



Joint Meeting

The McLean County Board of Health Behavioral Health Standing Committee and
Mental Health Advisory Board
Thursday, June 4, 2020, 11:00 AM
200 W. Front Street, Room 223, Bloomington, Illinois.

AGENDA

1. Call to Order
2. Roll Call
3. Public Participation

NOTE CHANGE: To promote health and safety, we encourage the public to follow the Gubernatorial 'shelter in place' Executive Order. Therefore, in addition to standard (in-person) public comments at the McLean County Board of Health meetings, we will accept public comment via email as an option for this meeting.

Individuals or groups can email statements to the Behavioral Health Program Manager at amy.hancock@mcleancountyil.gov by Tuesday, June 2, 2020 at 5:30pm.

Statements received by the deadline will be read aloud as part of the record, pursuant to the time parameters in McLean County Board of Health Bylaws (individuals, three minutes; groups, five minutes). The entirety of the statement will be placed in the official minutes, even if the statement reads longer than the time limit allows.

We take very seriously the Centers for Disease Control and Prevention (CDC) recommendations to socially distance and the Governor's Executive Order 202010, wherein no more than ten people can convene in one place. We encourage you to submit your public comment via email.

If you choose to provide comment in person, requests must be received by McLean County Health Department by Tuesday, June 2, 2020 at 5:30 pm to health@mcleancountyil.gov. Upon submission, you will receive written instructions regarding how to enter the Government Center (which is now closed to the public). McLean County Board of Health rules allow for a total maximum of 15 minutes allotted during each meeting. Public comment and the emailed comments will proceed in the order in which they are received.

Finally, the public will be able to view the McLean County Board Meeting, live, on Facebook and YouTube. Links can be found at <https://www.mcleancountyil.gov/>

4. Items for Information
 - A. Introduction of two new Mental Health Advisory Board Members
 - B. McLean County Behavioral Health Program Efforts Summary 3-16
5. Items for Discussion
 - A. Board of Health Funding Focus Areas for CY21 17-18
6. Action Items
 - A. Mental Health Advisory Board: Approve 2-07-20 minutes
 - B. Behavioral Health Policy and Funding Committee: Approve 5-04-20 minutes
 - C. Behavioral Health Policy and Funding Committee: Approve Board of Health Funding Focus Areas for CY21
7. Adjournment

McLean County Behavioral Health Program Efforts Summary

The purpose of this document is twofold:

1. Behavioral Health Priorities based on the CHIP (Community Health Improvement Plan and the Mental Health Action Plan)
2. Summary of current and past Board of Health funding efforts and McLean County Government program initiatives

Order of Information

1. CHIP: Behavioral Health portion
2. Mental Health Action Plan Priorities
3. McLean County Funding Efforts
 - a. Board of Health
 - b. McLean County Government
 - c. John M. Scott Health Commission (per CHIP)
 - d. United Way
4. McLean County Health Department Behavioral Health Funding
 - a. CY18 through CY20 Funding History
5. McLean County CY20 Funded Programs
 - a. Summary of programs
6. McLean County Government Programs
 - a. Summary of programs

CHIP (McLean County Community Health Improvement Plan)

<u>Health Priority: Behavioral Health</u>			
<u>Goal: Advance a systemic community approach to enhance behavioral health and well-being by 2023</u>			
<u>Objective: By 2023 reduce the number of deaths due to suicide</u>			
<u>Objective: By 2023 reduce the number of deaths due to drug poisoning</u>			
<u>Baseline:</u>			
<ul style="list-style-type: none"> • <u>16 deaths due to suicide, McLean County Coroner’s Office, 2018</u> • <u>13.3 deaths/100,000 population, Conduent Healthy Communities Institute, County Health Rankings, 2014-2016</u> 			
<u>Strategy #1: Support educational programs and medical campaigns aimed at reducing behavioral health stigma, increasing mental health awareness and/or improving mental health status</u>			
<u>Intervention:</u>	<u>Who/What</u>	<u>Evaluation/Measurement</u>	<u>Notes/ Progress</u>
<u>Offer National Alliance on Mental Health (NAMI) ‘Ending the Silence’ in McLean County Public Schools</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • program implemented in schools • student participation • participants that can help self or friend if notice warning signs • participants that can identify the warning signs of mental illness • students reaching out for help 	The Board of Health currently funds Ending the Silence Program facilitated by Project Oz (1 FTE)
<u>Develop a collaborative of organizations committed to creating a trauma informed community and taking steps toward becoming trauma informed</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • an established trauma collaborative • track trauma informed efforts 	Trisha Malott is planning on scheduling a small action group and a larger coalition group to start this process.

