

*Empowering Minds*



*Transforming Lives*

# **MCHENRY COUNTY MENTAL HEALTH BOARD**

## **THREE-YEAR PLAN**

### **FOR**

## **MCHENRY COUNTY**

## **FISCAL YEARS**

**2021-2023**



# **MCHENRY COUNTY MENTAL HEALTH BOARD**

## **2021 - 2023 THREE YEAR PLAN**

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## **Preface**



It would be impossible to enter into the development of the McHenry County Mental Health Board's (MCMHB) 2021-2023 Three Year Plan without referencing the COVID-19 pandemic, and its collective impact on mental health, substance use, and intellectual/developmental disabilities. Prior to the COVID-19 pandemic, national prevalence rates indicated 1 in 5 people will experience a mental illness during their lifetime and approximately 1 in 12 will struggle with substance use.<sup>i</sup> In addition, approximately 17% of children aged 3-17 have at least one Intellectual/Developmental Disability (IDD).<sup>ii</sup> This pervasiveness is often referred to as "the" public health challenge of our time.

Assumed to exacerbate this challenge, the long term psychological and community-wide impacts of COVID-19 are unknown but expected to be enduring. An April 2020 poll by the Kaiser Family Foundation shows the psychological toll the pandemic is taking on many Americans. According to the survey, 45 percent of adults (53% of women and 37% of men) say the pandemic has affected their mental health, and 19 percent say it has had a *major impact*.<sup>iii</sup> Furthermore, Trauma is another behavioral health challenge expected to be intensified by the COVID-19 pandemic. Researchers are warning that the pandemic could inflict long-lasting emotional trauma on an unprecedented scale and leave millions wrestling with psychological disorders. The combined stressors, the global nature of the pandemic, the isolation and social distancing, unemployment, and various other COVID-19 related issues are taking their toll.

In August of 2020, a consortium of Illinois statewide associations that work with community providers of IDD services sponsored a survey of Community Day Services (CDS) providers to assess their actions, expectations and concerns regarding the resumption of CDS programming for adults with IDD living in a family, Community Integrated Living Arrangement (CILA) settings, ICFDDs and state-operated developmental centers. The survey found "CDS services are at risk of collapsing if providers cannot sustain operations due to number of people willing to return in September. Laying off CDS staff further creates a worse staffing crisis for when providers are ready to reopen. Families without other supports and not ready to return due to COVID are at risk of going into crisis e.g. losing their jobs to become care givers, exhaustion that can lead to mental health issues, etc. People that only attend CDS are at risk of social isolation, behavioral and skill regression if no creative supports can be offered to them until they are ready to return."<sup>iv</sup>

Furthermore, a survey titled "*McHenry County Mental Health Board COVID-19 Network Provider Impact Survey*" conducted by the MCMHB in April 2020, found that 72% of MCMHB network providers experienced a loss in revenue from reduced philanthropic giving or canceled fundraising events. Additionally, 61% reported incurring unexpected expenses to continue providing care due to service delivery modifications, personal protective equipment, and 52% reported incurring unexpected workforce or staffing related expenses to maintain essential healthcare workers. Finally, MCMHB network providers reported having an average of 3 months of cash on hand. This local financial snapshot of MCMHB network providers illustrates the vulnerability of local service providers.

When the need for access to behavioral healthcare services is greatest, the community organizations treating these challenges are in danger of reducing access to care and closing their doors because of the economic carnage caused by the pandemic. Needless to say, a wave of local closures would make the growing mental health, addiction, and IDD crisis dramatically worse. "This is the tip of the iceberg," said National Council for Behavioral Health President/CEO Chuck Ingolia in an April 2020 statement. "We are only one month into this pandemic, and it already has crippled the ability of behavioral health care

providers to offer lifesaving treatment and services to patients. If we can't handle demand from people who are struggling with depression, anxiety or substance use disorders today, there is no way we will be able to handle the crushing demand for behavioral health care we know is on the way." As we've learned from previous disasters, the need for supports will continue to grow and have long-lasting effects that include high costs to individuals, families, health care systems, and communities.

