



DeKalb County Community Mental Health Board 2019 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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**Community Mental Health
Board Members**

(as of 5/1/20)

Mr. Jerald Helland, President

Dr. Marilyn Stromborg, Vice President

Ms. Jane Smith, Secretary

Ms. Laurie Emmer, County Board
Representative

Ms. Sue Plote

Ms. Meghan Cook

Ms. Jennie Geltz

Mr. Robert Cook

Staff

Ms. Deanna Cada, Executive Director

Ms. Kathy Ostidick, Administrative Asst.

Annual Summary 2019

The DeKalb County Community Mental Health Board (MHB) prioritized bringing awareness of behavioral healthcare to the residents of DeKalb County, Illinois in 2019. The MHB accomplished this by sponsoring This Is My Brave-DeKalb, hosting an On The Table community event, continuing to support free Mental Health & Youth Mental Health First Aid workshops and conducting community focus groups on mental health services for 0 to 7 year-old children. 2019 was also a year of preparation, the MHB prepared to move to an online grantmaking platform, the Illinois community prepared for the legalization of cannabis and the nation prepared for the 2020 census.

Grant Year 2020 (July 1, 2019 – June 30, 2020) application cycle started in January 2019. No new agencies to the MHB applied for funds. The financial needs of currently funded agencies continued to grow and requests exceeded funds available by \$232,055. The total Grant Year 2020 Allocation was \$2,318,100.

In April 2019, the MHB was honored to sponsor This Is My Brave-DeKalb. This Is My Brave (TIMB) is an organization where individuals with mental health illness and addiction come together and share stories through creative expression to break down the fear and mystery associated with mental illness. TIMB gave individuals in DeKalb County an opportunity to share their stories of living successfully with mental illness. Under the leadership of producer Laura Devine, thirteen local residents performed to a large audience at the Egyptian Theatre. The stories came in many forms; personal narratives, poetry, and music. The event was a huge success and impacted not only the lives of the performers, but everyone who attended the show.

The second On the Table Event was hosted by the MHB on May 14, 2019. Twenty-nine community members attended the event. The top three areas of conversation were school-based mental health, suicide and depression. Suggestions generated by the discussion included exploring the option of hosting a This Is My Brave High School Edition event, and utilizing different social media platforms to reach young people. Of those who attended On the Table, 83% stated they learned something new during the conversation, 83% stated they were likely or more likely to talk openly about mental health and/or addiction with others after participating in the event. The continued success of On the Table provides our community with greater mental health awareness which will lead to future events and community conversations.

The MHB decided in 2019 to move to an online grantmaking platform. After years of requiring organizations to turn in paper grant applications, the MHB decided to move away from the inefficiencies of that method to an online software solution. An Ad Hoc Online Grant Application committee was convened and Foundant Technologies was selected as the best option. The latter half of 2019 was spent training, planning and preparing to move the entire grant application process online. The Grant Year 2021 grant cycle will be the first experience with the new system.

On June 25, 2019 Governor J.B. Pritzker signed a law that ended cannabis prohibition and replaced it with a system to tax and regulate cannabis for adults 21 and over. The law went into effect January 1, 2020. The MHB worked with funded agencies to prepare for legalization. Overall, the majority of funded agencies did not anticipate any changes to current policies and the greatest concern was how to test agency employees for impairment at work. Most agencies did not feel programming would change, but information would be provided to clients about the impacts of cannabis use.

Starting in October 2019, the MHB worked in conjunction with the local Census Complete Count Committees to spread the word about Census 2020 and the importance of an accurate count. Presentations were made to the community and funded agencies on the impacts the census has on communities and ties to funding. The MHB will continue to be an active member of the Complete Count Committees into calendar year 2020.

In September 2019, the MHB lost long standing board member Richard (Dick) J. Schluter. Dick joined the MHB in February 2013 and quickly became the board expert on all things financial. Dick was a Certified Public Accountant and spent his professional career in accounting and finance. Dick used his financial skills to improve the financial policies of the MHB and to assist funded agencies in financial areas. The MHB mourns Dick's passing and to honor his memory is developing the Richard J. Schluter Fund for Professional Development in Financial Literacy.



The MHB is grateful to the Board Members who voluntarily serve and dedicate time to the important work of supporting access to high quality behavioral healthcare for the residents of DeKalb County.

