



# Community Mental Health Board

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## of Oak Park Township

### FY17 Annual Report for the Town Hall Meeting

Prepared By

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(Note: The service and fiscal data is estimated based on YTD projections at the time of this report and is not a FINAL report)

The Community Mental Health Board (CMHB) of Oak Park Township was created in 1973 through the passage of a township referendum which created a taxing body to serve as the Local Mental Health Authority (708 Board). The CMHB's authority is defined in Illinois statute 405ILCS 20/, and is charged with planning, developing, coordinating, evaluating, and funding services for persons with mental illnesses, alcohol or other drug dependence disorders, and developmental disabilities. The CMHB is comprised of nine Oak Park residents who are appointed by the Oak Park Township Supervisor and Board of Trustees. One member of the CMHB serves as the liaison to the Oak Park Township Board of Trustees. The CMHB is responsible for hiring staff to carry out the duties of the Board, and the authorization of expenses from the Community Mental Health Fund.

In FY17, the CMHB contracted with twenty one (21) organizations, and supported thirty seven (37) mental health, substance use/addictions, and developmental disability programs and services. The CMHB also awarded seventeen (17) infrastructure/IT/training/strategic planning grants, as well as six (6) RFP's targeting specific needs assessment gaps. CMHB contracted with one new agency this year, Hephzibah, to fill the gap of services needed for children with high trauma needs. The CMHB focused on cultural competency training for agencies, educating the public to reduce the stigma around mental health and addiction diseases, recovery and wellness, as well as a continued focus on youth substance abuse and best practice strategies. The CMHB continued its fiscal support of the Network of Care comprehensive website for information, services, support groups, advocacy, legislation, community calendars, and social media, which at last count averaged 1623 visits per day for an average of 23 minutes per visit. In all, the CMHB *allocated \$1,393,076* in purchase of service and special initiative funding from the local tax-based Community Mental Health Fund. The CMHB also leveraged local property tax dollars to obtain matching Medicaid funding from the federal government as part of a local funds initiative.

The CMHB funded annual contracts to the following agencies in FY17: Pillars, Presence, Opportunity Knocks, PCC Wellness, Community Support Services, Thrive, NAMI, Oak Leyden, Oak Park Township Senior Services, New Mom's, Sarah's Inn, UCP-Seguín, Thresholds, The Way Back Inn, Infant Welfare Society-Children's Clinic, Housing Forward, YEMBA, Hephzibah, Smart Love, and TASC. The CMHB also provided support to IMPACT, PACTT, the YMCA and Rosecrance through infrastructure, information technology, specialized training, and targeted needs assessment funding.

The CMHB funding either fully or partially supports individuals without insurance, inadequate insurance, and those in need of a sliding scale fee to access services. CMHB funds do not supplant state funding or private insurance funding, nor supplement Medicaid. CMHB funds are utilized to provide or support services where there are gaps in state or other funding, and funds infrastructure, technology, and training needs when those funds directly impact the quality of services to Oak Park. *CMHB regularly audits and evaluates the expenditure of funding for services to ensure prudent oversight of local tax dollars.* **The CMHB operations are not duplicative of any other Oak Park Township or Village governmental entity,** and operate under conservative fiscal policies.

This year again the local funding provided by "safety nets" such as Township 708 Boards has been critical. The State of Illinois has been without a budget for two years and many social service agencies across the state have already gone out of business or greatly reduced services and access. Many agencies have lost their state funding for a multitude of supports and services; this on top of years of cuts to the community mental health, substance use/addiction, and developmental disability services systems. This bleak picture, coupled with low reimbursement rates to providers and a real workforce shortage, has served to further damage the already fragile and under-funded

system of care. Now the looming issue is the Affordable Care Act and what further impact that will have on funding essential mental health and addiction services as well as potential cuts to those who had insurance due to Medicaid expansion. These are all unknowns at the moment but the movement is in the direction of more cuts. Services and supports in Oak Park Township have remained strong and comprehensive **due to the local funding** and rapid response to acute needs. For example, psychiatry access for those with managed care or no insurance is a state and national crisis, but due to Community Mental Health Board funding and the unique ability of local governments to react quickly, that problem was averted for Oak Park Township residents. Youth with developmental disabilities exiting the school system would still be waiting for services on the State PUNS list without the programs put in place with local Community Mental Health Board funds. Best-practice parenting courses, care navigation, and many other services and supports residents need to get well and stay well would not be in place if we were dependent on the state.

