



Annual Report

McHenry County Fiscal Year 2019

December 1, 2018 - November 30, 2019

Mission

To provide leadership to ensure the prevention and treatment of mental illness, developmental disabilities and substance abuse by identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County, Illinois.

Vision

McHenry County residents experience optimal mental wellness through access to an integrated system of behavioral healthcare services of excellent quality representing a recovery and resiliency focused, consumer driven, and culturally inclusive community-based continuum of care.

Values

- ▶ We lead the way in transforming lives and systems through partnership and planning.
- ▶ We empower individuals and families toward mental wellness and resiliency.
- ▶ We are accountable for quality, cost-effective services.
- ▶ We value diversity in services, staff, and community.
- ▶ We provide education in order to aid recovery and prevention.

McHenry County Mental Health Board

620 Dakota Street

Crystal Lake, Illinois 60012

815-455-2828 phone | 815-455-2925 fax

www.mc708.org



ANNUAL MESSAGE FROM MCMHB LEADERSHIP

MC HENRY COUNTY MENTAL HEALTH BOARD

In compliance with the Illinois Statute governing the Community Mental Health Act (Illinois Compiled Statutes, Chapter 405, Act 20), the McHenry County Mental Health Board (MCMHB) provides this annual report to the community to outline major activities and accomplishments, sources of revenues, and expenditures for the year ending November 30, 2019.

In carrying out the statutory mandates of the Community Mental Health Act, the MCMHB stands accountable to the community and embraces its role as a responsible and trusted steward of local taxpayer dollars. The MCMHB is committed to ensuring levied funds are allocated in a responsible manner to address mental illness, substance use, and intellectual and developmental disability needs for all residents of McHenry County. Allocated funds support network activities such as training, marketing, and special projects as well as over 80 services and programs administered by 34 service providers.

When applying national prevalence rates upon the population of McHenry County, it can be safely assumed that almost a third of our families, friends, co-workers, and neighbors are impacted by mental illness, substance use disorder, or intellectual and developmental disabilities at any given time. This universal and extensive prevalence is often referenced as “the” public health challenge of our time, and yet, stigma and silos still exist.

Therefore, on behalf of its constituency, the MCMHB promotes strong relationships with individuals in recovery, their families, healthcare providers, local county systems such as education, criminal justice, law enforcement, health and human services, businesses, faith-based organizations, and community members alike to foster a recovery ready community.

Together, we have accomplished a lot this year. Our efforts resulted in the reduction of local lives lost to overdose and suicide, but the work is ongoing. Moving ahead, we look forward to sustaining current efforts while supporting new developments such as a Year-Round Homeless Shelter and a 30-bed Recovery Residence, both of which add strength to the infrastructure of recovery.

Please stay informed, engaged, and active as we all play a role in empowering minds and transforming lives. The MCMHB invites you in joining us in reflecting on some of this past year’s highlights and accomplishments.

CONNIE MESCHINI
PRESIDENT



SCOTT BLOCK
EXECUTIVE DIRECTOR



ABOUT MCMHB

MCHENRY COUNTY MENTAL HEALTH BOARD

The MCMHB is a special purpose unit of government operating in accordance with the **Community Mental Health Act** (Illinois Compiled Statutes, Chapter 405, Act 20, Section 0.1 et. seq.). Through the direction of a board of community representatives appointed by the County Board and a dedicated MCMHB staff, the MCMHB is mandated to carry out the following activities:

- Consult with other appropriate private and public agencies in the development of local plans for the most efficient delivery of mental health, developmental disabilities, and substance use disorder services.
- Submit to the appointing officer and the members of the governing body a written plan for a program of community mental health services and facilities for persons with a mental illness, a developmental disability, or a substance use disorder.
- Within amounts appropriated therefore, execute such programs and maintain such services and facilities as may be authorized under such appropriations.
- Review and evaluate community mental health services and facilities, including services and facilities for the treatment of alcoholism, drug addiction, developmental disabilities, and intellectual disabilities.



