

**PROGRAM YEAR
2023 - 2024
End of Year Report**



WCCMHB

Winnebago County
Community Mental
Health Board

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Introduction

The purpose of this report is to inform the public about the work of the Winnebago County Community Mental Health Board (WCCMHB) funded programs for Program Year 2024 (PY24), reflecting the dates June 1, 2023 through May 31, 2024. WCCMHB-funded programs are categorized into six priority funding areas: Mental Health Treatment, Case Management, Crisis Response Services, Family & Community Support, Client Identification & Outreach, and Housing. Funded programs aim to address the needs of at least one of the four identified target populations: Serious Mental Illness (18+), Serious Emotional Disturbance (3-21), Infant & Early Childhood (0-5), and Substance Use. The priority areas and target populations are chosen by the WCCMHB Board and are outlined in the WCCMHB’s PY 4-6 Strategic Plan 2.0.

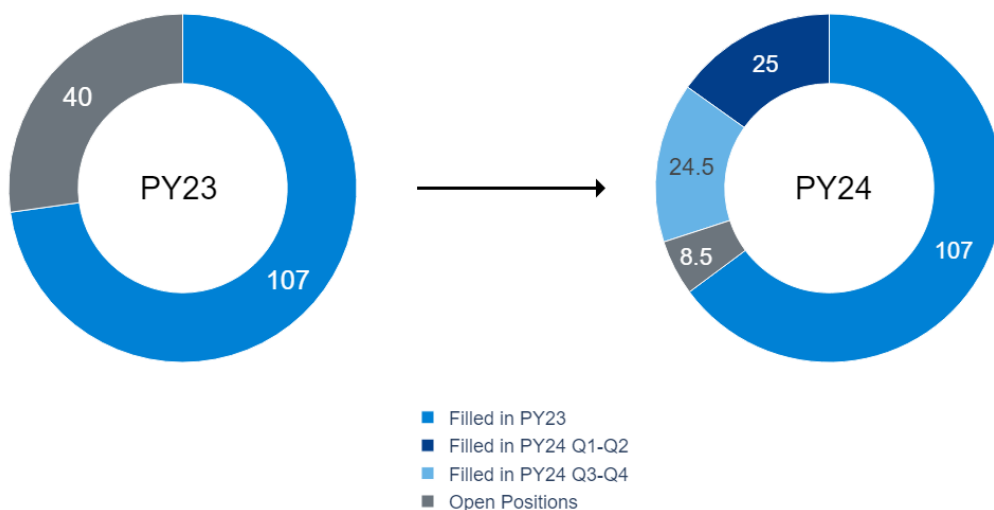
The report contains the following: information about proposed and filled full-time equivalent positions, the number of individuals served by each target population, and program outcomes for the final quarter of PY24. Also included is a section dedicated to the stories of individuals these organizations serve. For additional information, please refer to the Engage RI WCCMHB Funded Programs page.

The WCCMHB funded forty-four (44) programs in PY24. Thirty (30) programs from Program Year 2023 (PY23) applied and received renewed funding in PY24, and 14 new programs were added. By contrast, when the WCCMHB established its funding program in Program Year 2022 (PY22), only 15 programs were funded. In PY23, it doubled to 30. Now, three years later, the number of funded programs has almost tripled.

Full-Time Positions

WCCMHB programs collectively proposed 165 FTE (full-time equivalent) positions across the prior program year (PY23) and PY24. In PY23, 147 of those positions were created and 107 were filled during the program year. Going into PY24, the 107 staffed and 40 unfilled positions carried over and an additional 18 were created. Throughout Q1 and Q2 of PY24, 25 open positions were filled, followed by an additional 24.5 positions in Q3 and Q4 (some roles are part-time). This leaves only 8.5 FTE’s to be filled in the next program year.

Staffed FTE Positions



Numbers Served

This section covers the number of clients served each quarter by the WCCMHB programs throughout PY24, providing a breakdown of clients served by their respective target population categories and comparison of the PY24 metrics to the previous PY22 and PY23 years. The chart below comprises two panels - the top highlights PY24, while the bottom panel focuses on PY22-23.

