



## CHAMPAIGN COUNTY MENTAL HEALTH BOARD

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### CHAMPAIGN COUNTY BOARD FOR CARE AND TREATMENT OF PERSONS WITH A DEVELOPMENTAL DISABILITY

#### Study Session of the Champaign County Mental Health Board (CCMHB)

**Wednesday, February 26, 2020**

Brookens Administrative Center

Lyle Shields Room

1776 E. Washington St. Urbana, IL

**5:45 p.m.**

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1. Call to Order
2. Roll Call
3. Public Participation/Citizen Input
4. Approval of Agenda
5. Study Session
  - A. Champaign County Christian Health Center - Mental Health Care at CCHC PY20 Mid-Year Program Report  
*Presentation by Jeffrey Trask*
  - B. NAMI Champaign County - PY20 Mid-Year Program Report  
*Presentation by Alison Meanor*
  - C. Rattle the Stars - Youth Suicide Prevention Education PY20 Mid-Year Program Report  
*Presentation by Kim Bryan*
  - D. Rosecrance - Recovery Home PY20 Mid-Year Program Report  
*Presentation by Gail Raney*
6. Board Announcements
7. Adjournment

5. A.

Champaign County Christian Health Center

Mental Health Care at CCCHC

CCMHB PY20 Award: \$13,000

Although CCCHC recently stopped offering mental health care specifically from mental health practitioners, our primary care providers still treat or refer those with various mental health conditions, especially anxiety and depression. CCCHC hopes, with CCMHB funding, to recruit new psychiatrists, psychologists, and counselors to provide direct mental health care to our patients. Currently, CCCHC mental health patients receive mental health screenings, primary care, prescriptions, and referrals to specialized care as needed. These services are provided to any uninsured and underinsured resident of Champaign County, typically between the ages of 18 and 64 (as those under 18 and over 64 generally have some form of health care coverage).

Having the resources to recruit and orientate new mental health care practitioners to volunteer with CCCHC will greatly enhance community resources in this area. Recruiting strategies include contacting local hospitals and other health care facilities to promote CCCHC and specifically target organizations that have potential mental health volunteers. Efforts also will be made to connect with a local psychiatrist that runs a residency program for psychiatrists. CCCHC hopes to establish a working agreement with this program to bring services to our patients.

5. B.

NAMI Champaign County Illinois

NAMI Champaign Grant App.

CCMHB PY20 Award: \$10,000

NAMI Champaign County Illinois offers free information and support to people living with mental health problems and their families.

The programs we currently offer include:

NAMI Family-to-Family, an educational course for family, caregivers, and friends of individuals living with mental illness.

NAMI In Our Own Voice (IOOV) unmask mental illness, using speaker stories to illustrate the individual realities of living with mental illness.

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

NAMI Champaign County would like to expand our services. To do this we need to hire an executive director to coordinate our stigma busting, educational and support programs.

NAMI Champaign County would like to expand and create local Ending the Silence and Family & Friends programs and is asking for funding from the CCMHB.

NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental illness.

NAMI Family & Friends is a 4-hour seminar that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health conditions in their families.

An Executive Director would help NAMI Champaign coordinate services and volunteers to help the both new and existing NAMI Champaign programs increase awareness of mental illness in the community and aid those impacted by a mental health issue find the information, support and resources they need.



## MID-YEAR REPORT – February 2020

### Mid-Year Report to the CCMHB

February 26, 2020 Study Session

Alison Meanor, Executive Director, NAMI Champaign County

#### NAMI's Mission

"The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans and their families affected by mental health conditions."

#### NAMI's Statement on Mental Health Recovery

"NAMI believes that what recovery means is different for each person, but the need for support on the journey towards wellness is universal. NAMI is a leader in providing information support and education through peer-directed programs."

#### Hiring of Executive Director

- Alison Meanor started a 25% appointment on October 1, 2019
- Coordinating services and volunteers
- Increasing awareness of mental illness in the community and advocating for recovery
- Aiding family/friends/caregivers and those with a diagnosis of mental illness to:
  - find community resources
  - receive NAMI education
  - receive support though both NAMI and other peer-run support groups
  - advocate for access, choice, and quality mental health services

#### Launching NAMI Ending the Silence

- The purpose of this presentation is to change misconceptions and "end the silence" surrounding mental health.
- Catered to three audiences: Students / School Staff / Families
- Topics include:
  - defining mental health and mental health conditions
  - statistics on how many people are impacted by mental health conditions
  - warning signs of a mental health condition, including suicidal thoughts/actions
  - how stigma prevents people from reaching out for support
  - how to help oneself if experiencing symptoms
  - how to recognize signs that your friend needs support
  - reaching out to trusted adults, friends, professionals, support lines (text/phone/apps)
- Training six Young Adults – share a 10-minute personal testimony
  - 3 from NAMI Campus Club UIUC
  - 2 from Parkland College's Club Access
  - 1 from NAMI Minnesota
- Training two Lead Presenters – present PowerPoint, facilitate class participation, Q&A
- In contact with:
  - Unity - Unit 7 Schools
  - Urbana Middle School
  - Heritage Community Unit School District #8

