

# Institute for Human Resources

## Annual Report

Fiscal Year 2013

### **Agency Mission Statement**

The mission of the Institute for Human Resources IHR is to provide a continuum of quality mental health and substance abuse services ranging from education and prevention through treatment and aftercare for residents of Livingston County.

IHR continued to help over 2,000 unduplicated clients during the fiscal year 2013.

### **Clinical Department**

The Clinical Department served 1,247 unduplicated clients in fiscal year 2013. The demographic break out is 627 males and 618 females. Typical services for the Clinical Department consist of counseling children and adults. Counseling can take part in both individual and group settings. Common treatment areas relate to anxiety, depression, phobias, marital difficulties, family conflicts, children and adolescent behavior problems, school related issues, child abuse and spousal abuse, juvenile delinquency, and post divorce issues.

### **Psychiatric Services**

Psychiatric services continue to expand at IHR. At this time we have two psychiatrist, one APN, and two nurses. During the last year, this department consulted on 99 new clients and served 322 unduplicated clients.

There were 103 children (77 males and 26 females) served by our child psychiatrist. In the last year we were able to average 77 hours of psychiatric consultation time per month. One of the areas that we are looking to improve on is the collaboration back to the general practitioner for ongoing treatment. It is our hope that psychiatric services will be used more as a consultation and then a referral made back to the general practitioner. This practice would allow more openings for new referrals to IHR's psychiatric program.

## **Substance Abuse Department**

The Substance Abuse Program served around 400 unduplicated clients including 56 DUI Evaluations. The Substance Abuse program offers a wide range of services, including DUI assessments, remedial education classes and aftercare programs for clients who have completed formal substance abuse treatment. Intensive outpatient treatment is offered both during the daytime hours and evening hours. Throughout fiscal year 2013 the Substance Abuse Program also had contact with 53 detainees through the jail group. The three primary substances of choice continue to be alcohol, marijuana, and heroin. The Substance Abuse program is licensed and funded through the Division of Alcoholism and Substance Abuse (DASA).

### **Prevention**

In fiscal year 2013, 1,167 children in Livingston County received drug convention education either through state approved curriculum such as Project Alert, Botvin's Life skills or special programming such as operation Snowflurry or Operation Snowflake. The various schools include Pontiac Junior High School, Prairie Central Junior High School, Odell Grade School, and Flanagan Junior High School.

Operation Snowflurry, a half-day event designed for 4<sup>th</sup> and 5<sup>th</sup> grade students, was held at Westview Elementary School in the Prairie Central District on November 10, 2012. This event was open to any student in that age range that lives and/or attends school in Livingston County. This event welcomed 55 students from area schools. Presenters included Lori Lake from the Livingston County Health Department and Chris McBrien the Magic Storyteller. Operation Snowflake, a daylong event for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> students, was held at the Pontiac Jr. High School on March 9, 2013. This event welcomed 189 students from 11 area schools in Livingston County. Presenters included MWAH! (Messages That Are Hopeful), energized youth speaker Eddie Slowikowski, area locals Officer Brian McCabe, and Judge Mark Fellheimer, and senior Snowflake members. The day ended with a dance with music provided by DJ Faith Rinker from WBNQ and B104.

The funds to make these special programs possible were provided by the Tori and Alec Memorial Benefit fund with a donation of \$4000. The Livingston County Mental Health Board also provided a total of \$4000 for both events.

## **Crisis Program**

The crisis team consulted with approximately 525 unduplicated clients in fiscal year 2013. IHR's crisis program consists of three full-time staff members who respond to all emergencies during the day, evenings, and weekends. The daytime crisis worker covers the emergencies Monday through Friday between the hours of 8:30 AM and 5 PM. The other two crisis counselors cover the emergencies while IHR is closed for evenings, weekends, and holidays.

The majority of the calls for this program are to assist anyone within the community who is experiencing a mental health or substance abuse emergency such as a rapid decompensation within the last two weeks, increasing symptoms, and/or a danger to themselves or others. The activities provided in a crisis situation consist of an assessment, brief supportive therapy, and a referral or linkage to appropriate services. The objective for each crisis is to focus on stabilization, decreasing the client's symptoms, and avoiding harm to self or others.