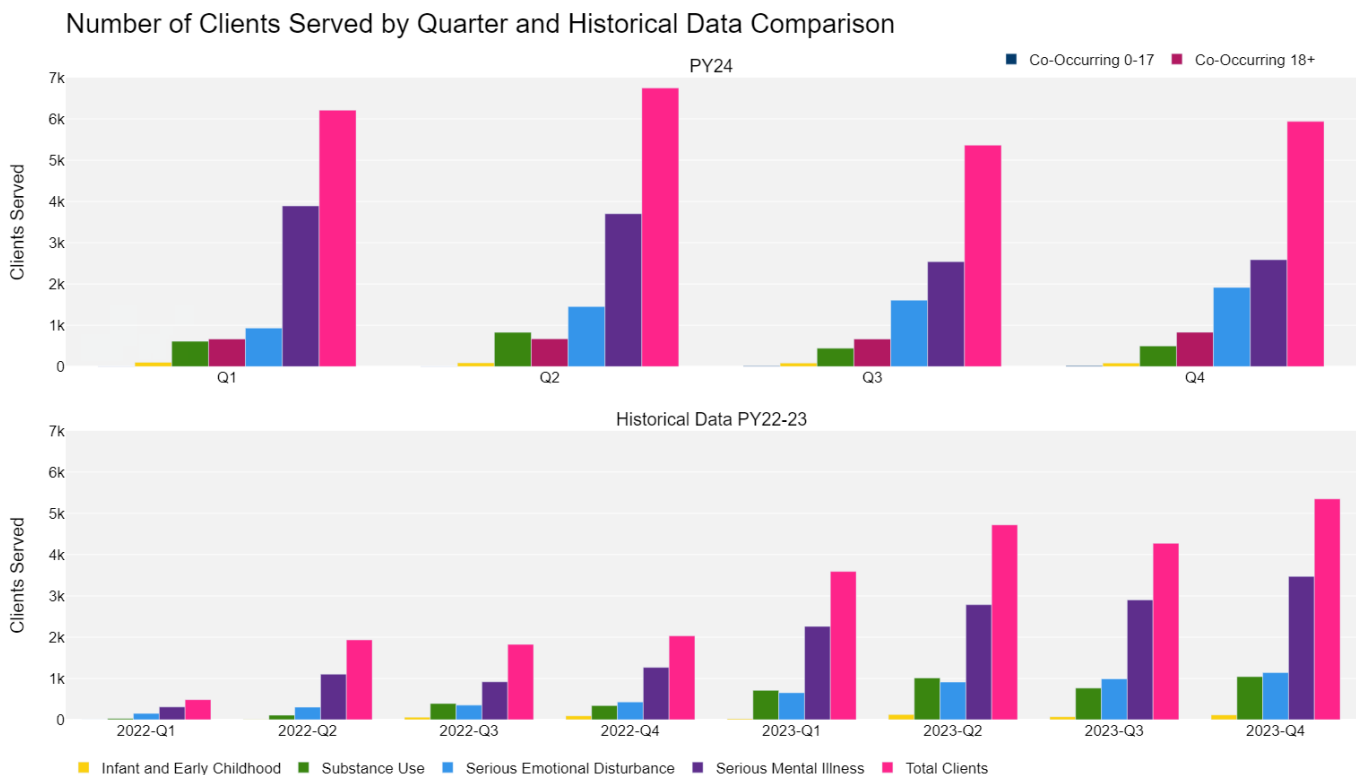
PY24 introduced two new target population categories: individuals with co-occurring disorders in the 0-17 age range and the 18+ range. Co-occurring refers to individuals who have both a mental illness and a substance abuse disorder, as these illnesses often exacerbate each other.

This metric shows the total number of unique individuals served. Additionally, the pink bars in the chart below represent the total number of clients served each quarter.

PY24 saw the largest number of clients served compared to PY22 and PY23. In fact, the average number of clients served in PY24 was 6,065 - a 35.2% increase from PY23's average. The number of clients served throughout the program year continually trends upward due to these factors:

1. an increase in the number of funded programs
2. renewed programs receiving more funding
3. existing programs hiring more staff and expanding their services, allowing them to reach out and benefit more clients
4. existing programs have had the time to build rapport and trust within the community.

While the target population categories of Infant & Early Childhood and Co-Occurring Ages 0-17 are incorporated into the chart displayed, their visual representation is quite small. In PY24, the number of Infant and Early Childhood clients averaged about 90 per quarter, approximately the same as PY23. Notably, the Co-Occurring Age 0-17 category increased continually across PY24, growing from 5 clients in Q1 to 18 in Q4.



Program Outcomes and Accomplishments

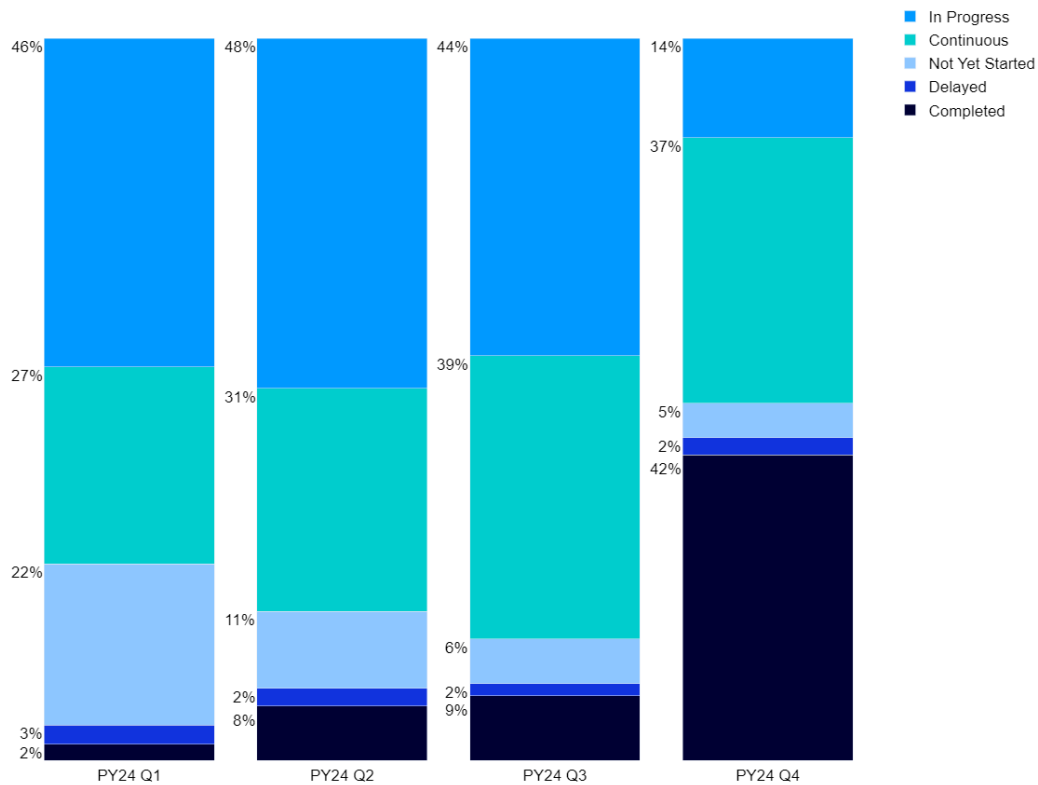
The WCCMHB-funded programs reported their progress on a collective total of 291 objectives, or “outcomes”, each quarter in PY24. Programs report their progress on an outcome as any one of the following categories: In Progress, Continuous, Not Yet Started, Delayed, or Completed.

The visualization below depicts the status of these objectives by quarter. The visualization shows program progress, as demonstrated by the following:

1. the percentage of Not Yet Started outcomes decreasing in each quarter
2. the number of Completed outcomes increasing in each quarter, with a dramatic increase between Q3 and Q4 as programs wrapped up the program year
3. the percentage of In Progress outcomes decreasing significantly between Q3 and Q4, which is indicative of many programs completing their end-of-year outcome objectives.

The following section includes details on the PY24-funded programs and their corresponding outcomes statuses reported at the end of the program year. The outcomes boxes’ colors follow the same color scheme and legend as the visualization below.

Outcome Progress by Quarter



Program Coin Key:



Programs from Program Years 2021 - 2022 (PY22), 2022-2023 (PY23), and 2023 - 2024 (PY24)



Programs from Program Years 2022 - 2023 (PY23), and 2023 - 2024 (PY24)



Programs from Program Year 2023 - 2024 (PY24)



Alignment Rockford

How are the Children?



Alignment Rockford developed an early childhood mental health support model utilizing community-based EDI (Early Development Index) data. The organization aims to improve the quality of life for all Winnebago County children under five. Their community steering committee has laid the groundwork for infant mental health by developing a home visiting program for all newborns and a sustainable funding strategy. As of Quarter 4, the Regional Office of Education (ROE) partnered with Alignment Rockford to help onboard EDI in local communities.



**BOYS & GIRLS CLUB
OF ROCKFORD**

Boys & Girls Club of Rockford

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 marginalized communities' access to youth services. Recently, they hired a new Mental Health Navigator to assist the Director of Social Emotional Learning in providing services to the ever-increasing number of youth requesting services.



**BOYS & GIRLS CLUB
OF ROCKFORD**

Boys & Girls Club of Rockford

Rockford Barbell - Youth Self-Regulation Programs



Rockford Barbell, a social-emotional learning and physical exercise program, runs in partnership with the Boys & Girls Club of Rockford. 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 4, they saw a 10% increase in the number of participants. With their recent vehicle acquisition, program staff can enhance school presentations by bring gym equipment for demonstrations. Throughout PY24, Rockford Barbell has presented at 17 local schools.



Strong Families • Thriving Children

Brightpoint

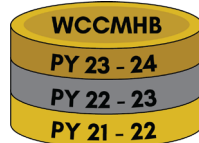
Doula Program



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 1-2 more Doulas. Throughout PY24, the program served 61 expectant mothers. Brightpoint Doulas also developed partnerships with other local organizations such as RPS 205 and UW Health.

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. As of Quarter 4, an open position for a clinical supervisor was posted and filled within a month. Throughout PY24, EPIC served 184 youth.

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 consistently reports full classes. At the program year-end, they were developing a standardized referral form that will be accessible on their website, as well as a way to submit referrals online.

Brightpoint

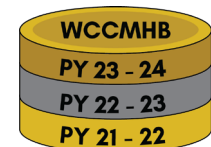
Therapeutic Response with Intervention and Outreach (TRIO)



Brightpoint's Therapeutic Response with Intervention and Outreach (TRIO) program treats youth with Serious Emotional Disturbances (SED) by engaging their families. The program combines case management, mentoring, emotional support, and life skills development into one comprehensive mental healthcare program. Throughout PY24, TRIO staff served 90 families.

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, law enforcement and mental health specialists can respond to 911 calls and conduct follow-up care. While CCRT estimated serving 1,800 individuals throughout PY24, they successfully served 28% over that approximation.



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. As of Quarter 4 end, there has been a 53.7% decrease in Emergency Department visits for individuals involved in the program compared to this time last year.



City of Rockford

City of Rockford Health & Human Services Department - IMPACT



The Integrated Mobile Partners Action Crisis Team (IMPACT) is a community program based on collaboration between the City of Rockford, Crusader Community Health, Rosecrance, Rockford Rescue Mission, Rockford Township, and UW Health. The program's target population is unhoused individuals experiencing serious mental illness and/or substance use. Individuals in programming will be placed in transitional housing while Mental Health Navigators facilitate necessary referrals. They are almost fully staffed, needing just one additional full-time Mental Health Navigator.



City of Rockford

Inclusive Wellness Programming at the Family Peace Center

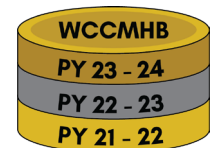


The Family Peace Center's Inclusive Wellness Programming initiative centers on the wellness needs of domestic violence survivors as well as the well-being of their staff. The Family Peace Center positions itself as a safe space for those seeking support. In May, they established their monthly LGBTQ+ support group for survivors of domestic violence, with the Liam Foundation aiding in outreach. Family Peace Center provided support to 87 survivors in PY24.



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. In PY24, Crusader provided behavioral health services to 4,165 individuals. All of Crusader Community Health's Winnebago County clinics provide Medication-Assisted Treatment, or MAT. They are in the process of onboarding a full time child & adolescent psychiatric nurse practitioner.

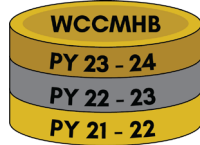


Family Counseling Services

Mental Health Counseling



With WCCMHB funding, Family Counseling Services (FCS) expanded many aspects of its operation. The organization increased the number of therapists employed up to 9 FTE, 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 4, they hired two of their current interns, as they received their Master’s degrees. FCS provided counseling to 689 individuals in PY24 with 100% of survey respondents report that their therapist was good at listening to their issues and understanding their concerns.



National Alliance on Mental Illness (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 strive to raise awareness of mental health options and initiatives throughout the County. Client satisfaction surveys regularly score above 90%, and their awareness events provide education for over 400+ attendees.



Lifescape

Senior Mental Health Program (SMHP)



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 and reducing the stigma surrounding mental health. In PY24, they screened 1,275 seniors for depression. Five hundred nineteen (519) older adults received Depression Education and Outreach Services in Quarter 4, for a total of 4,125 older adults reached throughout PY24.



NORTHERN ILLINOIS UNIVERSITY

Northern Illinois Center for Nonprofit Excellence

Northern Illinois Center for Nonprofit Excellence (NICNE)

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 (RAMCI), which serves both clinicians and individual case managers seek continuing education. The program is developing a community-wide approach to case management centered on principles of personhood, assisting clients in achieving self-defined outcomes. They were able to conduct 7 trainings throughout PY24, with a total of 147 case managers trained.



Outcome Progress key: ■ In Progress ■ Continuous ■ Not Yet Started ■ Delayed ■ Completed



OSF HealthCare Saint Anthony Medical Center

Trauma Recovery Center (STRIVE)



OSF St. Anthony's STRIVE 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 (PTSD) and coordinate further mental healthcare with clients. In PY24, they provided case management services to 93 individuals, and counseling services to an additional 90.



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. During PY24, 12 disability/mental health trainings were provided to the community. Notably, RAMP educated over 1,000 students at Harlem High School through their informational booths.

Prairie State Legal Services

Legal Services for Winnebago Residents with Mental Illness

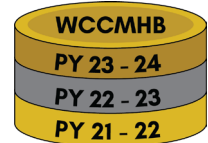


Prairie State Legal Services (PSLS) program provides legal services for Winnebago County residents with mental illness, assisting them in navigating the legal system during times of hardship. The program centers on three focus areas: safety, financial stability, and housing. PSLS helps clients by providing legal information, advice, advocacy, and court representation. While directly providing legal services, they also conduct mental health legal trainings for organizations, focusing on educational/vocational challenges, housing, and domestic violence.



Remedies Renewing Lives

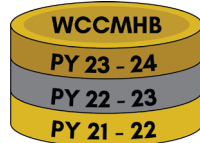
C.A.R.E.S Program (Behavioral Health Clinician Project)



Remedies Renewing Lives' CARES program has enhanced the agency's existing mental health and substance use programming, increasing therapeutic support and case management services available to Winnebago County residents. The program successfully supported over 200 individuals. Nevertheless, at the conclusion of PY24, Remedies made the decision to close the program as the agency is reallocating its resources to focus more on domestic violence and substance abuse initiatives.

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. In PY24, the Remedies Domestic Violence project has served 340 clients, and 96% of survey respondents say that they are more hopeful for the future.



Rockford Park District Foundation

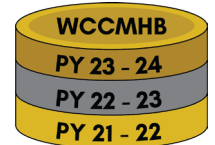
Unique Mental Health Services



The Rockford Park District Foundation 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. At the end of PY24, the facility was set to open and begin programming.

Rockford Sexual Assault Counseling

Outreach Therapists



Rockford Sexual Assault Counseling (RSAC) conducts outreach and therapy services to child, adolescent, and young adult 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. Recently, they have expanded their services to not only include schools, but institutions such as the Winnebago County Jail and the Juvenile Detention Center. Their work in the County's school districts and justice system has allowed RSAC to provide services to 303 individuals throughout PY24.



Rosecrance Health Network

Rosecrance Advancement and Clinical Excellence (ACE) Institute



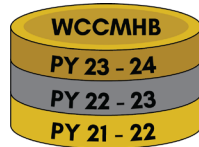
Rosecrance is utilizing WCCMHB funding to hire a Training Director for its Advancement and Clinical Excellent (ACE) Institute. Clinicians proctor specialized observations, clinical research, or specialty focuses within the ACE program to address the behavioral health workforce shortage. The Training Director will lead the Institute to its highest function as a mental healthcare support center. In March, they hired and onboarded their training director.

Rosecrance, Inc.

Access to Care



Rosecrance’s Access to Care offers a variety of flexible mental healthcare options to meet each client’s individual needs. 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. During Quarter 4, Access to Care served 446 unique individuals.



Rosecrance, Inc.

Winnebago System of Care



Rosecrance’s Winnebago County System of Care program assists clients in withdrawal medication management by dedicating residential or detoxification beds to Winnebago County residents. Low-income county residents have timely access to a recovery-oriented environment, where they choose the residential option that best aligns with their goals. While only expecting to treat 223 individuals throughout PY24, this program exceeded that estimate and served 390 in PY24.



SHELTER CARE

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 were able to focus on long-term management through treatments such as medication or talk therapy. Shelter Care aided 100 individuals in advocacy services in PY24. One hundred percent (100%) of participants improved in at least one self-identified unhealthy behavior and have made progress towards at least one self-defined goal.

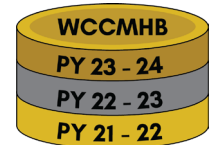


Stepping Stones of Rockford, Inc.

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. In Quarter 4 alone, 276 unduplicated individuals were served. In total for the program year, Stepping Stones served 843 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. As of Q4, land has been purchased and construction is expected to begin in late fall 2024 or early spring 2025, leading the program to be extended into the PY4 year.



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. As part of their efforts, they actively promote awareness of the services they offer through various marketing strategies and outreach programs to identify underserved and at-risk individuals. Throughout PY24, they trained 95 individuals about serious mental illness or substance abuse. 100% of participants report that the education provided by MHFA trainers reduced the stigma associated with mental illness, substance use, and suicide.

Summit Academy

Transition Counselor and Mental Health Curriculum

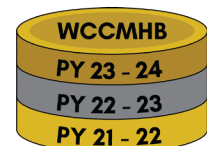


Summit Academy, an alternative school, utilized WCCMHB funding to hire a full-time transition counselor to promote achievement in at-risk students. The transition counselor facilitates communication between students, their families, and prospective school districts students may re-enter. Students and faculty have embraced the introduction of social-emotional learning, and staff report an increasing number of students graduating with improved social skills. Summit Academy served 1,182 students in PY24.



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 Quarters 3 and 4, a total of 128 new patients made their initial appointments with a CARE provider.

University of Illinois College of Medicine Rockford

CLEAN: Clinical Learning and Education in AddictionN



The University of Illinois collaborated with the University of Illinois College of Medicine Rockford (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. Currently, they are in the process of hiring a Fellowship Director and fine-tuning their curriculum.

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. Their full time social worker specializes in short-term trauma-based therapy and saw 17 patients in PY24. In Quarter 4, MERIT participated in the Winnebago County Fatherhood Coalition in collaboration with Brightpoint.

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 has 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. Three hundred fourteen (314) individuals involved in the justice system received assistance from the Assistant State's Attorney in PY24.

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 the coordination of services. Staff reported that 317 youth served in PY24, as well as faculty, utilized the skills taught by Freedom therapists.



Winnebago County

Resource Intervention Center (RIC) - Behavioral Health Continuation



Winnebago County's Resource Intervention Center continued its Behavioral Health program, which oversees high-risk offenders on probation or pretrial supervision within the county. The program coordinates with 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.



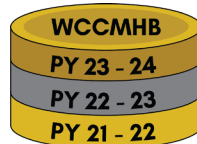
WINNEBAGO COUNTY
SHERIFF'S DEPARTMENT

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 employs a Mental Health Coordinator who connects those incarcerated to the jail's wide range of mental healthcare services. Medication Assisted Treatment (MAT) is also available to complement standardized therapeutic treatment. Two hundred thirty-four (234) incarcerated individuals were provided services in Quarter 4, and 91 positive outcomes were reported.



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 (DBT). Clients report that the skills learned during DBT sessions positively affect their lives. JRIC staff served 51 youths in PY24.



Winnebago County

Health Department

Winnebago County Health Department

Trauma Informed Community Care Coordination



The Winnebago County Health Department (WCHD) provided ongoing trauma training to local agencies, organizations, and community members. Through WCCMHB funding, the WCHD plans on incorporating the IRIS referral system into its focus on intervention and case management. IRIS, a streamlined referral system, ultimately produces more effective mental healthcare outcomes. WCCMHB funding also supports additional WCHD trainings, like Trauma and Attachment, and Responding to Trauma after Community Violence. In Quarter 4, 159 individuals attended various WCHD community trainings.





YMCA of Rock River Valley

Protecting Youth Mental Wellness



The YMCA of Rock River Valley utilized WCCMHB funding to incorporate mental health counseling into their K-8 after-school program. In PY24, 785 youth accessed education, therapy, and opportunities to challenge the stigma against mental healthcare treatment. The program's content teaches its students about trauma and coping mechanisms. More than 80% of youth participating in programming participated in demonstrations on what they've learned through Q&A, games, and skits.

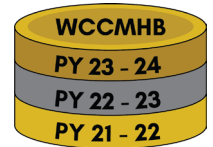


Youth Services Network Inc.

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 experienced adverse childhood events (ACEs). The Clinic also provides wrap-around services such as case management, transportation assistance, and on-call crisis response. Throughout PY24, the YTC clinic served 155 youth, and 100% of surveys returned reflect positively on YTC services.



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. As of PY24's end, they served 40 individuals and cite the rapport built between client and therapist allowed clients to be more open about their thoughts and feelings.



YWCA

Mental Health Crisis Case Manager



Through WCCMHB funding, the YWCA hired a full-time 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. They attended 45 community events throughout PY24 and served 25 clients.



Success Stories

This section conveys the real-life impacts and experiences of the individuals the WCCMHB-funded programs serve. Organizations are proud to share these success stories, as they are a testament to their hard work and the resiliency of those they serve. Below are a select number of heartwarming and touching stories.

Brightpoint - Doula

A local hospital referred a young, expectant mother to Brightpoint Doula due to a diagnosis of Schizophrenia, among many other physical and emotional issues. She also had a history of trauma - particularly with intimate partner abuse. Doulas at Brightpoint worked persistently with social services and the mother throughout the pregnancy. With the support of the Doulas, the mother delivered a baby boy and has relocated with family. She expressed motivation to stabilize herself emotionally and physically in order to keep her baby. Doulas are now working with home visiting services to ensure the best possible outcome for mother and son.

Family Counseling Services - Mental Health Counseling

A youth came to Family Counseling Services due to difficulty coping with their parent's divorce and previous incidents involving emotional abuse. As a result, the youth began to bully other children and act out at school. Through play, art, and sand therapy, the client learned how to process tough emotions with healthy coping skills. They learned how to manage and process emotions like grief, sadness, and anger without taking it out on others or themselves. Since then, the youth has made great strides in managing their anger and communicating their feelings.

RAMP - Mental Health Services and Training

RAMP staff collaborated with a client who was experiencing difficult living conditions. The current residence lacked a working refrigerator and functioning heat. To make the situation more complex, RAMP staff learned that the landlord was in the process of evicting the client. RAMP staff

aided the client in applying for housing vouchers, but days before moving, the client learned they had been rejected for a housing voucher due to having a previous eviction record. Despite this, RAMP staff worked diligently with landlords, as well as the City of Rockford, to obtain housing. With assistance from the City of Rockford and RAMP, the client was able to come to an agreement with a landlord and secured housing.

Rosecrance - Winnebago County System of Care

After a relapse, the client decided to enter the program as a birthday present to themselves. With their counselor, they shared their longtime struggle with both mental health and substance abuse. Their symptoms were exacerbated by familial stress and boundary-setting, leading to an addiction to alcohol and cocaine. Since starting treatment, the client has stayed committed to recovery. The client is breaking the 'cycle of violence' by implementing boundaries with their family and removing familial stress. The client expresses that they would like to become a Mental Health Behavior Tech by earning his CADC (Certified Alcohol Drug Counselor) and Sociology degree.

Youth Services Network, Inc. - Youth Trauma Clinic (YTC)

YTC staff assisted a youth and their family in relocating from a gang-affiliated neighborhood. While the family was not directly involved with any gang activities, they frequently experienced threats of violence and surveillance, posing a significant safety concern. Counseling enabled the family to address their past trauma and grief, and look forward to a brighter future. With assistance from YTC staff, the family transitioned to a new residence in a non-gang-affiliated community, where they now feel safe and secure.



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