***This pandemic, unlike most other disasters does not have a discrete timeframe. It's not like a hurricane that does its damage and then is done. Maybe it's more like an earthquake, where we know there will be aftershocks but can't say how big, or how long they'll go on. But we know we have to repair the damage and rebuild. But this time, we must not return to pre-COVID-19 policy and practice. (Mental Health America, April 2020)***

Fortunately, we are seeing hopeful signs. As many services and supports have moved to remote and virtual platforms, healthcare payers (public and private) have removed or revised many cumbersome policy barriers to help meet the needs of patients and providers in this new environment. Locally, the MCMHB will continue supporting policies and service delivery models to best serve our community.



## **You Are Not Alone**

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

**McHenry County Mental Health Board**

**Contact us:**

**Phone: 815-455- 2828**

**Website: [www.mc708.org](http://www.mc708.org)**

## **McHenry County Mental Health Board (MCMHB) Overview**

**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.*

The McHenry County Mental Health Board (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.
- Further Board powers and duties are set forth in 405 ILCS 20/3e "Board's powers and duties."

To carry out the mandates and mission, the MHB may levy an annual tax of not to exceed .15% upon all of the taxable property in such governmental unit at the value thereof, as equalized or assessed by the Department of Revenue (405 ILCS 20/4.). Therefore, the MCMHB stands accountable to the community while embracing its role as a steward of local taxpayer dollars committed to ensuring levied funds are allocated in a responsible manner on behalf of the community.



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 MCMHB policy and operations, MCMHB facilitated Network Council, Intake Coordinators, Quality Management Team, School Professionals, IDD Committee, and Clinical Review meetings, as well as continuous contract compliance audits.

## **Looking Back: MCMHB 2018–2020 Three Year Plan Achievements**

The MCMHB's 2018-2020 Strategic Initiatives were accompanied by goals and objectives based on validated needs, industry trends, and/or challenges identified as critical to maintaining and enhancing the local MCMHB Network in order to meet its mission of "identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County." The Strategic Initiatives included the following notable highlights and achievements:

### **Strengthen the Recovery Infrastructure**

- MHB supported multiple efforts targeting the local impact of opioid and heroin use. Efforts include Naloxone training and distribution for Law Enforcement, First Responders and Community members, the McHenry County "A Way Out" Program, the Twenty Second Circuit Adult Drug Court, Outpatient Treatment Services, Medication Assisted Treatment and access to Recovery and Sober Living Homes.
- Developed an Internship Directory to help facilitate workforce development.
- Provided access to Youth Mental Health First Aid Facilitator Training (YMHFA) for 30 local school professionals and facilitated Mental Health First Aid Training for County Department Heads/Supervisors.

### **Improve Access to Care**

- MHB sponsored a McHenry County Adolescent Psychiatric Services Report resulting in a contract with AMITA Health/Alexian Brothers Behavioral Health to operate a Crystal Lake based Adolescent Partial Hospitalization Program for adolescents aged 8 -18.
- MHB facilitated an assessment targeting service gaps/needs of McHenry County residents and families with Autism Spectrum Disorder and subsequently allocated funds to develop a modified Applied Behavioral Analysis Therapy Program and Autism Resource Center.
- Leading and facilitating a quarterly meeting with School/Behavioral Health Professionals and implemented monthly Intake Coordinators Meetings.
- Allocated funds to support Kaizen Health On-Demand/Point-to-Point Transportation services.
- Increased access to mental health services in Harvard, Illinois, through various contracts.

### **Increase Awareness of Existing Services**

- Enhanced MCMHB Network marketing efforts through MCHelp Mobile App expansion, Star 105.5 Radio Spots, development of an MCMHB Facebook page, and implementation of an independent MCMHB Website including a Service Directory.
- Created a uniform design template for Constant Contact announcements.
- Included MCMHB/MCHelp advertisements in High School sport schedules.

### **Promote Administrative Effectiveness and Efficiency**

- Satisfied remaining Series 2010-B debt stemming from the annex facility addition.
- Leased office space to seven local not-for-profit organizations.
- Went "live" with the Countywide D365 Enterprise Resource Planning System.
- Developed a "Data Validation" desktop audit system and automated various MHB business processes through DocuSign and Foundant Grant Lifecycle Manager.
- Implemented remote/web-based network trainings and conferences.
- Sponsored a four-part *How to Bill Medicaid/Managed Care* Training Series.

