



DeKalb County Community Mental Health Board 2018 Annual Report

The DeKalb County Community Mental Health Board (CMHB) plans, evaluates, coordinates, and funds mental health services in DeKalb County. Areas of services include mental or emotional disorders, alcohol or drug dependence and developmental disabilities. CMHB provides stewardship of tax payer dollars for the areas of funded service.

The CMHB Mission is:

Through leadership and funding, the DeKalb County Community Mental Health Board supports access to high quality behavioral healthcare services for DeKalb County residents.

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Annual Summary 2018

In 2018, as the national news ran stories about the increases in mental health conditions among US students, the ravages of the opioid epidemic and news from the Center of Disease Control and Prevention about the high rates of deaths by suicide, the DeKalb County Community Mental Health Board (DCCMHB) continued to support local organizations who serve in the areas of mental health, substance use disorder, and developmental disabilities. DCCMHB is a stable funder to local organizations.

Grant Year 2019 application cycle started in January 2018. Six agencies new to the DCCMHB applied for funds, two received funding. As agencies turn to the DCCMHB for stable funding, it continues to be a competitive grant cycle with requests exceeding funds available by \$492,129. Of the grant applications 24 received funding for a total of \$2,522,922 in GY19 allocations.

The DCCMHB worked in partnership with Kishwaukee Hospital, a part of Northwestern Medicine, and the DeKalb County Public Health Department to complete a Community Health Needs Assessment. This assessment followed the MAPP (Mobilizing for Action through Planning and Partnerships) process. The plan was completed in September 2018. Three health priorities were identified: Adolescent Health, Behavioral Health, and Maternal Child Health. The DCCMHB will work in partnership to address the behavioral healthcare priorities.

Mental Health 1st Aid continues to be a priority for the DCCMHB to ensure the citizens of DeKalb County have access to information about how to assist with mental health and substance use disorder situations in the community. The workshops are well attended and feedback is positive. The DCCMHB is in talks with Northwestern Medicine and the Regional Office of Education to offer Youth Mental Health 1st Aid workshops in 2019. In addition to Mental Health 1st Aid, the DCCMHB continues to promote mental health awareness in a number of ways.

DCCMHB concluded the Performance Management/Outcomes Project with Dr. Alicia Schatteman, Northern Illinois University, which resulted in the development of the Quality Indicators Checklist. The checklist has been incorporated into the grant application process and gives the DCCMHB a tool to assess the viability and strength of an organization's internal performance management policy.

After receiving a Bureau of Justice Administration Strategic Planning Grant to explore Mental Health/Law Enforcement Interactions, the City of DeKalb Police Department and the DCCMHB contracted with Northern Illinois University to create a comprehensive Strategic Plan. While the collaboration was not successful in securing a Bureau of Justice Administration Implementation Grant, the stakeholders involved with the strategic planning process are committed to working together to bring critical parts of the strategic plan to life. These initiatives will continue into 2019. The strategic plan findings recommended addressing the following areas:

- ❖ Services – including behavioral health transportation and payer list
- ❖ Data Collection and Evaluation – determine data points and evaluation
- ❖ Education – Crisis law enforcement and Mental Health 1st Aid
- ❖ Communication and Collaboration

The DCCMHB had the opportunity to host an “On The Table” event, as part of the Kennedy Forum initiative on May 19, 2018. Thirty-six community members came to the casual dinner event to talk about the state of mental health in the community. There were many great suggestions, both large and small on how to improve communication, access, information sharing, and services. One participant expressed interest in hosting an event to highlight mental illness in a positive way and planning began for “This Is My Brave – DeKalb” a storytelling event where local residents living with mental illness tell their story through personal essay, music, or poetry to give hope to others. The event is scheduled to take place in 2019.

Calendar year 2018 proved to be a busy year at the DCCMHB and many initiatives will continue into calendar year 2019. The DCCMHB is committed to the mission of “Through leadership and funding the DCCMHB supports access to high quality behavioral healthcare services for DeKalb County residents” and the work of the Board is to fulfill that mission. The DCCMHB was fortunate this past year to have dedicated board members who are committed and passionate about mental health services. This past year, the DCCMHB had a full membership and for the first time in many years board members represented DeKalb County from its southern border to its northern border.

Jerald Helland, President

Deanna L. Cada, Executive Director

Community Mental Health Board Members

(as of 5/1/19)

Mr. Jerald Helland, President

Ms. Jane Smith, Vice President

Dr. Marilyn Stromborg, Secretary

Ms. Laurie Emmer, County Board Representative

Mr. Richard Schluter

Ms. Sue Plote

Ms. Meghan Cook

Ms. Jennie Geltz

Mr. Robert Cook

Staff

Ms. Deanna Cada, Executive Director

Ms. Kathy Ostdick, Administrative Asst.