Strategy #2: Support drug and educational programs and collaborative coalitions to increase knowledge and decrease substance abuse.

<u>Intervention:</u>	<u>Who/What</u>	<u>Evaluation/Measurement</u>	<u>Notes/ Progress</u>
<u>Offer Too Good for Drugs in McLean County Public Schools (evidence-based program)</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • program implemented in schools • student participation • student knowledge of substance use consequences increased • student knowledge of coping skills can utilize increased 	The Board of Health currently provides funding to support this program: Project Oz
<u>Form a Substance Use Coalition for McLean County and Support Community Groups Focused on Decreasing Substance Use</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • formation of coalition 	Ongoing involvement with ROSC- Community Coalition to support recovery

Strategy #3: Increase access to behavioral health services at various sites within the community

<u>Intervention:</u>	<u>Who/What</u>	<u>Evaluation/Measurement</u>	<u>Notes/ Progress</u>
<u>Conduct a Community Behavioral Health Gap in Services Assessment for McLean County</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • feedback from community members • feedback from providers • feedback from schools • feedback from focus groups 	<p>MCHD was identified as a partner</p> <p>Chestnut is lead agency; reported in April 2020 the survey was placed on hold as a result of minimal responses and COVID-19 taking precedence</p>
<u>Support Embedded Behavioral Health in Schools</u>	<u>Behavioral Health</u>	<ul style="list-style-type: none"> • program implemented in schools • students receiving access to counseling services in school 	<p>Board of Health- CY2020- funds four embedded school programs; a fifth embedded school program to be added August 1, 2020</p>

McLean County Mental Health Action Plan (2015)

Mental Health Action Plan Priorities:

1. Collaboration

2. Medical and Medication Management

3. Juveniles 21 and under

4. Housing

5. Crisis

McLean County Mental Health Action Plan Link:

<https://www.mcleancountyil.gov/DocumentCenter/View/6167/FINAL-Mental-Health-Action-Plan-full-document?bidId=>

McLean County Community Funding Efforts

<u>Funder</u>	<u>Who/What</u>
Board of Health	<ul style="list-style-type: none"> • Adult Psychiatric Services • Mobile Crisis Services • Crisis Hotline • Embedded School and Community-Based Program • Problem Solving Courts (SUD treatment, MRT Group, Psychiatric Staffing) • Healthy Start • Youth Suicide Prevention (Youth Mental Health Education) • Youth Substance Use Prevention
McLean County Government	<ul style="list-style-type: none"> • FUSE • Triage Center • Telepsychiatry • Adolescent Intensive Outpatient Services • <u>Telepsychiatry/ Outpatient Psychiatric Clinic</u>
John M. Scott Health Commission (Per CHIP)	<ul style="list-style-type: none"> • McLean County Center for Human Services for Psychiatry • Integrity Counseling to expand access to general mental health services in high SocioNeeds ZIP Codes • Mid Central Community Action for housing interventions • Project Oz for adolescent well-being including housing and crisis stabilization • Youthbuild of McLean County for adolescent well-being through mental health wrap-around services • The Center for Youth and Family Solutions for child, adolescent, and family behavioral health services • Children’s Home and Aid for a therapist to work with Doula participants through pregnancy and up to one year postpartum
United Way	<ul style="list-style-type: none"> • Breakfast Club (provides at risk youth with leadership opportunities throughout the community) • Adolescent IOP Services • Workforce Development in collaboration with Heartland Community College (at risk youth enter more productive careers) • COVID-19 Community Care Fund (fund families in need impacted negatively by COVID-19; i.e. food insecurity; continue needs assessment; ALICE- Asset Limited Income Constrained Employed) • <u>(Per United Way website)</u>

