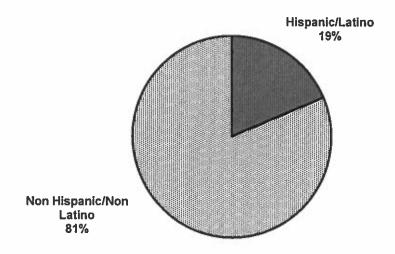
Residency



Race



Ethnic Origin



SECTION II: Three-Year Plan 2019-2021 with FY 2019 One-Year Objectives

CHAMPAIGN COUNTY MENTAL HEALTH BOARD THREE-YEAR PLAN FOR

FISCAL YEARS 2019 - 2021 (1/1/19 - 12/31/2021)

WITH ONE YEAR OBJECTIVES FOR

FISCAL YEAR 2020 (1/1/20 – 12/31/20)

CHAMPAIGN COUNTY MENTAL HEALTH BOARD

WHEREAS, the Champaign County Mental Health Board has been established under Illinois Revised Statutes (405 ILCS – 20/Section 0.1 et. seq.) in order to "construct, repair, operate, maintain and regulate community mental health facilities to provide mental health services as defined by the local community mental health board, including services for, persons with a developmental disability or substance use disorder, for residents thereof and/or to contract therefor..."

WHEREAS, the Champaign County Mental Health Board is required by the Community Mental Health Act to prepare a one- and three-year plan for a program of community mental health services and facilities:

THEREFORE, the Champaign County Mental Health Board does hereby adopt the following Mission Statement and Statement of Purposes to guide the development of the mental health plan for Champaign County:

MISSION STATEMENT

The mission of the CCMHB is the promotion of a local system of services for the prevention and treatment of mental or emotional, intellectual or developmental, and substance use disorders, in accordance with the assessed priorities of the citizens of Champaign County.

STATEMENT OF PURPOSES

- 1. To plan, coordinate, evaluate and allocate funds for the comprehensive local system of mental health, intellectual and developmental disabilities, and substance use disorder services for Champaign County.
- 2. To promote family-friendly community support networks for the at-risk, underserved and general populations of Champaign County.
- 3. To increase support for the local system of services from public and private sources.
- 4. To further develop the systematic exchange of information about local services and needs between the public/private service systems and the CCMHB.

In order to accomplish these purposes, the Champaign County Mental Health Board must collaborate with the public and private sectors in providing the resources necessary for the effective functioning of the community mental health system.

SYSTEMS OF CARE

Goal #1: Support a continuum of services to improve the quality of life experienced by individuals with mental or emotional disorders, substance use disorders, or intellectual and/or developmental disabilities and their families residing in Champaign County.

Objective #1: Expand use of evidence-informed, evidence-based, best practice, recommended, and promising practice models appropriate to the presenting need in an effort to improve outcomes for individuals across the lifespan and for their families and supporters. (Allocation Priority/Criteria Objective)

Objective #2: Promote wellness for people with mental illnesses, substance use disorders, or intellectual and/or developmental disabilities to prevent and reduce early mortality, through support services including access to services addressing basic needs, enrollment in benefit plans and coordinated access to primary care. (Allocation Priority/Criteria Objective)

Objective #3: Support development or expansion of residential and employment supports for persons with behavioral health diagnosis not covered under expansion of Medicaid or the Affordable Care Act. (Allocation Priority/Criteria Objective)

Objective #4: Support broad based community efforts to prevent opiate overdoses and expand treatment options. (Allocation Priority/Criteria Objective)

Objective #5: Build resiliency and support recovery e.g. Peer Supports, outside of a clinical setting. (Allocation Priority/Criteria Objective)

Objective #6: Build evaluation capacity of contracted providers utilizing expertise of evaluators from the Department of Psychology at the University of Illinois to further positive outcomes of those engaging in funded services. (Policy Objective)

Objective #7: Increase providers understanding of the value of setting internal goals for advancing program performance outcome evaluation. (Policy Objective)

Objective #8: Support targeted efforts for workforce recruitment and retention initiatives, such as scholarships, loan repayment, and assistance with professional licensure fees, with level of assistance linked to length of service commitment. (Allocation Priority/Criteria Objective)

Goal #2: Sustain commitment to addressing health disparities experienced by underrepresented and diverse populations.