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**The MCMHB can be reached at 815.455.2828
or through its website www.mc708.org**

FY19 MCMHB BOARD & STAFF

MCHENRY COUNTY MENTAL HEALTH BOARD

MCMHB Board of Directors

Connee Meschini, President (Term: 01/18/05 - 01/01/22)
Cathy Ferguson, Vice President (Term: 05/21/13 - 01/01/23)
Sam Melei, Treasurer (Term: 02/18/14 - 01/01/22)
Dawn Pruchniak, Secretary (Term: 8/16/16 - 01/01/21)
Paula Yensen, County Board Liaison (Term: 02/21/17 - Open)
Michael Baber, Member (Term: 02/21/17 - 01/01/21)
Rachel Boldman, Member (Term: 01/01/19 - 01/01/23)
Tracy Champion, Member (Term: 01/01/19 - 01/01/23)
Sarah Wilson, Member (Term: 04/21/15 - 01/01/21)

MCMHB Staff

Scott Block, MA, LCPC, CADC, CCJP Executive Director
Terry Braune, MBA, CHC Deputy Director
Jane Wacker, CPA Fiscal Operations Manager
Patricia Peterson, Executive Assistant
Melanie Duran, Accountant II
Kristen Doherty, Training Coordinator
Sonya Jimenez, IT Operations Coordinator
Vickie Johansen, Contract & Grant Lifecycle Monitor
Quinette King, Compliance Coordinator, Start Date: 7/8/19
Rachel McCarty, Accounting Assistant, Start Date: 6/24/19
Lori Zeek, Administrative Specialist II
Denise Bowman, Training & Community Development Associate, Resigned: 03/19/19
Barbara Stambaugh, Accounting Assistant, Resigned: 04/18/19

Industry Affiliations

- Association of Community Mental Health Authorities of Illinois
- Community Behavioral Health Association of Illinois
- National Association of County Behavioral Health & Developmental Disability Directors
- National Council for Behavioral Health

The McHenry County Mental Health Board meets monthly on the fourth Tuesday at 6:00 p.m. at the McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, Illinois.
For a complete list of Board and Committee meeting dates and times visit: www.mc708.org.
For agendas and meeting minutes click the Meeting Portal link.

FY19 MCMHB HIGHLIGHTS

MCHEMRY COUNTY MENTAL HEALTH BOARD

The MCMHB holds a 3-year CARF International Behavioral Health Network accreditation demonstrating conformance to internationally accepted standards promoting quality outcomes for persons served. Network activities are carried out through 34 contracted network service providers and MCMHB facilitated Network Council, Intake Coordinators, Quality Management Team, and Clinical Review meetings, as well as continuous contract compliance audits.



- ◆ In December of 2018, the MCMHB received the Community Behavioral Health Association's Ellen T. Quinn Memorial Award. The MCMHB attributes the honor and recognition to the collective vision and efforts of the Board of Directors, staff, and network partners.
- ◆ The MCMHB Board President, Connee Meschini, was recognized by the Northwest Herald as a "Woman of Distinction" for her leadership and years of public service on the Mental Health Board.
- ◆ MCMHB satisfied all Series 2010-B debt certificates from the annex facility addition.
- ◆ Leased office space to seven local not-for-profit organizations.
- ◆ Went "live" with use of the D365 Enterprise Resource Planning System.
- ◆ Maintained intergovernmental agreements with the County of McHenry for IT and routine maintenance services.

ELLEN T. QUINN MEMORIAL AWARD

McHENRY COUNTY MENTAL HEALTH BOARD

**In recognition of outstanding innovative
community care, treatment, and services
in the delivery of quality
community behavioral healthcare**

December 2018



Everybody Needs Help Sometimes - Don't Know Where to Turn?

McHENRY COUNTY CRISIS LINE at 1-800-892-8900

Download the MCHelp Mobile App

MCMHB NETWORK ACCOUNTABILITY

MCHENRY COUNTY MENTAL HEALTH BOARD

The Health Care Compliance Association states “the healthcare world can be a high-risk and challenging environment that demands a proactive compliance approach.” The MCMHB is a proud member of the Health Care Compliance Association and shares lessons learned with a Quality Management Team (QMT) made up of MCMHB Network Providers.



The QMT reviews MCMHB network outcomes and promotes sharing and understanding of industry related compliance trends, contractual obligations, and organizational integrity through the operation of effective compliance programs and activities. Over the course of FY19, QMT reviewed:

The Framework of Effective Compliance Programs

1. Standards, Policies, and Procedures
2. Compliance Program Administration
3. Screening and Evaluation of Employees, Physicians, Vendors, and other Agents
4. Communication, Education, and Training on Compliance Issues
5. Monitoring, Auditing, and Internal Reporting Systems
6. Discipline for Non-Compliance
7. Investigations and Remedial Measures

MCMHB Quality Assurance & Stewardship

- ◊ Compliance audits conducted in FY19 = 44
 - ◊ Work plans monitored = 119
 - ◊ Total Recoupment = \$405.18

