



## **Champaign County Mental Health Board (CCMHB) Study Session Agenda**

**Wednesday, October 27, 2021 at 5:45PM**

Shields-Carter Room, Brookens Administrative Building

1776 East Washington Street, Urbana, IL

<https://us02web.zoom.us/j/81393675682> 312-626-6799, Meeting ID: 813 9367 5682

Pursuant to the Governor's Executive Order establishing a pandemic disaster in the State of Illinois that covers the County of Champaign, and the CCMHB President's determination that holding this meeting in person is not prudent at this time due to health concerns with rising numbers of COVID-19 cases and hospitalizations being reported in the county, this meeting will be held remotely via zoom, including for public comment. The study session may be viewed live through this link or later in archived recordings at <https://www.co.champaign.il.us/mhbddb/MeetingInfo.php>

***Public Input:*** All are welcome to attend the Board's meetings, using the Zoom options or in person, in order to observe and to offer thoughts during the "Public Participation" period of the meeting. For support to participate during a meeting, let us know how we might help by emailing [stephanie@ccmhb.org](mailto:stephanie@ccmhb.org). If the time or format of the meeting are not convenient, you may still communicate with the Board by emailing [stephanie@ccmhb.org](mailto:stephanie@ccmhb.org) written comments you would like us to read to the Board during the meeting. Feedback is appreciated but be aware that the time for each person's comments may be limited to 5 minutes.

1. Call to Order
2. Roll Call
3. Zoom Instructions (**page 2**)
4. Approval of Agenda\*
5. Citizen Input/Public Participation  
*The CCMHB reserves the authority to limit individual public participation to 5 minutes and limit total time to 20 minutes.*
6. President's Comments – Joseph Omo-Osagie
7. **STUDY SESSION**
  - A. **Coalition Community Violence Response Team (pages 3-32)**  
*For information only, the packet contains an overview and updates on the Champaign County Community Coalition Violence Response Team (CVRT). Presenters are: Karen Simms, Executive Director, CU Trauma & Resilience Initiative, Mary Roberson, Community Relations Specialist, Champaign City Manager's Office, Office of Equity, Community and Human Rights, and Regina Crider, Executive Director, Youth and Family Peer Support Alliance.*
  - B. **Youth & Family Peer Support Alliance (pages 33-49)**  
*Regina Crider, Executive Director, and Ulanda R. Hunter, Project Director and Parent Peer Support Supervisor, of the Youth and Family Peer Support Alliance (The Alliance) will present on the organization's work and related advocacy efforts.*
8. Board Announcements
9. Adjournment

*\*Board action requested*

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## Instructions for participating in Zoom Conference Bridge for CCMHB Study Session October 27, 2021 at 5:45 p.m.

You will need a computer with a microphone and speakers to join the Zoom Conference Bridge; if you want your face broadcast you will need a webcam.

Go to Join Zoom Meeting  
<https://us02web.zoom.us/j/81393675682>  
Meeting ID: 813 9367 5682

One tap mobile

+13126266799,,81393675682# US (Chicago)

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Dial by your location

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US (Washington D.C)

+1 646 558 8656 US (New York)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 813 9367 5682

Find your local number: <https://us02web.zoom.us/u/kclgvKiumy>

When the meeting opens, choose to join with or without video. (Joining without video doesn't impact your participation in the meeting, it just turns off YOUR video camera so your face is not seen. Joining without video will also use less bandwidth and will make the meeting experience smoother).

Join with computer audio.

Once you are in the meeting, click on "participants" at the bottom of the screen.

Once you've clicked on participants you should see a list of participants with an option to "Raise Hand" at the bottom of the participants screen. **If you wish to speak, click "raise hand" and the Chair will call on you to speak.**

If you are not a member of the CCMHB or a staff person, **please sign in by writing your name and any agency affiliation in the Chat area.** This, like the recording of the meeting itself, is a public document. There are agenda items for Public Participation and for Agency Input, and we will monitor the 'raised hands' during those times.

***If you have called in, please speak up during these portions of the meeting if you would like to make a contribution.*** If you have called in and therefore do not have access to the chat, there will be an opportunity for you to share your 'sign-in' information. If your name is not displayed in the participant list, we might ask that you change it, especially if many people join the call.

Members of the public should not write questions or comments in the Chat area, unless otherwise prompted by the Board, who may choose to record questions and answers there.

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#7.A

# THE CHAMPAIGN COUNTY COMMUNITY COALITION COMMUNITY VIOLENCE RESPONSE TEAM

We are mobilized partners committed to responding to preventing and addressing community violence; and supporting individuals, families and communities impacted by community violence.

## Two main initiatives:

### Community Building Meetings & Community Violence Response Effort

- **Community Meetings-** Organized events to share resources, discuss information regarding incidences of community violence, and explore strategies for addressing violence.
  - **Neighborhood Safety Meeting:** A space for the community to talk about their needs and resources related to gun violence/resiliency. Meetings will occur monthly.
  - **Community Violence Response Forum:** A space for community members and neighbors who have been impacted by major incidents of community violence to hear and receive relevant information, resources, and support. This event will occur 36-72 hours after an incident of significant community violence.