Objective #1: Support culturally responsive and family driven support networks for underrepresented populations, underserved populations, and general populations of Champaign County. (Allocation Priority/Criteria Objective)

Objective #2: Provide technical assistance in support of continuous improvement of cultural and linguistic competence plans to meet the needs of the population served. (Collaboration/Coordination Objective)

Objective #3: Encourage providers and other community-based organizations to allocate resources to provide training, seek technical assistance, provide language access and communication assistance, and pursue other professional development activities for staff and governing or advisory boards to advance cultural and linguistic competence. (Allocation Priority/Criteria Objective)

Objective #4: Use the Culturally and Linguistically Appropriate Services Standards (CLAS) as a blueprint to strengthen funded agencies' Cultural and Linguistic Competence. (Policy Objective)

Objective #5: Where families and communities are disproportionately impacted by incarceration, encourage the development of social networks and improved access to resources. (Policy Objective)

Objective #6: Address the needs of residents of rural areas and encourage greater engagement by community-based organizations. (Policy Objective)

Goal #3: Improve consumer access to and engagement in services.

Objective #1: Encourage development of collaborative agreements between providers to increase or maintain access and coordination of services for consumers throughout Champaign County. (Collaboration/Coordination Objective)

Objective #2: Participate in various coordinating councils whose missions align with the needs of the populations of interest to the Board with the intent of strengthening coordination between providers in the delivery of services. (Collaboration/Coordination Objective)

Objective #3: Explore at the Board level potential for collaboration on issues of mutual interest with the C-U Public Health District and the Champaign County Board of Health. (Collaboration/Coordination Objective)

Objective #4: Engage with CUPHD, United Way, Carle Foundation Hospital, and OSF in the collaborative planning process for the next Community Health Improvement Plan. (Collaboration/Coordination Objective)

Objective #5: Increase awareness of community services and access to information on when, where, and how to apply for services. (Collaboration/Coordination Objective)

Objective #6: Explore feasibility of co-locating services in neighborhood community centers to reach underserved and underrepresented populations, including rural areas. (Collaboration/Coordination Objective)

Goal #4: Continue the collaborative working relationship with the Champaign County Board for Care and Treatment of Persons with a Developmental Disability (CCDDB).

Objective #1: Coordinate integration, alignment, and allocation of resources with the CCDDB to ensure the efficacious use of resources within the intellectual/developmental disability (I/DD) service and support continuum. (Allocation Priority/Criteria Objective)

Objective #2: Assess alternative service strategies that empower people with I/DD and increase access to integrated settings as exemplified by the collaborative approach to the Employment First Act. (Policy Objective)

Objective #3: With the CCDDB, continue financial commitment to community-based housing for people with I/DD from Champaign County and as part of that sustained commitment, review the Community Integrated Living Arrangement (CILA) fund and recommend any changes. (Allocation Priority/Criteria Objective)

Objective #4: Collaborate with the Champaign County Board for the Care and Treatment of Persons with a Developmental Disability on promoting inclusion and respect for people with I/DD. (Collaboration/Coordination Objective)

MULTI-AGENCY INVOLVED YOUTH AND FAMILIES

Goal #5: Building on progress achieved through the six Year Cooperative Agreement between the Federal Substance Abuse and Mental Health Services Administration (SAMHSA), the Illinois Department of Human Services (IDHS), and the Champaign County Mental Health Board (CCMHB), sustain the SAMHSA/IDHS system of care model.

Objective #1: Support the efforts of the Champaign Community Coalition and other system of care initiatives. (Collaboration/Coordination Objective)

Objective #2: Sustain support of Champaign County family-run organizations that incorporate family-driven and youth-guided principles in use of peer support specialists, and other peer-to-peer supports to assist multi-system involved youth and their families (Allocation Priority/Criteria Objective)

Objective #3: Assess the impact of community violence on the children and youth whose families and neighborhoods are most impacted and where indicated, encourage the development of appropriate supports as prevention and early intervention strategies. (Policy Objective)

Objective #4: Promote and support those targeted interventions that specifically address historical trauma experienced by African American and other minority youth disproportionately impacted in multiple systems. (Allocation Priority/Criteria Objective)

Objective #5: Sustain commitment to building systems that are trauma-informed, family-driven, youth-guided, and culturally responsive. (Policy Objective)

Objective #6: Recognizing alignment with the work of the Community Coalition, Support the goals and objectives of the Illinois Criminal Justice Information Authority "Illinois HEALS (Helping Everyone Access Linked Systems) Action Plan" and support broad based efforts to secure funding as available through Illinois HEALS. (Collaboration/Coordination Objective)

CRIMINAL JUSTICE AND MENTAL HEALTH SYSTEM COLLABORATION

Goal #6: Divert from the criminal justice system, as appropriate, persons with behavioral health needs or intellectual/developmental disabilities.