### **Provide Leadership and Advocacy**

- Received the Community Behavioral Health Association's Ellen T. Quinn Memorial Award.
- MCMHB President, Connee Meschini, and MCMHB County Board Liaison, Dr. Paula Yensen, were recognized by Shaw Media/Northwest Herald as McHenry County Women of Distinction.
- MCMHB Executive Director, Scott Block, received recognition by Shaw Media/Northwest Herald as an Everyday Hero and the Daily Herald Business Ledger with a C-Suite Award.
- Initiated the Trauma-Informed McHenry County/Ace Interface initiative.
- Responded to COVID-19 by stabilizing the Network through provision of Continuity of Operations and Workforce Retention Relief funds, Incident Command Leadership, and obtaining local CUREs funding.

## **MCMHB 2021-2023 Three Year Plan Development**

The MCMHB engaged in a comprehensive approach to inform and develop the 2021-2023 Three Year Plan. Resources and activities included but were not limited to the following:

- MCMHB 3-Year Plan Development Survey (Stakeholder Sample – 300 responses – March 2020)
- 2020 McHenry County Healthy Community Study (Random Sample – 1200 responses - July 2020)
- 2019 Northwestern Medicine Community Needs Assessment
- SAMHSA 2019-2023 Strategic Plan
- Illinois Department of Healthcare & Family Services Home and Community-Based Services (HCBS) Statewide Transition Plan
- Building the Framework for IDD Quality Measures (Council on Quality Leadership)
- Behavioral Health Workforce Education Center Task Force Report to the Illinois General Assembly (December 2019)
- Industry Affiliations: Association of Community Mental Health Authorities of Illinois, CARF International, ILHFS Medicaid Advisory Committee, Community Behavioral Health Association of Illinois, Healthcare Compliance Association, Illinois Association for Behavioral Health, McManus Consulting, National Council for Behavioral Health
- MCMHB Network Committees and Local Taskforce Involvement: Network Council, Quality Management Team, Intake Coordinators, Intellectual & Developmental Disabilities Committee, Substance Abuse Coalition, School Professionals Meeting, Suicide Prevention Taskforce, Continuum of Care to End Homelessness, Family Violence Coordination Council, McHenry County Chiefs of Police Association, etc.
- MCMHB continually solicits and welcomes service provider and public feedback and involvement through People in Need Forum surveys, Annual Town Hall/Public Hearings, strict adherence to the Open Meetings Act, and standing public comment agenda items at the beginning and end of each meeting.

Markedly, the 2019 *Northwestern Medicine Needs Assessment* conducted and facilitated by Professional Research Consultants, Inc. and the *McHenry County 2020 Healthy Community Study*<sup>v</sup> conducted and facilitated by the Center for Governmental Studies Division of Outreach, Engagement and Regional Development at Northern Illinois University both obtained community stakeholder feedback ranking “Mental Health” and “Substance Use” as the most important health concerns in McHenry County; ahead of heart disease, cancer, diabetes, etc.

## **MCMHB 2021-2023 Strategic Initiatives**

While this plan serves as an initial roadmap for advancing the mission of the MMCHB as an organization and the MCMHB Network, it is not intended to be prescriptive or exhaustive. In the absence of a rigid model and specific requirements, stakeholders are free to take more risks, be more innovative, and discover what works best for the people being served. This plan has identified Four Strategic Initiatives to focus its attention and resources in County Fiscal Years 2021-2023 while maintaining the comprehensive network of services and foundation already in place.

The MCMHB's 2021-2023 Strategic 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." These Strategic Initiatives include:

### **Strategic Initiative #1: MCMHB Network Enhancement & Development**

### **Strategic Initiative #2: Promote a Comprehensive Network of Behavioral Health Services**

### **Strategic Initiative #3: Strengthen & Support Intellectual/Developmental Disability Services**

### **Strategic Initiative #4: Advocacy, Awareness & Leadership**



## **Strategic Initiative # 1: MCMHB Network Enhancement & Development**

**Introduction:** According to CARF International, a “network” is a legal entity that contracts with two or more organizations that deliver health or human services to persons served (“participating providers”) to coordinate functions between or on behalf of the participating providers.<sup>vi</sup> MCMHB Network activities are carried out through contracted service providers and MCMHB facilitated Network Council, Intake Coordinators, Quality Management Team, and Clinical Review meetings, as well as continuous contract compliance audits and participation in various industry-related committees, task forces, meetings, etc.