Jerald Helland, President
DCCMHB

Deanna Cada, Executive Director
DCCMHB

DeKalb County Community
Mental Health Board Retreat July 26, 2019
Team Building Exercises



Three Year Plan 2019 - 2021

To better respond to the behavioral healthcare needs of county residents, the Community Mental Health Act (405 ILCS 20/) requires County Mental Health Boards to provide for both short term and long-range planning. A one-year plan is developed and approved by the DeKalb County Community Mental Health Board (DCCMHB). The plan contains specific goals for the current year. Long term planning is developed by way of the three-year plan and maps strategies to use for the next three years.

The major responsibility of the DCCMHB is to fund mental health, developmental disability and substance use services utilizing funds collected through the mental health tax levy. At a meeting of the DCCMHB on March 25, 2019 the Board Members voted to adopt these goals and priorities for the next three years.

For the next three years, the issues of highest priority for the DCCMHB are:

- 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
 - b. Determine benefits/challenges to development of a local system of care for young children
 - c. Proactively work with partner organizations to provide quality behavioral healthcare in areas of identified need for 0-7-year-old children
- 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
 - b. Explore and assist with development of a CIT Team/Super-utilizers group to convene on a regular basis
 - c. Explore the opportunities to pilot a police/social worker position for DeKalb County law enforcement partners
- 3) Develop strategies to address suicide prevention/intervention/postvention work
 - a. Explore community-wide education opportunities/program curriculums Summer 2020
 - b. Convene agency partners to develop a system of care around suicide in the community Summer 2020
- 4) Exploration of methods to increase pool of mental health professionals such as psychiatrists, advance practice nurses, bilingual therapists, etc., available in DeKalb County.
 - a. Review existing programs utilized in other underserved areas such as loan forgiveness programs Summer 2021
 - b. Offer professional development opportunities to build capacity in existing workforce Ongoing.

CMHB Funded Programs Grant Year 2020

(7/1/19 – 6/30/20)

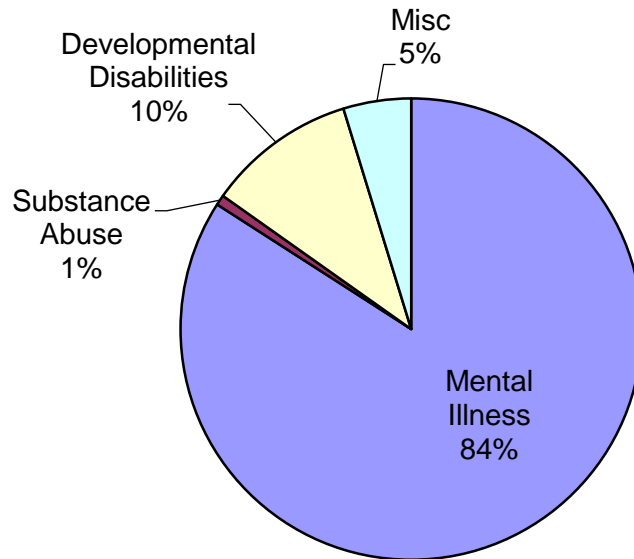
Adventure Works of DeK Co	Adventure therapy for at-risk youth	\$54,000
	Positive Youth Development	\$26,000
Assoc for Ind Dev (AID)	Behavioral Health Services	\$89,500
Ben Gordon Center (Northwestern Medicine As of 12/1/15)	Emergency/Crisis & Screening Prog.	\$159,500
	Medical Services–Psychiatry (Grant)	\$289,000
	Community Employment Services	\$10,000
	Living Room	\$30,000
	Mental Health Services – Adult	\$13,000
	Case Management Program (Grant)	\$40,000
	Community Support Program	\$50,000
	Medical Services – Psychiatry (fee)	\$6,000
	Response Line	\$40,000
	Prevention/Education Services	\$23,000
	Psychological Testing Program	\$14,500
	Mental Health Care Coordination	\$40,000
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	\$20,000
	Consumer Education	
DeKalb Co. Comm. Gardens	Walnut Grove Farm Project	\$37,400
DeKalb Co. Drug Court	Residential & Trtmnt Assistance	\$5,000
	Peer support person	\$17,700
DeKalb Co. Health Dept.	Healthcare Enrollment Assistant	\$29,300
DeKalb Co. Sheriff’s Dept.	Jail Based Services	\$50,000
DeKalb County Youth Service Bureau	Youth and Family Counseling, etc	\$205,400
	Trauma Support	\$5,800
Elder Care Services	Care Coordination Program	\$52,000
	Adult Protective Services	\$44,000
	Self-neglect Program	\$20,000
Epilepsy Foundation	Epilepsy Services	\$30,000
Family Service Agency	Counseling, Sr. Mental Health, CAC,	
	CAC Trauma Therapy	\$140,500
	Clinical Director Supt.	\$50,000
Gracie Center	Vocational Skills Development	\$25,000
Hope Haven	Dresser Court Services	\$186,000
	Life Skills Training Center	\$178,000
	Psychiatry	\$20,000
NAMI	Training Fee, lodging, meals	\$1,605
Open Door	Administrative Support	\$55,300

