

2020 ANNUAL REPORT

LIVINGSTON COUNTY MENTAL HEALTH (708) BOARD

AND

LIVINGSTON COUNTY (377) BOARD FOR THE CARE AND TREATMENT OF PERSONS WITH A DEVELOPMENTAL DISABILITY

**310 E. TORRANCE AVENUE, P.O. BOX 504
PONTIAC, IL 61764**

DECEMBER 1, 2019

TO

NOVEMBER 30, 2020



From the Executive Director

Dear Residents of Livingston County,

I doubt there's anyone that wasn't affected by the 2020 Coronavirus Pandemic. Whether that was losing a loved one to the dreaded virus, the stay-at-home order, being laid off from a job, food insecurity, children being home 24/7 due to e-learning, social isolation, and depression and anxiety due to this pandemic. You are not alone – It's ok to not be ok! These have not been just changing to our lifestyles, but an upheaval to our average world. By late June 2020, 40% of U.S. adults reported struggling with mental health or substance use issues. We are in this together and the end goal of a vaccine and control of this virus is within sight.

Your tax dollars through the 708/377 levies have continued to be used to provide services and programming to citizens in our County with mental illness, developmental disabilities, and/or substance use issues. IHR was able to provide virtual services by telephone or computer. Futures Unlimited's and Mosaic's group homes remained open to provide the essential residential services that some people with developmental services have chosen for themselves. The shelter and services through Safe Journeys remained open to support those individuals who have been affected by domestic abuse and sexual assault. The special recreation program AIR was able to provide some fun activities virtually to the people that they support. IHR's Snowflake Program held a fun drive-through event for the youth with a great response.

Telehealth is the new buzz word in Livingston County and across our nation! It has helped maintain access to care during this pandemic, providing flexibility, diminishing the stigma of having mental health issues, providing effective and quality care and meeting people where they are – in their homes!

The 708/377 Boards and the leadership of its staff are pleased to present this Annual Report for fiscal year 2019-20 to you the citizens of Livingston County.

Christine Myers, Executive Director
Livingston County Mental Health Board
P.O. Box 504
Pontiac, IL 61764
815/844-7708
chris@lcmhb.com

“You're never strong enough that you don't need help.” Cesar Chavez



Livingston County Health and Education Building Past, Present and Future



**Construction site trailer and fencing go up
10.2020.**



Testing the soil 10.2020.



Tree Removal 10.2020.



Finishing concrete pad 12.2020.



**Concrete block conference room/storm shelter built
12.2020.**



Crane setting metal tresses 12.2020.



Aerial view of construction site progress 12.2020.

For Your Information, in 2020:

- There were 211 Orders of Protection (OP) filed through Livingston County Court Services – Safe Journey can assist clients with OP’s and support throughout the court process.
- There were 125 charges of Domestic Battery – Safe Journey operates a confidential emergency shelter for victims of domestic violence and their children.
- There were 140 interviews completed with children involving sexual abuse and physical abuse, whether as victims, at risk, or witnesses – The Child Advocacy Center (CAC) is where children are brought when there has been an allegation that a child may have been sexually abused, seriously physically abused, a witness to a crime and/or the victim of human trafficking. In 2020, the LCMHB purchased some furniture and décor to make the therapy room more therapeutic and comforting.