<b>Strategic Initiative # 1: MCMHB Network Enhancement &amp; Development</b>	
<b>Goals &amp; Overview</b>	<b>Objectives</b>
<p><b>Goal 1.1.:</b> Continue efforts to cultivate a Trauma-Informed MCMHB Network.</p> <p><b>Overview:</b> In County Fiscal Year 20, the MCMHB partnered with the Illinois Adverse Childhood Experiences (ACE) Response Collaborative to lead McHenry County’s journey in becoming a Trauma-Informed network and community. Due to COVID-19, researchers are warning that the pandemic could inflict long-lasting emotional trauma on an unprecedented scale and leave millions wrestling with psychological disorders.</p>	<p><b>Objective 1.1.1:</b> Encourage all MCMHB Network Providers to host internal ACE Interface staff trainings.</p> <p><b>Objective 1.1.2:</b> Provide MCMHB Network Providers with access to ongoing clinical trainings to enhance and expand trauma-informed service delivery models.</p> <p><b>Objective 1.1.3:</b> Lead and direct the McHenry County Trauma-Informed Change Team.</p> <p><b>Objective 1.1.4:</b> Pilot a “Handle with Care” initiative with at least one local law enforcement agency and school district.</p> <p><b>Objective 1.1.5:</b> Allocate Community Mental Health Funds to support trauma-informed services.</p>
<b>Activities &amp; Successes:</b>	
<p><b>Goal 1.2</b> Promote a MCMHB Network Culture of High Performance.</p> <p><b>Overview:</b> As a CARF International accredited “Network” the MCMHB strives to facilitate connections, growth experiences, and collaborations that strengthen participating provider organizations and maximize the Network’s collective impact for the individuals, families, and communities served.</p>	<p><b>Objective 1.2.1:</b> Continue to review the funding allocation process and consider opportunities to include performance measures/program outcomes in the process.</p> <p><b>Objective 1.2.2:</b> Develop/track agreed upon Quality Management Team (QMT) performance measures to improve targeted MCMHB Network outcomes.</p> <p><b>Objective 1.2.3:</b> As applicable, assist MCMHB Network Providers in operationalizing use of accepted industry measurement tools to track outcomes.</p> <p><b>Objective 1.2.4:</b> Provide access to training targeting enhanced clinical, fiscal, and management knowledge.</p> <p><b>Objective 1.2.5:</b> Renew the MCMHB Network’s Three Year CARF Accreditation via re-accreditation survey.</p>
<b>Activities &amp; Successes:</b>	

<p><b>Goal 1.3.</b> Maintain access to a comprehensive network of services while identifying services gaps and developing strategies to meet evolving community needs in a tumultuous fiscal and social environment.</p> <p><b>Overview:</b> MCMHB network providers are facing an unprecedented crisis due to lost revenues and unanticipated operational expenses as they strive to maintain access to essential services during and after the COVID-19 pandemic. Simultaneously, research supports increasing behavioral health needs in people of all ages.</p>	<p><b>Objective 1.3.1:</b> Support MCMHB Network providers through continued flexibility when allocating and managing community mental health fund allocations.</p> <p><b>Objective 1.3.2:</b> Promote data-informed program sustainability/development to support community mental health fund allocations.</p> <p><b>Objective 1.3.3:</b> Build resiliency and support recovery e.g. Peer Supports, outside of a clinical setting.</p> <p><b>Objective 1.3.4:</b> Continue seeking opportunities to strengthen access to Bilingual/Spanish speaking services.</p> <p><b>Objective 1.3.5:</b> Explore and promote third party billing and federal funding opportunities when applicable.</p>
<b>Activities &amp; Successes:</b>	