*\*Community members can request a Neighborhood Safety Meeting or Community Violence Response Forum.*

- **Coordinated Community Response -** Direct help and support to individuals and their families impacted by community violence. Call or text 217-673-7122 for more information. The support is free, confidential, individualized, and available whenever and wherever an individual or family needs it!



# WAYS YOU CAN GET INVOLVED

- Go to the Champaign County Community Coalitions Facebook or the CU Trauma & Resilience Initiative's pages to keep up to date with events and activities
- Join our email list and notification list at: [curesponds@gmail.com](mailto:curesponds@gmail.com)
- Attend a FREE training, educational event, or workshop to learn more about trauma, addressing community violence and how you can help! All events are posted on Facebook.
- Attend and/or help at Community Violence Forums, Neighborhood Safety Meetings and Anti-Community Violence Events
- Provide emotional, spiritual, and other forums of support at Funerals and Vigils
- Work with MOMS Demand Action, NAACP or other groups committed to reducing gun violence
- Volunteer as a Neighborhood Champaign/Support 4 U volunteer and direct help families and individuals who have been impacted by community violence in targeted and supportive ways
- Get involved with Hear 4 U our Mental Health support network which supports youth/young adults (ages 14-26) and their families
- Mentor or volunteer to support youth, young adults, and families
- Join our task force that is committed to addressing community violence and responding to community violence in targeted, strategic, and supportive ways! (Email or call for more information)

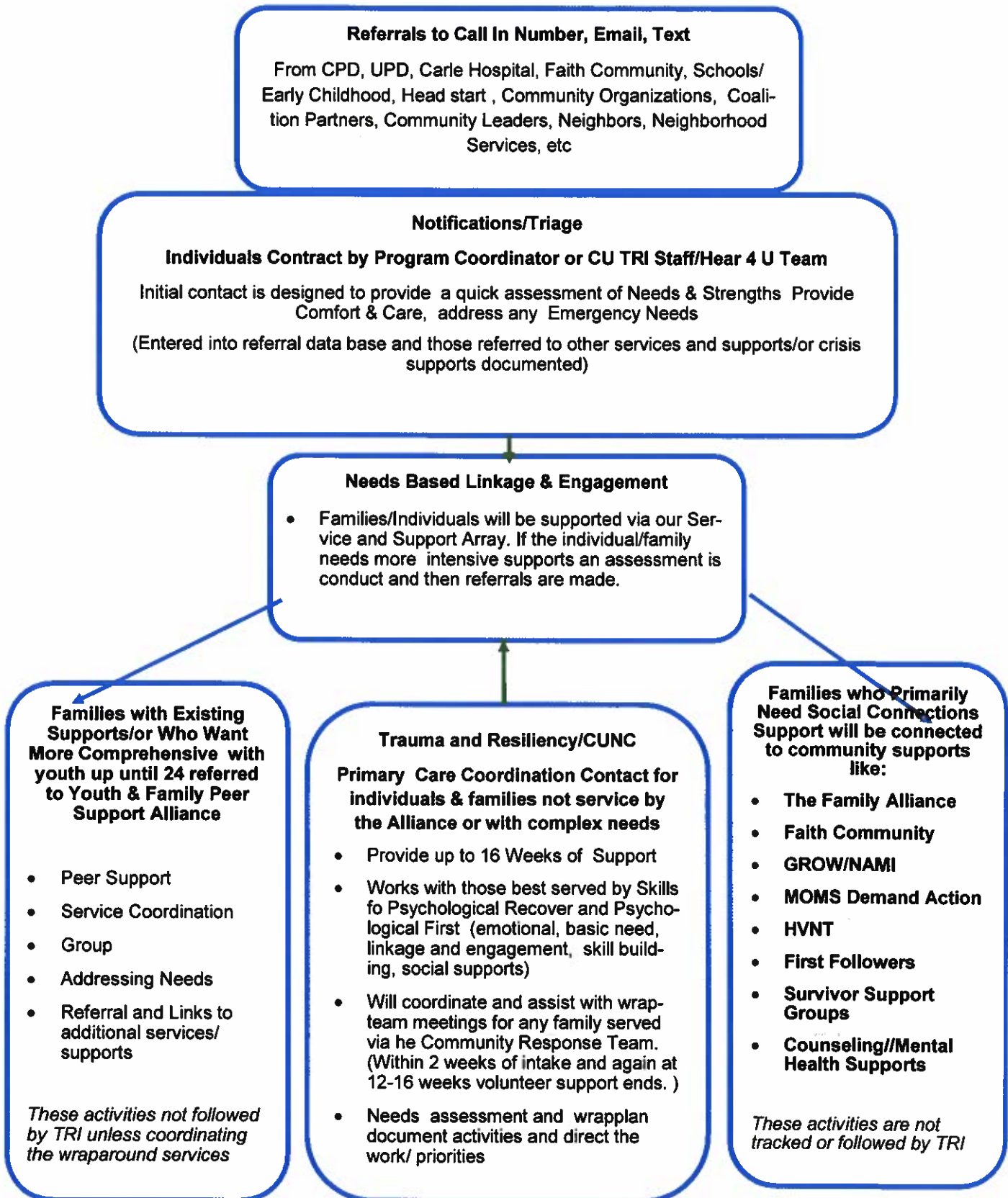
For more information please email us at : [curesponds@gmail.com](mailto:curesponds@gmail.com) or call 217-673-7122