McLean County Health Department 553 Behavioral Health Funding

Organization	Service	CY 20 Funding	CY19 Funding	CY 18 Funding	Projected % of BOH Funding Specific to Program (CY20)
McLean County Center for Human Services	Adult Psychiatric Services	\$400,000	\$333,000	\$325,745	33%
McLean County Center for Human Services	Mobile Crisis Crisis Intervention	\$383,253	\$382,000	\$373,800	49%
McLean County Court Services	Problem Solving Courts	\$209,200	\$209,200	\$208,000	25%
PATH	Emergency Crisis Line-211-Suicide Prevention	\$42,000	\$39,000	\$39,000	
Project Oz	Youth Suicide Prevention Education	\$50,000	\$30,604	\$30,604	76%
Project Oz	Youth Substance Use Prevention/Social Emotional Coping Skills Education	\$130,000	\$134,297	\$134,297	31%
The Baby Fold	Early Intervention Healthy Start	\$75,000	\$75,776	\$70,000	26%
Chestnut Health Systems	Embedded School Community Based Services	Unit 5 Fairview/Sugar Creek \$20,000			28%
Chestnut Health Systems	Embedded School Community Based Services		Ridgeview District \$60,000	Ridgeview District & County Schools Substance Use \$103,000	
McLean County Center for Human Services	Embedded School Community Based Services	Olympia District \$20,000	Olympia District \$25,000	Olympia District \$65,000	30%
	Embedded School Community Based Services	Unit 5 Kingsley Jr./Oakdale \$20,000			33%
	Embedded School Community Based Services	Unit 5 Parkside Jr. & Fox Creek \$20,000	Unit 5 Parkside Jr. & Fox Creek \$25,000	Unit 5 Parkside Jr. \$60,000	33%
	Embedded School Community Based Services		District 87 Bl. Jr. High \$25,000	District 87 Bl. Jr. High \$60,000	

	Embedded School Community Based Services	District 87 Bl. High \$20,000			
Labyrinth	Case Management Housing		\$31,200	\$31,2000	

McLean County CY2020 553 Funded Programs

McLean County Center for Human Services-- Adult Psychiatric

The Psychiatric Program treats individuals with a severe mental illness who are at high risk of either hospitalization or potential harm to themselves or others. The program provides psychiatric services that relieve symptoms of mental illness with the ultimate goal of improving an individual's emotional status and functional ability, as well as preventing unnecessary hospitalizations and incarcerations. Services provided include assessment, diagnosis, development of a treatment plan, managing medications, monitoring treatment response and lab results, coordinating care with other providers, and providing support to individuals open to the program. Medication administration and education is provided as well as monitoring for safe medication use.

McLean County Center for Human Services --Mobile Crisis/Emergency Crisis Intervention

The Emergency Crisis Intervention Program has a 24-hour on-call crisis assessment and intervention program that helps individuals find a sense of control, alleviate distress, and promote effective resolution of presenting crisis concerns in the least restrictive, yet clinically appropriate environment possible. The Crisis Team provides community based interventions to those experiencing behavioral and psychiatric emergencies within McLean County. Interventions include de-escalation, referral and linkage to community resources (e.g., counseling, psychiatric care, substance use referrals, emergency shelters, crisis stabilization unit, and emergency medical intervention), brief counseling intervention intended to resolve the immediate crisis, welfare checks, and facilitation of psychi-atric hospitalization when needed.

McLean County Court Services--Problem Solving Courts

The McLean County Adult Drug Court and the McLean County Recovery Court, in collaboration with McLean County Court Services, the Center for Youth and Family Solutions (CYFS), Chestnut Health Systems and various criminal justice and community and state partners, provide an integrated, client-driven system of behavioral health care that improves outcomes for justice-involved adults with substance use or co-occurring substance use and mental health disorders. Program objectives are to prevent and reduce relapse, reduce recidivism, and promote sustained recovery and self-sufficiency among participants enrolled in the McLean County Drug Court or McLean County Recovery Court. Court Services contracts with Chestnut to provide a range of substance use and mental health treatment services and with CYFS to provide Moral Reconciliation Therapy to participants.

