PROGRAM YEAR 2024 MID-YEAR REPORT



Health Board

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Introduction

This report's purpose is to inform the public about the work the Winnebago County Community Mental Health Board (WCCMHB) funded programs completed in the first half of the Program Year 2024 (PY24). WCCMHB funded organizations are categorized into six priority funding areas. They aim to address the needs of the identified target populations. The priority areas and target populations are chosen by the WCCMHB Board and are outlined in the WCCMHB's PY4-6 Strategic Plan 2.0.

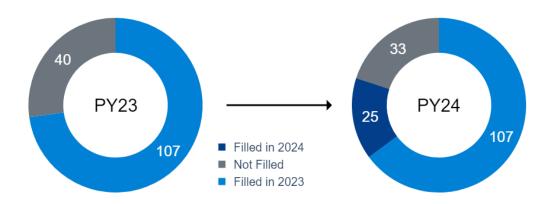
This report contains the following: information about proposed and filled full-time equivalent positions, the number of individuals served by target population, and program outcomes from Quarters 1 & 2 of the PY24 year. Also included in this year's Mid-Year Report is a section dedicated to the stories of the individuals these organizations serve. For additional information, please refer to the Engage R1 WCCMHB Funded Programs page.

WCCMHB funded 44 programs in PY24. 30 programs were carried over from the Program Year 2023 (PY23), and 14 new programs were added. To put this in perspective, when the WCCMHB established its funding program in Program Year 2022 (PY22), there were only 15 programs. In PY23, it doubled to 30. Now, three years later, the number of funded programs has almost tripled from its original 15.

Full-Time Positions

WCCMHB programs collectively proposed 165 full-time employment (FTE) positions across the prior program year (PY23) and PY24. 147 of those positions were created in PY23 and 107 of them were filled in that program year. In PY24, the remaining 40 unfilled positions were carried over and an additional 18 were proposed. Currently, programs have filled 25 of these remaining positions in Q1 and Q2 of PY24.





Numbers Served

This section discusses the number of individuals the WCCMHB-funded programs served in PY24, breaking down those individuals by their respective target populations and comparing those numbers to previous program years. The graph below shows a time progression of the total unique individuals the funded programs served and the target population categories they fall under, starting from Q1 of PY22 and ending in Q2 of PY24.

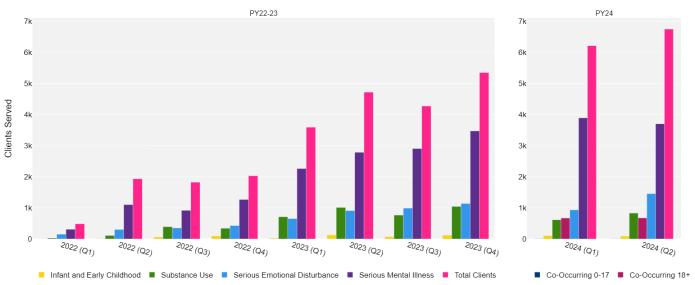
Note that the number of total clients is the unique number of individuals served in a given quarter. Therefore, the same individual served across multiple quarters would count separately in each quarter. Also, introduced this program year were two new target populations tracked: individuals with co-occurring disorders in the 0-17 age range and 18 years old.

Each program year, the total number of unique individuals served by funded programs tends to increase. This change is a direct reflection of three factors:

- 1. There has been an increase in the number of funded programs over time.
- 2. Existing programs have received more funding, allowing them to expand their services and attract new clients.
- 3. Programs have also increased their capacity by hiring additional staff, allowing them to benefit more clients.

In PY22, the average number of total clients across all quarters was 1,567, but it skyrocketed to 4,483 in PY23, a 313.5% increase. Between PY23 and PY24, there was also a 44.5% increase in this average, going from 4,483 to 6,480. Finally, between Q1 and Q2 of PY24, the total number of clients served increased from 6,211 to 6,748. Notably, this difference is partially explained by an increase in the number of programs reporting clients served data, increasing from 30 in PY24 Q1 to 38 in PY24 Q2.

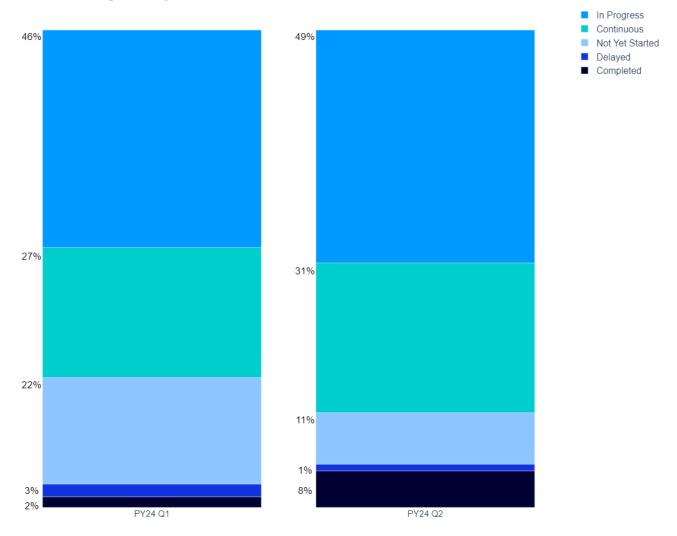
Number of Clients Served by Quarter



Program Outcomes and Accomplishments

In PY24 Q2, the WCCMHB programs collectively reported data on 291 goals, the results of which are tracked as "outcomes". Out of these, programs completed 22 outcomes and are continuously improving on 90 more. Only 31 outcomes have not yet started with an additional 7 outcomes encountering delays. The figure below highlights the changes between Q1 and Q2 outcome statuses. Notably, the percentage of completed outcomes has risen from 2% to 8% between quarters. Similarly, the not yet started category decreased from 22% to 11%, and the in-progress category increased by a small margin. This change indicates that programs have made progress in completing their outcomes this program year. The following section includes details on the PY24 funded programs with their corresponding outcomes statuses from Q2 represented as colored boxes.

Outcome Progress by Quarter



Alignment Rockford

How are the Children?



Alignment Rockford is developing an early childhood mental health support model utilizing community-based EDI data. The organization's aim is to improve quality of life for all Winnebago County children under five. Alignment Rockford recently staffed a team to lead a community steering committee, which is establishing a universal system of support (UNSS) home visiting program for newborns in Winnebago County. The initiative's estimated completion date is June 2024.

Boys & Girls Club

Social Emotional Skill Building and Severe Emotional Disturbance Services



The Boys & Girls Club leads a social-emotional learning program for children affected by severe emotional disturbances or trauma-based systems. With its WCCMHB funding, the Club increases the marginalized community's accessibility to youth services.

Boys & Girls Club

Rockford Barbell - Youth Self-Regulation Programs



Rockford Barbell, a social-emotional learning and physical exercise program, runs with the Boys & Girls Club. Trauma therapists specializing in youth experiencing social-emotional deficits and trauma symptoms lead this program. Rockford Barbell's professionals also deliver individual and group therapy. In Quarter 1, 83% of clients with 70% attendance or better met their treatment goals. In Quarter 2, it increased to 100%.

Brightpoint

Doula Program



Brightpoint's Doula Program supports mothers before, during, and after birth by pairing them with an on-call Brightpoint Doula to address their needs. The program has been incredibly successful, securing additional funding to employ more Brightpoint Doulas. Recently, Brightpoint added a Safe Sleep Educator to their program. Safe Sleep Educators work with mothers to perform the best childcare sleep practices, such as room-sharing or placing the infant on their back. Brightpoint is currently seeking a highly experienced Doula to oversee the program to its highest potential.

Brightpoint

Early Prevention in the Community (EPIC)



Early Intervention in the Community (EPIC) therapists partnered with Harlem School District 122 to provide individual and group therapy to Winnebago County students with serious emotional disturbances. EPIC Therapists use a wide variety of therapeutic models, including Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Trust Based Relational Intervention (TBRI), Child Parent Psychotherapy (CPP), and Theraplay.

Brightpoint

Therapeutic Response with Intervention and Outreach (TRIO)



Brightpoint's Therapeutic Response with Intervention and Outreach (TRIO) program treats youth with serious mental illness (SMI) by engaging their families. The program combines case management, mentoring, emotional support, and life skills development into one comprehensive mental healthcare program. During the first half of PY24, Brightpoint's TRIO program received 13 new referrals.

Circle of Change

Youth Dog Program & First Responder Dog Program



Circle of Change pairs evidence-based peer mentorship with animal therapy. The program's primary goal is decreasing suicidality in identified target populations. Their dog training initiative combines animal therapy and social-emotional intervention, and it consistently reported full classes. Over half of the participants report a significant change in their quality of life.

City of Rockford

Crisis Co-Response Team



The Crisis Co-Response Team (CCRT) responds to select 911 calls to promote safe encounters between law enforcement and those in a mental health crisis. By partnering with behavioral health specialists, they can respond to 911 calls and conduct follow-up care. As of December 2023, CCRT began administering long-acting medications, which are injectable medications that help with various mental disorders.

City of Rockford

Mobile Integrated Health - Mental Health Program



The Rockford Fire Department and UW Health system partnered to create the Mobile Integrated Health (MIH) service, dispatching mental healthcare professionals to 911 calls referencing psychiatric distress. In September 2024, staff will receive a new van for call responses. The program is also working towards administering long-acting medications to qualified clients.

City of Rockford

Inclusive Wellness Programming at the Family Peace Center



The Family Peace Center's Inclusive Wellness Programming initiative centers on the wellness needs of domestic violence survivors. The Family Peace Center positions itself as a safe space for those seeking support. Their support groups have seen a significant increase in weekly attendance, and their Case Manager reports strong rapport with individuals seeking treatment.

City of Rockford

City of Rockford Health & Human Services Department - IMPACT



IMPACT is a community program based on collaboration between the City of Rockford, Crusader, Rosecrance, Rockford Rescue Mission, Rockford Township and UW Health. The program's target population is individuals experiencing serious mental illness and/or substance use.

Crusader Community Health

Behavioral Health Services



Crusader Community Health has continued to expand its behavioral health workforce and proctored services. The organization's case management, substance abuse services, and mental healthcare are not only easily accessible and readily available but also incorporate best industry practices. All of Crusader Community Health's Winnebago County clinics provide Medication–Assisted Treatment, or MAT. 95% of respondents reported that their prescribing psychiatrist spent enough time with them and felt supported.

Family Counseling Services

Service Expansion



With the WCCMHB funding received, Family Counseling Services (FCS) expanded many aspects of its operation. The organization increased the number of therapists employed, upsized their office space, and provided ongoing professional development for staff. FCS has also invested in workforce development - their internship program encourages young professionals to enter the mental healthcare field. In Quarter 2, five interns worked with FCS, granting them valuable experience transferable to longterm positions in the field. In a client survey, 100% of treated individuals indicated their mental health had stabilized.

Lifescape

Senior Mental Health Program



Lifescape's Senior Mental Health Program conducts outreach to identify older adults with depression. By offering case management and wrap-around services, Lifescape targets depression to assist seniors in recovering their mental health. In Quarter 1 and Quarter 2, Lifescape completed 670 depression screenings in Winnebago County's senior population.

NAMI Northern Illinois

Support, Education, and Mental Health Advocacy



NAMI Northern Illinois has partnered with the WCCMHB to increase direct services available to Winnebago County residents. NAMI's community support and educational programming sessions drive the county's narrative of mental health advocacy. Client satisfaction surveys regularly score 90% and above, while NAMI's community education events routinely see upwards of 500 attendees.

Northern Illinois Center for Nonprofit Excellence

Rockford Area Case Management Training and Community of Practice



NICNE and its partners in human services organizations will use WCCMHB funding to expand the Rockford Area Case Management initiative, which serves both clinicians and individual case managers. The program is developing a community-wide approach to case management centered on principles of personhood, assisting clients in achieving self-defined incomes. Registration for NICNE's program regularly reflects over 100 Winnebago County residents.

OSF HealthCare Saint Anthony Medical Center

Trauma Recovery Center (STRIVE)



OSF St. Anthony's Trauma Recovery Center provides evidence-based and trauma-informed care to survivors of violent crimes aged 14 and older. Providers train to recognize symptoms of post-traumatic stress disorder and coordinate further mental healthcare with clients. This year, the center has provided case management services to over 200 clients.

Prairie State Legal Services

Legal Services for Winnebago Residents with Mental Illness



Prairie State Legal Services' (PSLS) program provides legal services for Winnebago County residents with mental illness, assisting them in navigating the legal system to their own benefit. The program centers on three focus areas: safety, financial stability, and housing. PSLS helps clients by providing legal information, advice, advocacy, and court representation.

Regional Access & Mobilization Project

Mental Health Services and Training



Multiple community organizations formed the Regional Access & Mobilization (RAMP) initiative, which provides mental health advocacy to support and assist those experiencing or affected by mental illness. RAMP also conducts outreach to identify at-risk and underserved individuals in Winnebago County, providing mental health education and services. A client survey reflected a 100% satisfaction rate in interactions with the RAMP team. In Q1, RAMP's outreach and services reached over 200 people.

Remedies Renewing Lives

C.A.R.E.S Program (Behavioral Health Clinician Project)



Remedies Renewing Lives' C.A.R.E.S program has enhanced the agency's existing mental health and substance use programming, increasing therapeutic support and case management services available to Winnebago County. In PY24, over 200 individuals have been served. Remedies Renewing Lives has projected a 115% increase in clients reached by the end of Q4.

Remedies Renewing Lives

Domestic Violence Therapy & Advocacy Project



Remedies Renewing Lives has employed a full-time therapist for their Domestic Violence Therapy & Advocacy Project through their awarded WCCMHB funding. The therapist provides ongoing crisis support and assists clients in accessing 24-hour emergency shelter. They also coordinate case management, non-residential programming, and safety planning. Remedies has served 304 clients. 96% of surveyed clients report being more hopeful for their future.

Rockford Park District Foundation

Unique Mental Health Services



The Rockford Park District Foundation has utilized WCCMHB funding to build its Equine-Assisted Activities and Psychotherapy programming, which serves Winnebago County residents aged 5 to 25. Equine specialists and mental healthcare professionals provide disadvantaged youth an opportunity to experience the healing effects of animal therapy.

Rockford Sexual Assault Counseling

Outreach Therapists



Rockford Sexual Assault Counseling (RSAC) conducts outreach and therapy services to child and adolescent survivors of sexual abuse. The organization assures that these targeted populations can receive quality, no-cost therapy services. RSAC works with area schools to identify students in need and proctor services in designated campus areas. RSAC Outreach Therapists have seen 148 unique clients throughout the fiscal year.

Rosecrance Health Network

Rosecrance Advancement and Clinical Excellence (ACE) Institute



Rosecrance is utilizing WCCMHB funding to hire a Training Director for the Advancement and Clinical Excellent (ACE) Institute. Clinicians proctor specialized observations, clinical research, or specialty focuses within the ACE program. The Training Director will lead the Institute to its highest function as a mental healthcare support center.

Rosecrance

Access to Care

Rosecrance's Access to Care offers a variety of flexible mental healthcare options. On-call interpreter services, evening service hours, and reduced wait times are all key aspects of the funded program. Rosecrance has also added psychiatric and nursing providers as well as medical assistants so patients are connected to services quickly. As of the end of Q2, the Access to Care program has conducted 301 psychiatric evaluations. 80% of assessed clients returned to Rosecrance for further mental health services.

Rosecrance

Winnebago System of Care

Rosecrance's Winnebago System of Care program assists clients in medical withdrawal management by providing immediate monitored care. Low-income county residents have access to a recovery-oriented environment, where they choose the residential option that best aligns with their goals. Over the first half of the PY24 year, 128 clients received intensive substance use withdrawal treatment Rosecrance's Winnebago System of Care program assists clients in medical withdrawal management by providing immediate monitored care. Low-income county residents have access to a recovery-oriented environment, where they choose the residential option that best aligns with their goals. Over the first half of the PY24 year, 128 clients received intensive substance use withdrawal treatment.

Shelter Care Ministries

Jubilee Community Outreach and Housing Stability Program



Shelter Care Ministries assists county residents in obtaining secure housing, which supports them in achieving their life goals. Safe housing is an integral element of good mental health – by supporting clients in housing searches, they can focus on long-term management through treatments such as medication or talk therapy.

Stepping Stones of Rockford, Inc.

Stepping Stones Counseling Center



Stepping Stones of Rockford's Counseling Center provides mental healthcare to county residents facing barriers such as income or insurance. The center provides mental health treatment for children, adolescents, and adults by offering diagnostic evaluation, supportive counseling, psychiatric services, medication management, and case management services in various settings. Throughout Q1 and Q2, it served 360 individuals.

Stepping Stones of Rockford, Inc.

Expansion of Supervised Housing for Adults with Serious Mental Illness (SMI)



Stepping Stones' housing program aims to purchase and remodel a new supervised housing facility for adults with serious mental illness. The facility will house eight or more individuals waiting for support systems that complement their mental health goals. They have found an appropriate building and plan on securing the property by the end of March 2024.

Summit Academy

Transition Counselor and Mental Health Curriculum



Summit Academy, an alternative school, utilized WCCMHB funding to hire a transition counselor to promote achievement in at-risk students. The transition counselor facilitates communication between students, their families, and prospective school districts students may re-enter. Summit Academy's transition counselor has successfully transitioned 61 students back to their home schools and expects to return an additional 152 students by the end of May 2024.

Tommy Corral Memorial Foundation

Family & Community MHFA Training



In partnership with several other professionals and community organizations, the Tommy Corral Memorial Foundation conducts mental health training and advocacy to support and assist families in our community. In addition, they provide marketing services and outreach to identify at-risk and underserved individuals. They trained 83 individuals supporting and serving those with serious mental illness, serious emotional disturbances, or substance abuse disorders in Mental Health First Aid (MHFA) adult curriculum. 100% of all attendees said the education provided during the Mental Health First Aid course increased their understanding of help-seeking behavior and the importance of promoting such behaviors.

University of Illinois College of Medicine Rockford

CARE Program - Compassionate Appreciation for Recovery in Everyone



The UI Mile Square Health Center in Rockford, the Winnebago County Justice Center, and the University of Illinois College of Medicine Rockford have collaborated in the Compassionate Appreciation for Recovery in Everyone (CARE) program that provides a fully integrated transition to care services for individuals incarcerated upon their return to society for medical, mental health, and substance use disorders. In Q1 and Q2, the program served 100 patients.

University of Illinois College of Medicine Rockford

CLEAN: Clinical Learning and Education in AddictioN



The University of Illinois collaborated with UICOMR, UW Health SwedishAmerican, and Rosecrance to produce an Addiction Medicine Fellowship. This fellowship provides an additional year of post-residency training for primary care physicians and supplemental training in the prevention, diagnosis, management, and treatment of substance use disorders. The program has appointed an interim director and is currently in the process of attaining accreditation.

UIC of Medicine Rockford MERIT (Medical Evaluation Response Initiative Team)

Enhanced Services and Community Prevention Education



The University of Illinois College of Medicine Rockford's Medical Evaluation Response Initiative Team (MERIT) has identified a community need for immediate pediatric medical care in the event of suspected abuse and/or neglect. The MERIT team has also conducted outreach on preventing child abuse and neglect and how to best approach victims. As of April 2024, the MERIT program's workplan has been completed, and a social worker has begun creating programming.