CARF International Accreditation - Annual Funding Application - Annual Funding Agreement
Ongoing Compliance Audits - Quarterly Outcomes Reporting - Service Standard Requirements
Reporting, Evaluation, Monitoring Requirements - Network Council - Quality Management Team
Intake Coordinators Meeting - Financial Stewardship Requirements
Mid-Year & Year-End Reconciliation (Grant & Purchase of Position)

MCMHB NETWORK TRAINING & PREVENTION

MCHENRY COUNTY MENTAL HEALTH BOARD

MHB Coordinated Trainings

24 trainings serving 1571 attendees

126 continuing education units for social workers, professional counselors, and Illinois Credentialing Board professionals.

Topics including evidence-based and best practices in Motivational Interviewing, Risk Assessment, Trauma-Informed Care, Ethical and Legal Issues in Counseling and more.



QPR Suicide Prevention Trainings

These 3 simple steps may help save a life!

QPR (Question, Persuade, Refer) is an evidence-based practice that focuses on how to recognize persons who may be at risk of suicide, persuade them to seek and accept help, and refer them to appropriate resources.

49 QPR trainings reaching 2,296 people

325 Suicide Prevention and Recovery Conference Attendees

38% Reduction in Suicide Deaths (FY18 - FY19)

Mental Health First Aid

15 trainings reaching 214 attendees

Attendees learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Youth Mental Health First Aid

30 facilitators trained

Facilitators are certified to teach parents, family members, caregivers, teachers, school staff, peers, human services workers, etc. how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge.



MCMHB COMMUNITY HIGHLIGHTS

MCHENRY COUNTY MENTAL HEALTH BOARD

Fighting Opioid & Heroin Use

MCMHB funds support a continuum of prevention, treatment and recovery support services targeting the local impact of opioid and heroin use

McHenry County Overdose Deaths have declined by over 50% in the past two years

Naloxone Access

Naloxone is the opioid reversal drug that, when available, is administered to someone experiencing an overdose

51 Administrations &
44 survivals

Adult Drug Court

Promotes public safety and reduces recidivism through intensive judicial supervision and treatment

11 Graduates

A Way Out

A Way Out offers access to substance abuse treatment and resources through law enforcement officers

61 individuals assisted



A Way Out
McHenry County

Providing Access to Care

4,375 rides to and from
treatment & recovery
related activities

391 Unique Riders



kaizen
HEALTH

Community Inclusion Efforts

Community-based and
Therapeutic Day
Programming promoting
client choice and
self-determination