One Year Plan 2019
Priority Areas and Activities 2019 – Goals and Objectives:

- 1) Improve access to services for 0-7 year old children in DeKalb County
 - a. Comprehensive needs analysis to determine gaps and areas of strength
 - i. Create a list of organizations and determine what services are provided to children ages 0-7 and services for parents of children receiving mental health services
 - ii. Identify main organizations that serve youth and gain more program details
 - iii. Conduct research on evidence-based programs that best serve youth 0-7 and their parents
 - b. Determine benefits/challenges to development of a local system of care for young children
 - i. Support development of focus groups to include professionals and consumers to determine benefits/challenges to a local system of care
 - ii. Create or promote access to information for parents and professionals, possibly around websites, social media, mobile apps, information hubs, etc.
 - c. Proactively work with partner organizations to provide quality behavioral healthcare in areas of identified need for 0-7 year olds
 - i. Develop proactive funding opportunity for organizations with evidence-based programming for youth 0-7 and their parents
 - ii. Support peer mentoring models
 - iii. Support of development of meaningful outcomes/goals of identified and supported programs
 - iv. Explore opportunities to impact public policy around development of a system of care model for children/adolescents in Illinois
- 2) Assist with mental health/law enforcement initiatives with DeKalb County Law Enforcement partners
 - a. Support Crisis Intervention Team (CIT) training for local law enforcement partners
 - i. Create funding opportunity for local law enforcement agencies to cover overtime expenses to backfill officers' vacated shifts while attending CIT Training
 - b. Explore and assist with development of a CIT Team/Super-utilizers group to convene on a regular basis
 - i. Work with BJA Stakeholders group to develop an on-going team to identify options for assistance
 - c. Explore the opportunities to pilot a police/social worker position for DeKalb County law enforcement partners
 - i. Two local organizations have applied for funding for a Police/Social Worker position as part of the GY20 Funding Cycle



CMHB Funded Programs Grant Year 2019

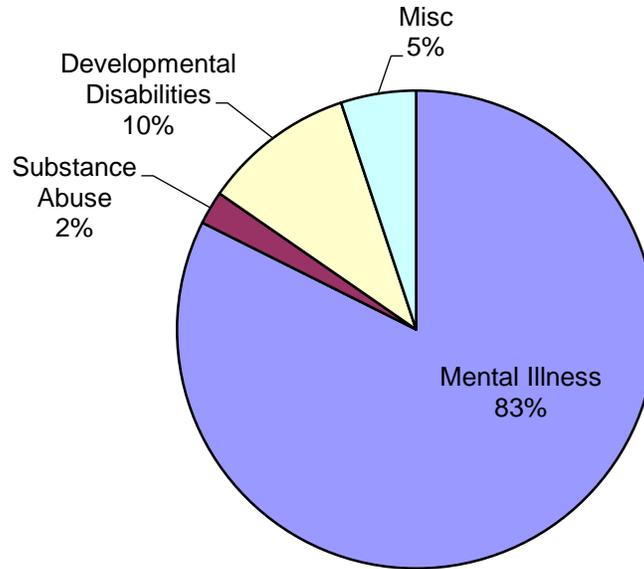
Adventure Works of DeK Co	Adventure therapy for at-risk youth	\$80,000
Associates for Individual Development (AID)	Behavioral Health Suptd Living Outpatient & Psychiatric Services	\$47,000 \$42,500
Ben Gordon Center (Northwestern Medicine As of 12/1/15)	Emergency/Crisis & Screening Prog. Medical Services–Psychiatry (Grant) Community Employment Services Living Room Mental Health Services – Adult Case Management Program (Grant) Community Support Program Medical Services – Psychiatry (fee) Response Line Mental Health Services – Youth Prevention/Education Services Psychological Testing Program Alcohol & Substance Abuse – Adult Mental Health Services – Youth	\$155,000 \$281,000 \$40,000 \$10,000 \$48,000 \$30,000 \$20,000 \$9,000 \$17,500 \$10,000 \$15,000 \$14,500 \$10,000 \$2,000
Children’s Community Theatre	Penguin Players	\$12,000
Children’s Home + Aid	Healthy Families Illinois	\$25,000
Collaborative Transportation	North County Transportation Grant	\$5,000
Consumer Advocacy Council of DeKalb Co.	Consumer Special Needs Consumer Education	\$20,000
DeKalb Co. Comm. Action	Juvenile Justice Council Coordinator	\$30,100
DeKalb Co. Comm. Gardens	Walnut Grove Farm Project	\$37,400
DeKalb Co. Drug Court	Residential & Trtmnt Assistance Peer support person Urinalysis Drug Testing	\$18,000 \$15,450 \$16,000
DeKalb Co. Health Dept.	Healthcare Enrollment Assistant	\$28,200
DeKalb Co. Sheriff’s Dept.	Jail Based Services	\$50,000
DeKalb County Youth Service Bureau	Youth and Family Counseling Trauma Support	\$205,400 \$5,000
Elder Care Services	Care Coordination Program Adult Protective Services Self-neglect Program	\$52,000 \$44,000 \$20,000
Epilepsy Foundation	Epilepsy Services	\$30,000
Family Service Agency	Counseling, Sr. Mental Health, CAC, CAC Trauma Therapy Clinical Director Supt.	\$140,500 \$50,000
Gracie Center	Vocational Skills Development	\$21,600

