

Institute for Human Resources

Annual Report

Fiscal Year 2015

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 provided treatment for 2,626 unduplicated clients, adults and children, in FY 15.

Psychiatric Services

Psychiatric services continue to expand at IHR. At this time we have two psychiatrists, one APN, and two nurses. During the last year, this department consulted on 201 new referrals up from 151 clients last year. A total of 475 clients were treated in the program.

There were 116 children (80 males and 36 females) treated by our child psychiatrist. IHR continues to improve its collaboration with the general practitioner for ongoing treatment. IHR will need to move toward a consultation and a discharge referral back to the general practitioner.

Psychiatric Hospitalizations

IHR staff assisted in 68 individual psychiatric hospitalizations in FY 15. There were 31 child/adolescent psychiatric hospitalizations and 37 adult psychiatric hospitalizations last year. (20 adult males & 17 adult females and 16 male children & 15 female children) IHR used 12 different psychiatric hospitals in FY 15.

Substance Abuse Department

The Substance Abuse Program treated approximately 500 individual clients this year. There were 41 DUI Evaluations completed which was down from 56 the prior year. The program completed 281 Substance Abuse assessments of which 151 clients were admitted into a formal treatment regimen. 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. The Substance Abuse Program completed 990 Outreach/Community Intervention contacts in FY 15. The staff met with 40 individuals through IHR's SA groups at the Livingston County Jail. 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 2015 the Prevention Program met with 984 unduplicated children in Livingston County. The children received some form of prevention education either through a State approved curriculum such as Project Alert, Botvin's Life Skills or special programming such as Operation Snowflurry or Operation Snowflake. The various schools within the prevention program 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 4th and 5th grade students, was held at Dwight Grade School in Dwight on October 25th. This event welcomed 40 students from area school districts. Operation Snowflake, a daylong event for 6th, 7th, and 8th grade students, was held at Dwight Grade School in Dwight on March 28th. This event welcomed over 157 students from area school districts.

Clinical Department

The Clinical Department treated 1,793 unduplicated clients in FY15. This was up from 1,485 the prior year. The demographic break out was 909 males and 884 females. The typical services for the Clinical Department consist of counseling for children and adults both individual and group settings. Common treatment areas include anxiety, depression, phobias, marital difficulties, family conflicts, children and adolescent behavior problems, school related issues, child abuse and spousal abuse, juvenile delinquency, and separation/divorce issues. IHR continues to collaborate with the Medical Physicians. IHR has received 150 direct referrals to the agency for mental health services.

Crisis Program

The crisis team consulted with approximately 349 unduplicated clients in FY 15. The program completed 652 treatment hours for the year. IHR's crisis program consists of three full-time staff members who respond to all emergencies during the day, evenings, and weekends.

The majority of the calls for this program help address anyone within the community who is experiencing a mental health or substance abuse emergency such as a rapid decrease in functioning within a two week period, increased 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/linkage to appropriate services. The objective for each crisis intervention is to focus on stabilization, decreasing the client's symptoms, and avoiding harm to self or others.

SASS Services

IHR completed a total of 89 individual SASS Screens in FY 15. SASS is defined as screening assessment support services and is designed to screen children who are at risk of harming themselves or others. In FY 15 there were 31 children hospitalized within the SASS Program, 58 children were deflected from hospitalization and provided further intensive services up to 90 days. The Family Resource Developer works with SASS clients and their families including work with the Individual Care Grant.

Psych Rehab Department

The Psych Rehab Department (PSR) treated an average of 45 to 50 clients in FY15. The program screened 16 new clients last year for services. These clients experience severe and persistent mental illness with complex issues. The PSR Department offers case management services, psychosocial rehabilitation services, supportive residential services, community support services, psychiatric consultation and medication monitoring. Several new community based groups have been added, such as attending the Humane Society, Rec Center activities, coffee talk, and overall community integration. The PSR Program continues to use recovery based groups and cognitive skill building groups, as well as groups that address symptom management, coping skills, self-esteem and community based skills. There were 5 hospitalizations and 4 discharges in the PSR Program in FY 15.

The Prairie Horizons Apartment complex provides housing for 10 Psych Rehab clients. The 10th apartment is used as a respite apartment and is designed 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. The Prairie Horizon Apartment Complex has been a smoke free environment since June of 2014. The complex has been updated with fresh paint and carpet as a result of being smoke free.

Specialized Services

1. IHR's Child Custody Mediation services consulted with 68 referrals in FY 15. The outcomes include 34 formal agreements (50%), 26 non-agreements (38%) and 8 referrals deemed incomplete (11%). This program served a total of 136 parents with child custody issues/concerns up from 114 parents the previous year.
2. IHR continues to provide counseling services in four OSF Medical Group offices. (Chatsworth, Fairbury, Flanagan and Cullom). The physician's office provides a natural setting for a counselor and a physician to work together to address both the physical and emotional symptoms of a patient. IHR also has a counselor located in Dwight to further offset accessibility issues. This program continues to be funded through the Livingston County 708 Mental Health Board.
3. IHR remains a lead agency with the Livingston County Children's Network (LCCN). The LCCN is a grant provided by the Illinois Children's Healthcare Foundation. The grant is designed to change Livingston County systems in order to meet the mental health needs of children within the community. The LCCN grant screens and identifies potential social- emotional issues with children. IHR provides a further mental health assessment and treatment interventions to children and their families. In calendar year 2014 IHR treated 750 children. The CIA committee through the LCCN has formally assessed 37 students to date.
4. IHR further increased its accessibility by having a counselor in three local high schools within Livingston County (Pontiac High School, Prairie Central High School & Dwight High School).

Executive Summary

The need for mental health and substance abuse treatment continues to outpace the current resources. IHR provided over 34,000 of direct treatment hours in FY 15. This was an increase of 4,000 hours from last year. The collaboration with referral sources and ongoing education of IHR Counseling Services will continue to be the key to our success.

IHR continues to identify mechanisms to increase our access to adults and children within Livingston County. IHR set aside 4 hours of assessment time per day and up to 20 hours per week to make certain that an initial counseling appointment can be attained within a day or two of a new referral calling in. This step attempts to decrease any concerns regarding access to IHR services. This structural change is one way for IHR to stay creative and meet the needs of the community and Livingston County.

IHR continues to evolve and develop innovative ways to reach more clients by using various treatment interventions to address their needs. As an agency, we will strive to meet the needs of Livingston County and the surrounding area as it relates to mental health and substance abuse services.

IHR will look to consistently track our interventions with individual clients and the various programs we run to measure our positive outcomes. We will need to continue to show and articulate our overall value to the community.

Respectfully submitted,

Joe Vaughan
Executive Director