Individualized Employment
Services

Special Recreation Activities

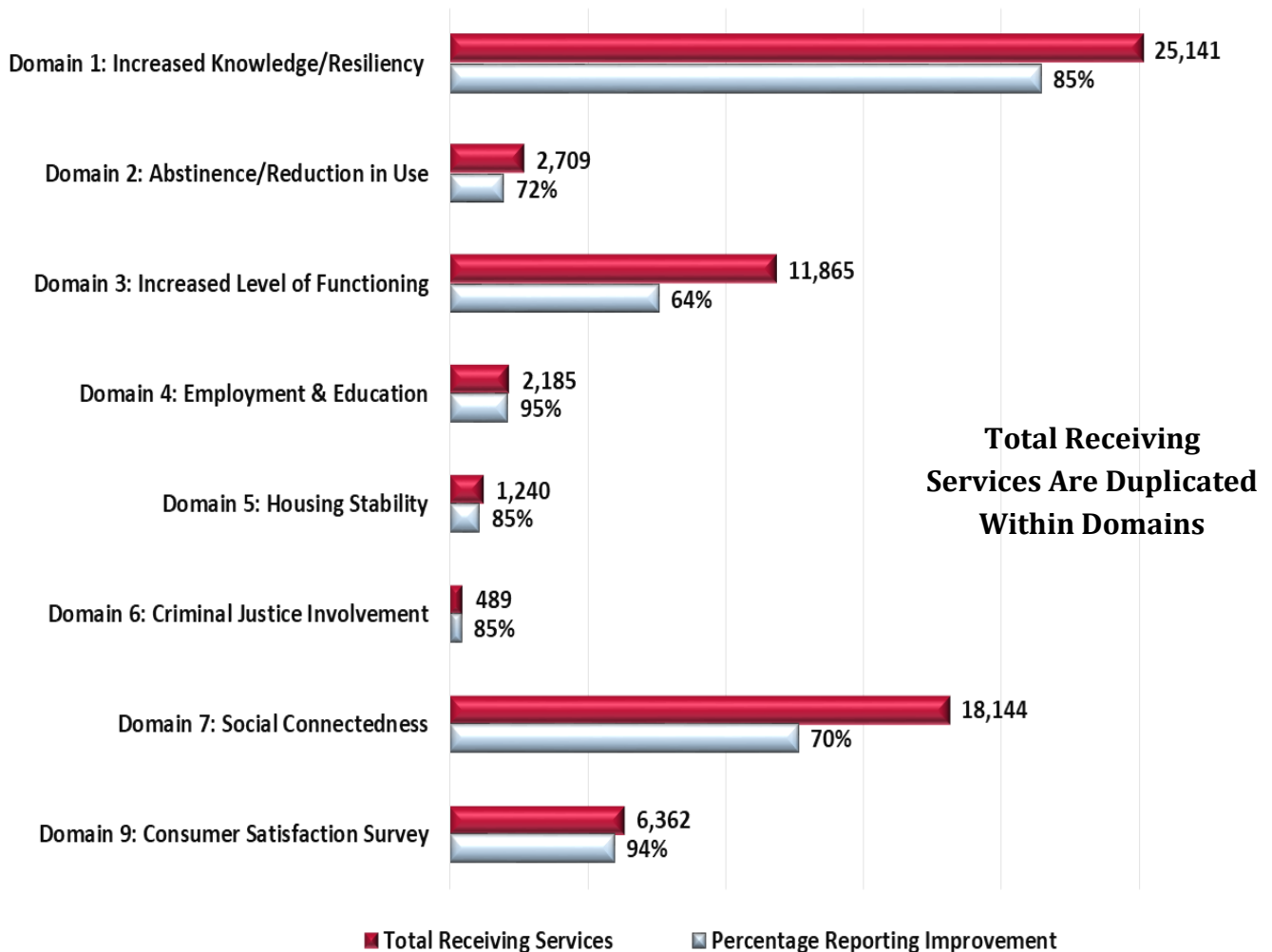
Caregiver Respite

MCMHB NETWORK OUTCOMES

MCHENRY COUNTY MENTAL HEALTH BOARD

The MCMHB has adopted a revised version of the SAMHSA National Outcome Measures (NOMs) Framework to promote the use of consistent measures across its network. MCMHB Network Outcomes are comprised of domains that embody meaningful, real life outcomes for people who are striving to attain and sustain recovery; build resilience; and work, learn, live, and participate fully in their communities. Over 30 evidence-based practices and various validated tools are utilized.

FY19 Grant/POP/FFS Persons Served & Outcomes



Pay-for-Performance - Psychiatric Services

4,254 Persons Served/3% Self-Reported Hospitalization Rate

Total Network Client Satisfaction = 93%

MCMHB 2019 FINANCIAL SUMMARY

(DECEMBER 1, 2018 – NOVEMBER 30, 2019)

The Mental Health Board policy, in accordance with the Community Mental Health Act, ILCS, Chapter 405, Act 20, Section 0.1, et. seq. stipulates that funds allocated by the MCMHB may be used to contract for mental health, substance abuse, and developmental disability services.

MCMHB FUNDING TYPES

Fee-for-Service

Payments for each event of service.
When possible, rates are based on those set by the State of Illinois.

Standard Grant

Provides funds for access to specific care or the infrastructure of a program and requires year-end reconciliation of actual expenses.

