

# MCHD BOARD OF HEALTH NEWSLETTER

FROM THE BEHAVIORAL HEALTH PROGRAM

July 2023 Edition

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## THE BEHAVIORAL HEALTH PROGRAM'S UPDATED WEBPAGE

- The BH Program has an updated webpage on the MCHD website! We are continuing to work with MCHD's Graphic Designer to add more graphics and creative ways to better share information. Our goal is to review the webpage quarterly for needed updates. Want to know more about the BH Program? Visit our webpage for information!

[Behavioral Health | McLean County, IL - Official Website \(mcleancountyil.gov\)](https://www.mcleancountyil.gov/behavioral-health)

## COMMUNITY PROJECTS AND COLLABORATIONS

- The BH Program has four memberships; one of these memberships is with ACHMAI (Association of Community Mental Health Authorities of Illinois). The BH Program Manager, Amy Hopper, agreed to co-chair ACHMAI's Membership Committee Meetings. To learn more about ACHMAI and our other program memberships, visit the BH Program's Webpage!
- Shannon Garlock, BH Program Administrative Specialist II, created a 2023 Winter Blues Community Bulletin Board! The bulletin board was in the entry way of MCHD and included cutouts on how to have a mentally healthy Winter, activities, and informational handouts.



Amy Hopper and Shannon Garlock- Winter Blues Community Bulletin Board (Feb. 2023)

- May was Mental Health Awareness Month! MCHD promoted mental wellness in staff initiatives, social media posts, and in a radio interview on WJBC! Amy Hopper and Marianne Manko, Public Affairs

Coordinator, provided information on this year's Mental Health America's theme, "Look Around, Look Within," which asks us to consider every part of our environment and how it impacts our mental well-being.



Amy Hopper and Neil Doyle, WJBC- May is MH Awareness Month Interview (May 2023)

- In April 2023, MCHD staff promoted National Child Abuse Prevention Month by participating in the McLean County's Blue Bow Campaign!



## OPIOID PREVENTION AND EDUCATION

In coordination with the McLean County's Administration office, the McLean County Health Department's Public Affairs Coordinator and the Behavioral Health Program will execute a robust media campaign to provide prevention of opioid use and education on the dangers of opioids, especially deadly fentanyl use. Additionally, \$5000 of opioid settlement money will be provided to Project Oz to execute the "Play for Prevention 2023" event. This is an event open to all local junior high students in collaboration with the Worldwide Day of Play, which will be held **September 23, 2023**. The Worldwide Day of Play, sponsored by the Town of Normal and the Children's Discovery Museum, takes place on the circle in Uptown Normal and the goal is to provide youth with fun and healthy activities they can do instead of substance use. Some activities to take place include a Zumba class, Basketball, Bean Bag Toss, Hacky Sack demonstration and games, Caricature Drawings of Youth, a yoga demonstration, an oversized Jenga game with affirmations on it, etc. Each participant will receive a drawstring bag with the "Play for Prevention" logo, which contains giveaways with prevention messaging.

Per the McLean County's Administration Office request, MCHD's BH Program reached out to Project Oz to receive feedback on what programming they could provide from 2024-2026. Project Oz created a three-year project proposal that can be an ala carte in that the County's Administration Office and County Board can choose from the list. More to come about this project as the County works on their CY24 budget.

Lastly, MCHD's Behavioral Health Program is in the process of working with the McLean County ROSC (Recovery-Oriented Systems of Care), Logan and Mason Counties ROSC, and Legal to register MCHD as a DOPP. A DOPP is a Drug Overdose Prevention Program. By registering to become a DOPP, organizations can order and distribute naloxone (Narcan nasal spray), a safe and effective opioid reversal medication that saves lives. Amy Hopper, BH Program Manager, is a Certified Alcohol and other Drug Counselor, which assists in this movement.

**McLean County ROSC currently provides free Narcan.**



On the left, a lethal dose of heroin; on the right, a lethal dose of fentanyl.  
NEW HAMPSHIRE STATE POLICE FORENSIC LAB

## **MARK YOUR CALENDAR**

The 6<sup>th</sup> Annual McLean County Behavioral Health Community Forum is **Thursday, October 19, 2023!** This year the Forum will be held on the Illinois State University campus. Each year, the MCHD's BH Program participates in the Forum Planning Committee. Our program coordinated Dr. Chuck Hartseil, retired Special Education Coordinator and Autism McLean Board Member, to facilitate a session on 504 and IEP (individualized educational plan) accommodations and interventions and Dr. Burgundy Johnson, Child Psychiatrist at Carle, to facilitate a session on parenting and self-care.