## Current CU Community Violence Task Force Members

Representatives from the United Way  
Representatives from the Faith Community  
The Youth & Family Peer Support Alliance  
NAACP  
Rattle the Stars  
Champaign Police, Urbana Police and U of I  
Police  
First Followers  
Representatives from MOMS Demand Action

Civic Leaders  
Business & Community Leaders  
Representatives from Champaign and Urbana local  
governments  
Representatives from Champaign, Urbana and READY schools  
Mental Health and Social Service Providers  
Representatives from the Trauma & Resilience Initiative  
Youth, Youth Service Providers, and others

# Community Violence Response Model



Volunteers available to address/support plan through crisis up to 16 weeks

For more information contact: curesponds@gmail.com or 217-673-7122

# Updates from the Community Violence Response Team (CVRT)

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October 2021  
Karen C. Simms (CU TRI), Mary Catherine Roberson (City of Champaign), & Regina  
Crider (Youth & Family Peer Support Alliance)



# Gun Violence in CU

In Champaign, 205 confirmed incidents/reports of shots fired - 45.6% increase since last year (up until 10/5/2021).

- **11 murders year to date**

In Urbana, 80 confirmed incidents - a shooting every 3.1 days.

- **2 murders between July and September**

In both cities, there were more shootings from Jan 1st - July 31st of 2021 than the entire year of 2020.

# COVID & Gun Violence

**Structural inequalities** have long existed in Champaign-Urbana. COVID-19 has only exacerbated the impact by increasing barriers to access to education, healthcare, and resources and leading to increased incidences of violence.

In Champaign County, the rate of poverty is **29.6%**, which is significantly higher than the rest of the state. 19% of African American families live in poverty. COVID has impacted those who are economically disadvantaged.

The “Safest Cities of Illinois 2020” ranks Urbana at 209, and Champaign is 220 out of 251 cities. Since the COVID-19 pandemic, the number of shooting victims has doubled from four victims in February prior to eight victims by June 2020. Most notable, there is an overlap between areas in Champaign that have dense rates of infection and violence.



# What's being done?

- 1) Victim/family supports** through the Community Violence Response Task Force (CVRT), CU Trauma and Resilience (CU TRI), and support to Champaign and Urbana high school males
- 2) Neighborhood community supports** through conversations with large apartment complexes and registered neighborhood groups, virtual and in-person events to inform and support community members, an anti-violence public messaging campaign, a partnership with Crime Stoppers, and strengthened partnerships with community organizations
- 3) Support for the formerly incarcerated** through CU Fresh Start focused deterrence initiative, Champaign County Reentry Council, and First Followers
- 4) Law enforcement support** through the activities of the Champaign, Urbana, and U of I Police Departments, as well as the Sheriff's Office