### **FY17 Funding Supported the Following:**

#### **1. MENTAL HEALTH PROGRAMS/SERVICES**

Mental health services were provided in the forms of:

- Outpatient Assessments and Therapy – Individual, group, family, adults and children
- Psychological and Psychiatric Services
- Homelessness Prevention, Outreach and Engagement
- Case Management for Children, Adults, and Families
- Community Supports to those with severe mental illness living independently
- Psycho-Social Rehabilitation
- Community Crisis Services
- Drop-In Center
- Supported Employment
- Community and Classroom Education about Mental Illness conditions and Early signs/Symptoms
- Family Supports and Services as well as Peer to Peer Supports
- Domestic Violence Services for Women and Children
- Culturally Competent Services
- Trauma Informed Care
- Healthcare Coordination/Navigation
- Services to Promote Recovery and Resiliency
- Local, State, and Federal Advocacy to Strengthen the Systems of Care and Promote Mental Health Parity

The CMHB was able to support mental health needs to **3,685 unduplicated Oak Park residents**. CMHB funding supported **14,782 hours of staff and direct services and 199 educational classes** for members of the community in need of mental health education and services.

#### **2. SUBSTANCE USE DISORDER PROGRAM/SERVICES**

Substance use disorder services were provided in the forms of:

- Assessment and Evaluation
- Individual and Group Therapy
- Residential Care
- Family Support Groups
- Stress Management Groups
- Young persons in recovery support group
- Local, State, and Federal Advocacy to Strengthen the Systems of Care and Promote Mental Health Parity

The CMHB was able to support substance use services to **\*22 unduplicated Oak Park residents** at Way Back Inn's Grateful House. CMHB funding supported **104 therapeutic groups and 365 nights of care**. (\*this number would quite a bit higher but only the residents of Grateful House are in this count as family members who come for support and the young adults who participate in AA remain anonymous)

#### **3. DEVELOPMENTAL DISABILITY PROGRAM/SERVICES**

Developmental Disability services were provided in the forms of:

- Individual, Group, and Weekend Respite
- Supported Employment and Pre-Vocational Services
- Clinical Services

- Independent Living Supports
- Early Intervention
- Case Management
- High School Transitional Services
- Social and Recreational Services
- Daily Living Skills
- Local, State, and Federal Advocacy to Strengthen the Systems of Care and monitor adherence to state Consent Decrees

The CMHB was able to support developmental disability services to **396 unduplicated Oak Park residents**. CMHB funding supported **11, 922 hours of staff and direct services** for residents in need of developmental and intellectual disability services.

#### 4. PREVENTION PROGRAM/SERVICES

Prevention services were provided in the forms of:

- Teen Dating Violence and Cyber bullying
- Parenting Classes and Education including Home Visiting
- Referrals and Linkage to Social services and Supports
- Care Coordination/Patient Navigation for Underserved Populations
- Youth Substance Abuse Prevention
- Mentoring for At-Risk Youth

The CMHB was able to support prevention services to **544 unduplicated Oak Park residents**. CMHB funding supported **3,280 hours of staff and direct services** for youth and families in need of prevention and early intervention services.

#### 5. CMHB NEEDS ASSESSMENT REQUEST FOR PROPOSALS (RFP)

Special Needs Assessment funding supported the *Piecing It All Together Children’s Mental Health Conference; National Developmental Disabilities Month* activities as well as an monthly media education campaign; the *Oak Park Ending Homelessness* campaign and community launch; *National Substance Abuse Recovery Month* movie and panel; *Cultural Competency Assessments* and Technical Assistance for agencies; comprehensive *Youth Substance Abuse Screenings* at juvenile hearings; launched the *Identification Bracelets* Initiative for youth and seniors with disabilities in partnership with the Oak Park Police Department; and provided administrative support to the *Youth Substance Abuse Coalition (IMPACT)* as well as continued support of the *Marijuana Social Norms campaign* for D200