Objective #1: Continue involvement in the Crisis Intervention Team Steering Committee in support of increased collaboration between law enforcement and crisis service providers on implementing mobile crisis response in the community. (Collaboration/Coordination Objective)

Objective #2: Sustain efforts to engage persons with behavioral health diagnoses re-entering the community from jail or prison or with recent involvement with the criminal justice system, in treatment and other support services such as the Champaign County Problem Solving Court and reentry services. (Allocation Priority/Criteria Objective)

Objective #3: Support integrated planning and service coordination for adults involved in the criminal justice system through participation in the Champaign County Reentry Council or similar body to address needs identified in the Sequential Intercept Map gaps analysis. (Collaboration/Coordination Objective)

Objective #4: Through the National Association of County Behavioral Health and Developmental Disability Directors (NACBHDD), in its partnership with the National Association of Counties (NACo), use and promote technical assistance and support through collaborative and mentorship opportunities aimed at improving outcomes for those with behavioral health needs and justice system involvement. (Collaboration/Coordination Objective)

Goal #7: In conjunction with the Champaign County Sheriff's Office and other community stakeholders, pursue a continuum of services as an alternative to incarceration and/or overutilization of local Emergency Departments for persons with behavioral health needs or developmental disabilities.

Objective #1: Support initiatives providing housing and employment supports for persons with a mental illness, substance use disorder, and/or intellectual and developmental disabilities through the Champaign County Continuum of Care or other local collaboration. (Allocation Priority/Criteria Objective)

Objective #2: Identify options for developing jail diversion services to provide behavioral health assessments, crisis stabilization and detoxification from alcohol and/or other substances as may be necessary to serve Champaign County. (Collaboration/Coordination Objective)

Goal #8: Support interventions for youth who have juvenile justice system involvement to reduce contact with law enforcement or prevent deeper penetration into the system.

Objective #1: Support planning process to select and implement a model with proven effectiveness engaging youth and families. (Allocation Priority/Criteria Objective)

Objective #2: Through participation on the Youth Assessment Center Advisory Board, advocate for community and education-based interventions contributing to positive youth development and decision-making. (Collaboration/Coordination Objective)

Objective #3: Through participation and engagement in the Champaign Community Coalition and other community focused initiatives, promote and encourage multi-system collaborative approaches for prevention and reduction of youth violence. (Collaboration/Coordination Objective)

Objective #4: Utilize the principles from "Models for Change" to reduce the disproportionate minority contact with law-enforcement and involvement with the juvenile justice system. (Policy Objective)

COMMUNITY ENGAGEMENT & ADVOCACY

Goal #9: Address the need for acceptance, inclusion and respect associated with a person's or family members' mental illness, substance use disorder, intellectual and/or developmental disability through broad based community education efforts to increase community acceptance and positive self-image.

Objective #1: Continue support for and involvement in efforts to challenge stigma and discrimination, such as the disABILITY Resource Expo: Reaching Out for Answers, Ebertfest, National Children's Mental Health Awareness Day, and other related community education events. (Collaboration/Coordination Objective)

Objective #2: Promote substance use disorder prevention initiatives as a community education tool targeting youth and young adults. (Collaboration/Coordination Objective)

Objective #3: Participate in behavioral health community education initiatives, such as National Depression Screening Day, to encourage individuals to be screened and seek further assistance where indicated. (Collaboration/Coordination Objective)

Objective #4: Encourage and support efforts to more fully integrate people with behavioral health disorders and/or intellectual and/or developmental disabilities into community life in Champaign County. (Allocation Priority/Criteria Objective)

Objective #5: Support Mental Health First Aid for Adults and Youth to encourage community members to provide first responder support for people that may be experiencing signs and symptoms of a crisis. (Collaboration/Coordination Objective)

Goal #10: Engage with other local, state, and federal stakeholders on emerging issues.

Objective #1: Monitor implementation of State Plan amendments, 1115 waiver pilot projects, and Managed Care by the State of Illinois, and advocate through active participation in the Association of Community Mental Health Authorities of Illinois (ACMHAI) and other statewide associations and advocacy groups. (Collaboration/Coordination Objective)

Objective #2: Track state implementation of class action suit settlements involving persons with intellectual and/or developmental disabilities or mental illness, e.g. Ligas Consent Decree and Williams Consent Decree, and advocate for the allocation of state resources sufficient to meet needs of

clients returning to home communities or seeking fuller integration in their communities. (Policy Objective)

Objective #3: Maintain active participation in the National Association of County Behavioral Health and Developmental Disability Directors (NACHBDD), National Association of Counties (NACo), and like-minded national organizations, to understand trends, best practices, and innovations and to advocate at the federal level. (Collaboration/Coordination Objective)

Objective #4: Monitor State actions to implement terms of the NB vs Norwood Consent Decree to improve access and treatment to children and youth for community based mental health and behavioral health care under the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) provisions of the Medicaid Act. (Policy Objective)

Objective #5: Advocate at the state and federal level on the issue of behavioral health and intellectual and developmental disability workforce shortages. (Policy Objective)