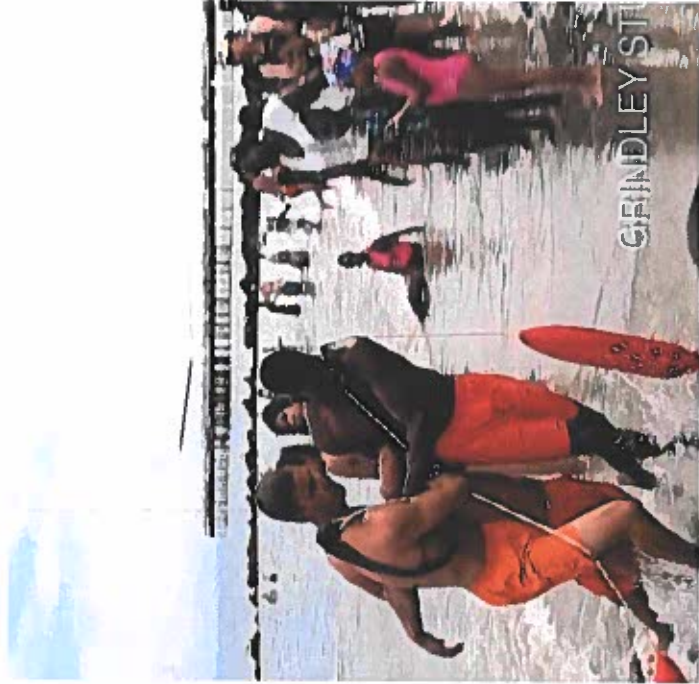


# Community Violence Response Task Force

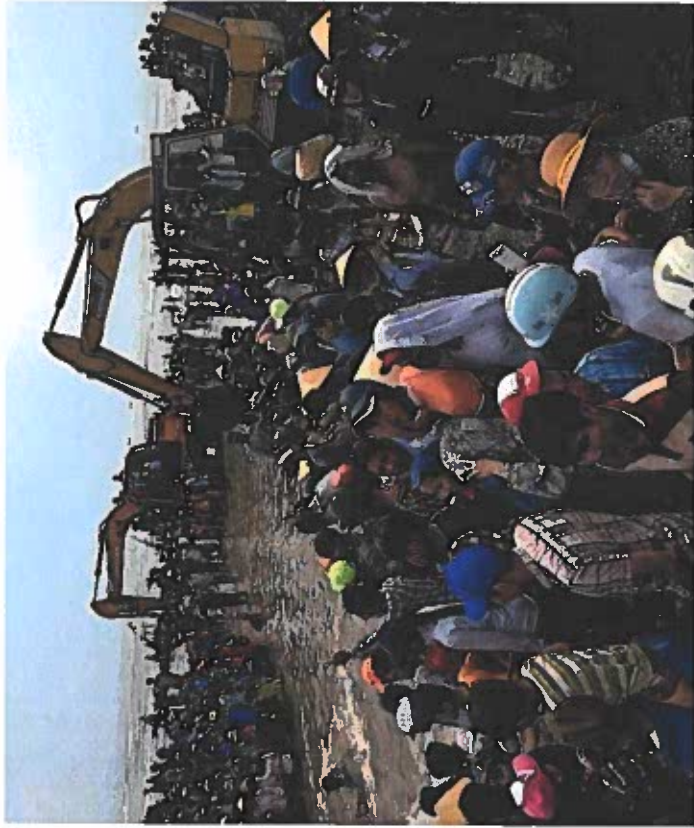
<b>Task Force Members Include:</b>	Strategic Coalition Partners
	Representative from the United Way
	Representatives from the Faith Community
	Youth & Family Peer Support Alliance
	NAACP, Rattle the Stars, Rosecrance
	Champaign Police, Urbana Police, U of I Police
	Outreach Workers
	Representatives from MOMS Demand Action
	Local business owners (a part of CU Fresh Start Team)
	Representatives from Champaign and Urbana local government
	Youth, Youth Service Providers, Community Members, Urbana, READY, Urbana Schools, and others!
	CU Trauma & Resilience Initiative and Fresh Start

# The Goal is to:

**Move From**



**Move To**



# Principles & Commitments

- Strength Based
- Outcome Based
- Trauma Informed
- Evidence Based
- Family Driven / Youth Guided
- Community Based
- Culturally Responsive
- Collaborative
- Influenced by: *The Ceasefire (now the Cure Violence Model), Blueprint, Wraparound, Faith in Action, and other successful models- but designed, adjusted, and modified to meet our community's unique needs.*



**KEEP CALM  
WE'RE  
ALL IN THIS  
TOGETHER**



**STOP SHOOTING.  
START LIVING.**  
SAFE STREETS • 443-984-3566

# Creation of a Seamless Community Violence Response Plan

## Prevention

- Preventing Community Violence
- Promoting wellness, positive youth development, resiliency
- Addressing root causes of violence
- Changing social norms

## Intervention

- Strategies to interrupt the cycle of violence for those with identified risk
- Collaboration & early identification
- Offering community-based supports that promote safety, re-instill feeling of safety
- Strategies to teach and reinforce affect regulation

## Postvention

- Supports offered after an incident of violence/crisis
- If done correctly, it is also a prevention strategy
- Caring for and supporting those impacted and affected by community violence (individuals, community, and family)




# 2020 Community Violence Response Task Force Successes

We held monthly task force meetings; 55 individuals are signed up for the task force (20% are community members).

We held 2 Community Violence Response meetings and 4 Neighborhood Safety meetings (2 in Champaign and 2 in Urbana), reaching 315 adults and 32 children.

- King Schools and Salt & Light Urbana
- Countrybrook Apartments and New Foundation Church

We formalized a partnership with Carle regarding our Community Violence Response plan; 8 individuals have been cleared as volunteers through their process.



## Community Building Neighborhood Safety Meetings

Goal is to bring neighbors together to talk about their needs and strategies to address community violence

- **Held monthly – alternates between Champaign & Urbana (the next meeting is March 3<sup>rd</sup> at Salt & Light)**
- **Space to promote community engagement/mobilization\***

For each neighborhood safety meeting, we need **volunteers before the event** (for canvassing efforts, help with set up, serving food, playing with children, clean up, and needs assessments)

# Community Building Neighborhood Safety Meetings

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**Goal:**

**Build relationships between the community and the community violence work (task force)**

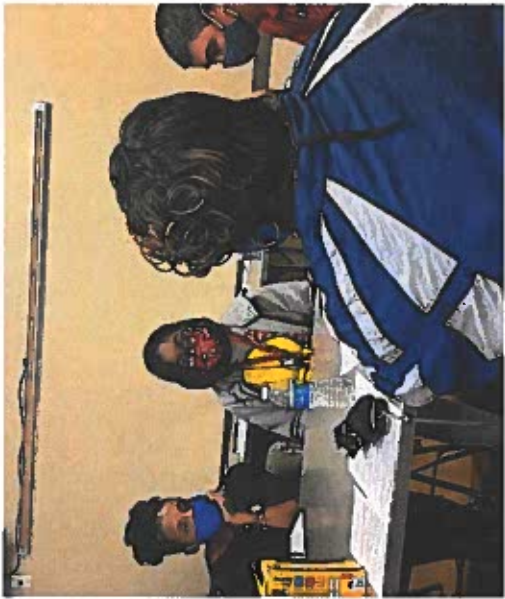
- **Monthly meetings to be held in neighborhoods in Champaign & Urbana (on a rotating basis)**
- **Provide a space for the community to talk about its needs and resources related to gun violence / resiliency**
- **Place for information sharing:**
  - Dissemination of resources
  - Share where help is available
  - Engage the community / increase involvement
  - Signs and symptoms of trauma / problems with adjustment
  - Assessment of needs, strengths, and resources