## **Strategic Initiative # 2: Promote a Comprehensive Network of Behavioral Health Services**

**Introduction:** Throughout the SAMHSA Treatment Improvement Protocol (TIP) series<sup>vii</sup>, the term “behavioral health” refers to a state of mental/emotional being and/or choices and actions that affect wellness. Behavioral health problems include substance abuse or misuse, alcohol and drug addiction, serious psychological distress, suicide, and mental and substance use disorders. This includes a range of problems from unhealthy stress to diagnosable and treatable diseases like serious mental illness and substance use disorders, which are often chronic in nature but from which people can and do recover. The term is also used to describe the service systems encompassing the promotion of emotional health, the prevention of mental and substance use disorders, substance use and related problems, treatments and services for mental and substance use disorders, and recovery support.

<b>Strategic Initiative # 2: Promote a Comprehensive Network of Behavioral Health Services</b>	
<b>Goals</b>	<b>Objectives</b>
<p><b>Goal 2.1:</b> Enhance and expand local Suicide Prevention and Overdose Prevention activities.</p> <p><b>Overview:</b> Rates of deaths from suicide and drug overdoses have reached an all-time high in the United States. When comparing data from FY19 to FY20, McHenry County experienced an increase in deaths of despair.</p>	<p><b>Objective 2.1.1:</b> Support the Suicide Prevention Taskforce in promoting the Question, Persuade, Refer (QPR) Suicide Prevention initiative while implementing new local suicide prevention strategies.</p> <p><b>Objective 2.1.2:</b> Support broad based community efforts to prevent opiate overdoses, promote harm reduction strategies, and expand treatment and recovery support options.</p> <p><b>Objective 2.2.3:</b> Identify essential McHenry County <i>Drug Free Communities Grant</i> deliverables for support and continuation beyond expiration of the federal funding commitment. (FY23)</p>
<b>Activities &amp; Successes:</b>	

<p><b>Goal 2.2:</b> Prioritize access to <i>core services</i> while advancing funding support to new initiatives, prevention, and recovery support services.</p> <p><b>Overview:</b> <i>Core Services</i> are provided in partnership with community-based agencies and mental health centers. Services may include counseling, individual and group therapy, medication, and medication monitoring, support in getting and holding a job, finding a place to live, staying in school, and improving social relationships.</p>	<p><b>Objective 2.2.1:</b> Define <i>Core Services</i> in MCMHB Annual Notice of Funding Availability announcements.</p> <p><b>Objective 2.2.2:</b> Expand <i>Core Services</i> and support to reach underserved geographic locations.</p> <p><b>Objective 2.2.3:</b> Expand <i>Core Services</i> and support to reach underserved and vulnerable populations (Seniors, Bilingual, Transitional Aged Youth, etc.)</p> <p><b>Objective 2.2.4:</b> Support recovery support services that promote resiliency and community integration.</p> <p><b>Objective 2.2.5:</b> Establish and support an industry informed and locally shared definition of Mental Health &amp; Substance Abuse Prevention Services/Programs.</p>
<b>Activities &amp; Successes:</b>	
<p><b>Goal 2.3:</b> Explore opportunities to enhance Mobile Crisis Response &amp; Crisis Stabilization Services.</p> <p><b>Overview:</b> Crisis services include crisis lines accepting all calls and dispatching support based on the assessed need of the caller, mobile crisis teams dispatched to wherever the need is in the community, and crisis receiving and stabilization facilities that serve everyone that comes through their doors from all referral sources.</p>	<p><b>Objective 2.3.1:</b> Evaluate the feasibility of a local Crisis Triage Center or Living Room Model and support implementation with local funds if applicable.</p> <p><b>Objective 2.3.2:</b> Facilitate discussions with local First Responders and Behavioral Health Providers to explore Co-Responder protocols for response to behavioral health crisis calls initiated through 911 dispatch.</p> <p><b>Objective 2.3.3:</b> Collaborate with the Emergency Management Agency to develop and adopt formal protocols addressing the utilization of mental health professionals during and after communitywide crisis events.</p>
<b>Activities &amp; Successes:</b>	

