



Community Mental Health Board

of Oak Park Township

FY23 Annual Report for the Town Hall Meeting

Prepared By

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History of Community Mental Health Board

The Community Mental Health Board (CMHB) of Oak Park Township was created in 1973 through the passage of a township referendum which created a taxing body to serve as the Local Mental Health Authority (708 Board). CMHB's authority is defined in Illinois statute 405ILCS 20/, and is charged with planning, developing, coordinating, evaluating, and funding services for persons with mental illnesses, alcohol or other drug dependence disorders, and developmental disabilities. CMHB is comprised of nine Oak Park residents who are appointed by the Oak Park Township Supervisor and Board of Trustees. One member of CMHB serves as the liaison to the Oak Park Township Board of Trustees. CMHB is responsible for hiring staff to carry out the duties of the Board and the authorization of expenses from the Community Mental Health Fund. CMHB serves as the true safety net of the community when the county, state, and federal government's systems of care fall short.

Overview of FY 23 Investment

In FY23, CMHB contracted with fifteen (15) organizations, and supported twenty seven (27) mental health, substance use/addictions, and intellectual/developmental disability programs and services.

CMHB also awarded nineteen (19) infrastructure grants, as well as two (2) RFP's targeting support of the Ending Homelessness Coalition and the Addiction Recovery Team who target needs assessment gaps. CMHB launched Year Five of its Five-Year Community Health Plan and, through a collaborative effort with the Village of Oak Park's Health Department and River Forest Township's Mental Health Committee, developed a new strategic plan for FY24-FY26.

CMHB funding either fully or partially supports individuals without insurance, inadequate insurance, and those in need of a sliding scale fee to access services. CMHB funds do not supplant state funding or private insurance funding, nor supplement Medicaid. Funds are utilized to provide or support services where there are gaps in state or other funding, and funds infrastructure, technology, and training needs when those funds directly affect the quality of services to Oak Park. **CMHB regularly audits and evaluates the expenditure of funding for services to ensure prudent oversight of local tax dollars. CMHB operations are not duplicative of any other federal, State, Oak Park Township, or Village of Oak Park governmental entity** and operates under conservative fiscal policies.

***CMHB
allocated
over \$1.4
million in
funds for
services***

FY23 Funded Projects and Outcomes

MENTAL HEALTH PROGRAMS/SERVICES

- Outpatient Assessments and Therapy
- Psychological and Psychiatric Services
- Homelessness Outreach and Engagement
- Case Management for Children, Adults, and Families
- Psycho-Social Rehabilitation
- Community Crisis Services
- Drop-In Center
- Individual Supported Employment
- Community and Classroom Education
- Services for Survivors of Domestic Violence
- Services to Promote Recovery and Resiliency
- Local, State, and Federal Advocacy to Strengthen Access to Care

In FY23, CMHB **expanded our partnership with DePaul University** to provide in-school **mental health supports at D97**, which included staff trainings, student mindfulness groups, parent education workshops, care coordination, and intensive counseling services.

SUBSTANCE USE DISORDER PROGRAM/SERVICES

- Assessment and Evaluation
- Individual and Group Therapy
- Residential Care
- Family Support Groups
- Stress Management Groups
- Young Persons in Recovery Support Group
- Local, State, and Federal Advocacy to Strengthen Access to Care

In FY23, CMHB **partnered with River Forest Township and Positive Youth Development** to host a town hall meeting regarding **youth marijuana use**.

INTELLECTUAL & DEVELOPMENTAL DISABILITY (I/DD) PROGRAM/SERVICES

- Individual, Group, and Weekend Respite
- Supported Employment and Pre-Vocational Services
- Independent Living Supports
- Early Intervention
- Case Management
- High School Transitional Services
- Social and Recreational Services
- Daily Living Skills
- Local, State, and Federal Advocacy to Strengthen Access to Care

In FY23, CMHB **partnered with the Chamber of Commerce and D200** to educate local businesses about the **benefits of and supports to hire people living with an I/DD**.

CMHB-funded Mental Health Services:

- 4,393 unduplicated Oak Park residents
- 9,982 units of direct treatment
- 227 educational presentations

CMHB-funded Substance Use Services:

- 9 unduplicated Oak Park residents for residential treatment
- 731 nights of care
- 105 therapeutic groups

CMHB-funded I/DD Services:

- 132 unduplicated Oak Park residents served
 - 15,403 units of direct treatment provided
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PREVENTION AND EARLY INTERVENTION PROGRAM/SERVICES

- Teen Dating Violence Prevention
- Cyber bullying Prevention Education
- Parenting Classes and Education (including In-Home)
- Referrals and Linkage to Social Services and Supports
- Youth Substance Use Prevention
- Mentoring for At-Risk Youth

In FY23, CMHB **continued its partnerships** with various collaborations, including **Positive Youth Development (+PYD), Opioid Taskforce, Success of All Youth (SAY), and the D200 Wellness Collaborative** to bring implement prevention interventions needed in Oak Park.

CMHB-funded Prevention and EI Services:

- 195 unduplicated Oak Park residents served
 - 10,201 units of prevention interventions provided
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FY23 Highlights from the CMHB Strategic Plan

- CMHB is launching a program evaluation of the Mindful Middleschoolers program to more **academically measure impact** of the program and establish longitudinal outcome measures.
- CMHB, D200 and the Chamber co-hosted a successful **lunch-and-learn information session for employers** regarding the benefits of hiring a person living with an I/DD.
- CMHB and Housing Forward have taken action to **support individuals who are refusing housing services due to significant mental illness and/or active substance use**. Housing Forward hired a Behavioral Health Specialist (funded by CMHB) on October 1st. In addition, Thrive and Live 4 Lali have begun attending the bi-weekly street outreach calls and will also begin staffing street outreach efforts with Housing Forward to assist with connection to mental health and substance use treatment.
- Staff from CMHB, the Park District of Oak Park, Oak Park Township, and the Village of Oak Park/Oak Park Health Department applied for and were accepted into the **National Leadership Academy for Public Health (NLAPH)**. NLAPH is a national program focused on improving community health by working with collaborative, multi-sector leadership teams and training them through an applied, team-based, collaborative leadership development model. The project aims to decrease youth substance use behaviors by applying the developmental assets model of public health.
- Both the I/DD resource guide and Behavioral Health **resource guide have been updated and printed for distribution at public events**. The resource guides are also available on the CMHB website.
- CMHB **conducted a needs assessment** via survey to better understand the community's perceptions of mental health and substance use treatment. These surveys were released to a representative sample of Oak Park and River Forest residents on May 1 and 600 surveys were received.
- In order to **provide more standardization and meaningful outcomes**, CMHB is migrating to the **SAMHSA National Outcomes Measures (NOMS)**; funded agencies would be required to choose two measures from Domains 1-7 and complete all of Domains 8-10.
- CMHB is continuing to pursue the **opening of a Living Room Program in Oak Park**. The Living Room is a drop in program for individuals who are experiencing heightened mental health distress.
- Cheryl Potts, executive director, has been serving as co-chair of the Alternative Call Response Taskforce formed by the Village of Oak Park. The purpose of this Taskforce is to discuss alternative police call response, mental health crisis response, and provide recommendations to the Village about how to best structure its crisis response system.

In summary, through the leadership of CMHB, we helped to strengthen the systems of care and provide valuable and cost saving prevention, early intervention, treatment, supports, and quality of life services to our most vulnerable residents, while being a judicious steward of residents' local tax dollars.