- There were 116 Driving Under the Influence (DUI’s) cases, with 2 fatalities – Drunk Driving is still the #1 cause of deaths on our roadways. IHR provides out-patient substance use services, alcohol assessments, and prevention programs in our schools.
- In 2020 in Livingston County, there were 8 people who died from a drug overdose. IHR’s programming is for alcohol and/or drug use issues.
- In 2020, there were 3 suicides in Livingston County. Suicide is the 2nd leading cause of death among 10-34 yr. old. IHR has out-patient mental health counseling, crisis services, and counselors in 6 high schools in our County. Don’t be afraid to ask the tough question.
- Project Oz served 22 runaways, 7 homeless, and 1 locked out youth aged 10-17 years old. They provide case management, counseling, educational supports, crisis services, and emergency shelter. Since 2019, Project Oz has rented office space from LCMHB to provide these services locally in Livingston County.
- Livingston County Premise Alert Program began in November 2020 and allows individuals with special needs to be registered in the VCom 911 System so that responding law or emergency officers have pertinent information to respond to the call in a more effective manner. By the end of 2020, 8 individuals had registered for the Premise Alert Program. These special needs could be Autism, Epilepsy, Vision or Hearing Impairment, severe Depression, or someone who uses a wheelchair.
- IHR responded to 664 crisis calls. Their phone is answered 24 hours a day, seven days a week, and 365 days a year.

Operation Snowball

Operation Snowball is an alcohol and other drug use prevention program that focuses on leadership development to promote youth to lead drug-free lives. The name originates from the idea, if I have a positive impact on you, you can have a positive impact on someone else and the effect “Snowballs”.

FY2020 statistics are included in the IHR report on the next page under Substance Use Prevention.



The mission of the Institute for Human Resources (IHR) is to provide a continuum of quality mental health and substance use services ranging from education and prevention through treatment and aftercare for residents of Livingston County. The need for mental and substance use treatment continues to outpace the current resources. IHR provided over 31,000 hours of direct treatment interventions in 2020. IHR was able to treat over 3,000 unduplicated clients in 2020.

Clinical Department

| | |
|---------------|-------|
| Total Clients | 2,694 |
| • Male | 1,386 |
| • Female | 1,308 |

Substance Use Department

| | |
|--|------------|
| Substance Use Assessments | 256 |
| Admitted into Intensive Outpatient Treatment or Early Intervention | |
| *Successfully discharged | 101 |
| *Unsuccessfully discharged | 84 |
| *No treatment recommended | 17 |
| *Did not complete assessment | 24 |
| *Declined services | 2 |
| *Remaining from previous year | |
| Risk Education Classes | 36 |
| DUI Evaluations | 38 |
| DUI Secretary of State Updates | 22 |
| Substance Use Crises | 49 |
| Drug Screens | 239 |
| Investigative Report &/or update | 4 |
| Vivitrol Treatment | 20 |
| Drug Court Participants | 5 |
| Total Outreach/Community Interventions | 964 |

Substance Use Prevention

| | |
|---|----------------|
| Total Children | 2,895 |
| Operation Snowflurry | Pontiac |
| • Students (4 th -5 th grade) | 48 |
| • High school volunteers | 26 |
| Operation Snowflake | Virtual |
| • Students (6 th -8 th grade) | 377 |
| • High school volunteers | 47 |

Other substance use prevention education IHR provides:

- Youth Prevention Education in Livingston County schools
- Communication Campaigns
- Illinois Youth Survey
- My Generation Rx
- Drug Take Back Event
- National Prevention Week
- Resource Directory

Psychiatric Department

| | |
|--|-------|
| Total Contacts | 1,672 |
| Psychiatric Evaluations | 158 |
| Sherri Bowald | 494 |
| Dr. Puga | 181 |
| Total clients stabilized and referred to their PCP | 83 |

Psych Rehab Department

| | |
|---------------------------|----|
| Total Clients | 75 |
| • New Referrals (screens) | 19 |
| • Discharged | 19 |

Jail Program

| | |
|----------------------------------|-----|
| Total individual inmates treated | 185 |
| • Livingston County inmates | 89 |
| • Federal inmates | 96 |
| Groups held | 20 |
| • Livingston County inmates | 24 |
| • Federal inmates | 16 |

Crisis Program

| | |
|------------------------------------|-----|
| Crisis Calls | 664 |
| Crisis Assessments | 587 |
| • Face-to-face | 418 |
| • Phone Assessments | 246 |
| Total Psychiatric Hospitalizations | 54 |
| • Adult Male | 29 |
| • Adult Female | 25 |