**Overall, in FY17 the CMHB funds served \*4,647 unduplicated community members**

\*Excludes RFP’S as that data is not collected as of yet

#### Other FY17 Highlights from the CMHB Strategic Plan:

##### 1. Improve Information and Referral-Network of Care (includes support the support groups)

- Updated NOC information at least twice this year plus tested taxonomies. Added a survey for consumer feedback
- Met with D200 new social work teams as well as the new library social workers to educate them on the community resources for mental health, substance abuse, and developmental disability services, and provided information for D97 staff
- Disseminated the Youth and Family Behavioral Health Resource guides via both D97 & 200’s virtual backpacks
- Staff participated in several events and fairs to educate the community and distribute resources including A Day in Our Village, Township Day, the Underage Drinking Town Hall, the Piecing It All Together mental health conference, the Addictions Recovery Team Resource Fair, the Ending Homelessness launch, the D97 Ethnic Fair, the OP-RF Chamber of Commerce’s Health Fair, and the Youth and Family Consortium annual networking breakfast
- Updated the Developmental Disability Consortium Service Guide, the Youth and Family Behavioral Health Service Guide, and the Youth Substance Abuse Services and Supports guide, and placed a full page ad in the paper each month highlighting services for developmental and intellectual disabilities
- Worked with IMPACT and Success of All Youth to link their new websites to the Network of Care
- For the period of November 2015 to October 2016 the Network of Care Website averaged 1623 visits per day for an average of 23 minutes per visit

## 2. Educate the community on MH and DD conditions through anti-stigma initiatives and advocacy:

Supported the following educational/anti-stigma events and initiatives:

- *Creating Advance Directives*
- *Navigating HIPAA and other Confidentiality Laws*
- *Special Needs Trusts*
- *Guardianship for Loved Ones*
- Continue to support NAMI programs Family to Family, Peer to Peer, Ending the Silence, and Connections. The Ending the Silence curriculum served over 600 youth in districts 97 & 200
- Sponsor of *The Secret World of Recovery* movie and panel at Lake Street Theater as part of SAMHSA's National Recovery Month
- With the Developmental Disabilities Consortium, ran monthly educational newspaper articles on individuals with developmental and intellectual disabilities
- Sponsored the National Developmental Disabilities Awareness Month and helped launch the new facebook page OakparkDDC
- Co-sponsored with the OP Police the launch of identification bracelets for children and adults with BH and DD conditions as part of a larger safety and education campaign
- Worked with NAMI and the Multicultural Behavioral Health Advocacy Commission to engage the library in partnership on expanded anti-stigma/education opportunities targeting minority mental health

## 3. Evaluate various system- and service-focused outcome measurements/Advocacy:

- Continued convening and chairing the committees working on improving the behavioral health and developmental disabilities' systems of care which includes increasing networking and service coordination, identifying gaps, and improving the scope and quality of care. The current Consortiums/Committees we continue to chair, co-chair, or serve on are the Youth and Family Behavioral Health Consortium, the Developmental Disabilities Consortium, the Ending Homelessness Coalition, the Multicultural Behavioral Health Advocacy Commission, the Addiction Recovery Team, Cook County's 1<sup>st</sup> District Mental Health Task Force, Oak Park-River Forest Foundation's Success of All Youth and Community Works, the Funders Strategic Collaboration, IMPACT Coalition, the Strategic Prevention Framework-Partnerships For Success, and the D97 Superintendent's Diverse Stakeholders Group
- Worked with PCC Wellness to fund a pilot then annualize same day/next day psychiatry services and medication refills as that was a major gap in the system of care once psychiatric leadership funding was cut
- Successfully completed the clinical and community Trauma Informed Care trainings with UIC, Presence Health Systems and Anne's House clinical staff
- Worked with NAMI Illinois and the education committee of the YFBHC to sponsor the 3<sup>rd</sup> annual "Piecing It All Together" Children's Mental Health Conference at a local university
- Worked with the A5 consultant, Housing Forward, the Village of Oak Park, and Heartland Alliance to develop a strategic plan to end homelessness in Oak Park
- Leveraged local funds with federal funds to launch "coordinated entry –short term stabilization" for homeless prevention and intervention services
- Staff served on the Executive and Leadership committee of the Association of Community Mental Health Authorities of Illinois (ACMHAI), as well as Chairing the Training and Best Practices Committee
- Under Advocacy: Submitted witness slips to the General Assembly on several important bills including early childhood mental health screenings, fair wages for direct service personnel, and Township Consolidation; worked with the ACMHAI lobbyist to educate legislators and add language to the Township consolidation bills to preserve 708 levies under consolidation; educated local legislators on the impact of the budget impasse and subsequent cuts to local social services; and through ACMHAI continued participating on various statewide committees to have a voice in state policy decisions around BH and DD services, and supports