**MID-YEAR REPORT – February 2020**

**Launching NAMI Family & Friends**

- A free 90-minute or four-hour seminar that informs people who have loved ones with a mental health condition how to best support them.
- An opportunity to meet other people in similar situations and gain community support.
- Course Content:
  - Understanding diagnoses, treatment and recovery
  - Effective communication strategies
  - The importance of self-care
  - Crisis preparation strategies
  - NAMI and community resources
- Two NAMI CC members are in training
  - Have lived-experience supporting a family member with a mental health condition
- To be offered in summer, late winter, and as requested
  - To be a lead-in to our Family-to-Family Spring and Fall Classes (8 weeks)
  - To invite people to join our Family Support Groups (currently once a month)

**Continuing Educational Programs and Support**

Family-to-Family	NAMI Campus Club UIUC
Family Support Groups	Parkland College’s Club Access
In Our Own Voice	Crisis Intervention Team (CIT) Training
NAMI CC Warm Line	Community Education Programs

**Continuing Anti-Stigma Activities / Education / Outreach / Collaboration**

Midwest Center for Investigative Reporting – “Wellness on the Farm”  
 Parkland College’s Anxiety Awareness and Screening Day  
 disABILITY Resource Expo  
 Special Populations’ Annual Health Fair, Illini Union (w/NAMI Campus Club)  
 Ebertfest

**Continuing Collaboration with Peer-Run Groups**

GROW in Illinois	Survivors of Suicide Support
Depression and Bipolar Support Alliance (DBSA)	Rattle the Stars
Alliance for Inclusion and Respect (AIR)	Active Minds (UIUC student group)

**Expanding NAMI CC Peer Support**

Peer Social Activities – offer support, building friendships, volunteer projects  
 NAMI Connections Recovery Support Group – 2 NAMI CC peers accepted in Fall 2020 training

**Increasing Our Course Offerings**

Three NAMI CC members signing up for Family-to-Family training  
 Additional NAMI members interested in Ending the Silence and Provider Education trainings



5.C.

Rattle the Stars

Youth Suicide Prevention Education

CCMHB PY20 Award: \$55,000

The primary service provided is education and training on how to intervene with someone who may be having thoughts of suicide. Our program is designed to build skills and improve competence to encourage intervention between peers, and by parents and adults. The program covers four content areas: knowledge about suicide (scope, causes, risk and protective factors), recognizing warning signs, intervening using effective communication skills (support, validation, compassion), and accessing professional care. Although the core components remain the same, the program is adapted for delivery to middle and high school students, parents, educators, service providers, clergy, and others. This education program can be delivered on its own, but we offer and recommend it's inclusion as part of a comprehensive implementation plan.

We provide support services to organizations for the development of a comprehensive plan to address suicide, including prevention, intervention, and postvention. Prevention plans include specific messaging regarding mental illness and suicide, and also supports for developing or integrating suicide prevention into existing programming (e.g. anti-bullying, LGBTQ+ supports, social-emotional development, social integration and connection). We implement our intervention program by training youth, parents, educators, and other adults, and also provide intervention support by reviewing and recommending crisis intervention plans. Finally, we provide recommendations and support for developing postvention plans for responding after a suicide.

In order to promote our services, we participate in various community events and activities at which we can hand out resources and information.

As all of these activities are essential for us to provide effective suicide prevention education to youth and the community, they are all to be funded by the CCMHB.

5, D.

Rosecrance Central Illinois

Recovery Home

CCMHB PY20 Award: \$200,000

Traditionally a "step down" from Residential treatment services, the Recovery Home requires that clients receive substance abuse treatment services through Rosecrance's Continuum of Care, including Intensive Outpatient and Outpatient Programs. The treatment needs of clients are assessed using the Diagnostic Statistical Manual (DSM-5) and The ASAM (The American Society of Addiction Medicine) Criteria.

The program requirements are currently mandated by Illinois Administrative Code Title 77, Part 2060, which state that recovery homes provide individualized services within a recovery-oriented system of care environment. The services consist of therapeutic interventions that facilitate: removal of barriers for safe/supportive housing; 12-Step support involvement; independent living skills; education/vocational skills; identification and use of natural supports; use of community resources; and peer support. Evidence based practices to be used include:

- 12-Step model and peer support: Engaging in support help groups contributes to better substance use outcomes by providing support, goal direction, and structure; exposure to abstinent role models; reward for substance-free activities; and a focus for building self-confidence and coping skills. (Moos & Timko, 2008);
- Level system: Utilizing a hierarchical model helps residents to gradually adjust to community living, while increasing sustainability of recovery efforts (Polcin & McAllister, 2008); and
- Case Management: Studies support utilization of case management based services in the engagement and retention of treatment and ancillary services (Rapp, Van Den Noortgate, Broekaert, & Vanderplasschen, 2014).

Staff provides weekly group services in 12-Step Recovery Study and Life Skills Workshops. Staff also provides intensive case management based on individualized service plans, support activities for daily living and relapse prevention skills; access to vocational/educational programs; assistance in linking clients to medical, psychiatric, counseling; and dental services in the community; education on money management/budgeting; education on accessing peer or community supports and activities (i.e. church, AA/NA meetings, recreational activities); and provision of service work/volunteer/work opportunities.