## **CY23 LOGIC MODEL UPDATES**

### **Logic Model: Board Support**

#### Short-Term Goal:

1. Identify plans to increase community awareness of Board's work.
  - a. *Completed*
2. Create a shared folder for Board members to easily access documents.
  - a. *Completed*

#### Intermediate Goal:

1. Initiate and engage in ways to increase community and County awareness, including attending community events, periodical physical site visits and shadowing of grantees, ongoing growth, and sustainability of the IDDC (Intellectual and Developmental Disability Collaborative), CY23 grantee audits, etc.
  - a. *In Progress*- Community Events
    - i. The BH Program staff, primarily the BH Specialist, continues to attend community events to participate in collaborations, promote MCHD and the BH Program, and provide education on BH and I/DD (intellectual and/or developmental disability) topics.
  - b. *In Progress*- Site Visits
    - i. The Board of Health and the 377 Board (McLean County Board for Care & Treatment of Persons with a Developmental Disability) provides grant funding to numerous local human service agencies. Agencies provide a quarterly program narrative and statistical report. The BH Program Manager facilitates a quarterly site visit to review this report.
      1. In May, there were two in-person site visits to discuss the CY23 Quarter One program quarterly report. The first site visit was the Baby Fold to review the Healthy Start program and the second was at Marcfirst to review the High School Transition Program, ABA (Applied Behavior Analysis) Therapy Program, and Pediatric Therapy Program.

2. Two in-person site visits are scheduled in August to review CY23 Quarter Two program quarterly reports.
- c. *In Progress*- Ongoing growth and sustainability of the IDDC (Intellectual and Developmental Disability Collaborative)
  - i. IDDC continues to meet every other month. The Advocacy Committee and Resource Directory Committee also meets every other month; the opposite months of the IDDC.
    1. The Advocacy Committee is working in partnership with three to four community partners and The Baby Fold: Fairview Community School. Our goal is to provide education to families on special education interventions, supports, and services.
    2. The Resource Directory Committee may be resolved because of the creation of an IDD (intellectual and/or developmental disability) resource directory. This will soon be available to community partners and community members on the MCHD: BH Program Webpage. The resource directory primarily consists of local resources who are members of the IDDC.
- d. *In Progress*- CY23 Grantee Audits
  - i. The CY23 grantee audits will be scheduled for later this summer/ beginning of fall. All the Board of Health and 377 grants funded BH and IDD programs will have two months of expenditures financially audited.

### **Logic Model: Mental Health Advisory Board (MHAB)**

#### Short-Term Goal:

1. MHAB members be tasked with providing community behavioral health updates to the Board of Health and/or BHPFC members that may further benefit the work of MCHD and the Board of Health
  - a. *Completed*
2. Request members with upcoming end terms to renew their terms for another full term.
  - a. *Completed*

#### Intermediate Goal:

1. Recruit new MHAB Members
  - a. *In Progress*- MHAB may consist of 9 to 15 members and there are currently 8 members. The BH Program Manager started discussions with the MHAB Chair on potential new members. There has not yet been any recruitment of new members.

### **Logic Model: Outreach**

#### Short-Term Goal:

1. Complete a Behavioral Health Program survey on internal initiatives and resources MCHD staff are interested in receiving. Discuss results with Health Promotion Program to further collaboration between the Health Promotion and Behavioral Health Programs.
  - a. *Completed:* Based on feedback from the survey, internal initiatives have started, including the BH Specialist attending MCHD Program Team Meetings to provide mental wellness support and education. There will be more internal support forthcoming, including support based on the program's needs and requests.
2. Identify 3 external outreach efforts.
  - a. *In Progress-* Two of the three external outreach efforts have begun; one with Homes of Hope and one with LIFE CIL. The third outreach project has yet to be determined.

## **BEHAVIORAL HEALTH CONTRACT PROCESS AND FUNDING TIMELINE FOR CY24**

### **Updates on behalf of the Behavioral Health Policy and Funding Committee (BHPFC)**

- The BHPFC is inviting the following agencies and programs to complete a renewal application and budget:
  - Regional Office of Education (ROE): Embedded School Program
  - Project Oz: Youth Substance Use Prevention Education
  - Project Oz: NAMI: Ending the Silence Program
  - The Baby Fold: Healthy Start
  - PATH: 211 Call Center
  - McLean County Center for Human Services: Mobile Crisis
  - McLean County Court Services: Problem Solving Courts (budget only)
- \* Want to know more about these programs? Visit the MCHD's Board webpage for more information:  
<https://www.mcleancountyil.gov/1655/Boards-Committees>
- There will be a Request for Proposal (RFP) for Adult Psychiatry Services later this summer.
- On behalf of the BHPFC, there will be grantee and applicant presentations for all CY24 grantees and applicants.
- Toward the end of the summer/ beginning of fall, the Board of Health will approve CY24 Behavioral Health grant funding allocations and services of agreement (contracts).

