

DEKALB COUNTY COMMUNITY MENTAL HEALTH BOARD

2500 N. Annie Glidden Rd., Suite B, DeKalb, IL 60115 Phone: 815.899.7080 Fax: 815.899.6708



DeKalb County Community Mental Health Board One Year Plan: 2020 - 2021

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

Core Values Statement: The DeKalb County Community Mental Health Board uses the following core values as the guiding principles that dictate the behavior and action of the Board. Core Values are a central belief deeply understood and shared by every member of the organization.

- ❖ *Leadership: The DCCMHB will articulate a positive vision of a community where access to behavioral health services are available to all and support that vision through careful planning, goals, strategies and actions.*
- ❖ *Responsibility: The DCCMHB will promote a mutual trust between the profession and the public that requires responding to community needs for mental health and wellness, be reliable and trustworthy, demonstrate problem solving and decision-making skills, being accountable for what we do and who we are.*
- ❖ *Service: The DCCMHB will maintain a careful stewardship of human and financial resources, positive contributions to the broader community, and share time and talents with others.*
- ❖ *Community: The DCCMHB will partner with a network of people with common agenda, cause, and/or interest who collaborate by sharing ideas, information and other resources.*

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August 2020

The DeKalb County Community Mental Health Board (DCCMHB) pursuant to the requirements of the Community Mental Health Act (405 ILCS 20/) requires the County Mental Health Board to provide for both short term and long-range planning. This one-year plan is developed and approved by the DeKalb County Community Mental Health board and contains specific goals to be accomplished in the current year. The DCCMHB is committed to understanding the current community landscape in the areas of mental health, substance use disorder and developmental disabilities and responding concerns raised by citizens and partner organizations.

A note that starting in March 2020 the DCCMHB was greatly impacted by Covid-19. Many areas of the One- and Three-Year Plan were delayed due to the safety requirements of Covid-19 and the need to provide assistance and attention to maintaining behavioral healthcare services in DeKalb County during the phases of Covid-19 reality. In June 2020 as a result of the murder of George Floyd, the nation entered a time of civil unrest due to social inequality issues that impacted the direction and needs for behavioral healthcare. These significant events greatly impacted the work of the DCCMHB in 2020.

Goals from the 2019 Annual Plan addressed the areas of improved access to services for 0 – 7-year-old children in DeKalb County and assists with mental health/law enforcement initiatives with DeKalb County law enforcement partners. In the area of the 0 – 7-year-old priority, the DCCMHB formed a partnership with NIU Capstone students in the Masters of Public Administration program who analyzed data to determine the prevalence of mental illness in 0 – 7-year-old children in DeKalb County, the availability of mental health services and the barriers to mental health treatment. The students identified two broad recommendations: 1) intervene with the child at school and 2) treat the parents. The students advocated for two separate programs for parents: 1) a broad-based parenting skills program offered to the general public and 2) a target program offered to parents of children with mental illness. In November 2019, the DCCMHB contracted with a consultant and a graphic artist to facilitate focus groups to examine behavioral healthcare services for the 0-7-year-old population in DeKalb County. Three focus groups were held and details of the information gathered were incorporated into graphic community service maps. DCCMHB partnered with NIU Public Health Department to conduct a qualitative analysis of the focus groups. The next steps identified in the analysis were 1) to develop a local system of care and 2) support of identified programming services. The recommendations of the report include: 1) develop and administer a survey to community resources and 2) conduct an investigation into the school system. This priority continues into fiscal year 2020 to further analyze and develop meaningful programming. In the area of assisting with mental health/law enforcement initiatives with DeKalb County local law enforcement providers supporting CIT training for local law enforcement is a continuing goal for fiscal year 2020 as is assisting in the development of a super-utilizers group. Lastly starting in Grant Year 2019, the DCCMHB provided funding to the Ben Gordon Center, a part of

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Northwester Medicine to hire a police/social worker. The social worker was hired in Fall 2019 and provided support to the City of DeKalb and City of Sycamore Police Departments. In Summer 2020, an official contract was signed with the City of DeKalb for the social worker to provide 30 hours of service and to locate at the City of DeKalb Police Department. The social worker continues to work 10 hours of service a week with Sycamore Police Department. The Executive Director of the DCCMHB continues to be the co-chair of the Law Enforcement/Mental Health subcommittee and a member of the Trauma Informed Committee that continues to support strategies and policies regarding trauma-informed work.

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.
COMPLETED
 - 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.
IN PROCESS – NIU Public Health Department is gathering survey data and conducting interviews – September 2020
 - iii. Conduct research on evidenced-based programs that best serve youth 0 – 7 and their parents – NIU Capstone Students – April 2019.
COMPLETED
 - 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 group to include discussion of appropriate diagnosis of children – Fall/Winter 2019.
COMPLETED
 - 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.
Cost Website Creation/Social Media Creation/Support: \$25,000.00
CONTINUING PRIORITY FY2020
 - c. Proactively working with partner organizations 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 evidenced-based programming for youth 0-7 and/or their parents – Summer 2021.

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Cost: Support of 0-7 programming/Parent programming: \$125,000.00

- 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.

CONTINUING PRIORITY FY2020

- 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.
COST: Backfill overtime costs, 20 officers to attend CIT: \$54,000.00
CONTINUING PRIORITY FY2020
 - b. Explore and assist with development of a CIT Team/Super-utilizers group to convene on a regular basis.
 - 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.
COST: Emergency funds for super-utilizer access to services: \$10,000.00
CONTINUING PRIORITY FY2020
 - 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.
COMPLETED

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One Year Plan 2020 - 2021

- 1) Improve access to services for 0 – 7-year-old children in DeKalb County
 - a) Determine benefits/challenges to development of a local system of care for young children.
 - i) In partnership with NIU Department of Public Health, conduct a survey of community resources and interview school administrators.
 - 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.
 1. **Cost Website Creation/Social Media Creation/Support: \$5,000.00**
 - b) Proactively working with partner organizations 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 evidenced-based programming for youth 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.
 1. **Cost: Support of 0-7 programming/Parent programming: \$50,000.00**
- 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) Support a local CIT Training that benefits law enforcement officers from all DeKalb County law enforcement departments
 1. **COST: Two local CIT Training dates: \$25,000.00**
 - b) Explore and assist with development of a CIT Team/Super-utilizers group to convene on a regular basis.
 - 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.
 1. **COST: Emergency funds for super-utilizer access to services: \$5,000.00**
 - c) Develop and implement a Mental Health/Law Enforcement Grant application and process to encourage local law enforcement departments to think broadly about opportunities to support mental health initiatives of their departments
 1. **COST: Maximum funding set aside for MH/LE grant opportunities: \$50,000.00**
- 3) Develop strategies to address suicide prevention/intervention/post-vention work
 - a) Explore community-wide education opportunities/program curriculums Winter 2020
 - b) Convene agency partners to develop a system of care around suicide in the community Fall 2020
 1. **COST: Community-wide education opportunities/program: \$10,000.00**

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- 4) Intentionally incorporate diversity, inclusion and equity into the mission and work of the DCCMHB.
 - a) Developing the knowledge, shared language, and shared understanding of systematic inequities.
 - b) Conduct a review of organizational policies, procedures and guidelines to identify and dismantle inequities.
 - c) Explore and address how systematic inequities impact the work and the mission of the Board; including using an equity lens in grantmaking and processes.

1. COST: To Be Determined.