SASS Program

| | |
|---------------------------------------|-----|
| (Screening Assessment Support System) | |
| Total SASS Screens | 97 |
| • New SASS | 69 |
| • Prior SASS | 28 |
| Hospitalizations | 30 |
| • Child Male | 9 |
| • Child Female | 21 |
| SASS clients discharged | 104 |
| SASS clients served by psychiatrist | 36 |
| SASS clients served by therapist | 53 |

Outreach Programs (hours of therapy)

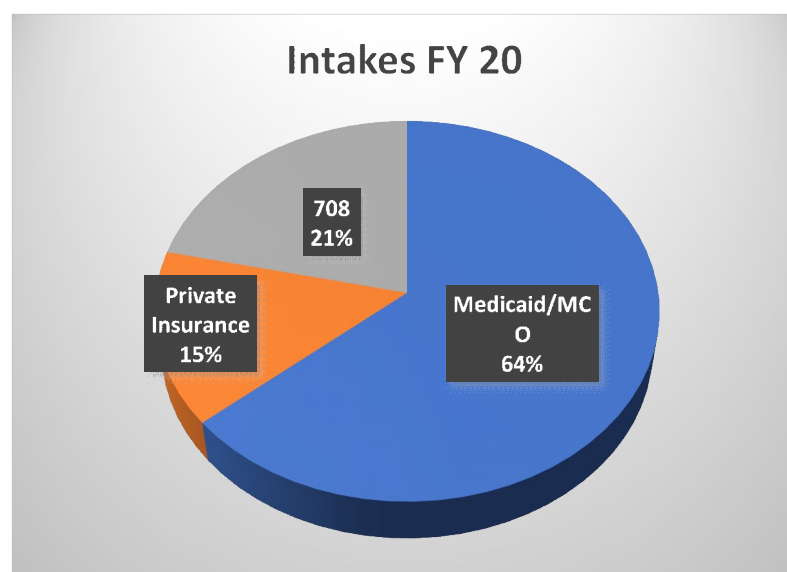
| | |
|-----------------------|----|
| • Fairbury OSF office | 67 |
| • Flanagan OSF office | 51 |
| • Cullom outreach | 19 |

Area Schools Include

| | |
|------------------------|-----|
| • Prairie Central | 109 |
| • Pontiac High | 47 |
| • Dwight High | 29 |
| • Tri-Point High | 28 |
| • Woodland High | 33 |
| • Regional Alternative | 77 |
| • Boys & Girls Club | 121 |

Mediation Clients

| | |
|---------------|----|
| Total Clients | 57 |
|---------------|----|



Safe Journeys (formerly, ADV & SAS)

Safe Journeys is a not-for-profit agency providing free, confidential supportive services to survivors of domestic and sexual violence in Livingston and LaSalle Counties.

As you will likely hear from each of us, COVID-19 was a challenge for our agency. Difficulties included not being able to provide prevention and community education in person, the cancellation of some public events that we usually have a presence at, limiting the number of people in our shelter, and clients having greater needs. Opportunities include the ability to look at virtual services (which will allow us to provide more services to clients who lack transportation), learning more about how to provide prevention and community education through virtual services, and changing our telephone system to better connect offices. In general, the year has had a steep learning curve that our staff have more than scaled.

Services provided to Livingston County residents include a 24-hour support line; safe housing; legal and medical advocacy; supportive counseling; information & referral; and prevention education in schools, for professionals, and for the community in general. All services are free of charge and are provided regardless of the survivor's age or gender.

Total Number of People Served: Funding from the Livingston County Mental Health (708) Board allowed us to serve 28 unduplicated domestic violence victims and seven unduplicated sexual assault survivors from Livingston County from December 2019 through November 2020. In addition to these clients, staff provided prevention education in schools and other agencies that work with children and persons with disabilities in Chatsworth (Prairie Central East), Dwight (Grade School), Fairbury (Prairie Central Elementary), Flanagan (Grade School and High School), Forrest (Prairie Central Junior High), Pontiac (High School, Junior High, and Grade Schools and Futures Unlimited), and Odell. Staff also are lead participants in a task force in Livingston County that addresses systems change related to domestic and sexual violence. We were not able to provide services in some of the schools that we are usually in, due to schools going to remote services in the Spring.