Opportunity House, Inc.	Admin Supt/Special Olympics	\$50,000
	Admin Supt/Supported Emplmnt	\$53,000
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
	Thrive Parent Group	\$3,000
Multi-Agency Programs	Psychiatric Evaluations	\$10,000
	Individual Care Grant	\$2,000
	Medication Grant	\$40,000
	Training Grant	\$15,000
<i>Total Grant Year 2020</i>		<u>\$2,513,405</u>

Grant Year 2019 Funding Allocations by Type of Service

Mental Illness	\$ 2,113,405
Substance Abuse	18,000
Developmental Disability	262,700
Multi-supportive Services	119,300

Total \$ 2,513,405



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 – 2019 Community Involvement

2020 Census Complete Count Committees – County of DeKalb & City of DeKalb
211 Champions DeKalb County
Association of Community Mental Health Associations of Illinois (ACMHAI)
DeKalb County Basics Ambassador
DeKalb County Nonprofit Partnership
DeKalb County Opioid Prevention Program
DeKalb County Wellness Committee
Housing Authority of County of DeKalb – Commissioner
Illinois Family Violence Coordinating Council
Kindergarten Readiness Committee
Law Enforcement/Mental Health Committee – Co-chair
NNGO Nonprofit Advisory Committee
Trauma Informed Care Committee



Mental Health Board – 2019 Presentations & Hosted Events

Presentations

All Things Local Podcast with Dr. Alicia Schatteman, NIU
Career Explorations Class at Northern Illinois University (NIU)
CIT International Conference “Moving Forward Without Federal Monies: Lessons Learned from College Towns”
DeKalb County Health & Human Services Committee on legalized cannabis
DeKalb County Jail Life Skills Group
Intro to Public Health Class at Northern Illinois University
Nonprofit Alliance of Schaumburg Business Group on Grant Writing
Oak Crest Rotary Group
Youth Engaged in Philanthropy

Hosted

“SafeTalk” Suicide Prevention Training cohosted with DeKalb County Nonprofit Partnership and Kishwaukee College
Mental Health First Aid Training – In partnership with Northwestern Medicine
On The Table Event – In partnership with The Kennedy Forum
This Is My Brave Event
Youth Mental Health First Aid Training – In partnership with Project Set

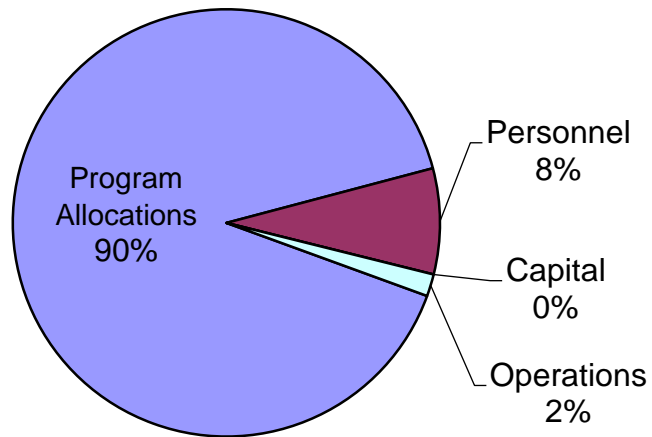
Fiscal Year 2019 Revenue and Expense

Source: from FY2019 county revenue and expense – unaudited

<u>Revenues</u>	<u>Budget</u>	<u>Actual</u>
Taxes	2,623,000	2,601,383
Interest	7,500	46,912
Non-general Fund Bal. Utilization	0	0
Senior Tax Levy	7,000	7,000
DeK Co Comm Action Dept.	39,000	16,565
Misc.	100	575
Loan Interest	3,540	3,540
Total Revenue	2,680,140	2,675,975

