



Annual Report

McHenry County Fiscal Year 2020

December 1, 2019 - November 30, 2020

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

MCHEMRY COUNTY MENTAL HEALTH BOARD

In compliance with the Illinois 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, 2020.

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. (Mental Health America)

We can all agree that 2020 was a year like no other. The above quote from Mental Health America certainly captures our collective experience as COVID-19 dominated the past year and continues to challenge all of us in many ways. From quickly adjusting to working or learning remotely, acclimating to virtual meetings, and hosting socially distant events, systems, communities, and families spent the past year adapting at a rapid pace. The MCMHB was no exception.

Looking back at 2020, the MCMHB's community impact is evident within the scope of its COVID-19 related efforts and activities which included:

- Implemented Continuity of Operations and Workforce Retention Relief Funding Opportunities
- Secured \$135k in local CUREs reimbursement
- Developed the County's Behavioral Health Sector COVID-19 Recovery and Resiliency Plan
- Facilitated Public Awareness communications via Town Hall Meetings, social and local media outlets, facilitating cross-sector meetings, and network coordination
- Went "live" with an independent Mental Health Board website including a Service Directory
- Developed and supported several support groups and COVID-19 related services
- Advocated for inclusion of behavioral health professionals in vaccination priorities
- Hosted 34 virtual (including ACE Interface) professional and community training events

As 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, now more than ever we must emphasize the reference to "community" within the Community Mental Health Act. In doing so, the MCMHB will remain steadfast in its efforts to carry out its mission of "identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County."

CONNIE MESCHINI
PRESIDENT



SCOTT BLOCK
EXECUTIVE DIRECTOR



ABOUT MCMHB

MCHEMRY COUNTY MENTAL HEALTH BOARD

The McHenry County Mental Health Board (MCMHB) is the mental health authority of the county government. The MCMHB operates under the provisions of H.B. 708, Illinois Revised statutes, also known as the Community Mental Health Act. Through the Community Mental Health Act, the MCMHB is empowered to develop and coordinate a local system of care addressing the needs of McHenry County residents living with mental illness, substance use, and intellectual/developmental disabilities.

The MCMHB was created by a referendum approved by the voters of McHenry County in 1965. Through the passage of this referendum, a property tax levy was established to support the MCMHB in carrying out the mandates and duties of the Community Mental Health Act.

- ▶ 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."



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

FY20 MCMHB BOARD & STAFF

MC HENRY 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 - Resigned 10/15/20)
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 II*
Patricia Peterson, *Executive Assistant*
Melanie Duran, *Accountant II*
Kristen Doherty, *Training Coordinator*
Karin Frisk, *Compliance Coordinator*, start date: 08/23/2020
Sonya Jimenez, *IT Operations Coordinator*, resigned 05/2020
Vickie Johansen, *Contract & Grant Lifecycle Monitor*
Quinette King, *Compliance Coordinator*, resigned 05/2020
Rachel McCarty, *Accounting Assistant*
Lori Zeek, *Administrative Specialist II*

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 visit <https://www.mchenrycountyil.gov/> and click the Meeting Portal tab near the top of the page.

MCMHB NETWORK

STRENGTHENING THE RECOVERY INFRASTRUCTURE

The MCMHB's 2018 -2020 Three Year Plan included a strategic initiative to "Strengthen the Recovery Infrastructure" by increasing community-based and supported living opportunities for individuals with mental health, substance use, and intellectual/developmental disability related needs. During Fiscal Year 2020, the MCMHB, in collaboration with three local not-for-profit agencies, carried out this initiative.



Pioneer Center Homeless Services - Opened a 70-bed, Year-Round, Emergency Shelter



Homelessness itself is a risk factor for mental and substance use disorders, given the many life challenges and disruptions that people who are homeless face: for example, stress, loss of social connectivity, increased threats, harm through victimization and exposure, and deterioration of health status. (SAMHSA TIP 55)

Recovery housing refers to a range of housing models that create mutually supportive communities where individuals improve their physical, mental, spiritual, and social well-being and gain skills and resources to sustain their recovery. (National Association of Recovery Residences)

New Directions - Opened a 15 bed Recovery Retreat with 20 more beds under development

According to the Illinois Department of Human Services Division of Developmental Disabilities, Community Integrated Living Arrangements (CILAs) are group homes, family homes or apartments where eight (8) or fewer unrelated adults with developmental disabilities live under supervision of the community developmental services agency.