Winnebago County

Assistant State's Attorney - Mental Health



By promoting an Assistant State's Attorney to ASA-Mental Health for the Problem-Solving Courts and the Wellness Track, Winnebago County can have a State's Attorney dedicated to individuals within the legal system with behavioral health issues. This position will have the authority to dismiss charges at the first court appearance, serve as a liaison, coordinate and ensure linkage to behavioral health and supportive services, and handle civil commitments.

Winnebago County

Juvenile Detention Center - Reducing Isolation through Expand Behavioral Health



Winnebago County's Reducing Isolation through Expanded Behavioral Health program—housed in the Juvenile Detention Center—addresses the mental health of detained youth. The program functions through assessment, crisis intervention, therapeutic intervention, and coordination of services. Winnebago County's program has served 127 youth, and all discharged youth touched base with their mental health team after their release from the Juvenile Detention Center.

Winnebago County

Juvenile Resource Intervention Center (JRIC) - Behavioral Health Continuation

The JRIC's Behavioral Health Continuation is a therapeutic model for high-risk youth in the juvenile justice system that utilizes dialectical behavior therapy. As of Q2, they have hired a therapist and are beginning to establish their programming. Program participants have noted positive results.

Winnebago County

Resource Intervention Center (RIC) - Behavioral Health Continuation

Winnebago County's Resource Intervention Center (RIC) continues its Behavioral Health program, which moderates high-risk offenders on probation or pretrial supervision within the county. The program coordinates local agency services to reduce recidivism in the community. With WCCMHB funding, the RIC is expanding its evening programming to include DBT and Seeking Safety therapeutic models.

Winnebago County Health Department

Trauma Informed Community Care Coordination

The Winnebago County Health Department (WCHD) provides ongoing trauma training to local agencies, organizations, and community members. Through WCCMHB funding, the WCHD will incorporate the IRIS referral system into its focus on intervention and case management. IRIS is a streamlined referral system that ultimately produces more effective mental healthcare outcomes. The funding will also support additional WCHD trainings, including Trauma Informed De-Escalation, Vicarious Trauma Training, Trauma Informed Supervision, Disenfranchised & Complex Grief, Self-Care & Coping Strategies, and Suicide Prevention. At a recent mental healthcare mini-conference, the WCHD had nearly 100 participants.

Winnebago County Sheriff's Office

Winnebago County Jail Behavioral Health Program

The Winnebago County Sheriff's Office manages the Winnebago County Jail Behavioral Health Program, supported by WCCMHB funding. The program is housed in the county jail, providing mental healthcare and addiction services to incarcerated individuals. The program also provides prevention services, individual and group therapy, and suicide risk assessment services. The program also employs a Mental Health Coordinator who connects the incarcerated to the Sheriff's wide range of mental healthcare services. Medication Assisted Treatment (MAT) is also available to complement standardized therapeutic treatment. As of Q2, 285 new inmates have spoken with a mental healthcare professional. 198 inmates have started medication, and the program has made 351 discharge plans.

YMCA of Rock River Valley

Protecting Youth Mental Wellness



The YMCA of Rock River Valley has utilized WCCMHB funding to incorporate mental health counseling into their K-8 after-school program. Youth have access to education, therapy, and opportunities to challenge the stigma against mental healthcare treatment. The program's content teaches its students about trauma and coping mechanisms. 100% of participants attend the group weekly, and the program is in the process of creating quarterly family events.

Youth Services Network Inc.

Mental Health for Homeless Youth (MH4Y)



The Mental Health for Homeless Youth (MH4Y) program provides mental health services for youth in their emergency and transitional living shelters. Program participants follow up with their case manager up to a year after leaving the program to maintain stability in a larger community setting.

Youth Services Network Inc.

Youth Trauma Clinic (YTC)



The Youth Trauma Clinic provides trauma management services through cognitive behavioral therapy, dialectical behavioral therapy, play therapy, motivational interviewing, and EMDR to youth who have experienced adverse childhood events (ACEs). The Clinic also provides wrap-around services such as case management, transportation assistance, and on-call crisis response. At the end of Q2, the program served 156 children. 94% of those surveyed reported that their trauma symptoms have reduced.