### **Strategic Initiative # 3: Strengthen & Support Intellectual and Developmental Disability Services**

**Introduction:** Approximately 1.5% of the United States population has IDD (Braddock et al., 2017).<sup>viii</sup> More people with IDD than ever before are living in the community compared to institutional settings (Braddock et al., 2017), however, there is a shortage of home and community-based options due to long waiting lists, budgetary issues, a lack of housing, workforce issues, and caregiver stress. Illinois and McHenry County face these same issues which have been exacerbated by the COVID-19 pandemic. The Illinois Department of Human Services, Division of Developmental Disabilities has communicated its recognition that 2020 has been difficult for everyone and the reality is that the routine that was once comfortable, may no longer be safe. The Division is also committed to not just restoring services, but also, reinventing them, stating “the COVID-19 pandemic provides us an opportunity to think about our services and push to make them better. This is not an overnight process. It will take time to determine what services look like at each agency.”

<b>Strategic Initiative #3: Strengthen &amp; Support Intellectual and Developmental Disability Services</b>	
<b>Goals</b>	<b>Objectives</b>
<p><b>Goal 3.1:</b> Facilitate meaningful McHenry County IDD Committee Meetings and track action items.</p> <p><b>Overview:</b> The IDD Committee established the following purpose statement in 2020: Identify Service Gaps, Enhance Access to Care, and Reduce Barriers.</p>	<p><b>Objective 3.1.1:</b> Monitor and support service delivery models aligned with expectations of the federal Home and Community-Based Services (HCBS) transition plan.</p> <p><b>Objective 3.1.2:</b> To improve the transition from school to adult services, foster collaborations among schools, adult service providers, young people with IDD, and other stakeholders.</p> <p><b>Objective 3.1.3:</b> Improve access to and engagement in services through increased coordination among providers, community stakeholders, consumers, and other key supporters.</p>
<b>Activities &amp; Successes:</b>	
<p><b>Goal 3.2:</b> Increase Family/Caregiver Education and Self-Advocacy Opportunities.</p> <p><b>Overview:</b> Through knowledge and advocacy, people with IDD and their families can provide substantive input to policymakers and service providers about programs, services, and issues directly affecting their lives.</p>	<p><b>Objective 3.2.1:</b> Host an Annual IDD Resource Fair for McHenry County persons with IDD and their families/caregivers.</p> <p><b>Objective 3.2.2:</b> Encourage persons with IDD and families to advocate for community inclusion, self-determination, and person-centered planning when developing service plans.</p> <p><b>Objective 3.2.3:</b> Support the continued awareness and understanding of developmental disability service systems through self-advocacy and family support efforts.</p>
<b>Activities &amp; Successes:</b>	
<p><b>Goal 3.3:</b> Support the stabilization, reinvention, and expansion of services to meet the needs of people with intellectual and/or developmental disabilities and their families.</p> <p><b>Overview:</b> The COVID-19 pandemic has had a significant impact on the IDD system forcing a “reinvention” of service delivery models. The MCMHB must remain flexible in its response and support of operations and program delivery constraints during and post the pandemic.</p>	<p><b>Objective 3.3.1:</b> Assist and support providers as they adapt to new and virtual service delivery models.</p> <p><b>Objective 3.3.2:</b> Evaluate, and support as feasible, opportunities to increase community-based, accessible service delivery models.</p> <p><b>Objective 3.3.3:</b> Pursue, as feasible, development or expansion of residential and/or employment supports for persons with IDD.</p> <p><b>Objective 3.3.4:</b> Establish new service lines and promote third party billing when applicable, to reach all levels of functioning for individuals diagnosed with Autism Spectrum Disorder.</p> <p><b>Objective 3.3.5:</b> Support National Association for the Dually Diagnosed (NADD) Competency-Based Dual Diagnosis Clinical Certification training to improve the quality of services provided throughout the MCMHB Network.</p>
<b>Activities &amp; Successes:</b>	

#### **Strategic Initiative # 4: Leadership, Advocacy & Awareness**

**Introduction:** Pursuant to its statutory duties and mission, the MCMHB is uniquely positioned to act as the hub or nucleus of a local Network representing mental health, substance use, and IDD prevention, treatment, and recovery support services. In its capacity, the MCMHB represents provider agencies, staff, public and private sector organizations, consumers, and community members. Through participation in trade associations, industry affiliated committees, taskforces, and meetings, the MCMHB attains and disseminates information impacting all residents and sectors of the County. Of note, respondents of a 2020 Healthy Community Study indicated that “awareness of available services” was the most *in need of improvement* aspect of mental health services.