PATH--Emergency Crisis Line 211 and Suicide Prevention

The Crisis Hotline Program is a 24/7 hotline that responds to mental health and substance use issues. They take calls for suicide, psychiatric crisis, domestic violence, runaways, and sexual assault. PATH also provides after hour calls and weekend answering services for a number of local agencies to ensure that critical linkages to agencies, police/rescue, and emergency crisis services are expedited at any given time.

Project Oz-- Ending the Silence (Youth Suicide Prevention Education)

Ending the Silence is an educational program created by the National Alliance of Mental Illness (NAMI) that implements school-based universal suicide prevention strategies to every school in McLean County. The program features in-school presentations and activities delivered by trained volunteers who have lived experience with mental illness. The program teaches youth how to recognize the early signs of mental illness, reach out to peers, practice self-care, and access local resources. Strong collaboration with school support personnel is in place to ensure that students requiring follow-up/ongoing support receive it.

Project Oz-- Youth Substance Use Prevention/Social-Emotional Coping Skills Education

Project Oz strives to reduce or eliminate youth substance use, including illicit drugs, alcohol, misuse of over-the-counter and prescription drugs, and tobacco use by minors, through a variety of programs. Project Oz staff teach classroom courses using an evidence-based curriculum (Too Good for Drugs) in the school setting. In addition to classroom lessons/activities Project Oz also provides peer prevention efforts and community coalition building by using environmental activities that reach youth, their parents, and other community members. These activities are facilitated by a Youth Action Board (comprised of students from five high schools) and include informing local government about strategies and ordinances to combat youth substance use, test businesses to determine if they follow local alcohol ordinances, and expose media advertising pressures.

The Baby Fold-- Healthy Start/Early Intervention

The Healthy Start program is a voluntary, preventative home visitation program that works with expectant and new parents who may be at risk for problems in parenting, including being at risk for child abuse/neglect. Program staff work to ensure that all participants have an identified primary care physician with whom they receive both pre-and post-natal care and that all infants have a pediatrician in order to receive appropriate and timely preventative medical care. Parents are provided an array of education and information about prenatal care, child growth and development, home safety, healthy relationships, mental health, community resources, and positive parenting. Healthy Start staff also link participants to needed resources.

McLean County Center for Human Services and Chestnut Health Systems Embedded School Community Based Services

The McLean County Center for Human Services and Chestnut Health Systems embed clinicians in targeted high-risk schools/districts and their respective communities. The program provides individual/family counseling, advocacy, and case management services to assist youth with a diagnosed mental disorder to reach their highest level of functioning. The services build upon each district's Multi-Tiered System of Support. By having agency clinicians working collaboratively and consulting with school support professionals (counselors, social workers, psychologists, and special education staff) they assist in building school/district capacity to meet all levels of behavioral health needs and to strengthen the well-being of the community's youth. Offering services at school and/or in the community reduces stigma and increases access, including the ability to offer services after school hours and during school breaks/summer.

McLean County Government Programs

McLean County FUSE Program

FUSE (Frequent User System Engagement) is designed to help communities break the cycle of homelessness and crisis among individuals with complex medical and/or behavioral health needs. These individuals are the highest users of emergency rooms, jails, shelters, and other crisis services and systems of care.

McLean County partnered with the Corporation of Supportive Housing and the University of Chicago to create a tool which matched individuals who had interactions with both the justice system and the homeless system, within the County. However, we also know that many of these individuals may have also had multiple interactions with emergency departments or inpatient behavioral health units, and also that individuals with the highest utilization of emergency departments may not have had interactions with the justice or homeless systems but still require increased care. It is the intent of the McLean County FUSE Program to identify the individuals in our community with the most frequent contact with multiple systems of care.

The FUSE Program will begin with outreach to the identified individuals and work to build trust and rapport to engage them in services. The FUSE Program will link individuals to housing when it's needed, and also engage them in an intensive case management/supportive services program. This case management program will consist of a team of providers, including a nurse, a psychiatrist, masters level clinicians, a supported employment specialist, and a case manager trained in substance use, all to provide wraparound support services to help individuals stabilize, improve their lives and reduce their use of the justice system, shelters, and emergency departments. The FUSE team will be accessible 24 hours a day, 7 days a week and will follow many of the tenets of an Assertive Community Treatment model of care.