People Served from These Towns: Cornell, Dwight, Fairbury, Flanagan, Forrest, Long Point, Odell, Pontiac, Saunemin, and Streator.

Percent/Funding: Funding from the Livingston County 708 Board made up 2.63 percent of our agency FY20 budget.



Derrick is in the loom room at Futures Unlimited.

OVERVIEW

- 256 Individuals with disabilities received services at Futures Unlimited
- 377 and 708 funded programs provided services to 136 unduplicated persons, with some involved in more than one program
- 10 different programs and services offered
- 5.7-million-dollar annual budget; 5% from 377 and 708 Boards
- Persons served have a disability or functional limitation including developmental disabilities, mental illness, physical disabilities, Autism, or addictions
- Paid work training is offered through:
 - Contracts with area businesses
 - Work in microbusinesses operated by FUI, including SeedBallz, Deluxe Details car detailing, and contract cleaning services.

| Residences of Persons Funded by 377 and 708 Boards | |
|--|-----|
| Pontiac | 102 |
| Forrest | 2 |
| Chatsworth | 5 |
| Cornell | 1 |
| Fairbury | 7 |
| Cullom | 6 |
| Flanagan | 4 |
| Dwight | 1 |
| Saunemin | 2 |
| Odell | 4 |
| Other | 2 |

SUPPORTED EMPLOYMENT services provide job coaching and follow-up to help individuals work successfully at community jobs

- 20 persons worked in the community with Job Coach supports funded by the 377 and 708 Board
- 693 hours of individualized job coaching and 52.5 hours of transportation supports provided
- Individuals worked at 15 different businesses; 7 were hired directly by the business; the remainder worked as part of a community contract with FUI

EMPLOYMENT SERVICES provide individualized training including classes, paid work training, service facilitation, and supports to assist person to obtain community jobs

- 106 persons served
- 9234 hours of individualized service (708 funded 6799.75 hours and 377 funded 2434.25 hours of service)
- 35 persons obtained community jobs
- 37% of persons served are under age 30
- 49% of persons served have a felony or misdemeanor conviction
- 64% of persons served have a mental illness

COMMUNITY SUPPORT services provide assistance for individuals to learn and reinforce skills so they can live successfully in their own home or apartment

- 6 persons served
- 600 hours of individualized service and 16.75 hours of transportation services

COMMUNITY DAY SERVICES include classes, volunteer activities, work training, socialization, and community activities for clients with an intellectual disability diagnosis. The 377 Board funded for service overages, when clients have attended more hours than the IL Department of Human Services allowed for monthly billing.

- 21 clients served
- 185.75 hours of services funded



Jess is working on SeedBalz.



Judy is labeling bottles.

Infant Toddler Enrichment Program

The Infant Toddler Enrichment Program is operated by OSF Saint James John W. Albrecht Medical Center. The program provides children in Livingston County birth through three years of age the following services: identification of children at risk of developmental delays, identification and referral of children with developmental delays, developmental education, developmental stimulation and environmental enrichment.

2020

| | |
|--|----|
| Children Served in Playgroup | 10 |
| Children Screened | 12 |
| Referrals Made Due to Screenings | 10 |
| Case Management referral for further evaluation: | 14 |
| Total visits | 54 |



The rock wall has been assembled and is now in place.



Adaptive & Inclusive Recreation (AIR)

What is A.I.R.?

Adaptive & Inclusive Recreation (A.I.R.) is a county-wide therapeutic recreation program which focuses on the personal development of individuals who are unable to participate in a traditional recreation program. The A.I.R. program promotes the four aspects of health (physical, mental, emotional, and social) through various activities focusing on physical development and athletics, leisure activities, and fine arts. A.I.R. is sponsored by the City of Pontiac through their Parks & Recreation Department.