<b>Strategic Initiative #5: Leadership, Advocacy &amp; Awareness</b>	
<b>Goals</b>	<b>Objectives</b>
<p><b>Goal 5.1:</b> Monitor, represent and adapt as needed to legislative, planning and policy efforts impacting the MCMHB Network.</p> <p><b>Overview:</b> As opportunities arise, MCMHB staff will participate in legislative, planning, and policy related activities and use these opportunities to advocate for the needs of McHenry County residents and providers. (e.g. MCMHB staff participates in various trade association meetings, taskforces, committees, etc.)</p>	<p><b>Objective 5.1.1:</b> Monitor Patient Protection and Affordable Care Act repeal efforts as a repeal could raise the number of uninsured individuals seeking care.</p> <p><b>Objective 5.1.2:</b> Monitor state actions to implement terms of the NB vs Norwood Consent Decree to improve access and treatment to children and youth for community based mental health and behavioral health care under the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) provisions of the Medicaid Act.</p> <p><b>Objective 5.1.3:</b> Monitor state implementation of class action suit settlements involving persons with IDD or mental illness, e.g. Ligas Consent Decree and Williams Consent Decree, and advocate for the allocation of state resources sufficient to meet needs of clients seeking fuller integration in their communities.</p> <p><b>Objective 5.1.4:</b> Monitor results and implementation efforts related to various state department rate studies and adapt MCMHB contracts as needed.</p> <p><b>Objective 5.1.5:</b> Advocate on the state and federal level on the issue of behavioral health and intellectual and developmental disability workforce shortages.</p>
<b>Activities &amp; Successes:</b>	

<p><b>Goal 5.2:</b> Monitor, inform and adapt the MCMHB Network accordingly re: Certified Community Behavioral Health Clinics and Integrated Health Homes.</p> <p><b>Overview:</b> The Excellence in Mental Health Act established a federal definition/criteria for Certified Community Behavioral Health Clinics (CCBHCs) designed to provide a broad range of mental health/substance use disorder services. The Integrated Health Home (IHH) is a care coordination model which would create a comprehensive system of care coordination services for Medicaid individuals with chronic conditions, as promoted by the Illinois Department of Healthcare and Family Services.</p>	<p><b>Objective 5.2.1:</b> Lead efforts to evaluate local feasibility of federal CCBHC funding as CCBHCs were specifically designed to address financing shortfalls by paying clinics a Medicaid rate that is inclusive of their anticipated costs of expanding their service lines and serving new consumers.</p> <p><b>Objective 5.2.2:</b> As needed, align the MCMHB Network to complement the Illinois Department of Healthcare and Family Services (HFS) ongoing efforts to provide access to care and quality services through Integrated Health Homes.</p> <p><b>Objective 5.2.3:</b> As needed, facilitate connections between MCMHB Network providers and various health and human services agencies interested in developing or inadvertently impacted by the development of CCBHCS and/or IHHs.</p>
<p><b>Activities &amp; Successes:</b></p>	
<p><b>Goal 5.4:</b> Partner with the McHenry County Human Resources Department in seeking Bell Seal for Workplace Mental Health certification.</p> <p><b>Overview:</b> In 2019, MHA launched the <i>Bell Seal for Workplace Mental Health</i>, a certification program to recognize employers committed to creating mentally healthy workplaces.</p>	<p><b>5.4.1:</b> Assist in developing and implementing strategies to obtain Bell Seal certification.</p> <p><b>5.4.2:</b> Coordinate ongoing behavioral health related training activities and opportunities for County employees. (e.g. Mental Health First Aid, QPR, Community Incident Stress Debriefing, Naloxone training, ACE Interface, etc.).</p> <p><b>5.4.3:</b> Continue MCMHB Staff participation on the County Wellness Committee.</p> <p><b>5.4.4:</b> Include access to Naloxone onsite in County public buildings, located near other emergency equipment (e.g. AED).</p>
<p><b>Activities &amp; Successes:</b></p>	