## Neighborhood Safety Meetings





# Neighborhood Safety Meetings



# Community Violence Response Forums

## The Purpose:

*To provide a space for community members and neighbors who have been impacted by major incidents of community violence – especially gun related violence – to hear and receive:*









- Relevant Information
- Resources
- Support



*At these events, identified representatives will share **relevant, available, and pertinent information to community members and those impacted.***

*\* **Significant events will be defined by law enforcement, stakeholders, or by the community – neighbors and/or a neighborhood can request a forum***

# Resources Available to Support Survivors & Community Members

-  Community Violence Forums
-  Family Leadership and Survivor Support
-  Hear 4 U – Community Based “Mental Health” Supporters
-  Support 4 U & CU Neighborhood Champions
-  CU Fresh Start
-  First Followers
-  Restorative Circles / Process
-  And other community supports



# Updated Community Violence Response Process

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Referrals come to a single point of entry – law enforcement, Carle, providers, school, community members, and hopefully families one day

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Every individual and/or family who is referred to us will be contacted, and engagement is unconditional

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Needs will be assessed and referred to a community support

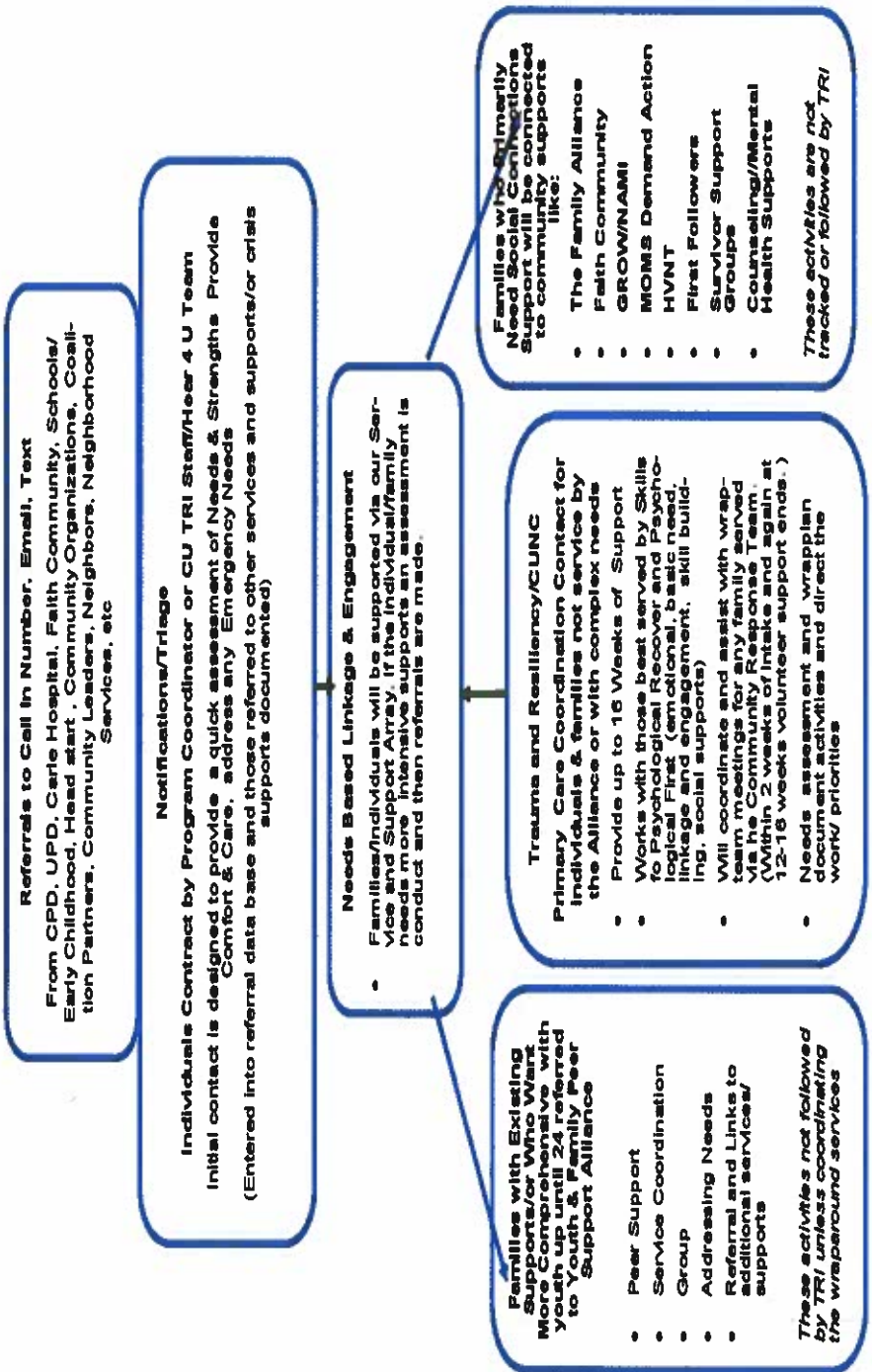
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Targeted supports are a formal part of our response process; some families will receive short-term support via our Neighborhood Champions responder teams

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A monthly collaborative service meeting to reflect on cross-system needs and promote collaborative problem-solving.