The daytime crisis worker is responsible for covering all mental health issues at the Livingston County Jail. The daytime crisis counselor helps the jail staff screen suicidal or homicidal offenders and makes recommendations to the jail staff as it relates to classifying the offenders to appropriate housing needs within the jail. In fiscal year 2013 the crisis team had contact with 157 (122 males and 35 females) unduplicated offenders at the County Jail. This service has been a great asset for the jail as it provides a standardized format which allows each offender to be properly screened. It is also IHR's objective to help solidify a proper disposition once the offender is released from jail. This allows IHR to formally offer follow up services for mental health and/or substance abuse services.

A goal for IHR over the next year is to focus on the follow-up work and confirming that clients completing a crisis assessment are actually following through with the disposition upon discharge. IHR would like to decrease the recidivism of clients showing up again and again for the same issue and possibly being rehospitalized at a high rate.

IHR continues to reach out to local law enforcement agencies to provide mental health and substance abuse training. The training is to help officers effectively manage crisis calls with those individuals experiencing an increase in symptoms and/or a danger to themselves or others.

## **Psychiatric Hospitalizations**

IHR staff assisted in 90 (28 males and 19 females) adult psychiatric hospitalizations 43 (18 males and 25 females) child psychiatric hospitalizations last year.

## **SASS Services**

IHR completed a total of 85 SASS screens last fiscal year. SASS is defined as screening assessment support services. SASS is designed to screen children who are at risk of harming themselves or others. There were 26 children hospitalized and 59 children deflected for further intensive type services lasting up to 90 days.

## **Psych Rehab Department**

The Psych Rehab Department (PSR) serves on average, 44 clients each year. These clients suffer from a severe and persistent mental illness. The PSR Department offers case management services, psychosocial rehabilitation services, supportive residential services, community support services, psychiatric consultation and medication monitoring. It is IHR's plan to provide a consistent liaison from the hospital discharge to follow-up services at IHR. The PSR program has recently added WRAP training to the curriculum. WRAP stands for Wellness Recovery Action Plan and is a program designed to help clients manage their symptoms more effectively.

The Prairie Horizons Apartment complex provides housing for eight PSR clients. The ninth apartment is used as a respite apartment and is to help manage clients who are discharged from an extended hospital stay. The respite apartment is meant to be a short term treatment option to bridge the gap from an extended hospitalization to the client living on their own again.

## **Specialized Services**

IHR continues to offer child custody mediation services. There were 63 referrals made to the mediation program. The outcomes include 30 agreements formally completed (48%), 17 non agreements were achieved (27%) and 16 referrals deemed incomplete (25%). This program served 110 parents with issues regarding child custody.

IHR provides counseling services four to five hours per week within the OSF physician's office in Chatsworth and Fairbury and plans to expand to the physician's office in Dwight. This is an ongoing effort to expand services and meet the needs of the surrounding communities and to increase access, decrease stigma, and collaborate directly with the OSF physicians. The physician's office provides a natural setting for a counselor and a physician to work together in order to address both the physical and emotional symptoms of a patient. The collaboration with IHR and the OSF Medical Group has proven to be a tremendous success. This program is funded through the Mental Health Board.

IHR has also been involved in the development of policies and procedures with a new initiative currently referred to as the "Intensive Mental Health Probation Program". The premise of the program is to identify and treat clients within the court system.

IHR has also been one of the lead agencies with the Livingston County Children's Network (LCCN) which is a grant provided by the Illinois Children's Healthcare Foundation. The grant is focused on changing systems in order to meet the needs of children within the community. The LCCN grant screens and identifies potential issues with children and provides appropriate treatment both individually and to families.

## **Executive Summary**

The need for mental health and substance abuse treatment continues to outpace the current resources. IHR will continue to provide consistent treatment interventions within each service area to better serve the community. Improved collaboration with referral sources and ongoing education of IHR services will be the key to our success. We have great challenges and opportunities before us. We must strive to meet the standards in a meaningful way that Livingston County has come to expect.