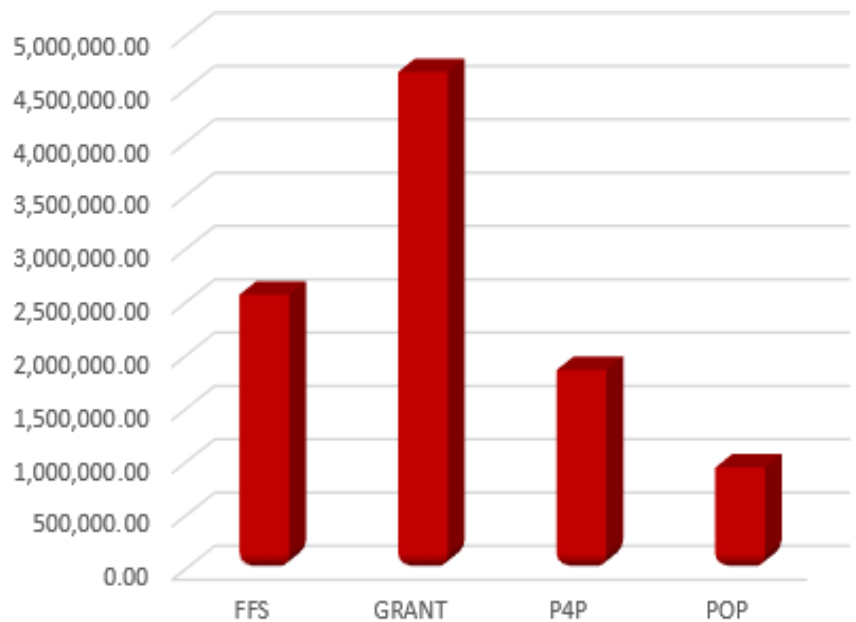
Purchase of Position

Payment for a particular staff position critical to the delivery of an approved service or program for which Fee-for-Service funding is not applicable.

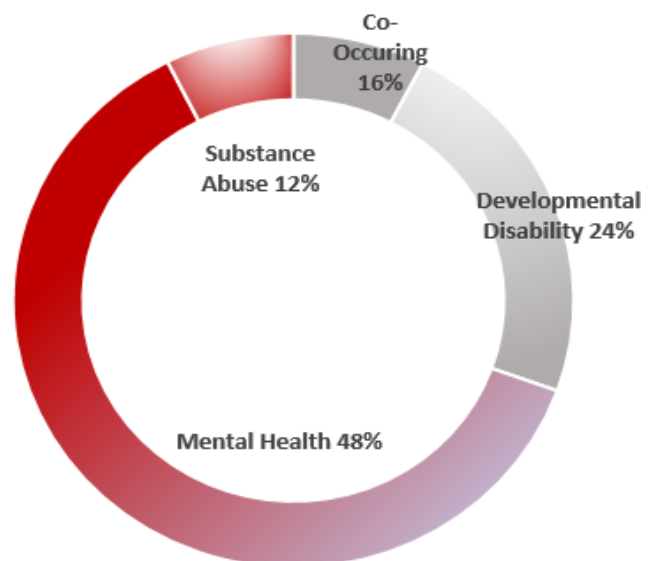
Pay-for-Performance Grant

Payment is predicated on the reporting MHB defined output and outcome data. Pay-for-Performance Grants primarily support access to Psychiatric/Prescriber services.

FUNDING BY CONTRACT TYPE



FUNDING BY NEED



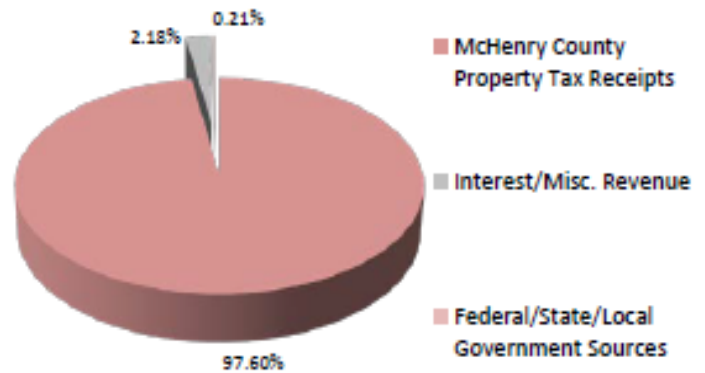
MCMHB 2019 FINANCIAL SUMMARY

(DECEMBER 1, 2018 – NOVEMBER 30, 2019)

Expenditures - Community Services and Supports	
22nd Judicial Circuit of McHenry County	202,022
A Way Out Program	17,696
Alexian Brothers Behavioral Health	239,050
Aunt Martha's Youth Service Center, Inc.	523,750
Association for Individual Development	516,179
Behavioral Perspective, Inc.	64,567
Clearbrook	299,113
Community Health Partnership of Illinois	58,366
Consumer Credit Counseling	52,000
Epilepsy Foundation	565,033
Family Health Partnership	56,305
Greater Elgin Family Care Center	346,313
Harvard Community Senior Center	96,638
Home of the Sparrow	194,702
Horizons Behavioral Health	136,876
Independence Health & Therapy	205,800
Live 4 Life	120,000
Mather's Community Mental Health Center	144,000
Mather's Recovery	50,000
McHenry County Trauma Informed Care	10,714
NAMI - McHenry County	232,030
Network Promotion and Marketing	20,299
Network Training	57,432
Network Training - Youth Mental Hlth 1st Aid	32,028
New Directions Addiction Recovery Services	77,050
NIMC Northwestern Medicine Woodstock	1,284,516
Northern Illinois Special Recreation	83,190
Northwest CASA	21,971
Options and Advocacy	368,403
Other Program Contractual	29,451
Pioneer Center	1,777,754
Psychiatric Loan Reimbursement Program	111,088
Rosecrance	937,127
Thresholds	562,443
Transitional Living Services	188,386
Transportation Funds (Kaizen)	114,647
Turning Point	634,740
Youth & Family Services of McHenry County	127,695
Grand Total Community Services & Support	\$ 10,559,374