## **BEHAVIORAL HEALTH CONTRACT CY23 QUARTER ONE**

The Board of Health's Behavioral Health Policy and Funding Committee (BHPFC) met on Friday, May 19, 2023. During this meeting, members reviewed the Behavioral Health Program's CY23 Quarter One Narrative and Statistical Report. The report included information on statistical, narrative, and financial information on all the CY23 behavioral health grantee programs. Please email Amy Hopper for a copy of this full report.

For the purposes of this report, I am only including the following program highlights:

### **The Regional Office of Education's (ROE) Embedded School Program:**

- ROE reports they are in conversations with school districts regarding their ability to provide funding toward the embedded school program, in combination with some of the funding provided from the Board of Health. McLean County Center for Human Services (MCCHS) signed a year contract for CY23 to continue to provide services to the schools that participated in the embedded school program in 2022 and this was at the same funding rate as 2022. ROE plans on entering another contract with the MCCHS for the last six months of CY23 (July 1- December 31, 2023) to expand the program to additional schools/ school districts and provide funding for the second semester of the CY24 school year (January 2024- May/June 2024). In Quarter One, there were 287 students in programming; 54 of the 287 were new enrollments. Quarter One ended with 29 individuals on a waiting list; however, all schools participating in the program had an embedded counselor to serve their students. MCCHS reported new counselors and a program coordinator were hired during Quarter One to continue meeting the growing program demand.

### **The McLean County Center for Human Service's Mobile Crisis Unit Program:**

- McLean County Center for Human Services (MCCHS) reported stable staffing continues to be a challenge for this program. The next most significant need of the program is the lack of access to inpatient psychiatric facilities. When it is determined that an individual needs psychiatric hospitalization, crisis staff are charged with facilitating that placement. Suicidal ideation was the primary reason for calls (41%). Location of calls continues to be mainly Carle BroMenn (42.3%), MCCHS (29.8%), and OSF St. Joseph emergency department (18.8%). Location of calls at MCCHS may include the crisis call being addressed on the phone only and/or the person experiencing a crisis at MCCHS. Law enforcement was involved in 29% of the calls and, of that 29%, MCCHS made the request 3.5% of the time. The state provides funding for MCCHS to staff engagement specialists and crisis clinicians; however, the engagement specialists are not involved in all the calls. This could be due to factors such as the nature of the call, client preference, or staff availability.

### **The McLean County Center for Human Service's Psychiatry Program:**

- McLean County Center for Human Services (MCCHS) reported that in the beginning of Quarter Two their program manager/APN resigned; however, one of their current APNs (advanced practical nurse) accepted the offer to become the Program Manager. The program currently has two APNs with the one APN shortage. Additionally, MCCHS reported the Chief Clinician Officer has gone to both homeless shelters weekly for the past few months to complete screenings on clients interested in MCCHS

services, specifically psychiatry. MCCHS also reported times at the homeless shelters in which no one requested to be screened. Another challenge identified was previously screened people not following through with the next step, which is generally a phone call to complete the intake paperwork. In Quarter One, the program served 547 clients; 249 of those clients receiving psychiatry only services and 28 being new admissions. There were slightly over 100 referrals, and, of those 100 referrals, 41 referrals/ 39% did not follow through with the admission process. MCCHS stated 83% (34 of the 41 referrals) were individuals who did not complete the initial brief screening. MCCHS reported they attempt to call referrals several times and often without success.

#### **PATH: 2-1-1 Call Center:**

- This agency recently experienced hardship due to the passing of CEO, Chris Workman. PATH will be the main provider in IL for 211, including PATH being the backup for the entire state of IL. 211 will also receive gun safety and control training and connection to resources, especially as suicide by gun increases. PATH reported the amazing outcomes on call service is connected to the stability of the 211 call-center supervisor and 211 after-hours call center supervisor. The stability of the supervisors answering questions and providing staff support has been valuable in improving outcomes and mainly funded by the Board of Health. PATH reports they continue to struggle to maintain the volunteer counts, and this is forcing reliance on a model that relies heavily on paid staff. PATH continues to await the State's decision on distributing funds for statewide 211 coverage, which would increase staffing and benefit all the areas served, including McLean County.

#### **Project Oz's Youth Suicide Prevention Program: NAMI: Ending the Silence Program:**

- During Quarter One, NAMI: Ending the Silence was provided to 1065 6<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grade students at the following 10 schools: Normal Community West High School, Evans Junior High School, Parkside Junior High School, Kingsley Junior High School, Bloomington High School, Bloomington Junior High School, Heyworth Junior High School, Heyworth High School, and LeRoy Junior High School. This program was provided in-person and virtually with video lessons. Project Oz stated some schools prefer the virtual component. The second staff member to this program has been hired and progressed in their training during Quarter One! This additional staff person will allow for more in-person services and additional skill-building class periods. In Quarter One, there were 149 students (approximately 21% of the students who completed evaluations with referral components) that requested additional support, which is a higher percentage than in the past. These students were connected to the school's counselors. Among the students who requested support, 36 students (approximately 24% of the students who requested support at schools utilizing the emergency self-referral component) shared that they were experiencing mental health emergencies or shared they were concerned for a friend or classmate experiencing a mental health emergency.