Hope Haven	Dresser Court Services	\$186,269
	Life Skills Training Center	\$177,628
	Psychiatry	\$20,000
NAMI	Training Fee, lodging, meals	\$675
Open Door	Administrative Support	\$55,300
Opportunity House, Inc.	Admin Supt/Special Olympics	\$30,000
	Admin Supt/Supported Emplmnt	\$73,000
Safe Passage	Transitional Housing Program	\$45,000
	Residential Program	\$27,400
	Domestic Violence Program	\$27,400
	Sexual Assault Program	\$31,100
	Prevention Program	\$25,000
Voluntary Action Center	Transportation	\$45,000
	Nutrition	\$25,000
Youth Outlook	DeKalb Drop-In Center	\$10,000
	Community Education	\$5,000
Multi-Agency Programs	Psychiatric Evaluations	\$15,000
	Individual Care Grant	\$2,000
	Medication Grant	\$40,000
	Training Grant	\$20,000
	Continuation of Outcomes Project	\$5,000



Grant Year 2018 Funding Allocations by Type of Service

Mental Illness	\$ 2,078,322
Substance Abuse	57,100
Developmental Disability	259,300
Multi-supportive Services	128,200
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Total	\$ 2,522,922



Many programs serve more than one need. This breakout uses the primary need served in each category. Miscellaneous includes programs such as transportation, which serves all service groups.

DeKalb County Community Mental Health Board Community Involvement

Mental Health Board – 2018 Community Involvement

211 Champions DeKalb County
Association of Community Mental Health Authorities of Illinois (ACMHA)
Consumer Advocacy Council of DeKalb County
DeKalb County Community Foundation – Crib to Career Kindergarten Readiness Committee
City of DeKalb Police Department – Bureau of Justice Administration Grant
DeKalb County Community Health Needs Assessment Steering Committee
Live Healthy DeKalb County & Food Security Council
Networking for Families
DeKalb County Drug Overdose Prevention Program
Housing Authority of DeKalb County
Annie Glidden North Task Force
DeKalb County Continuum of Care
DeKalb County Juvenile Justice Council including Community Partnership & Trauma Informed Committees
DeKalb County Youth Providers
Illinois Family Violence Coordinating Council
DeKalb County Nonprofit Partnership Internship Program
Northern DeKalb County Transportation Collaborative
Health Campus Intruder Drill Planning and Event
Elder Care Services M Team Meetings
Permanency Action Team Resource Fairs
NNGO Nonprofit Advisory Group & Book Club
DeKalb County Basics Ambassador
This Is My Brave Event planning
Poverty Simulation

Mental Health Board – 2018 Presentations & Hosted Events

Northern Illinois University Careers Seminar
Bridges Out of Poverty Workshop
Community Resources Presentation – Life Skills Group, DeKalb County Jail
Altrusa Group Presentation
On the Table – Community Conversation
DeKalb Kiwanis Presentation
Nonprofit Day Presentation
Obsessive/Compulsive Disorder Presentation – Dr. McGrath
Sunrise Rotary Presentation
NIU Intro to Public Health Class Presentation
Mental Health First Aid
Life Long Learning Institute Presentation



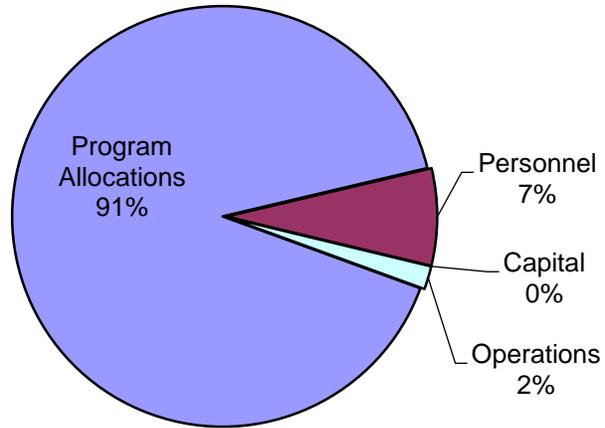
Fiscal Year 2018 Revenue and Expense

Source: from FY2018 County revenue and expense - unaudited

<u>Revenues</u>	<u>Budget</u>	<u>Actual</u>
Taxes	2,548,000	2,533,092
Interest	7,500	41,433
Non-general Fund Bal Utilization	0	0
Building Rental	0	0
DeKalb Co. Comm Action Dept.	38,000	34,842
Misc.	100	0
Total Revenue	259,360	2,609,367