## 4. Support youth substance use disorders reduction initiatives:

- Staff serves on the Positive Youth Development Committee of the Strategic Prevention Framework-Partners for Success (SAMHSA underage drinking grant), as well as the Community and School Committees of the IMPACT Coalition
- Continue to support parent educational cafes at D97 and D200
- Annualized funding for the director of IMPACT to oversee the Coalition work; leveraged matching funds from River Forest Township for administration needs
- Met with D200 and MENTA social work teams to promote CMHB's Youth Substance Abuse Guide and service array to ensure there is a seamless system of care for assessments, services, and supports for youth and families
- Continue to work with IMPACT through various committee memberships to implement Roosevelt University's white paper recommendations. Accomplished: 1. *Social Norms* Marijuana Educational Campaign launched at D200, 2. OP Police, CMHB, Rosecrance, and OP Village Adjudication partnered to launch the *comprehensive SUD*

*screenings* for youth cited for certain alcohol and other drug offenses as a pilot last year, and this year continue working with them to address quality assurance concerns, as well as develop a PSA to be shown at adjudication and a resource packet for the families who aren't mandated for SUD screenings; 3. through the Community Committee staff is overseeing the development of the IMPACT Coalition's *website and community dashboard* and helped organize the community *Town Hall* on Underage Drinking; 4. Funded the training of 20 professionals in the *Strengthening Families* model for substance use prevention and launched the pilot of the Strengthening Families program at D97

**5. Improve outcomes for minority populations:**

- Continue to co-chair the Multicultural Behavioral Health Advocacy Commission (MCBHAC) that was formed following best practices and serves as an independent committee dedicated to improving outcomes for minorities
- Worked with the database consultant to identify ways to simplify electronic service and outcomes reports for the Care Coordination team
- Continue working with TASC's Medicaid specialist to identify Medicaid reimbursable services and needed steps to increase sustainment and funding of the project
- Worked with MBHAC to update their Strategic Plan and consolidate to three main working committees: Cultural Competency Enhancement, Attacking Stigma/Minority Mental Health Education, and Enhancing and Expanding Care Coordination/Service Navigation
- Worked with MBHAC to help them develop informational and marketing materials
- Staff and interns worked with the Cultural Competency Committee's vendor to assess areas to focus on training based on the CLAS assessment results and develop curriculum for the first of the agency behavioral health cultural competency trainings, and we also helped them develop marketing materials to engage community organizations
- Worked with the Care Coordination Committee to choose a 2<sup>nd</sup> full-time Care Coordinator to expand services to D200 and MENTA H.S. students; met with D200 social work team to introduce the new Care Coordinator and start to develop referrals to the program; Care Coordination and YEMBA staff participated in D97 Parent night; started a partnership with the Early Childhood Collaboration to develop a seamless "handoff" for children entering D97 who are eligible and would benefit from care coordination
- Worked with the Attacking Stigma/Education Committee to develop a behavioral health tool kit and sample sermons for congregations; worked with the library and other community groups with same goals to better leverage fiscal and human resources to engage a larger population of residents for presentations and educational opportunities; helped plan speakers for Minority Mental Health Month and More than a Month; had a booth at the annual Ethnic Fair
- Funded and mentored YEMBA to address the gap in youth mentorship as acknowledged by families in Care Coordination. Brokered a successful partnership with BUILD Chicago

**In summary, through the leadership of the CMHB, we helped to strengthen the systems of care and provide valuable and cost saving prevention, early intervention, treatment, supports, and quality of life services to our most vulnerable residents, while being a judicious steward of residents' local tax dollars.**