



**MCLEAN COUNTY BOARD FOR THE CARE AND TREATMENT OF
PERSONS WITH A DEVELOPMENTAL DISABILITY
(377 Board)
April 18, 2019**

Roll Call: Vern McGinnis, Ron Morehead, Phyllis Versteegh, Jan Hood

Members Absent: Mary Caisley

Staff Present: Camille Rodriguez, Amy Hancock, Mandy McCambridge

Appearance by Members of the Public: Rhonda Umstadd, Laura Furlong, Sarah Sommer, Becca Brennan

Congratulations to Camille:

Before the meeting started Vern congratulated Camille on her new position as County Administrator.

Consent Agenda

Ron made motion to approve the Consent Agenda

Phyllis seconded motion

Motion carried

Approve Minutes from October 18, 2018 and January 10, 2019

Ron motioned to approve both sets of minutes

Jan seconded motion

Motion carried

Advocate BroMenn- Partnerships for Health Annual Report

Vern stated that the Partnerships for Health program is now in the end its second year. In March they did a presentation at the Behavioral Health Coordinating Committee. Vern stated that it was very well received. He stated that they will be doing more presentations. They would like to do a presentation at the BOH meeting. Camille stated that the May meeting may work. She will talk with Judy.

Laura Furlong introduced everyone that came to speak about the Partnerships for Health Program. Catherine Porter was unable to make the meeting. Sarah Sommer is here in her place. Sarah stated that in year two of the program they made some changes based on learning from year one. She stated that they are focusing on overall wellness. They did a 10-week program with all the

individuals where they focused on Nutrition, goal setting, and motivation. She stated that they now have an incentive program. Every time an individual came in they would receive a sticker. They also gave out bags, water bottles and lanyards.

Sarah also talked about the year two outcomes of the program. Sarah stated that the most exciting thing is that there has been an increase in the amount of times the individuals come. There has also been a decrease in psychiatric ER visits and in 911 interventions. Sarah stated that one of the things that they focused on in year two was waist circumference because of the implications that it has on your health. 58 % of the individual maintained or improved their waist circumference. 62% of the individuals have decreased or maintained their cholesterol levels.

One of the things that they have started looking at is resting heart rate as a measure for cardiovascular health. Vern asked Sarah to talk about one of the new things that they put in place which is group activities. Sarah stated that they have tried a few new classes. One of the group classes is water. Sarah said that it is the most popular class and they look like they are having a lot of fun.

They also do seated yoga classes- It helps them with relaxation. People are able to use the Yoga breathing techniques in order to help calm themselves down even when they are outside the class. They will also be doing another nutrition education piece. She feels it is important to hear the information in different ways continuously so then they internalize it and help to teach others

Laura shared story about one of the individuals was at risk of losing her housing because she wouldn't leave her apartment. She was in a very depressed state and had several behavioral health outcomes because of that. This individual is now part of the water group class. She goes to the class on a regular basis. She is doing a lot better and is no longer at risk of losing her housing. This program has allowed her to become more independent.

Becca stated that they partner with ISU and Wesleyan regularly. They come every month to work out with the individuals in the program and she stated that the individuals love working with the college students. Becca stated that the psychiatric visits went from 27 visits in the first year of the program to 12 visits in the second year of the program. She feels that this is the most positive thing that she has seen. She stated overall the individuals are happier and healthier.

Laura stated that how welcoming the whole staff is. They know people by name and have a connection with the clients. She stated that it is such a positive place for these individuals. Laura stated that she pulled some outcomes from Healthy People 2020 data and this program is really addressing a lot of the outcomes. She stated that we are ahead of the curve nationally.

Vern asked that they share stories on how the individuals blend in with everyone else at the gym. He stated that he notices this all the time when he is there. Sarah stated that being part of this program widens their social circle. Sarah stated that they are also building up their comfort level.

Sarah talked about an individual named Cody that hadn't been to the gym in awhile because he broke his foot in January. The staff started to notice that he hadn't been in in a while. He was able to come in for the first time this week and the staff were all excited to see him. Sarah stated that they

are starting to implement an overall program at the center to recognize members who are accomplishing their goals. The staff unanimously decided to make Cody their first member spotlight.

Phyllis stated that the ISU volleyball coach shared with her that working with the individual's has made a terrific impact on the volleyball team. It has brought awareness.

Rhonda spoke about her daughter Amanda and her experience at the fitness center. She decided to join as well. Rhonda stated that not only is the staff accepting, but they also take great care of the individuals and keep a close watch on where everyone is.