<p><b>Goal 5.5:</b> Lead MCMHB Network Community Awareness &amp; Education Efforts.</p> <p><b>Overview:</b> When addressing local behavioral health services, respondents of <i>The 2020 McHenry County Healthy Community Study</i> indicated that “awareness of available services” was the aspect most in need of improvement</p>	<p><b>Objective 5.5.1:</b> Develop and disseminate educational materials and public messaging promoting local Helping Numbers and the MHB website.</p> <p><b>Objective 5.5.2:</b> Create a calendar of National awareness months and encourage Network Council Members to facilitate community awareness activities accordingly.</p> <p><b>Objective 5.5.3:</b> Increase the behavioral health literacy of the public by training school personnel, first responders, law enforcement, faith communities, primary care providers, etc. to recognize signs and symptoms of mental illness/substance use.</p> <p><b>Objective 5.3.4:</b> Encourage public officials to support the importance of community behavioral health by adopting proclamations recognizing May as Mental Health Month and promoting resources within publications.</p> <p><b>Objective 5.5.5:</b> Update the MCHelp Mobile App and reestablish marketing activities and strategies to increase downloads/usage.</p> <p><b>Objective 5.5.6:</b> Develop MHB YouTube Channel for distribution of training and Network Provider videos.</p>
<p><b>Activities &amp; Successes:</b></p>	

## **Looking Forward**

Building on a long tradition of leadership and service, the MCMHB is focused on resource management that supports access to mental health, substance use disorder, and intellectual and developmental disability-related resources and services for McHenry County residents while upholding the statutory duties outlined within the Community Mental Health Act. In doing so, the MCMHB recognizes the need to maintain a comprehensive network of services through the allocation of resources that complement and support services available under the Illinois Department of Healthcare and Family Services (HFS)-Illinois Medicaid Program and the Illinois Department of Human Services Divisions of Mental Health, Substance Use, Prevention and Recovery, Intellectual & Developmental Disabilities and Rehabilitation Services. Concurrently, the MCMHB must diligently remain committed to reviewing and evaluating contracted services while adapting and responding to existing and emerging challenges to advance its mission, the recovery infrastructure, and access to care.

Regardless of service type, the MCMHB intends to support services that foster individual recovery. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) “recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It involves overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing, having a stable and safe place to live, meaningful daily activities, and relationships and social networks that provide support.” Accordingly, MCMHB’s strategic plan is a working document that will change periodically through revision and modification of strategic areas of focus in an effort to best accommodate ongoing and developing needs in a volatile operating environment.

## **Endnotes**

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<sup>i</sup> Center for Behavioral Health Statistics and Quality (2015). Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/NSDUH-FRR1-2014/NSDUH-FRR1-2014.pdf>

<sup>ii</sup> Zablotsky B, Black LI, Maenner MJ, Schieve LA, Danielson ML, Bitsko RH, Blumberg SJ, Kogan MD, Boyle CA. Prevalence and Trends of Developmental Disabilities among Children in the US: 2009–2017. Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/31558576/>

<sup>iii</sup> Kirzinger, A., et.al. KFF Health Tracking Poll - Early April 2020: The Impact of Coronavirus On Life In America

<sup>iv</sup> Institute on Public Policy for People with Disabilities (2020). Illinois Community Day Services Provider Survey.

<sup>v</sup> Schneiderman, Ph.D., Mindy. McHenry County 2020 Healthy Community Study. Center for Governmental Studies Division of Outreach, Engagement and Regional Development at Northern Illinois University

<sup>vi</sup> CARF International (2019). CARF Standards Manual Supplement for Network.

<sup>vii</sup> Substance Abuse and Mental Health Services Administration. Treatment Improvement Protocol (TIP) Series. Rockville, MD: Substance Abuse and Mental Health Services Administration.

<sup>viii</sup> Braddock, D. et.al. (2017). The State of the States in Intellectual and Developmental Disabilities. Washington, DC: The American Association on Intellectual and Developmental Disabilities. Retrieved from: <https://www.aaid.org/>