<u>Expenditures</u>		
Salaries	161,200	144,632
Deferred comp	0	0
FICA	12,400	10,243
IMRF	17,900	15,001
Health Ins.	28,400	23,796
Life Ins.	200	158
HAS benefit	3,400	3,408
Unemployment tax	200	188
Office furniture & sm equip.	0	806
Computer equip	0	1,152
Building modification	0	0
Capital set-aside	0	0
School of instruction	1,500	250
Travel	4,000	2,663
Meetings - host expenses	3,000	2,240
Memberships	10,000	7,426
Public notices	100	0
Maintenance - equipment	1,200	1,630
COB rent/utilities	11,500	11,500
IMO/computere support	300	300
Professional services	4,000	1,725
Commercial services	300	381
Software acquisition	500	0
Contribution to agencies	2,153,500	2,175,249
Cont to agencies - BGC		34,867
Special projects	20,000	0
Disaster assistance	5,000	1,955
Office supplies	3,500	925
Postage	400	57
Copy machine supplies	900	122
Printing supplies	3,000	747
Books & subscriptions	500	245
Misc.	2,000	301
Cont. to Sheriff's Dept.	50,000	50,000
Cont. to Court Services	0	0
Cont. to Health Dept.	27,300	27,750
Cont to Community Action	32,200	31,150
Cont to Asset Replacement Fund	1,200	1,200
Cont to Drug Court	34,000	21,633
Total Expenditures	2,593,600	2,573,700

Fiscal Year 2018 Budgeted Expenditures Chart



Agency Program Allocations	\$2,432,700
Personnel/Salaries	200,000
Capital/Equipment	0
Office Operations	47,900
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Total 2018 Budgeted Expenditures	\$2,680,600

One Year Plan 2018 – Status Update

One Year Plan 2018 Status Update

1. Grant Accountability:
 - a. Develop a Contract Review process, policy and procedure to perform in-office and on-site contract reviews with funded agencies.
 - b. Purpose of Contract Review is funding accountability and transparency.
On November 18, 2018 the DCCMHB approved a Contract Review checklist to be utilized on an annual basis to ensure contract compliance and accountability with funded agencies.
2. Funding Priorities
 - a. Develop an annual practice to identify areas of proactive funding priority including needs identification, collaborative funding opportunities and formalize process through funding guidelines. ***As part of the 2019 – 2021 Annual Plan the DCCMHB is identifying areas of priority in which to develop proactive funding programs.***
3. Prioritization of Access to Service
 - a. Explore, develop and potentially fund areas of access to service for young (0 – 7 years) children.
 - i. Identify gaps in services for 0 – 7-year-old children.
 - ii. Working with agencies and potential funders, develop a response to gaps within the community.
 - iii. Work with agencies to identify professional development needs and coordinate professional development opportunities.
DCCMHB has identified Access to Services for children 0-7 as the priority for the 2019 Annual Plan.
 - b. Explore, develop and potentially fund areas of transportation for citizens needing behavioral healthcare services and supportive services.
 - i. Participate in community conversations about transportation needs within DeKalb County, including identifying needs and community support solutions.
 - ii. Encourage and support collaboration solutions to transportation issues in DeKalb County.
In Grant Year 2019, DCCMHB funded a collaborative grant request from a number of partner agencies to fund a North County transportation route. That request was approved and the agencies have successfully implemented that route.
 - c. Explore, develop and potentially fund areas of mental health needs in relation violence (including gun violence), anger and stigma.
 - i. Develop partnerships with schools, law enforcement and social service agencies to provide access to services for those students identified needing behavioral healthcare support.
DCCMHB has partnered with the Regional Office of Education and Northwestern Medicine to offer Youth Mental Health First Aid in the community to help provide supports to youth and adolescents.
 - ii. Continue partnership with the DeKalb County Juvenile Justice Council Trauma-Informed Committee to support strategies and policies for community organizations that are trauma-informed.
The Executive Director of DCCMHB is a co-chair of the Law Enforcement/Mental Health subcommittee and a member of the Trauma Informed Committee to continue to support strategies and policies regarding trauma-informed work.
 - iii. In conjunction with current Mental Health First Aid workshops, identify ways to educate the community about mental health and work toward elimination of stigma.
As a result of the “On The Table” event in May 2018, hosted by DCCMHB. A local consumer of services partnered with DCCMHB to bring “This Is My Brave” to DeKalb, Illinois.