Who Is Eligible?

Individuals whom are unable to have their therapeutic recreational needs met by traditional programs are eligible to participate in A.I.R. programs. This includes: Individuals with developmental, physical and/or learning disabilities; sensory, genetic, and/or behavior disorders; autism or emotional difficulties. Eligibility is also extended to those living in group homes and nursing homes.

Special Olympics

Bowling – AIR participated in the state bowling tournament in Peoria on December 7, 2019. Two athletes participated. We finished the day with a 1st place and a 4th place. All of our athletes were chosen to sing the National Anthem at this event.

Basketball – We had 27 athletes and 3 managers, making us able to have 3 teams this year. We had 6 coaches. One of our teams advanced to State, which was cancelled due to Covid-19. We hosted 6 games at the Rec Center, free to the public.

Track – We had 36 athletes and 3 managers signed up to participate. Our season was cancelled due to Covid-19.

Due to facility closure, we had to cancel activities beginning March 12th. We resumed in-person and virtual on August 26th. In August, we welcomed everyone back with a pizza party. We had to cancel activities at the end of September due to Covid-19 illness. We resumed to virtual only activities the beginning of November. Some of the virtual activities we have done are: BINGO, trivia, mad libs, karaoke and crafts.



AIR 66ers Special Olympic Basketball team.



AIR 66ers Special Olympic Basketball team.



ZOOM AIR activities in 2020.

Embracing God's call, Mosaic relentlessly pursues opportunities that empower people.

Mosaic is a faith based organization that has been providing supports to people with intellectual disabilities since 1913. Mosaic of Pontiac has provided residential supports to adults with intellectual disabilities in a variety of settings since 1982. Mosaic is committed to providing individualized supports based on the goals and dreams the person and their families have for them. We help people define their own happiness. We support and empower people in the pursuit of their goals. We help people create meaningful lives in caring communities and give voice to issues that affect people's lives.

Mosaic serves 49 individuals. Forty four are served in 24 hour CILA (Community Integrated Living Arrangements) homes across Pontiac and Dwight. We provide intermittent supports to one individual living in his own apartment and currently serve four individuals in the Mosaic At Home program. Mosaic at Home offers the most personalized services by integrating people into their caregivers home, life and community. Mosaic at Home works with Independent Contractors to provide personalized services for their unique needs and goals, achieving better outcomes.

377 Board Funding

| | |
|---|-------------------|
| Dental Bills: | \$4,000.00 |
| Camp, Scholarships, Transportation: | \$NA due to COVID |
| Other includes: | \$6,000.00 |
| Household supplies, dinner, eye glasses, Wheel chair parts and medications | |



Christy is receiving instruction on the Wii game while Suzanne waits for her turn.



Linda is enjoying surfing the internet on the new I-Pad that was funded by the 377 Board.



Travis is lining up his collection of cars and trucks.



Nadine spends some of her spare time coloring.

Livingston County Mental Health 708 Board
Income & Expense Summary
Fiscal Year 2020
(unaudited)

| | |
|--|--|
| Beginning cash balance - December 1, 2019 | 1,356,952 |
| Income: | |
| Liv. Co. tax funds | 984,202 |
| Liv. Co. 377 Board admin/fees | 78,529 |
| Liv. Co. Youth Commission admin/fees | 48,505 |
| RFP - Medicaid | 6,998 |
| Interest income | 575 |
| Misc. income/donations | 2,353 |
| | Total Income: 1,121,161 |
| Expenses: | |
| <u>Purchase of Service</u> | |
| Futures Unlimited, Inc. | 218,869 |
| Institute for Human Resources | 556,889 |
| Institute for Human Resources - RFP Medicaid | 6,158 |
| Safe Journeys | 37,774 |
| Operation snowball | 5,640 |
| Service development | 3,500 |
| | Total Purchase of Service 828,829 |
| <u>Board Expenses</u> | |
| Staff salary & benefits | 233,313 |
| Travel & meals | 526 |
| Professional dues/expenses | 2,613 |
| Contractual services | 6,527 |
| Equipment | 3,631 |
| Lease/rent | 6,500 |
| Commodities/supplies | 3,235 |
| Board member expense | 538 |
| Audit | 1,525 |
| | Total Board Expenses 258,408 |
| | Total Expenses 1,087,238 |
| Cash balance - First Financial Bank | |
| First Checking Fund | 31,436 |
| First Money Fund | 1,359,440 |
| | Ending cash balance - November 30, 2020 1,390,876 |