Items for Discussion CY18 Service Statistics- 4th Quarter

Jan asked the difference between an unduplicated client and a duplicated client. Amy explained the difference. Amy stated that at the site visits in February she explained unduplicated client's vs duplicated clients. She also let the agencies know that they should be highlighting things in their reports.

Phyllis spoke about UCPLL job coach turnover and the decrease is concerning. Vern commented that transportation is a need. Amy did state Lifecil has collaborated with UCPLL to help with this issue.

Jan stated that something noteworthy is that the agencies don't have a waiting list.

Amy stated that the only agency with a waiting list is Easter Seals, but they are working on reducing the time to see someone. They have been working with family physicians. The family physician will do the physical training test and occupational therapy test. Easter Seals does the ADOS and sends the information to the family physician working with the child. This has helped with their wait list. Amy stated that there is a new autism clinic coming to town. Easter Seals is hoping to work with the new clinic coming to town. Right now, Easter Seals is the only agency that accepts the medical card, so they hope to share some of that with the new agency. Easter Seals sees kids up to age 10. Amy suggested raising the age for funding from 0-5 to 0-10. Some kids may not show symptoms until after the age of 5.

The group stated that the power points in the packet were very helpful

377 Board draft Funding Guidelines and Criteria document

Camille stated that in the fall the BOH added an Adhoc Funding Group to measure outcomes of all the agencies that we fund. This group has been working on the Funding Guidelines document and revamping the request for proposals process. Camille stated to email Mandy if you would like to suggest any changes to the document.

Camille stated that there will be a shorter version of the document for our grantees. Amy stated that approving this document will be an action item on July's agenda.

Information on funding allocation

Amy stated that the funding allocation document was put together for the BOH. The purpose of the document is to identify current cost centers that are funded by the 377 Board in the CY 19 contracts. The document provides examples of cost centers and specific expenditures. This will help when we are looking at the CY 2020 contracts.

Resources for the 377 Board

Web links to key Intellectual/Developmental Disabilities information

Illinois Autism Insurance Coalition

Amy stated that this is a really good website. Amy stated that Illinois Medicaid doesn't pay for ABA services. ABA is best practice for behavioral health changes for kids with autism.

Family Resource Center on Disabilities

The website provided information on parent training and acts as an information center. The Center is doing a lot of activities within the community to help educate the community on individuals with developmental disabilities. They also help educate parents on the IEP process.

Health measurements' impact on overall health

This health measurement information is included in the packet on what Catherine from Partnerships for Health sent to Amy. All participants in the program undergo assessments and the BroMenn Fitness Center looks at weight, BMI, waist circumference, blood pressure, heart rate, total cholesterol, HDL, LDL, and triglycerides. By assessing these measurements, they are able to see the impact that the wellness program is having for the overall health of individuals in the program. Vern stated that it is really good information.

Items for Discussion

CY20 Funding Process

Draft Request for Proposals (RFP) Score Sheet and Conflict of Interest Forms

Camille stated that it is a good idea to have a score sheet because it keeps us focused on how we are assessing the applicants. She also stated that it is a good idea to have a Conflict of Interest/Confidentiality Agreement. There is an example of these forms in the packet. The group feels that both are good ideas.

Data-driven identification of funding priorities

Camille stated that she has assigned Amy to do research for the BOH and for the 377 Board through the Stakeholders Survey. This research will help gather what is out there and what our community needs.

Amy went over general research before she talked about the results of the Stakeholders Survey. According to the National Service Inclusion Project, 28 percent of a given population has a developmental disability. This number equates to over 48,000 individuals in Mclean County having a disability. An estimated one in 6 (15 percent) children have a developmental disability which equals 5600 children in Mclean County with a developmental disability.

The themes that came out of the survey...

- **Rural areas** have a lack of service opportunities for children and adults with intellectual and/or developmental disabilities that live in rural areas.
- **Transportation** for these families to get needed services was also expressed as a concern.
- **Living arrangements-** Housing overall was listed a concern
- **Employment challenges-** many individuals with intellectual and/or developmental disabilities are not employed. There was a concern that day programs are substituting the opportunity for the individuals to work.
- **Service wait-** Concerns were expressed on the amount of wait time to receive services and this is critical with individuals that are developmentally delayed and can increase the severity of the delay.
- **Transition from School to Adulthood Challenges-** There are challenges associated- with individuals transitioning from high school to adulthood. This is even a problem that is coming up on the PUNS list as a priority.
- There is a **severe gap in dental services** provided to individuals with intellectual and/ or developmental disabilities. Dental hygiene is important in individual's overall health.
- There is a **severe gap in mental health services** for individuals with intellectual and/ or developmental disabilities.
- **Lack of support for caretakers-** There were many comments focused on the needs for support for caretakers.
- There was **concern that funding is stagnant** and not providing services for the many needs of individuals with intellectual and or developmental delays.

