



Champaign County Mental Health Board (CCMHB) Study Session Agenda

Wednesday, February 16, 2022 at 5:45PM

Shields-Carter Room, Brookens Administrative Building, 1776 E. 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. Public comment also will be taken remotely. The public may watch the meeting live through this link or view it 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. If the time or format of the meeting are not convenient, you may still communicate with the Board by emailing stephanie@ccmhb.org any written comments you would like us to read to the Board during the meeting. Your 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 – Funded Program Midyear Presentations
 - A. Recovery Home (**pages 3-12**)
Nelson Novak, Executive Director of Terrapin Station Sober Living, will report on the new Recovery Home program.
 - B. Family Services (**pages 13-25**)
Stephanie Cockrell, Executive Director of The Well Experience, will report on the new Family Service program.
8. Board Announcements
9. Adjournment

**Board action requested*

#3

Instructions for participating in Zoom Conference Bridge for CCMHB Study Session February 16, 2022 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)

+13017158592,,81393675682# US (Washington D.C)

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.

#7.A.

TERRAPIN STATION SOBER
LIVING

By Nelson Novak

Funded By:
CCMHB, our online store and rent from members of the house.

-Our funding from CCMHB has allowed us to cut the monthly cost of rent for members of the house as well as the opportunity to take people in with absolutely no money, and no family.

-This grant has also allowed me to have a salary for the first time and has been a great help with our utility bills, home appliances and utilities in general.

About the Organization

- 3/4 Style Sober Living Home
- Started May 2019
- Not 12 Step or Faith Based
- No defined length of stay. Progress is all that matters.
- All forms of medically recognized MAT (Medicated Assisted Treatment) are permitted.
- We cater to the socially anxious
- Demographic: men between the ages of 28-55
- Rat Park
- We are different and recognize that our program is not for everyone because of this.

How we are like the rats, and differences from traditional ½ houses:

- The environment is the most important part of our program.
- Good natured (non-violent) criminals who are otherwise normal individuals outside of their drug use benefit the most from our program.
- Having the ability to use technologies such as phones, computers, tv's as well as the ability to work strengthens their resolve.
- Being able to talk to and see family members is very important to their recovery.
- The optimal number of people in the house is 3 plus myself.
- Structure is only as important as it is to the individuals needs and how their structure affects the needs of others around them in our house.
- Added Structure (for our house) takes away from the environment, instead of adding to it.

Programs:

- GED Program
- Financial Independence Program
- Transcendental Meditation Sessions
- Neuroregenerative supplements and vitamins Program
- Program Assistance Program
- Harm Reduction Program for active users
- Music Program

Intake Process

- 4 Part Process: Voicemail, Initial interview, subsequent interview, and contract interview.
- Search for nonviolent, non sex offenders who show good character as well as people facing long sentences for unjust charges that adequately meet other criteria.
- Must understand their addiction and or mental illness.
- Must have 30 days clean or have undergone Ibogaine treatment.
- Roughly 50-100 questions are asked and answered sincerely before a rental agreement is signed.
- Drug tests must be passed before the signing of the rental agreement.
- Roughly 1 in 10 people make it through the entire process.

What we look for in applicants:

- Honesty
- Demonstration of good character
- Transparency
- People who do not subscribe to stigmatic binaries regarding MAT or psychiatric medicine in sobriety
- People who are open to getting help for their mental health
- Persons facing prison sentences
- Men who show they are serious about recovery, and are comfortable with the dynamics of the house

Disclaimer said to all applicants:

This is not a traditional halfway house. It is a ¾ style living home that grant you a far greater amount of freedom with significantly less forced interaction/ in house fellowship. We are also located in a rural part of Urbana.

House Dynamics:

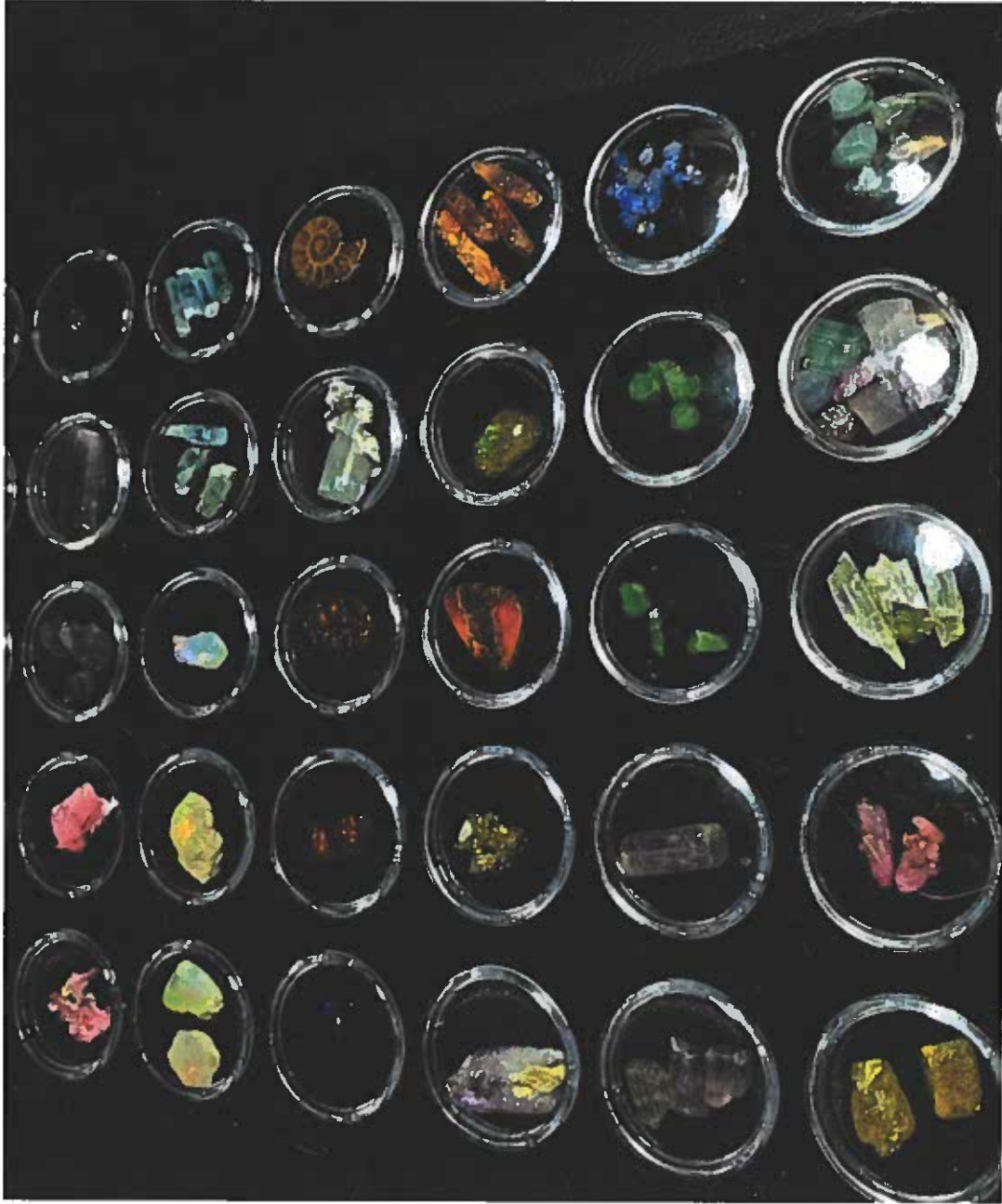
I am equal to members of the house

We are nearly indistinguishable from any other communal household in the US.

We do not have accountability meetings over minor things.

Meetings are often replaced with one-on-one interactions.

We are all independent from one another's program but interact enough to get the information we need from one another's path in recovery.



Our Store:

-Sell gemstones and jewelry

-Originally donated/
working with Vietnamese
miners

-Offshoot of stores started
in 2011

-Primarily sell online, but
most successful at music
venues

-Member participation

-Creating second store with
pin inventory

-Future of music program

Our Triumphs:

-0% homelessness rate upon departure.

-The courts have recognized us as a valid location for offenders to receive time served for their stay here.

-We have a gentleman who has been with us since January 1st of 2020 after getting kicked out of a halfway house. He is facing up to 15 years in prison and has done nothing but improve himself since he arrived. He has not been sentenced due to his continued progress.

-Two other members of the house who are also both awaiting trial have been doing very well, both of whom came this quarter.

-We have maintained a drama and drug free recovery home for nearly 3 years.

The Well Experience

HEALING. ENGAGING. RESTORING. EMPOWERING... HERE, AT THE WELL.



#7.B.

HERE for Families

**Established
in 2019**

Services,
Support, and
Resources

Women,
Teens, and
Children.

HERE for Families

The Well Experience provides culturally sensitive support to positively impact the mental healthcare of underserved minority families in Champaign, Urbana, and Rantoul, and we expand services where needed. Our coordinated services are provided using an evidence-based system of support to provide care based on the specific needs and goals presented by our clients, their families, and those who refer clients to us. We also provide Universal Supports that are open to our clients, program participants, and community members.

HERE to Serve

Wraparound Care for Families in a Crisis

Economic Resources and Services

Enrichment (Academic Support, Career Development, Financial Literacy, etc.)

Social-Emotional Learning for Children and Adults

Therapeutic Support (Mentoring & Counseling for Youth and Families)

Culturally Relevant Support (Trauma-Informed, Person-Centered)

Youth & Family Case Management.



- Community Partners in Urbana, Champaign, and Rantoul, Illinois
 - Developed programs that produce successful early intervention outcomes for children
 - Preventive programs for young children, teens, and their families
 - Provided therapeutic support and social-emotional learning; offer financial assistance to support family stability, and support families through mentoring and family learning sessions.



HERE for Our Community

- Bradley Learning Center
- Urbana School District 116
- CU Early
- Regional Planning Commission (Head Start, Home Visiting)
- University of Illinois
- HOYCE Youth Center
- Joy Academics
- Lead4Equity
- Champaign Rotary

Here for Our Staff



Trained in Trauma-informed care and provide healing-centered engagement



Cultural-Humility Training



Weekly Check-Ins & Monthly Staff Meetings

Programs, HERE at the Well

Girls to Life

Well Kids Learning Hub

The SET

Moms GROW (**G**rowth and **R**estoration **O**pportunities for **W**omen)

HERE for the Girl: Racial Healing for Black Women and Girls

Well Educated Family Learning

TEEN Talk

Family Night

Well Fitness

Our Mission at the Well

To support the holistic growth of minority families, women, and youth in the community we serve, by providing healing-centered engagement, resources, enrichment, and therapeutic support to help families reach their greatest potential. To provide services, support, and advocacy that help to dismantle racial disparities and systemic oppression.

Our Commitment

As a Family-Centered Organization, WE Agree to:



What Do We Need?





Questions?

The Well Experience

HEALING. ENGAGING. RESTORING. EMPOWERING... HERE, AT THE WELL.



Thank you!