# Community Violence Response Model



Volunteers available to address/support plan through crisis up to 16 weeks  
For more information contact: curesponds@gmail.com or 217-673-7122

# Youth & Family Peer Support Alliance

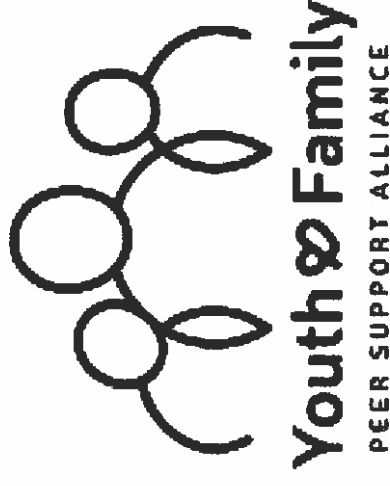
## (Peer & Family Connections Program (PFC))

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**Peer and Family Connection:** the PFC program is designed to improve the capacity of parents / caregivers to identify and meet their own self-care needs and to make sense of their experience on their family's journey to recovery.

The PFC program will be available to all families of youth under 24. Participants might receive:

- 1:1 individualized supports
- Targeted service coordination and care
- Social-skill building and social supports
- Support in navigating service systems and identification of recourses
- Peer-led psycho-educational groups



# Summary of 2020 CVRT/CUTRI Efforts

## **TRI & CVRT Referrals:**

- Families served - 14 (with wraparound/comprehensive support services)
- Individuals served - 6 (3 men and 3 moms referred directly to the program)

## **Individuals / families referred to a partner agency / organization for service coordination.**

Some examples of referral organizations that individuals / families were connected to:

- Youth & Family Peer Support Alliance (3)
- Cunningham Township (3)
- Champaign Township (1)
- First Followers (2)

**Other partner agencies and organizations that helped us respond to the diverse needs of clients included, but were not limited to, RPC, ExpressPro, HeadStart, and Urbana and Champaign Park Districts.**

*\*Our families could represent anywhere from 3-8 people because we enroll them as a unit. We reported a total of 40 people in our CCHMB report.*



# Summary of 2020 CVRT/TRI Efforts

## Some of the supports offered:

- 1:1 support (mental / emotional)
- Coaching and mentoring
- Group conversations and gatherings for moms impacted by gun violence
- Psychological first aid and skills for psychological recovery
- Self-care and wellness planning

## **Intensive wraparound support for care coordination included (but was not limited to):**

- Advocacy for and empowerment of families as they navigated employment, social services, and healthcare systems
- 1:1 support
- Wellness planning
- Connection of families with community supports
- Help to connect with/heal natural supports
- Court advocacy and support

We were able to quickly offer comfort and care to families because of our collaborative effort with Bend the Arc, Moms Demand Action, and you, Mary Catherine! Some of the items / donations included gas cards, grocery and restaurant gift cards, and transportation gift cards when families were displaced / in temporary housing -- **as well as** comfort and care items for adults (blankets, candles, etc.) and children (games, clothes, etc.).

32 referrals

(14 couples / families individuals referred from May - present)

½ referrals from Carle Occupational Health

Other referrals have come from other families and/or self referrals from community meetings / supports

New partnership began – August 2021 – 2 referrals to the YSPA

2021 CVRT Efforts January 2021 - present



## 2021 Services & Supports Offered

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Temporary Housing / Accommodations – 45 days

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Connection to long-term housing supports

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Health care advocacy/support

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Connection to mental health supports – (formal and informal)

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Referrals to Fresh Start

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Adult Peer Support

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Connection to resources and supports to address basic needs

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Emotional / social supports

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Transportation

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# Hear 4 U

## **Mission Statement**

Youth driven and culturally responsive community-based mental health (social & emotional) supporters committed to serving, building relationships with, and responding to the needs of youth & young adults (14-24) who are impacted by community violence.

## *What they do:*

- Build relationships with youth and young parents in natural community settings
- Be available to support youth in the community and at events (funerals, vigils, community events)
- Assist with building connections between youth and young adults and the service network
- Serve as connectors with resources in the network and the larger community
- Be a listening ear in non-traditional hours

More helpers are needed!





# What's Still Needed:

- Improved coordination and collaboration
- Additional resources – people, funding, advocates - to fully to support a broad robust evidenced-based coordinated community violence prevention, intervention, and response. Additional culturally responsive and trauma informed community-based mental health and substance abuse resources for youth adults and family members (especially parents)
- Trauma-specific treatment strategies for individuals with PTSD
- More community-based positive- pro-social skill building activities that improve relationships in the community
- Housing supports: 1) temporary (stable short-term housing for families / individuals impacted by gun violence) and 2) long-term positive supportive housing supports (especially for young adults impacted by community violence and for young families)
- Vocational training opportunities, academic supports, and career building opportunities
- “On the ground” full-time persons who can help identify potential needs, mediate those needs, reduce the stigma of help-seeking, and link people to needed resources
- Hope

# What can you do?



- Get involved with the TASK Force (presence not required; call-ins welcomed)
- Assist with the Needs Assessment or canvassing process – offer to assist with the Community Building Safety Forums – lead by CUAP (door to door, at football games, and at events)
- If you could see yourself participating in our response effort, invite us to conduct a psychological first aid/skills for psychological recovery training for you or to talk with you!
- Invite your students, families, neighbors, and colleagues out to a meeting or event!
- Volunteer :
  - Form a Neighborhood Champions Family Support Team
  - Become a Hospital Crisis responder- “Support 4 U”
  - Help at events (forums, events, become an ambassador)

## For More Information:



Email us at [curesponds@gmail.com](mailto:curesponds@gmail.com)



Call / Text: 217-673-7122



Come to our next meeting!