Camille stated that the reason why we are giving the results of the survey is we want to use data to drive our decisions. As a result of the information provided you may see that there is a funding opportunity to address an emerging issue.

There was discussion on how this survey will help with our RFP process. Vern stated that he feels that this is tremendous information. He also stated now that we know what the issues are we can go and gage agencies. He suggested drawing together an event to share the information of the survey and discuss the communities needs with different agencies that would fit into these needs.

Phyllis asked if there is any way that the 377 Board could come to the Behavioral Health Community Forum to present the information from the survey.

CY20 Funding Timeline

Camille stated that what was provided is in draft form. Some of the information needs to be updated. The timeline is a little different this time around. Camille stated in the past the RFP went out too early so they closed the gap just a little bit.

Strategic plan goal review

Vern stated that we need to have some time to think about what to do with the information gathered from the survey.

Vern also discussed expanding the Partnerships for Health project. He talked about possibly meeting with the parents of the participants and discussing any of their concerns. He stated it would give the parents a chance to discuss any blockades that they have feedback on how the 377 Board help better.

Items for Action:

Bylaws Amendment

Amy stated that the main change with the Bylaws Amendment was to change the wording from mentally deficient persons and replaced with individuals with intellectual or developmental disabilities. Also taking out the statement that the President of the Board and Secretary of the Board shall seek no more than 2 years.

Ron Motion to approve the amendments in the Bylaws
Jan seconded motion
Motion approved

Contract between 377 Board and Advocate BroMenn Fitness Center- Partnerships for Health for April 2019-April 2020.

Amy had a discussion with Catherine about the 3rd year contract.
Vern stated that Bromenn Charitable Foundation pays for half

Motion to approve funding for the Advocate BroMenn Fitness Center- Partnerships for Health for April 2019-April 2020.

Ron Motion to approve the amendments in the Bylaws
Phyllis seconded motion
Motion approved

Other Discussion

Ron spoke about the Special Olympics. He stated that the Special Olympics has class programs in high schools and a couple colleges in Illinois to teach the students how to work with the developmentally disabled. Amy stated that this could be an education topic for the next meeting.

Amy stated that UCPLL has not turned in their report. Amy has made several contacts with them and contacted the CEO. Amy just heard back from them this morning and they stated that have had a high turnover rate in the finance department so that is why we haven't received the reports. She stated that in the new contract for CY19 each agency is required to turn in a budget in the beginning of the year and a financial report of expenditures every month, so they have not received a payment from us.

LifeCil has not turned in a budget, but they did contact Amy to let her know why it was delayed.

Amy stated that she let the agencies know that she has invited the board members to come along to the site visits. Amy stated that Mary attended 2 site visits. Since Mary was unable to attend this meeting she sent her notes from the visits to Amy, so she can share them with the group.

- Marcfirst and UCP were receptive to changes on our board's application process
- UCP seemed somewhat dubious due to changes in their personnel
- Both agencies, especially UCP seemed surprised that our board is seeking information about needs of their population outside their services
- Mary attended the Marcfirst breakfast at the Double Tree. The agency is really working on raising community dollars. Mary's hostess for the meeting filled her in on the training that the agency board took so that they could raise more dollars from the public. The follow up to attendees was the most intense that Mary has experienced from a fund raiser.

Vern stated that he also attended the Marcfirst breakfast and he stated that their goal was to raise 200,000 at the breakfast

Jan stated that they also have a golf outing this summer to raise money

Amy stated that she attended ACHMAI last week. ACHMAI is one of the memberships that the 377 Board pays into. Camille stated that ACHMAI is the Association of County Mental Health Authorities of Illinois. They are a membership organization that will advocate for our counties needs and concerns. The meetings are quarterly. Amy stated that the Board members are welcome to attend the meetings. The next meeting is June 6th and 7th.

Adjournment:

Phylis motioned to adjourn the meeting.

Jan seconded motion

Motion Carried