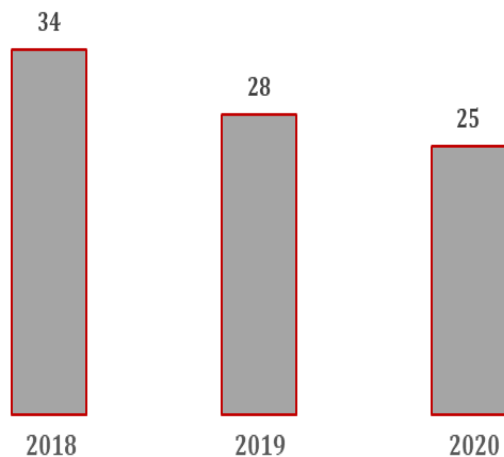
Clearbrook West - Opened an 8 person CILA (Clearbrook's 3rd CILA in McHenry County)

MCMHB NETWORK

PREVENTING DEATHS OF DESPAIR

Across the United States, more people are dying from so-called "deaths of despair"—suicide, drug and alcohol poisoning, and alcoholic liver disease—than at any other point in recorded history, according to the Centers for Disease Control and Prevention (CDC).

McHenry County Deaths by Suicide



These 3 simple steps may help save a life!

Question, Persuade, Refer

Please visit

www.mchenrycountyqpr.org.



Fiscal Year 2020 QPR Trainings

24 Trainings & 663 Attendees

IL Deaths by Suicide per 100,000 population: 11.3

IL Deaths by Overdose per 100,000 population: 21.3

(CDC, 2018 - Most recent data)

Naloxone - Opioid reversal drug that, when available, is administered to someone experiencing an overdose.

**FISCAL YEAR 2020: 25 administrations/23 survivals
1000+ doses distributed to Community
members & First Responders**

Adult Drug Court - Promotes public safety and reduces recidivism through intensive judicial supervision and treatment.

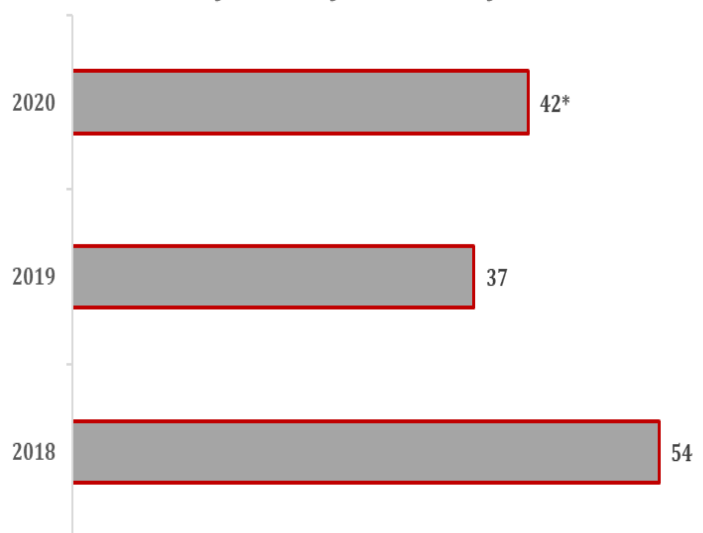
FISCAL YEAR 2020: 8 Graduates

A Way Out - Offers access to substance abuse treatment and resources through law enforcement officers/agencies.

FISCAL YEAR 2020: 36 Participants

* 6 more potential deaths by overdose pending toxicology

McHenry County Deaths by Overdose



A Way Out
McHenry County



McHENRY COUNTY
SUBSTANCE ABUSE COALITION

MCMHB NETWORK

ACCESS & TRAINING

MHB Coordinated Trainings

34 trainings serving 2526 attendees
(“virtual” trainings)

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

Topics including evidence-based and best practices in Autism Spectrum Disorder, Gender Dysphoria, Harm Reduction, Coping & Healing from Trauma & Abuse, etc.



Trauma - Informed McHenry County



ACE Interface

19 trainings
719 Attendees

Adverse Childhood Experiences (ACEs) are potentially traumatic experiences that occur in childhood. ACEs can have lasting, negative effects on health, well-being, and opportunity. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. (CDC)

www.mchenrycountyace.org



MCMHB contracts with Kaizen Health Inc. to provide MCMHB network service providers access to a transportation solution to assist in meeting the behavioral health related appointment needs of local clientele.

2252 Completed Rides
320 Recovery Support/1932 Treatment

For a Comprehensive Service Directory visit www.mc708.org

MCMHB NETWORK

COMPLIANCE & ACCOUNTABILITY

MCMHB COMPLIANCE AUDITS

Compliance audits conducted in FY20 = 39 Providers

Work plans monitored = 104

Total Recoupment = \$7,417.96

Community Mental Health Act Mandate: 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.



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



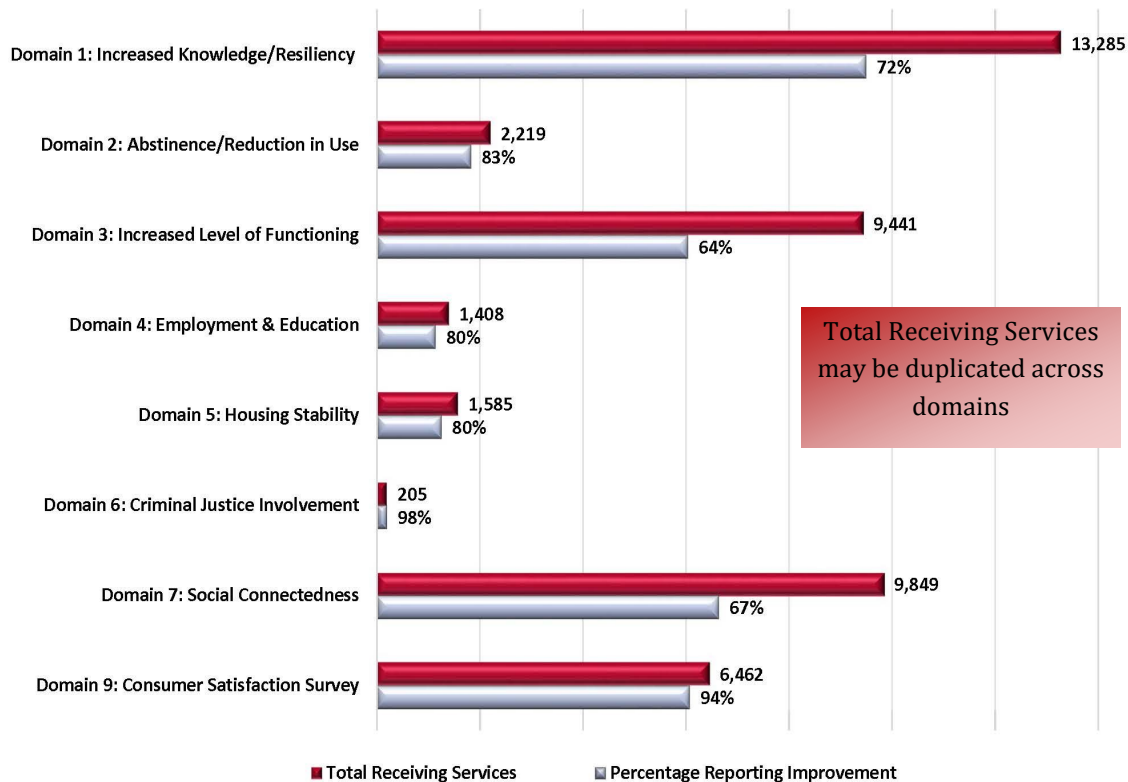
HCCA
Health Care Compliance
Association

MCMHB NETWORK OUTCOMES

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.



McHenry County Mental Health Board FY 2020 Network Outcomes



Pay-for-Performance - Psychiatric Services

4,284 Persons Served/2% Self-Reported Hospitalization Rate

Total Network Client Satisfaction = 94%

MCMHB 2020 FINANCIAL SUMMARY

(DECEMBER 1, 2019 – NOVEMBER 30, 2020)

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.

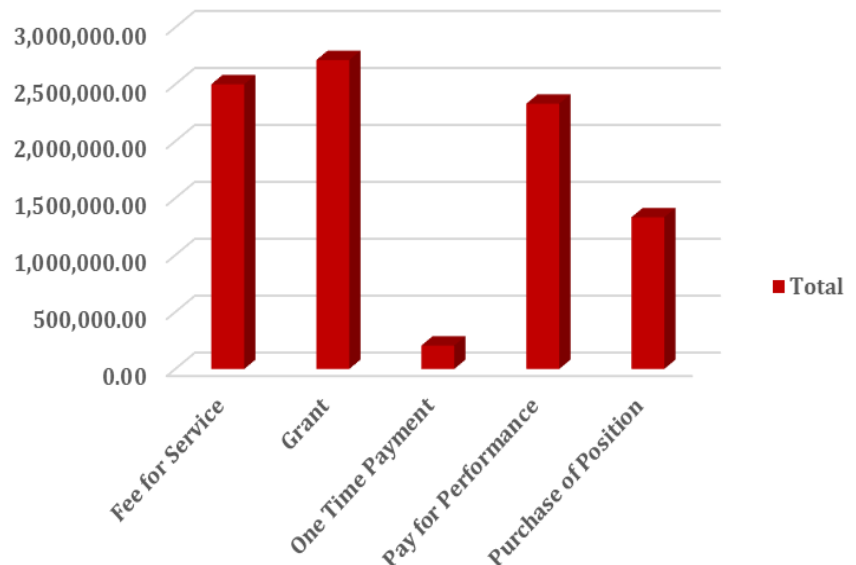
Purchase of Position

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.

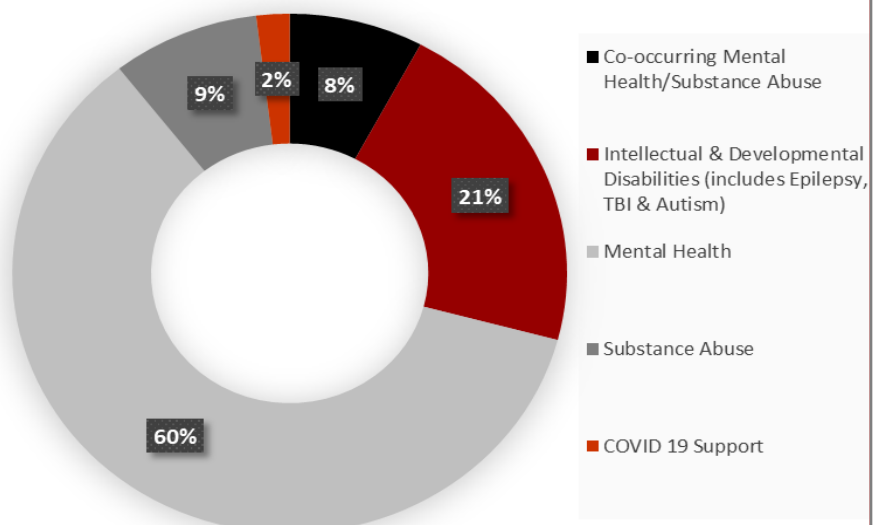
Pay-for-Performance Grant

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

FY20 Funding by Contract Type



FY 20 Funding by Need



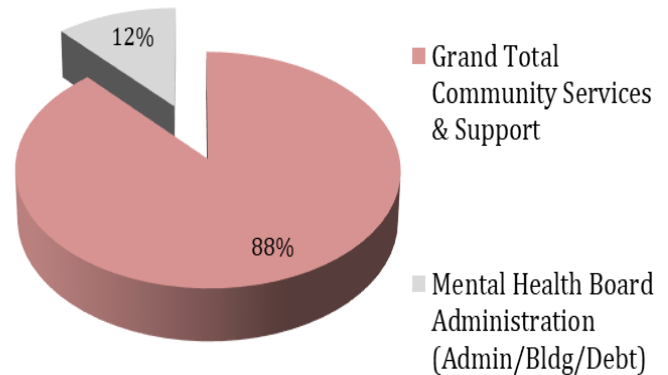
MCMHB 2020 FINANCIAL SUMMARY

(DECEMBER 1, 2019 – NOVEMBER 30, 2020)

Expenditures - Community Services and Supports

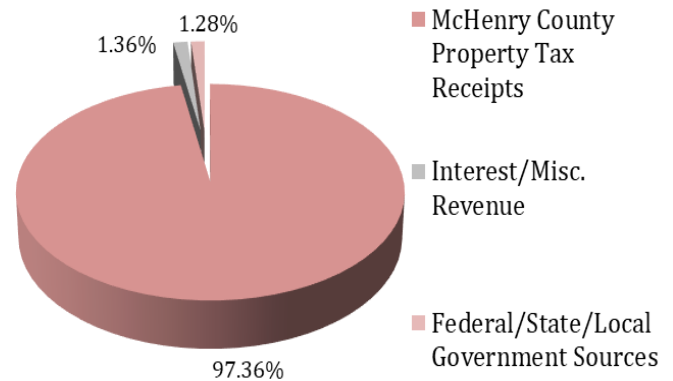
22nd Judicial Circuit of McHenry County	163,167
A Way Out Program	4,863
Alexian Brothers Behavioral Health	180,000
Association for Individual Development	384,491
Aunt Martha's Health & Wellness	535,600
Behavioral Perspective, Inc.	30,850
Child Advocacy Center	51,500
Clearbrook	323,400
Community Health Partnership of Illinois	90,000
Consumer Credit Counseling	56,650
Family Health Partnership	50,627
Greater Elgin Family Care Center	394,849
Harvard Community Senior Center	80,333
Health & Medicine Policy Research (MCTIC)	64,284
Home of the Sparrow	173,315
Horizons Behavioral Health	148,486
Independence Health & Therapy	472,055
Live 4 Lali	149,526
Mather's Community Mental Health Center	172,500
Mather's Recovery	100,000
McHelp App Support (LEAD)	10,035
NAMI - McHenry County	278,724
Network Promotion and Marketing	13,108
Network Training	22,081
New Directions Addiction Recovery Services	78,150
NIMC Northwestern Medicine Woodstock	1,122,985
Northern Illinois Special Recreation	20,858
Northwest CASA	24,280
Options and Advocacy	472,060
Other Program Contractual	22,703
Pioneer Center	1,008,851
Psychiatric Loan Reimbursement Program	60,990
Rosecrance	948,959
Thresholds	638,442
Transitional Living Services	221,450
Transportation Funds (Kaizen)	60,110
Turning Point	635,904
Youth & Family Services of McHenry County	140,000
Grand Total Community Services & Support	\$9,406,186
Mental Health Board Administration (Admin/Bldg/Debt)	
Debt Service (Building Payoff in 2019)	
Building Occupancy Expense	173,012
Administrative Salaries and Benefits	802,641
General Administration	255,402
Total Mental Health Board Administration	\$1,231,055
TOTAL EXPENDITURES	\$10,637,241
REVENUE OVER/(UNDER) EXPENDITURES	\$(13,898)
FUND BALANCE - Beginning of the year	\$6,543,016
FUND BALANCE - End of the Year	\$6,529,118

FY 2020 Expenditures



McHenry County Property Tax Receipts	10,343,414
Interest/Misc. Revenue	144,269
Federal/State/Local Government Sources	135,660
Total Revenue	10,623,343

FY 2020 Revenue



Footnotes:

(1) - McHenry County Audits for 2020 will not be finalized until at least the end of May 2021. As a result, at the time of printing, this financial summary is based on unaudited numbers.

MCMHB THREE YEAR PLANS

LOOKING BACK & LOOKING FORWARD

2018 - 2020 Three Year Plan Highlights

- ▶ Website Development - Service Directory
- ▶ Leading and facilitating a quarterly meeting with School/Behavioral Health Professionals
- ▶ Enhanced MCMHB Network marketing efforts
- ▶ Satisfied remaining Series 2010-B debt from the annex facility addition
- ▶ Leased office space to seven local not-for-profit organizations
- ▶ 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, Restore McHenry County Leadership, and obtaining local CUREs funding
- ▶ Adolescent Partial Hospitalization Program Development & Support
- ▶ Increased community - based and supported living opportunities
- ▶ Increased access to mental health services in Harvard
- ▶ Supported multiple efforts targeting the local impact of opioid and heroin use

2021-2023 Three Year Plan

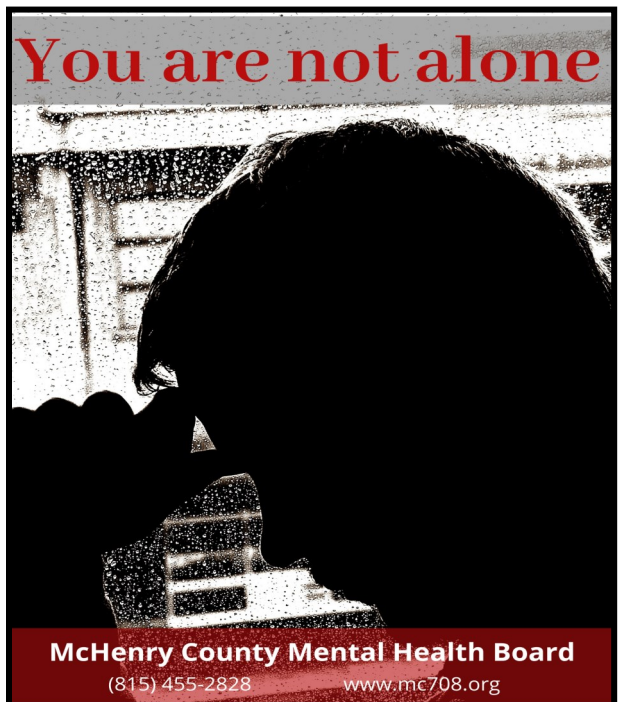
Strategic Initiative #1: MCMHB Network Enhancement & Development

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

More Info at www.mc708.org



We Welcome Your Feedback

Public comment is always welcome at the beginning and end of all MCMHB meetings.

Empowering Minds, Transforming Lives

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