#### **Project Oz's Youth Substance Use Prevention Education Program:**



- Increased funding from the state covered all 5<sup>th</sup> grade courses. This allowed the program to expand the Board of Health funded courses to include an additional 330 6<sup>th</sup> grade students at Bloomington Junior High School for CY23. During Quarter One, the program delivered 198 class periods to unduplicated students. Schools receiving services this quarter included Ridgeview Junior High Schools, Chiddix Junior High School, and Bloomington Junior High School. All classes were in-person. Project Oz shared several schools are dealing with marijuana (THC) edibles being brought to school and shared, many times with unknowing peers. For example, there are chips and candies that are edibles (food with THC) with packaging that looks just like the normal food, except a small THC warning sign at the bottom of the container. Project Oz has deck slides with examples of these snacks and share in their presentations to the students and teachers. Health teachers are specifically requesting additional prevention classes to discuss vaping and cannabis. Teachers are finding it difficult to know all the current information on adolescent drug trends and how to have those conversations. Edibles can be dangerous because the amount of THC in each bite is not known because the amount of THC can be different in each bite.

### **McLean County Court Service's Problem-Solving Courts (Drug Court and Recovery Court):**

- Problem Solving Courts has new Court Service staff members providing oversight to the program. Suzanne Montoya now serves as the Court Service's Administrator. Kirk Schweizer is the Deputy Director now overseeing the logistics of the program. The BH Program Manager, met with Suzanne, Kirk, and the other two deputy directors to review the Problem-Solving Court's contract, reporting, history of the program, and Board of Health expectations of programming. Client eligibility requirements recently changed for Recovery Court, resulting in an increase in Recovery Court clients. Chestnut Systems continues to have notable staffing issues but persist to be creative in finding ways to support clients through multiple transitions, as well as carving out time for new staff. Staff shortages have not impacted service capacity; however, the workload can easily impact the current staff through burnout and/or compassion fatigue. In addition, Chestnut Systems stated they can accept two to three more clients for Drug Court after which a waiting list would be necessary.

### **The Baby Fold's Healthy Start Program:**

- Dianne Schultz, former CEO of The Baby Fold, retired the beginning of June 2023. Replacement candidate Clete Winkelmann accepted the position of CEO and started the beginning of June 2023. This program will not receive any additional state funding in FY24 to support the McLean County Healthy Start program. The Baby Fold reported there was not an opportunity to apply for that funding for FY24. Staffing was stable in Quarter One, allowing for retention of clients on caseloads, and this is why there were not any new clients in Quarter One. The goal is for the family to be in the program from pregnancy/ infancy until the child is 5 years of age. This allows for support during those developmental milestones (or missed developmental milestones) and connection to mental health

resources during transitions. Many families supported by the program have multiple children, however, the statistics only include the parent(s) and the youngest child even though the entire family unit benefits from the program. Many of the families in this program have challenges with their essential needs being met, such as housing, transportation, and food security. This program attempts to address and connect these challenges in numerous ways, including contacting public transportation, providing food, and housing/ child essentials.

## **AGENCY SUCCESS STORY**

Submitted by Project Oz: NAMI: Ending the Silence Program

After a presentation, a high school student asked to speak with the program coordinator. She shared she was in an emotionally abusive relationship, that she felt overwhelmed and hopeless, and that she had been thinking about suicide. She was reluctant to talk to a school counselor, but after talking with the program coordinator, she agreed to try. This student later reached out to the program coordinator to thank her. She shared how she had talked to a school counselor, and they had come up with a plan together to help her end the relationship and start focusing on her own health. In her evaluation, this student wrote, "I love Colleen! She's so open and welcoming, and I feel very comfortable talking to her. Thank you so much!!"

"This really helped me. I've been struggling for a while now and haven't told anyone because I've been scared. Now I feel confident enough to tell someone." Chiddix Junior High School.

"This presentation really hit close to home for me. I've struggled with my mental health for years, and I still do, but I'm in a stable place now. I really appreciated the part of the presentation that talked about how to share your concerns about a friend with a trusted adult. For a long time, my very close friends were the only ones who knew about my mental struggles and self-harm, and they didn't tell anyone, just like I asked. Looking back though, I wish they would have, so I could've gotten help sooner. I really related to Colleen and her story, and I'm glad that she shared it. This was very powerful, and I think it was something I needed." Normal Community West High School

"I learned that no matter how lonely you feel, someone cares about you." Parkside Junior High School