Following enrollment in the FUSE program, the individuals will be asked to sign a release/exchange of information with various healthcare providers that they have had (or will have) care with to enhance collaboration and continuity of care.

- Referrals: Most participants are identified through the data matching tool. Other entities may refer; however, individuals must have intersected with two of the three identified systems and have a total number of contacts consistent with those identified as the most frequent “utilizers” as identified by the tool.
- Number of clients: At present time, 5 participants are being served and the goal is to serve 10 by the end of Year 1 (September 2020). It is planned to increase by 10 participants per year.
- Services being provided:
 - Case management services
 - Supportive employment services
 - Supportive housing services (assistance finding housing; applying for vouchers, assistance, etc...; assistance and support with communication with landlords when needed)
 - Therapy
 - Substance use counseling/case management

- Psychiatric prescriber services
- Medication training and monitoring
- 24/7 accessibility by the same team providing all other services
- Intent of impact: By taking on those individuals intersecting most frequently across multiple systems, other agencies no longer need to dedicate so many hours to one client (which may not all be billable) and can then have more available time to see multiple patients, thereby expanding capacity. Additionally, cost savings begin to exist by individuals entering the justice system less frequently, having less contact with law enforcement, and needing fewer emergent trips to a local emergency department.
- Psychiatric services: There are psychiatric services available for FUSE Program participants.
- Case management/links: Most case management is done internally with the FUSE team; however, when outside referrals are needed, staff make appropriate referrals.

McLean County Triage Center

For individuals who have historically used local emergency departments or the jail, the McLean County Triage Center (Triage Center) provides a diversionary location that intends to assess and refer individuals to available community services as appropriate, in a more calming environment. The Triage Center's long-term plan includes hours of operation 24 hour a day, 7 days per week, 365 days per year with walk-in access for community residents. As a comprehensive resource for diversion, assessment, and referral, the Triage Center focuses on providing services to individuals regardless of funding source.

The diversionary nature of the Triage Center supports law enforcement to complete a warm hand-off of individuals experiencing mental health concerns with intent to divert them from entering the justice system when the presenting concern is behavioral health in nature. These individuals may connect with law enforcement with minor offenses or ordinance violations and would benefit from a direct connection with behavioral health services versus incarceration. Protocol established with local law enforcement helps ensure that their referrals of individuals to the Triage Center do not pose a risk of imminent harm to themselves or others, nor do they need immediate medical care.

The Triage Center is a missing piece of the behavioral health crisis system in McLean County. The function of the Triage Center is key in ensuring that individuals are linked to the right care and supports in the moment they need it. Decisions made at the Triage Center determine whether a person will receive further assessment through specialized mental health services and, if so, the type and urgency of the response. While the primary goal of the Triage Center is to provide compassion and resources to individuals in a behavioral health crisis, further goals include reduction in unnecessary emergency department visits or incarcerations, and savings across multiple systems.

- Referrals: hospitals; mobile crisis; PATH; law enforcement; self-referred; other agencies
- Number of clients: 5 clients seen to date since opening (at start of COVID-19/March 16, 2020); unknown future numbers
- Services being provided:
 - Assessment
 - In-the-moment intervention/de-escalation
 - Resource referral and linkage
- Intent of impact:

- Individuals are diverted from the justice system by receiving assistance in the moment for behavioral health (thereby saving taxpayer dollars from less frequent law enforcement interactions, shorter law enforcement interactions, fewer court dates and jail bed days; reducing recidivism rates)
- Reduction of unnecessary emergency room visits (thereby freeing up ED space for those with acute needs)
- The Triage Center intentionally does not have a public phone number, is not mobile, and does not have beds so that it is not competing with existing crisis providers; rather, it is a complement to the crisis system
- Unbiased referral to community services
- Psychiatric services: There are not psychiatric services as a part of the Triage Center. Should a recommendation for a psychiatrist be appropriate, Triage Center Specialists will identify local psychiatrists to the client on their referral form.
- Case management/links: Case management is not a component of the Triage Center. While staff do follow-up calls with clients within 24-48 hours post-visit, it is not case management. Referrals and resource linkage includes a number of agencies within McLean County and would be based on presenting/identified need.

