



# Community Mental Health Board

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## of Oak Park Township

### FY18 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. The CMHB serves as the true safety net of the community when the county, state, and federal government's systems of care fall short.

In FY18, the CMHB contracted with eighteen (18) organizations, and supported thirty-one (31) mental health, substance use/addictions, and developmental disability programs and services. The CMHB also awarded twenty-four (24) infrastructure/IT/training/capital type awards, as well as three (3) RFP's targeting support of the Ending Homelessness Coalition, Multicultural Behavioral Health Advocacy Commission, and the Addiction Recovery Team who target needs assessment gaps. CMHB added one new service contract this year for Housing Forward as they opened a coordinated entry site in Oak Park to help homeless folks and those at risk of homelessness. 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 the opioid crisis. 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 1,660 visits per day. In all, the CMHB *allocated \$1,400,000* in purchase of service and special initiative funding from the local tax-based Community Mental Health Fund.

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 operates 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 struggled with a budget for many years, and even with a budget, 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. The federal picture is also bleak as the possibility of block grants and discontinuance of expanded Medicaid coverage to folks will greatly reduce who is eligible as well as benefits. 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, service navigation, and many other services and supports residents need to get well and stay well would not be in place if we were solely dependent on other government support.

### **FY18 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 **2,350 unduplicated Oak Park residents**. CMHB funding supported **9,070 hours of staff and direct services and 180 educational classes and presentations** 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 **36 unduplicated Oak Park residents** at Way Back Inn's Grateful House. CMHB funding supported **104 therapeutic groups and 730 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 **300 unduplicated Oak Park residents**. CMHB funding supported **13,072 hours of staff and direct services** for residents in need of developmental and intellectual disability services.

#### 4. PREVENTION AND EARLY INTERVENTION 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 **2,020 unduplicated Oak Park residents**. CMHB funding supported **8,689 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 *National Developmental Disabilities Month* public education; the *Oak Park Ending Homelessness* campaign and subcommittee initiatives; *National Substance Abuse Recovery Month* movie and panel; *Cultural Competency* Assessments and Technical Assistance for agencies; comprehensive *Youth Substance Abuse Screenings* at juvenile hearings; *Identification Bracelets* Initiative for youth and seniors with disabilities in partnership with the Oak Park Police Department; *Mental Health Consultation* and training for local preschool staff; and provided administrative support to the *Youth Substance Abuse Coalition* (IMPACT) addressing underage drinking and drug abuse.

**Overall, in FY18 the CMHB funds served \*4,706 unduplicated community members**  
\*Excludes RFP'S

#### FY18 Highlights from the CMHB Strategic Plan:

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

###### FY18 Accomplishments

- ✦ Added a survey monkey to NOC and used the analytics to make revisions and updates to NOC
- ✦ Hosted the *CMHB Health and Wellness Fair* at the OP Library
- ✦ Hosted the *Minority Mental Health Month* movie and family event at the OP Library
- ✦ Participated and provided BH resources at the *D97 Ethnic Fest*, the *Congregation of Churches MY-HAT event*, the *Chamber of Commerce's Health and Wellness Fair*, the *Day in Our Village*, *Township Day*, and *River Edge's 11<sup>th</sup> Annual Resource Fair*
- ✦ Provided youth BH resources for *D200's Snowball Weekend*, and *D97 and D200's Back to School nights*
- ✦ Presented resources to *D200's A.P.P.L.E group* and *Citizen's Council*
- ✦ Provided parent education and suicide resources to *D200*, as well as highlighting them on the CMHB NOC page during *National Suicide Prevention month*
- ✦ Presented CMHB Year End Report and overview of services at the *Oak Park Township Town Hall*
- ✦ Developed and marketed a new adult services resource guide *Wellness Services for Mental Health and Substance Use*
- ✦ Developed and marketed a new resource guide for culturally competent and gap services targeted to minority residents
- ✦ Worked with *Housing Forward* to update the *Homelessness Services Guide*
- ✦ Added local information on the *Affordable Care Act* deadlines as the federal information and marketing budget was cut
- ✦ Monthly updates to the CMHB Facebook Page
- ✦ Quarterly updates to the services and support groups on NOC and helped market the new *Teen AA group*

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

###### FY18 Accomplishments

- ✦ Worked with the *DD Consortium* to highlight two agency family's stories each month in the *Wednesday Journal*, as well as public marketing campaign for *March's National Developmental Disabilities Month*