YWCA

Mental Health Crisis Case Manager



Through WCCMHB funding, the YWCA has employed a Mental Health Crisis Case Manager to connect clients to mental healthcare services. The case manager meets with individuals from a wide variety of backgrounds, and follows up with each participant to ensure any barriers to mental healthcare are removed. The program has served 25 clients in PY24, and advocated at 38 community events.

Success Stories

The purpose of this section is to convey the real-life impacts and experiences of the individuals the WCCMHB funded programs serve. Organizations are proud to share these success stories, as it is a testament of both their hard work and the resiliency of who they serve. A select amount of heartwarming and touching stories will be shared below.

Rockford Sexual Assault Counseling (RSAC)

Rockford Sexual Assault Counseling has shared the story of a high school student that has gone through the child welfare system for a large amount of her life. Upon coming of age, she was kicked out of her foster home and had no resources to turn to. During her period of being unhoused, she also discovered that she was pregnant. Rockford Sexual Assault Counseling reached out to establish regular therapy sessions with the student, which she regularly attended in order to understand next steps in her life.

Remedies Renewing Lives - Domestic Violence

A prospective client was referred to Remedies Renewing Lives due to a ruinous marriage. When the client shared stories of their spouse's abuse with their Remedies therapist, the client verbalized that their previous spouse had also abused them and that she herself was to blame for getting into relationships with abusive men. She also expressed that they were fearful of falling into severe depression due to the relationship. Since receiving regular counseling services, the client has now established a stronger sense of self and learned how to identify what they do and do not want in a relationship. The client shared with Remedies that they have learned how to make healthy choices in their life and have seen a significant improvement since beginning services.

UIC - CARE Program

A UIC CARE provider has worked with the same client for over half of a decade, indicating that this client's substance use led to devastating legal and familial consequences. When the client approached the CARE provider about resolving their substance use, the client was enrolled at Miles Square Health Center in Rockford to treat their disorder. After treatment through the UIC CARE program, the client has reunited with family and holds a full-time job.

Rosecrance - Access to Care

A long-term Rosecrance client had experienced an increase in his condition's symptoms after his request to reduce his long acting injection medication. MCRT, CCRT, and RMB Crisis Residential all coordinated admission to residential care in order to stabilize the client. Despite successfully completing treatment, the client did not return for additional services due to a COVID-19 infection. Despite this obstacle, CCRT representatives procured the client's medication and administered it to him in his home. The client has since remained stable and independent, residing in a Rosecrance owned apartment building.

Brightpoint-TRIO

Brightpoint's TRIO program assisted Winnebago County parents in assessing their son for ADHD. When TRIO mental healthcare professionals identified the child as at-risk, the parents initially did not believe that their son fit the profile for ADHD. When the child's symptoms (aggression, poor relationship-building skills) increased, TRIO professionals provided contextual materials to assist the parents in their understanding of ADHD. Eventually, TRIO representatives convinced the parents to consult with their primary care practitioner which resulted in a true ADHD diagnosis. With the right medication, their son's symptoms significantly improved.

Brightpoint - Doula Program

A mother in Brightpoint's Doula Program expressed a fear that past interactions with DCFS indicated that she was unfit to parent her child and that it would be collected by them shortly after its birth. Her doula and birthing team worked to alleviate her anxiety, encouraging her to step into motherhood with a strong sense of self-efficacy. Her doula supervised the mother's childbirth, but the mother learned shortly after that DCFS did intend to acquire her child the following day. Brightpoint's Doula team was knowledgeable about the court process, outlining necessary steps for the mother to take in order to dissuade DCFS from separating her from her child. With the Brightpoint Doula team's help, the judge ultimately determined there was no immediate necessity to remove the child. The mother was allowed to take her child home and work with a specialized case manager.



Winnebago County Community Mental Health Board