Adolescent Intensive Outpatient Services Program

A program to provide more intensive services to adolescents aged 13-18 in an outpatient setting who are at risk of, or have a history of, psychiatric institutionalization. This program will allow adolescents to transition from a hospital setting back to their home, school and community with more supports than that which presently exists. Conversely, this program will serve as a resource for those adolescents struggling in their home, school and community systems and at risk of hospitalization, but who could otherwise avoid it with more intensive supports.

This program will serve as an option both forward and backward through the continuum of services, and will aid adolescents as they transition back to their school of origin. This program will work to complement existing SASS services, rather than compete or overlap with them.

There is no set time-frame for participation in the intensive outpatient services program; however, it is intended to be short-term. Anticipated length of participation would be approximately 10-14 days, with individual needs dictating shorter or longer durations.

While this program will incorporate many group modalities and topics, similar to an intensive outpatient program, each youth enrolled in the program will have an individualized treatment plan and receive services accordingly. These services may include individualized therapy, linkage to community resources and partners based on individualized needs of the youth and/or family, family therapy sessions, case management, and a comprehensive discharge and re-entry plan specific to each youth.

Leadership of this program will need to create a culture of flexibility with an ability to adapt to the needs of each adolescent, as well as to fluctuating numbers of participants and overall needs. Leadership must also possess the ability have a pulse of the program's capacity at all times. Additional cultural needs among staff will be the significance of maintaining data for outcome tracking.

The initial phase of this program will serve no more than 20 adolescents at any one time, with an exact number served to be based on staffing levels.

All responses identified below are possibilities and are currently unknown, as the project is pending successful receipt and award of funds for the program:

- Referrals: hospitals; mobile crisis; PATH; self-referred; other agencies; schools; SASS
- Number of clients: No clients at present time
- Services being provided:
 - Will vary based on exact proposal received, but may include:
 - Group therapy
 - Family therapy
 - Individual therapy
 - Case management services
 - Linkage and warm hand-offs and transitions to ongoing care providers
 - Transition to return to school
- Psychiatric services: It will depend on the final proposal as to whether psychiatric services are a component of the program.
- Case management/links: Case management is intended to be a component of this program, as is linkage to ongoing outpatient providers and services

Telepsychiatry/Outpatient psychiatric clinic

This clinic is intended to supplement existing psychiatric resources in the community and offer additional prescriber capacity. At present time, exact details of implementation are pending. It is anticipated that this prescriber would see individuals discharged from the McLean County Detention Facility who were not able to receive services elsewhere; receive referrals from physicians, hospitals, and other community agencies; and, accept self-referred individuals. The intent is this clinic see Medicaid, private insurance, and unfunded individuals, as needed.

More information would be available in terms of projected number of patients seen, etc... in approximately one to two months.

CY21 Board of Health Funding Focus Areas

Targeted Discussion Talking Points

Items for Information included the document titled, “McLean County Behavioral Health Program Efforts Summary,” which was a comprehensive list of services available in McLean County that included Board of Health funded programs.

The purpose of this document is to help guide discussion during the June 4th Board meeting and/or to provide written feedback for the June 4th Board discussion. If you choose to provide written feedback, please provide to Amy Hancock no later than end of business day on Wednesday, June 3rd: You are encouraged to provide written feedback if you are not able to attend the meeting.

Amy Hancock, Behavioral Health Program Manager, email: amy.hancock@mcleancountyil.gov

List of Potential Funding Focus Areas for CY21 (January 1, 2021 through December 31, 2021)

Prenatal to Death

Prevention – Early Intervention – Intervention – Treatment – Continuum of Care

Crisis Services

Youth Services

Mental Health Counseling

Promoting Positive Child Relationships

Psychiatry

Problem Solving Courts

Domestic Abuse

If you choose, please list other potential funding focus areas for CY21:

Please Utilize the List of Potential Funding Focus Areas for CY21 to complete the following two questions:

What funding focus areas do you feel are mandatory to fund in CY21:

In addition to funding focus areas that are mandatory to fund, what other funding focus areas would you recommend to the Board of Health to fund in CY21:
