



**McHENRY COUNTY
MENTAL HEALTH BOARD**

Annual Report

Empowering Minds
Transforming Lives

McHenry County Fiscal Year

2022

December 1, 2021 - November 30, 2022

Annual Report

Contents



Leadership Message.....	3
Financial Summary.....	4-5
3-Year Plan and Achievements.....	6
Network Outcomes.....	7
2022 Recovery Support Services	8
Prevention Efforts	9
About MCMHB	10

Mission

To lead and contract for quality behavioral health (mental health and substance use disorder) and intellectual/developmental disability prevention and treatment services for all people of McHenry County, Illinois.

Vision

McHenry County residents experience optimal mental wellness through access to an integrated system of behavioral healthcare and intellectual/developmental disability services of excellent quality representing a recovery and resiliency focused, consumer driven, and 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.*
- *We provide equity and accessibility to services regardless of one's ability to pay.*

For more information visit us at www.mc708.org or call **815-455-2828**.



MCMHB Leadership

Annual Message

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, 2022.



Connee Meschini
Board President

Leonetta Rizzi
Executive Director



McHenry County Mental Health Board

The Mental Health Board is committed to providing an integrated quality system of care for Mental Health, Intellectual/Developmental Disabilities, and Substance Use Disorder services. We are extremely proud of our Providers in our Network and the quality services they provide amongst whatever obstacles are presented. Together we can overcome any challenge presented.

The issue presented to the Mental Health Board over the last several years was the increased demand in funding requests during our annual funding cycle process in excess of \$2M demonstrates our inability to meet their growth needs to serve this community. This requires us to make some very difficult funding decisions with provider agencies who rely on our funding, when we look to fund a new provider or service of needed in our community. We are working with County Administration on problem-solving and identifying other sources of revenue such as the Opioid Settlement dollars, but it isn't enough to meet our shortfall. We will face some difficult decisions this next year.

The main challenges presented to our Network, besides the service gaps, were an increased demand for services coupled with the great resignation which affected access to care. Innovative partnerships were created among our Providers to combat these issues, but we saw longer waiting lists and services/programs that could not be provided as a result. Although, one cannot replace or substitute a service provided by a qualified professional, there are some unique opportunities like peer support that our providers have embraced, grown, and have showed tremendous success. Peer support utilizes experiences of those in recovery and members of the community to help those in treatment or seeking it. Further recruiting opportunities and pipelines leveraging local community colleges or job training programs like our WorkForce Network, have been developed. We also strongly advocated for and matched the State's rate increases to our Providers to assist with these operational and service delivery issues and supported recruitment efforts. More advocacy for further Federal, State, and County funding for Behavioral Health and Intellectual/Developmental Disability services and workforce issues are needed and will be a focus in this coming year. We will also continue to evaluate, and problem-solve provider wait lists and work on access to care issues in this coming year and with our future strategic plan initiatives. Although we are unsure if there is any correlation with the access issues seen in this past year, however, McHenry County deaths by suicide increased this past year with

highest demographics being adult males. Many challenges remain for us to overcome in future.

We are very excited that Congress's National Suicide Hotline Designation Act of 2020 which authorizes a 24/7 national suicide prevention and mental health 3-digit hotline (988) came to fruition in July 2022 equipped with not only local resources for a caller in need, but the capability of dispatching a local mobile crisis response 590 team (in 2023) anywhere that's needed in urgent situations that do not require 911 or emergency response. We are very excited to have this level of crisis services back in our county. The Mental Health Board is invested in assisting on a State and local level with coordination and education for these services.

There continues to be many opportunities. The pandemic put behavioral health in the forefront as even noted by the 117th Congressional milestones which included not only increased funding and technical assistance for 988, and a Bipartisan focus on Behavioral Health, but an expansion of CCBHC's Nationwide. We are excited to have a provider receive approval and funding in 2022 for a CCBHC here in McHenry County. Thresholds will administer the program with plans to accept clients and launching this clinic later in the spring of 2023. We are excited to partner with Thresholds as it has been one of our strategic planning efforts.

In collaboration with our network and other community stakeholders, we proudly produced a wide-array of accomplishments. A couple worth noting are the funding support given to assist Clearbrook in opening another group home (CILA) located in Woodstock for Intellectually/Developmental woman; and the grand opening in May 2022 of Northern Illinois Recovery Center (NIRC). Although NIRC is a private facility, the MHB and NIRC had been in conversation in 2022 regarding our interest to support the uninsured for detox and rehab/treatment services of which are the only detox services in this county available in 2023. NIRC will be a new network provider helping to fill gaps in this service and broaden our continuum of care for recovery. We also provided funding support for more social workers for police and sheriff departments. We are aware many calls received can be avoided or resolved by use of social workers or referrals.

We strive to strengthen our community and improve lives of McHenry County Residents. We are always open to input from the citizens and stakeholders of the community.

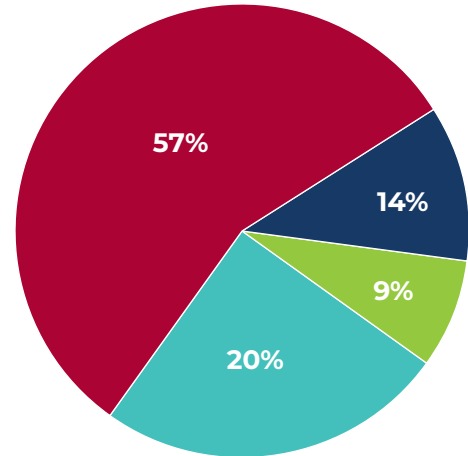


Financial Summary

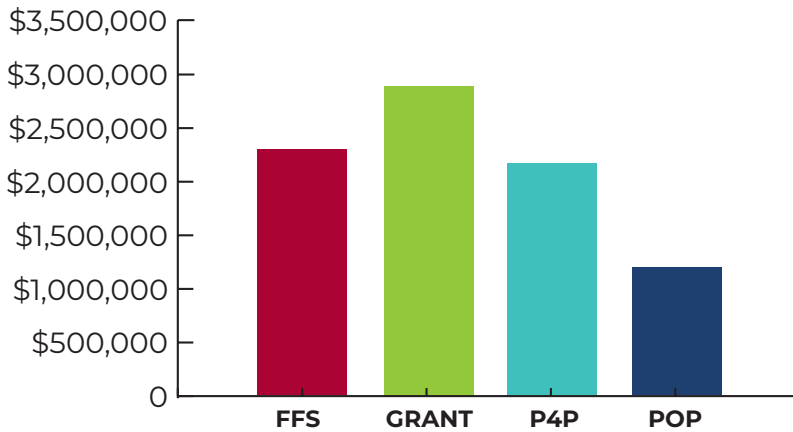
The Mental Health Board policy, in accordance with the Community Mental Health Act, ILCS, Chapter 405, Act 20, Section 0.1, et. seq. stipulates that funds allocated by the MCMHB may be used to contract for mental health, substance abuse, and developmental disability services.

Funding by Need

Sum of FY22 Funding	
● Mental Health	\$4,917,873.76
● Intellectual & Developmental Disabilities (includes Epilepsy, TBI & Autism)	\$1,683,133.96
● Co-occurring Mental Health/ Substance Abuse	\$1,183,325.50
● Substance Abuse	\$804,837.14
Grand Total	\$8,589,170.36



Funding by Contract Type



Sum of FY22 Funding	
● FFS	\$2,347,794.44
● GRANT	\$2,959,331.02
● P4P	\$2,133,462.50
● POP	\$1,148,582.40
Grand Total	\$8,589,170.36

FUNDING TYPES

Fee-for-Service (FFS)

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

Standard Grant (GRANT)

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

Pay-for-Performance Grant (P4P)

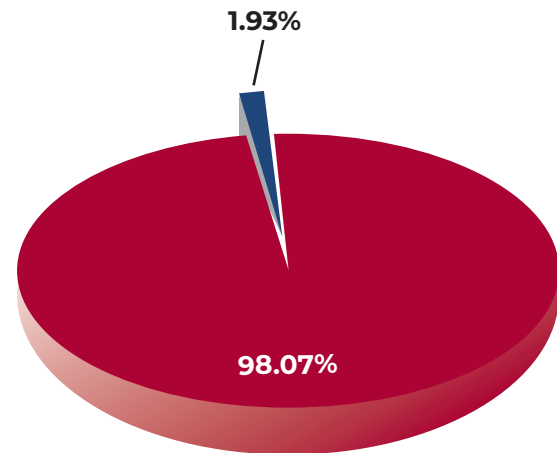
Payment is predicated on the reporting MHB defined output and outcome data. Pay-for-Performance Grants primarily support access to Psychiatric/Prescriber services.

Purchase of Position (POP)

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.

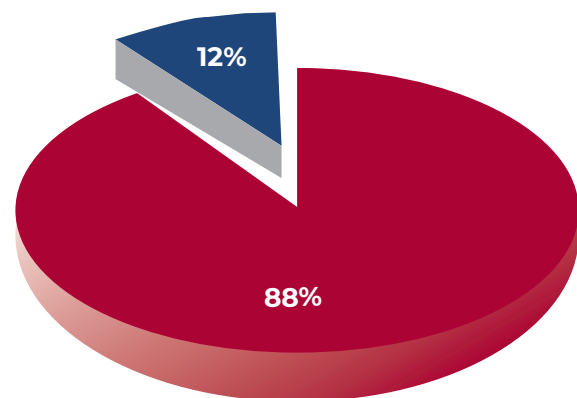
Expenditures - Community Services and Supports	
22nd Judicial Circuit of McHenry County	239,065
Alexian Brothers Behavioral Health	180,000
Association for Individual Development	384,946
Aunt Martha's Health & Wellness	500,000
Blair Counseling (Clinical Supervision ICA)	2,380
Child Advocacy Center	135,000
Clearbrook	371,982
Community Health Partnership of Illinois	48,750
Consumer Credit Counseling	21,577
Crystal Lake Teen Center - The Break	28,050
EMK Consulting - EHR Updates	8,750
Family Health Partnership	67,374
Greater Family Health	350,463
Home of the Sparrow	196,721
Horizons Behavioral Health	175,000
Independence Health & Therapy	374,067
Live 4 Lali	176,000
Mather's Community Mental Health Center	150,000
McHenry County Sheriff's Office (IGA)	300,000
McHelp App Support (LEAD)	20,071
NAMI - McHenry County	290,000
Network Promotion and Marketing	20,286
Network Training	32,518
New Directions Addiction Recovery Services	282,000
NIMC Northwestern Medicine	406,339
Northern Illinois Special Recreation	55,024
Northwest CASA	74,000
NeuroClinic & Assessments LLC (ICA)	3,000
Options and Advocacy	473,439
Other Program Contractual	3,345
Pioneer Center	777,147
Psychiatric Loan Reimbursement Program	51,978
Rosecrance	1,118,634
Service Inc. of Illinois	107,653
Thresholds	288,754
Transitional Living Services	212,971
Transportation Funds (Kaizen)	195,706
Trauma Informed Care Program	8,334
Turning Point	623,849
Youth & Family Services of McHenry County	187,000
Grand Total Community Services & Support	\$8,942,173
Mental Health Board Administration (Admin/Bldg)	
Building Occupancy Expense	199,619
Administrative Salaries and Benefits	747,600
General Administration	264,392
Total Mental Health Board Administration	\$1,211,611
TOTAL EXPENDITURES	\$10,153,784
REVENUE OVER/(UNDER) EXPENDITURES	\$481,649
FUND BALANCE - Beginning of the year	\$6,860,951
FUND BALANCE - End of the Year	\$7,342,600

FY 2022 REVENUE



● McHenry County Property Tax Receipts	10,429,974
● Interest/Misc. Revenue	205,459
TOTAL REVENUE	\$10,635,433

FY 2022 EXPENDITURES



- Grand Total Community Services & Support
- Mental Health Board Administration (Admin/Bldg)

Footnote:

McHenry County Audits for 2022 will not be finalized until at least the end of May 2023. As a result, at the time of printing, this financial summary is based on unaudited numbers.

Highlights:

- Incorporated the review of Evidence-Based Practices in use with providers at Compliance Audits including fidelity to the model(s).
- Incorporated vetting of provider staff credentials for MHP/QMHP, and QIDP into compliance audit process.
- Created Trauma Informed Coordinator role for network and driven many new initiatives such as reformation of the Trauma Informed Change Team, created a Trauma-Informed book club and training program, and revamped Adverse Childhood Experiences Trainings (ACE) for FY23 to new Trauma Informed Approach trainings. Commitment from McHenry School district and Police Department to pilot “Handle with Care” program in FY23 in partnership with Youth and Family Center of McHenry Co. Hosted 8 ACE interface trainings with 202 attendees.
- Enhanced MHB Network by supporting a CPI (Crisis Prevention Institute) Instructor who facilitated training 56 network provider staff from September-November 2022.
- Suicide Prevention Trainings: Supported 47 QPR Suicide Prevention Trainings with 1878 Gatekeepers trained.
- Mental Health First Aid Trainings: Supported 4 Youth MHFA sessions with 43 trained and 5 Adult MHFA with 88 trained.
- Supported Crisis Intervention Trainings (CIT) for law enforcement across McHenry County’s Sheriff and Police Departments to assist with response to individuals in the community who have a mental illness or other behavioral disability or issues.
- MHB planned and hosted a total of 29 trainings with 1842 attendees for continuing education and improving network staff competencies.
- Collaborated with State’s Attorney’s Office (SAO) to administer the Homicide Survivors Support Group at the Mental Health Board.
- Monitored and planned for 590 MCR grant, 988 rollouts, Pathways to Success, CESSA, and McHenry County Crisis Line intersection and coordination changes.
- Addressed issues to our State Representatives regarding gaps in MH and I/DD care such as lack of facilities/units in our county and need to clients to be transferred out-of-county for care.
- Funded over 35 provider agencies with over 80 programs including start-up funds for both Pioneer’s & Clearbrook’s Community Integrated Living Arrangement (CILA).
- Encouraged and supported provider innovations to help fill gaps in care such as within Autism to create new positions for FY23.
- Developed a new agreement with McHenry County SAO to administer the Opioid Settlement funds to community substance use disorder providers and put processes in place to begin incorporating these funds and procedures into our funding cycle with first NOFA planned for release in January 2023 to combat the Opioid epidemic.
- MHB participates on the ACMHAI Legislative/ Medicaid/ IDD/Children’s Behavioral Health Committees, CBHA Integrated Primary/Behavioral Healthcare Committee, 988 Key Stakeholder Coalition, CESSA state-wide and Regional Advisory Committee, ILHFS Medicaid Advisory Committee, IL Supreme Court Mental Health & Justice Taskforce, and is a member of several trade industry associations listed on page 11.



2021-2023 Three Year Plan

Strategic Initiative #1: MCMHB Network Enhancement & Development

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

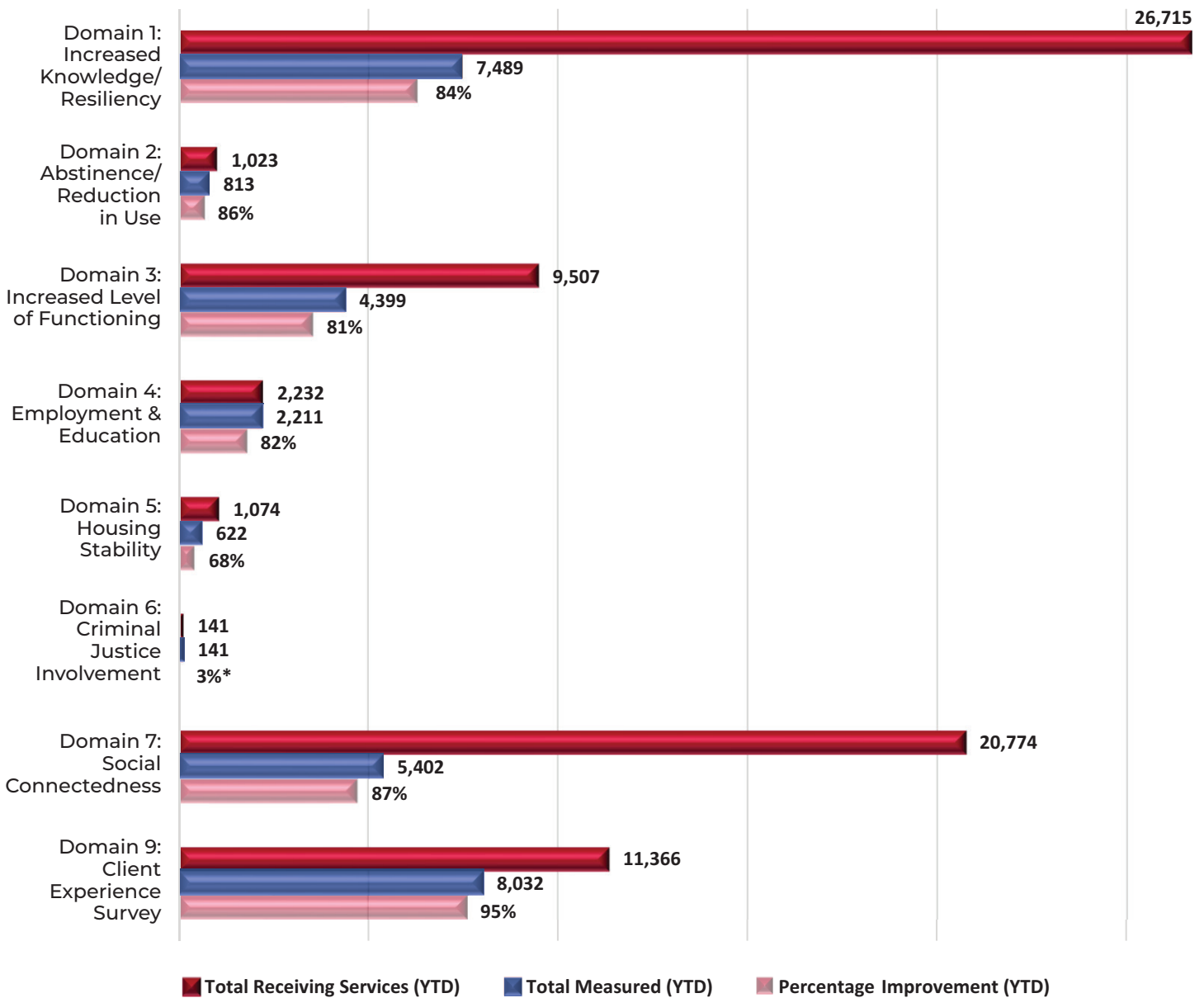
Strategic Initiative #3: Strengthen & Support Intellectual/Developmental Disability Services

Strategic Initiative #4: Advocacy, Awareness & Leadership

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 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.



* Average % of Active Participants reporting criminal justice involvement and/or re-arrest

2022 Highlighted MHB Funded

Recovery Support Services

New Directions Addiction Recovery Services (NDARS) - SUD Peer Recovery Support

NDARS Substance Use Disorder (SUD) Peer Recovery Support Network of Services has grown tremendously this past year and showing great outcomes. Our funding supports a comprehensive network of peer recovery support for residents and families in McHenry County that suffer from SUD. This program has a robust peer support community navigator program, offering peer recovery support specialists (PRSS) availability throughout McHenry County through two main programs: A Way Out and Connect-to-Recovery. These programs offer 24/7 substance abuse assessment and treatment options/support.



Weekly Family Support Group Meetings at The Other Side facility in Crystal Lake are also a service of Connect-to-recovery, and free to the community. These programs have demonstrated successful rates with both access to care and for navigating clients into treatment. Over 602 people have been served by these two programs this past year. We also provide funding for clients choosing recovery and needing assistance in NDARS sober living homes including The Retreat program.

The Association for Individual Development (AID) – Behavioral Health Recovery Support Services (Bilingual)

AID's recovery support services funded by the Mental Health Board has grown significantly this year and supports outreach and a comprehensive behavioral health support services to any resident with mental and behavioral health challenges who are uninsured or ineligible for entitlements other sources of funding or are undocumented. Services include therapy and individual, or marital/family counseling (bilingual); medication management; psycho-social rehabilitation; assistance in securing entitlements for those who meet eligibility criteria (Medicare/Medicaid/ Social Security/Social Security Disability/Link); education; and guidance to access natural community supports and crisis intervention.



Live4Lali – McHenry Harm Reduction and Recovery Program

Live4Lali's McHenry County Harm Reduction and Recovery Program has also grown significantly and has been impactful at their aim in reducing the number of fatal overdoses in McHenry County by partnering with and educating the community, providing access to care, and enhancing participants quality of life. They provide opioid over-dose prevention and harm reduction training and supplies, peer support and case management to individuals and families struggling with SUD. Their mobile team of recovery specialists truly meet clients where they are!



*Other outstanding PRS programs funded by the Mental Health Board are both the **National Alliance on Mental Illness – NAMI McHenry's Recovery Support & Local Systems Advocacy Services (bilingual)**, **Thresholds – McHenry Community Support Services** and **Veterans Path to Hope**.

They all utilize certified recovery support specialists for mental illness (MI) or co-occurring disorders.

A complete list of 2022 Funded Network Providers can be found on page 5.

Prevention Efforts

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).



These 3 simple steps may help save a life!

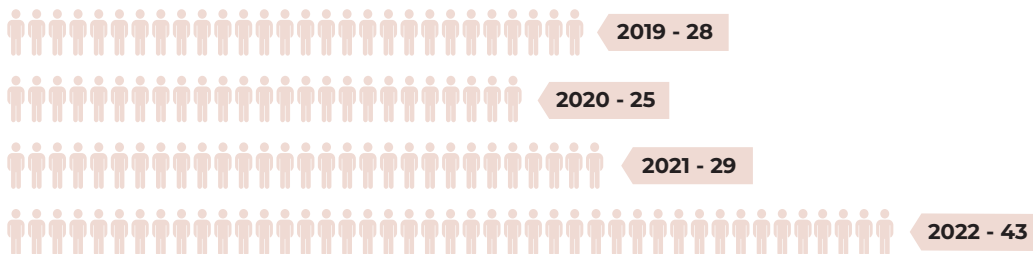
Question. Persuade. Refer.

Please visit www.mchenrycountyqpr.org for more information.

McHenry County Mental Health Board Network Milestones

- FY 2022 QPR Trainings: **47 Trainings & 1,878 Attendee/Gatekeepers**. The increase in gatekeepers is **57% greater** than last FY!
- Naloxone: Opioid reversal drug that, when available, is administered to someone experiencing an overdose. **4580 doses distributed** by Live4Lali to Community Members & First Responders. This number is **over 4 times greater** than last FY!
- A Way Out: Offers access to substance abuse treatment and resources through law enforcement officers/agencies: **2022 – 495 participants**. This number is **over 6 times greater** than last FY!
- Connect to Recovery – Connecting individuals who enter the A Way Out program and other system access points to treatment services, providing transportation and peer support: **2022 – 107 participants**.

McHenry County Deaths by Suicide



McHenry County Deaths by Overdose



* Pending number

About



McHenry County Mental Health Board

The McHenry County Mental Health Board is a special unit of government. As a result of Illinois House Bill 708, in 1967 voters in McHenry County established a community Mental Health Board and chose to levy an annual tax for the purpose “...of providing community mental health facilities and services, including facilities for the developmentally disabled and the substance abuser.”

Following this successful referendum, the county government appointed a board of community representatives to administer the mental health fund and to carry out the duties and responsibilities of the Community Mental Health Act. The Community Mental Health Board held its first meeting shortly thereafter and quickly began to develop general operating procedures and to fund agencies.

The Illinois Community Mental Health Act mandates Community Mental Health Boards in the State to:

- Review and evaluate community mental health services and facilities.
- Plan for programs of community mental health services and facilities.
- Consult with others regarding the most efficient delivery of services.
- Appropriate funds to maintain mental health services and facilities.

The Board is mandated to assure on behalf of the community that those in need of mental health, intellectual/developmental disabilities, or substance use services will have those services available to them. To accomplish this task the Board must continuously engage in policy development focused on their governance of all access, quality, and cost concerns for their constituencies needs.

To carry out these responsibilities board members must provide leadership and vision for the behavioral healthcare needs of county residents. Each board member is accountable to the community. As part of a governing body, each board member must determine what is in the best interest of the community and each of its residents.



Staff and Schedule

MCMHB



The McHenry County Mental Health Board meets monthly on the fourth Tuesday at 6:00 pm at the McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, Illinois. Public comment is always welcome at the beginning and end of all MCMHB meetings. For a complete list of Board and Committee meeting dates and times visit www.mc708.org.

For agendas and meeting minutes visit www.mchenrycountyil.gov and click the Meeting Portal tab near the top of the page.

FY22 MCMHB Board of Directors

Connee Meschini, President

(Term: 01/01/05 - 12/31/25)
Chair, Executive/Personnel Committee

Cathy Ferguson, Vice President

(Term: 05/21/13 - 12/31/22)
Chair, Building & Grounds Committee; Executive/Personnel Committee; By Laws Committee; Ethics & Compliance Committee

Ray Lapinas, Treasurer

(Term: 01/01/18 - 12/31/25)
Chair, Finance & Audit Committee; By Laws Committee; Building & Grounds Committee; Executive/Personnel Committee

Tracy Champion, Secretary

(Term: 1/1/19 - 12/31/22)
Chair, By Laws Committee; Ethics & Compliance Committee, Finance & Audit Committee; Executive/Personnel Committee

Paula Yensen, County Board Liaison

(Term: 02/21/17 – 12/01/24)
Executive/Personnel Committee; Building & Grounds Committee; Finance & Audit Committee

Michael Baber, Member

(Term: 01/01/21 - 12/31/24)
Executive/Personnel Committee; By Laws Committee; Ethics & Compliance Committee; Finance & Audit Committee

Rachel Boldman, Member

(Term: 01/01/19 - 12/31/22)
Chair, Ethics & Compliance; Executive/Personnel Committee, Finance & Audit Committee

Greg Alexander, Member

(Term: 01/01/21 – 12/31/24)
Executive/Personnel Committee; Buildings & Grounds Committee; By Laws Committee; Ethics & Compliance Committee

Adam Carson, Member

(Term: 01/01/21 – 12/31/24)
Executive/Personnel Committee; Building & Grounds Committee; Finance & Audit Committee

FY22 MCMHB Staff

Leonetta Rizzi, BSN, MS, MBA

Executive Director (start date 1/3/2022)

Terry Braune, MBA, CHC

Deputy Director

Melanie Duran, CMA

Fiscal Operations Manager

Kristen Doherty

Training Coordinator

Karin Frisk, MS, QMHP

Compliance Coordinator

Christy Golden

Accountant II

Vickie Johansen

Contract & Grant Lifecycle Monitor

Rachel McCarty

Accounting Assistant (Deceased 3/6/22)

Lori Zeek

Administrative Specialist II

Bridget Geenen

Executive Assistant (start date 4/25/22)

Amy Quinlan

Executive Assistant (resigned 2/1/22)

Industry Affiliations

- Association of Community Mental Health Authorities of Illinois
- Community Behavioral Health Association of Illinois
- Illinois Association for Behavioral Health
- Illinois Association of Rehabilitation Facilities
- Healthcare Compliance Association
- National Association of County Behavioral Health & Developmental Disability Directors
- National Council for Mental Wellbeing

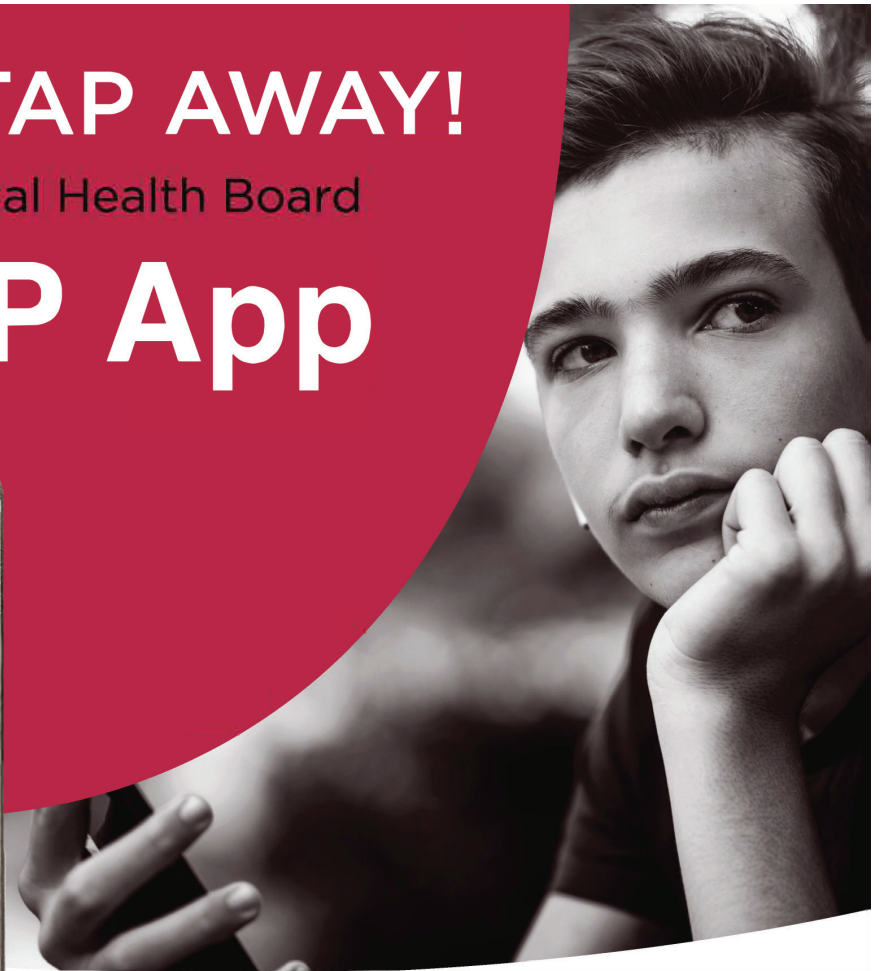
HELP IS A TAP AWAY!

McHenry County Mental Health Board

MCHELP App



SCAN ME!



Learn more by scanning the QR Code or visit McHenry County Mental Health Board on the web: www.MC708.org

Call or text your concerns to MCHELP on any subject 24/7, 365 days a year:

- **Anxiety • Mental Health Issues • Stress**
- **Depression • School • Family Concerns**
- **Substance Use • Suicide**

DOWNLOAD TODAY!

McHenry County Mental Health Board

620 Dakota Street
Crystal Lake, Illinois 60012

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

www.mc708.org