<u>Expenditures</u>	<u>Budget</u>	<u>Actual</u>
Salaries	161,200	144,670
Deferred Compensation	0	0
FICA	12,400	10,307
IMRF	17,900	11,747
Health Insurance	28,400	22,608
Life Insurance	200	133
HAS benefit	3,400	3,324
Unemployment Tax	200	188
Office Furniture & Sm Equipment	0	0
Computer Equipment	0	0
Building Modification	0	0
Capital Set-aside	0	0
School of Instruction	1,500	75
Travel	4,000	4,842
Meetings – Host expenses	3,000	2,600
Memberships	10,000	7,485
Public Notices	100	23
Maintenance – Equipment	1,200	2,207
COB rent/utilities	11,500	11,500
IMO/Computer support	300	300
Professional Services	4,000	7,671
Commercial Services	300	625
Software Acquisition	500	0
Contribution to Agencies	2,160,300	2,307,551
Special Projects	75,000	14,416
Disaster Assistance	5,000	1,660
Office Supplies	3,500	1,508
Postage	400	317
Copy Machine Supplies	900	0
Printing Supplies	3,000	1,489
Books & subscriptions	500	245
Misc.	2,000	467
Contribution to: Sheriff's Dept.	50,000	50,000
Contribution to: Court Services	0	0
Contribution to: Health Dept.	28,200	28,746
Contribution to: Comm Action	30,100	12,540
Contribution to: Asset Replc Fund	1,100	1,100
Contribution to: Drug Ct	49,500	26,652
Total Expenditures	2,669,600	2,676,996

Fiscal Year 2019 Budgeted Expenditures Chart



Agency Program Allocations	\$2,524,200
Personnel/Salaries	223,700
Capital/Equipment	0
Office Operations	46,700
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Total 2019 Budgeted Expenditures	\$2,794,600

One Year Plan 2019 – Status Update

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 through phone contacts what services are provided to children ages 0-7 and services for parents of children receiving mental health services – NIU Capstone Students – March 2019.
 - ii. Identify main organizations that serve youth and set up individual interviews to gain more details about programs serving youth 0-7 and services for parents and ask about noted gaps in service – NIU Capstone Students – March 2019
 - iii. Conduct research on evidence-based programs that best serve youth 0-7 and their parents – NIU Capstone Students – April 2019
In May 2019 NIU Capstone Students produced a report. Through a rigorous research process, the report presented two main recommendations: 1) intervene with the child at their school and 2) treat the parent utilizing both a general parent broad based skill program and a targeted program for parents of children with diagnosed mental illness.
 - 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 of services to determine benefits/challenges to development of a local system of care. Focus groups to include discussion of appropriate diagnosis of children – Fall/Winter 2019
 - ii. Support creation or promotion of a method of access to information for parents and professionals. Review possibilities around websites, social media, mobile apps, information hubs – Summer 2020.
The CMHB contracted with Stacey French Reynolds, Anchor Advisors, to develop and facilitate focus groups for this priority. Ms. Reynolds partnered with a Visual Artist to create visual maps of information shared during the focus group discussions. Three focus groups were held throughout DeKalb County on November 21, 2019. Thirty-one people attended the focus groups including school representatives, behavioral healthcare representatives, community members and others. The focus groups resulted in three visual maps of the behavioral healthcare system for children. These maps will be analyzed by partners at Northern Illinois University resulting in recommendations for next steps.
 - C. Proactively working with partner organization to provide quality behavioral healthcare in areas of identified need for 0-7 year-old children
 - i. Develop proactive funding opportunity for organizations that engage in evidence-based programming for your 0-7 and/or their parents – Summer 2021
 - ii. Support of peer mentoring models as identified through Comprehensive Needs Analysis for parents of young children – Summer 2021
 - iii. Support of development of meaningful outcomes/goals of identified and supported programs – Spring 2021
 - iv. Explore opportunities to impact public policy around development of a system of care model for children/adolescents in Illinois – Fall/Winter 2021
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 40-hour training – Fall 2019 **To fully assist law enforcement with expenses related to mental health topics, a law enforcement grant program is in development to expanded funding opportunities beyond CIT training.**
 - B. Explore and assist with development of a CIT Team/Super-utilizers group to meet regularly.
 - i. Work with the BJA Stakeholders group to develop a meaningful on-going team to identify and discuss options for assistance. Opportunity to periodically provide funding for difficult super-utilizer situations – Summer 2019
 - 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 GY2020 Funding Cycle.
Ben Gordon Center, a part of Northwestern Medicine, hired a police/social worker that has engaged with two municipality police departments to assist with mental health calls. This position will be evaluated in 2020.

Our Fearless Executive Director, Deanna Cada