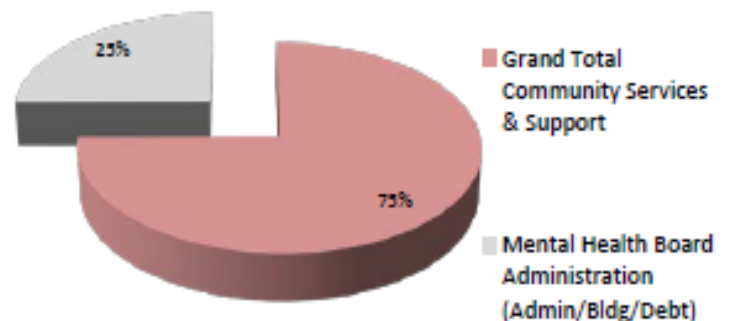
Mental Health Board Administration (Admin/Bldg/Debt)	
Debt Service (Building Payoff in 2019) (2)	2,296,418
Building Occupancy Expense	168,328
Administrative Salaries and Benefits	791,624
General Administration	272,692
Total Mental Health Board Administration	\$ 3,529,062
TOTAL EXPENDITURES	\$ 14,088,436
REVENUE OVER/(UNDER) EXPENDITURES	\$ (2,944,423)
FUND BALANCE - Beginning of the year	\$ 9,487,438
FUND BALANCE - End of the Year	\$ 6,543,015

FY 2019 Revenue



McHenry County Property Tax Receipts	10,876,787
Interest/Misc. Revenue	243,413
Federal/State/Local Government Sources	23,813
TOTAL REVENUE	\$ 11,144,013

FY 2019 Expenditures



Footnotes:

(1) - McHenry County Audits for 2019 will not be finalized until at least the end of May 2020. As a result, at the time of printing, this financial summary is based on unaudited numbers.

(2) - Administrative expenses are higher than normal due to early repayment of Series 2010B Debt Service in 2019. There will be a savings of over \$200,000 in interest expense as a result of the early repayment.

MCMHB 2018-2020 THREE YEAR PLAN UPDATE

MCHENRY COUNTY MENTAL HEALTH BOARD

MCMHB 2018-2020 Three Year Plan Update

MCMHB has identified Five Strategic Initiatives in which to focus its attention and resources in County Fiscal Years 2018-2020 while maintaining the service network and foundation already in place. These initiatives are accompanied by goals and objectives based on existing needs, emerging trends, opportunities, and/or challenges identified as critical to maintaining and enhancing the local network of services in order to meet its mission of "identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County."

STRATEGIC INITIATIVES

Strengthen the Recovery Infrastructure
Improve Access to Care
Increase Awareness of Existing Services
Promote Administrative Effectiveness and Efficiency
Provide Leadership and Advocacy

FY19 UPDATES

- ♦ **Increased marketing strategies to include a MCMHB Facebook Page**
- ♦ **Developed an Internship Directory to help facilitate workforce development**
- ♦ **Sponsored the Volunteer Center of McHenry County not-for-profit capacity building training series**
- ♦ **Provided access to Youth Mental Health First Aid Facilitator Training (YMHFA) for 30 local school professionals**
- ♦ **Allocated funds to develop a modified Applied Behavioral Analysis Therapy Program and Autism Resource Center-driven by the Autism Needs Assessment**
- ♦ **Allocated funds to increase Recovery Residence/Sober-Living beds**
- ♦ **Allocated funds for development of a Year-Round Homeless Shelter**
- ♦ **Allocated funds to expand local access to Partial Hospitalization/Intensive Outpatient levels of care to youth aged 8-12**

We Welcome Your Feedback

Consistent with our commitment to ensuring quality services for all residents of McHenry County, the MCMHB makes available a confidential Consumer survey. Feedback provided will be used to address and improve upon barriers to the delivery of quality services. The survey can be completed at www.mc708.org.

Your public comment is always welcomed at the beginning and end of all MCMHB meetings.

Empowering Minds, Transforming Lives

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