Livingston County Mental Health 377 Board
Income & Expense Summary
Fiscal Year 2020
(unaudited)

| | |
|---|--|
| Beginning cash balance - December 1, 2019 | \$458,457 |
| Income: | |
| Liv. Co. tax funds | \$451,714 |
| Interest income | \$216 |
| | Total Income: \$451,930 |
| Expenses: | |
| <u>Purchase of Service</u> | |
| Futures Unlimited, Inc. | \$286,212 |
| O.S.F. - St. James | \$7,887 |
| Mosaic | \$10,000 |
| Adapted and Inclusive Recreation | \$6,403 |
| Service development | \$3,105 |
| | Total Purchase of Service \$313,606 |
| <u>Board Expenses</u> | |
| Staff salary & benefits | \$65,567 |
| Travel & meals | \$1,000 |
| Professional dues/expenses | \$2,000 |
| Contractual services | \$4,000 |
| Equipment | \$2,500 |
| Lease/rent | \$2,030 |
| Commodities/supplies | \$2,100 |
| Board member expense | \$375 |
| | Total Board Expenses \$79,572 |
| | Total Expenses \$393,178 |
| Cash balance - First Financial Bank | |
| First Checking Fund | \$29,169 |
| First Money Fund | \$488,039 |
| | Ending cash balance - November 30, 2020 |
| | \$517,208 |

Mission Statement

The mission of the Livingston County Mental Health Board is to assure that a comprehensive and coordinated community based system of effective and efficient mental health, developmental disability and substance use services is available and accessible to all the residents of Livingston County in need of such services.

Livingston County Mental Health Board
708 Board Members

Jack Vietti - President
Edward Legner – Vice President
Vicki Day – Secretary (through May 2020)
Rose Smith – Secretary (begin June 2020)
Debbie Studnicki – Treasurer
Mark Donovan (through Aug.2020)
Debbie Moran (begin Oct. 2020)
Jane Anderson (through Aug. 2020)
Gary Beier – (begin Oct. 2020)

Livingston County Board for the Care and Treatment
of Persons with a Developmental Disability
377 Board Members

Robert McCarty – President
Vicki Day – Vice-President
Mary Etta Mullen – Secretary

708/377 Board Staff

Phone: (Office) 815-844-7708

Christine Myers – Executive Director
Amanda Roberts-Lieb—Family Support Specialist
Amy Zick—708/377/LCCCY Financial Officer
Janice Golliday—708/377/LCCCY Administrative Assistant/
Health & Safety Officer



The Livingston County Mental Health Board (708) and the Livingston County Board for the Care and Treatment of Persons with a Developmental Disability (377) and staff are grateful for the role each of you play in sustaining the system of care in Livingston County.



Website: lcmhb.com

10
PRACTICAL WAYS TO LOOK AFTER YOUR MENTAL HEALTH

| | | | | |
|---|--|--|--|---|
|  TALK ABOUT YOUR FEELINGS |  EAT WELL |  KEEP IN TOUCH |  TAKE A BREAK |  ACCEPT WHO YOU ARE |
|  KEEP ACTIVE |  DRINK SENSIBLY |  ASK FOR HELP |  DO THINGS YOU ARE GOOD AT |  CARE FOR OTHERS |