- ✦ Worked with the OP Police to launch the ID Bracelet and matching community support wristbands campaign
- ✦ Continued support of *Ending the Silence* curriculum and *Parents and Teachers as Allies* at D97 and D200; as well as *Family to Family* community education classes
- ✦ Continued support of community education events, such as *Navigating HIPAA and Confidentiality Laws*, *Involuntary Commitment for People Effected by MI*, *Teen Brain Development*, *Loving Someone with Mental Illness*, and *Special Needs Trusts*
- ✦ Co-Chaired the Addiction Recovery Team to provide community education for National Substance Use Recovery Month and worked with the Village of Oak Park for a proclamation of such
- ✦ Worked with the Community Mental Health Awareness Coalition (Suicide Task Force) to plan mental health education and suicide prevention initiatives/campaigns, including an initiative that takes the stigma out of asking for help by providing an anonymous texting service. Worked with additional partners for a series of articles in the Wednesday Journal during National Suicide Prevention Month

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

#### FY18 Accomplishments

- ✦ Hosted annual networking breakfast and back to school lunch for all organizations in the BH system of care as well as the referral sources to those organizations
- ✦ Worked with the BH Consortium to plan and implement the Piecing It All Together Children's Mental Health Conference
- ✦ Co-sponsored one training per month to bring together all the social service agencies to improve agency collaboration and enhance quality of services
- ✦ Continued membership on OP-RF Community Works Foundation as well as the Success of All Youth to better coordinate, align, and leverage the community's efforts and resources around mental wellness
- ✦ Continued participation on the Cook County Mental Health Task Force
- ✦ Continued participation on the D97 Superintendent's Diverse Stakeholder Group
- ✦ Hosted the public launch of the Ending Homelessness Coalition's Strategic Plan and media campaign and continue to serve on the core- and sub-committees of the Coalition
- ✦ Working with the Early Childhood Collaboration and Housing Forward on the coordinated entry/referrals/linkages systems recently implemented which are best practices identified in the new CMHB S.P.
- ✦ Revived the Funders Collaboration to better align and coordinate the resources of the major funders of BH and DD services
- ✦ Was appointed to IDPH's committee to promulgate the rules for the new social/emotional screens that will be added to the Child Health Examination Form
- ✦ Created outcomes for all new programs/services funded by the CMHB based on the National Outcomes Measures; successfully evaluated and analyzed the outcomes from all programs funded by the CMHB
- ✦ Advocated for 708 Board exemptions to all the Illinois government consolidation bills filed; the federal Repeal and Replace not to impact MH and SUD services; SB100 to keep kids in school instead of suspensions; HB68 requiring the Dept of Insurance to enforce federal parity laws; HB2907 to remove a [provision for a licensed professional to be with a person receiving telehealth services; the 1115 Medicaid Waiver to include housing and supportive employment among other needed supports; affordable housing and/or rental subsidies in Oak Park through the new developer fees; and the They Deserve More campaign to support the low income and diminishing workforce in developmental disability care

### 4. (SP) Support youth substance use disorders reduction initiatives:

#### FY18 Accomplishments

- ✦ Provided funding for the IMPACT director to oversee the White Paper initiatives as well as to help write the Drug Free Communities grant. Also helped to oversee the revamping of the IMPACT website
- ✦ Developed, launched and completed the first, second and third sessions of the EBP *Strengthening Families* program at D97
- ✦ Served on the School Committee of IMPACT/Underage Drinking Grant (SPF-PFS) and the Positive Youth Development workgroup to hold focus groups, develop and launch the marijuana social norms campaign at D200; Drug and Alcohol Facts Week; National Prevention Week; National Prescription Take Back day; retail alcohol compliance checks; two parent educational forums and one community panel; and currently helping to develop the school, community and parent alcohol social norms campaigns to be launched in 2018
- ✦ Worked with Rosecrance and the Village of Oak Park to enhance the youth adjudication process to add SUD screenings and linkages to the protocol
- ✦ Started discussions with D200 about increasing screenings and linkages for students who may have substance abuse needs

- ✦ Working with D200 staff to gather outcome data for the newly launched Project Towards No Drug Abuse curriculum

## **5. (SP) Improve outcomes for minority populations**

### **FY18 Accomplishments**

- ✦ Worked with MBHAC's Cultural Competency Committee to develop and implement three cultural competency trainings with youth and family social service organizations, schools, and other community agencies. Partnered with NAMI to provide CEU's. Also, included LGBTQ cultural competency training through funding to PCC Wellness
- ✦ Worked with the Care Coordination Committee to expand care coordination services to K-4<sup>th</sup> grade. Secured funding for a 2<sup>nd</sup> FTE staff for the program.
- ✦ Worked with the Anti-Stigma/Education Committee to implement community initiatives such as February's More Than a Month series, National Minority Mental Health Month, and started a partnership with Jack and Jill who also have the same mission as MBHAC
- ✦ Secured space at the OP Park District to relocate the Care Coordination team to be more assessible and less stigmatizing to youth and families
- ✦ Developed the first MBHAC brochure
- ✦ Continue meeting with TASC's Medicaid officer and County Care to determine how to leverage Medicaid billings and other funding to grow and sustain the Care Coordination program
- ✦ Grew MBHAC's core membership to include D97's Equity Team, The OP Library, and Smart Love to increase sustainability

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.