Get involved!

Help or connect us to help!



# Youth & Family Peer Support Alliance



Presented by: Regina Crider, Executive Director

Ulanda Hunter, Project Director & Peer Support Supervisor

# What Is the Role of a Peer Parent Support Partner?

## Peer Parent Support Partner:

- bring expertise based on **their own experience** parenting children or youth with social, emotional, behavioral, or substance use challenges to support other parents and caregivers



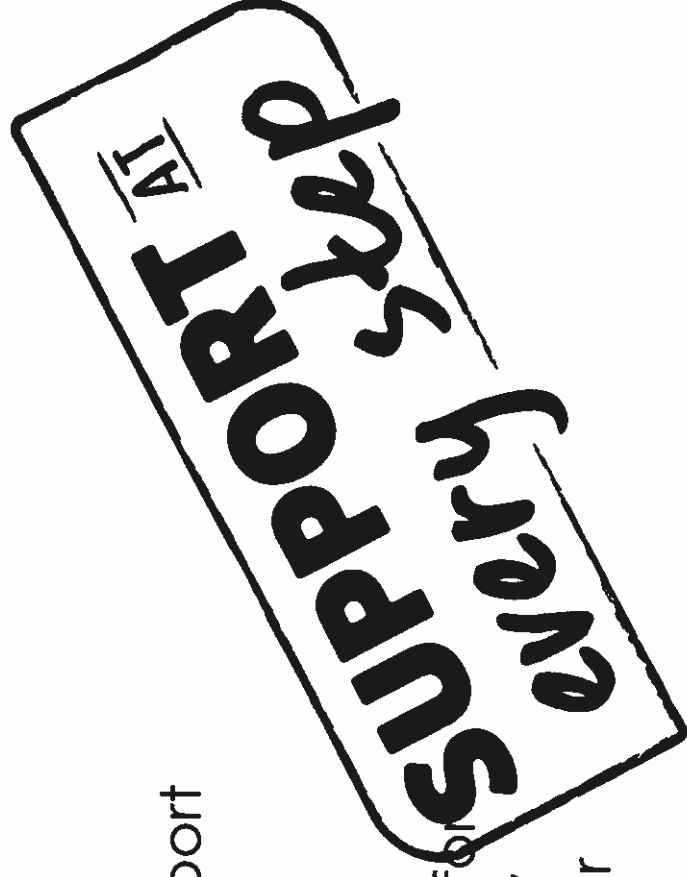
# What Is Peer Parent Support?

**Peer Parent Support**, also commonly called family peer support, family support services, or family resource developers:

- offers **hope, guidance, advocacy, and camaraderie** for **parents and caregivers**
- of **children, youth, and young adults**
- receiving services from **mental health, substance use, and related service systems**

# Peer Parent Support Partners Provide

- emotional connection of people who have “been there”;
- informational and educational support on systems and strategies;
- support for parents as they develop positive approaches and methods for addressing their family’s day-to-day needs, including their own needs for self-care;
- living proof of resilience and recovery



## **Peer Support**

“...someone who is clearly on the family’s side, prepared to stand by them. And whose actions are always consistent with this stance.”



# Common Services

Information  
and Referral

Support  
Groups

Parent Training  
and Education

Systems  
Navigation

Crisis Support

Wellness/Social  
Activities

# Where Does Peer Parent Support Happen?

As part of ongoing services or systems

- Mental Health Agencies
- Family Support Organizations
- Schools
- Child Welfare
- Juvenile Justice

In communities

- Where families live, work and connect

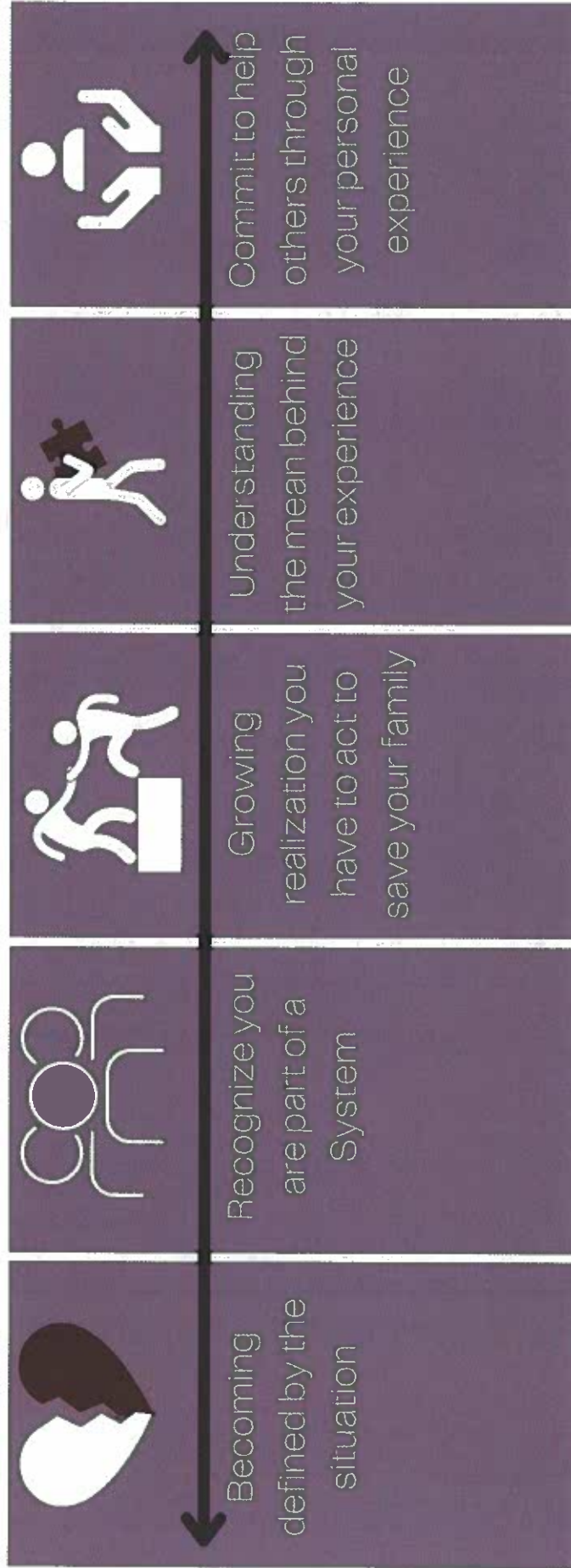
In homes

- Where families reside

Everywhere

# The Journey to Peer Parent Support

## PARENT JOURNEY





# What Are the PEARLS?

## Peer-Based Relationship

- Establish and maintain relationships based on mutuality and common connection

## Encourage Parents to Grow As a Peer

- Commit to being led by the parent in moving forward, decision making and setting direction rather than leading the parent being supported.

## Actively Accept

- Communicate active acceptance in all interactions with and dealings about parents

## Respect

- Hold peers with a sense of positive respect and encourage themselves and others to do the same

## Link With Others

- In collaboration and problem solving:

# 1<sup>ST</sup> QUARTER CONSUMER SERVICE REPORT



- **Community Service Events – 4**
- **Contacts – 111**
- **Non-Treatment Plan Client (Peers) – 1**
- **Treatment Plan Client (Peers) – 7**

# STATEWIDE TRAINING



- Statewide Training every 4th Monday of the month
- Trainings are designed to support providers, peer supporters, Family resource developers and parents
- Trainings are based on lived-experience and evidence-base practice

# ILLINOIS CHILDREN'S HEALTHCARE FOUNDATION



- ILCHF was created in December 2002
- Approximately \$125 million established Illinois' only private foundation focused solely on the health needs of children across the state
- The Foundation awarded its first grants in December of 2004
- In 2009, ILCHF launched its Children's Mental Health Initiative



Illinois Children's  
Healthcare Foundation

<https://ilchf.org/>

# ILLINOIS CHILDREN'S MENTAL HEALTH PARTNERSHIP



- General Assembly passed the Children's Mental Health (CMH) Act of 2003
- The CMH Act created the Illinois Children's Mental Health Partnership (ICMHP)
- Charged with developing a Children's Mental Health Plan, a strategic roadmap containing short-term and long-term recommendations

<https://www.icmhp.org/>



# FAMILY RUN EXECUTIVE DIRECTOR LEADERSHIP ASSOCIATION (FREDLA)



- FREDLA serves as the national representative and advocate for family-run organizations and their executive directors
- Resource development, training and technical assistance
- Publications to inform the field and support the work of family-run organizations across the nation
- Acts as a liaison for family-run organizations with SAMHSA, NASMHPD and other federal entities



<https://www.fredla.org/>

# ILLINOIS DEPARTMENT OF HEALTHCARE AND FAMILY SERVICES: NB SUB-COMMITTEE



- N.B. lawsuit was filed in 2011 on behalf of Medicaid-eligible children under the age of 21
- The N.B. class action Consent Decree was approved by the courts on January 16, 2018
- Pathways to Success



- <https://www2.illinois.gov/hfs/info/legal/Pages/NBConsentDecree.aspx>
- <https://www2.illinois.gov/hfs/SiteCollectionDocuments/Pathways%20to%20Success%20Program%20Overview.pdf>

# UNIVERSITY OF ILLINOIS PROVIDER ASSISTANCE AND TRAINING HUB (PATH)



- Selection and Recruitment Consultation
- Training and Support of the Family Voice and Peer Leadership
- Cultural Humility Training
- Program and Policy Technical Assistance



**PATH**  
PROVIDER ASSISTANCE  
AND TRAINING HUB



**School of Social Work**  
UNIVERSITY OF ILLINOIS-URBANA-CHAMPAIGN

<https://socialwork.illinois.edu/community-partnerships/agency-based-partnerships/provider-assistance-and-training-hub/>



# Contact Information

## **Regina Crider**

Executive Director and Parent  
Youth & Peer Support Alliance

[regina@ilalliance.org](mailto:regina@ilalliance.org)

## **Ulanda Hunter**

Project Director  
Youth & Peer Support Alliance

[ulanda@ilalliance.org](mailto:ulanda@ilalliance.org)