



**WCCMHB**

Winnebago County  
Community Mental  
Health Board

**ANNUAL REPORT  
FISCAL YEAR  
2023**

October 2022 - September 2023



**W C C M H B**

Winnebago County  
Community Mental  
Health Board

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INFORMATION

# WCCMHB

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Community Mental  
Health Board



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**Instagram:**  
[@wccmh](https://www.instagram.com/wccmh)



**Mailchimp Email Sign Up:**  
[bit.ly/WCCMHBmailchimp](https://bit.ly/WCCMHBmailchimp)



**YouTube:**  
[@WCCMHB](https://www.youtube.com/WCCMHB)

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Prepared by **Region 1 Planning Council**  
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Dear Winnebago County Residents,

Over the past three years, it has been my pleasure to serve as Winnebago County Community Mental Health Board (WCCMHB) President. In the 2020 primary election, the half-cent sales tax was approved. The WCCMHB uses these funds for programs that offer mental health and substance use programs. In our third program year, we renewed all 30 previously funded programs and added 14 new programs, meaning we now have 44 programs in total. Funding for all 44 programs totaled \$20 million dollars for Program Year 2023 - 2024 (PY24).

At the end of second year of funding (PY23), we saw the numbers served by our funded programs grow to more than 5000 unique adults and children with mental illness or substance use disorders each quarter. We also saw increased access to services with 147 new positions created by our funding, with 73% of those positions filled. We continue to look at workforce development strategies to the move the needle on filling vacant positions and reducing wait times across the community.

Over the past 12 months, we also updated our three-year strategic plan based on research and community input, specifically looking at service gap and systems improvement needs within the our local mental health system. Our plan was informed by the perspectives of community residents, including professional service providers, top-level administrators, and people with lived experience. Following the approval of this plan, we released a notice of funding opportunity for \$70 million dollars of funding over the next three years to maintain and improve a Community Support System for mental health and substance use in Winnebago County.

The Winnebago County Community Mental Health Board (WCCMHB) operates pursuant to the Illinois Community Mental Health Act 405 ILCS 20/0.1, et seq. As part of that responsibility, we are tasked with creating an annual report outlining major activities, accomplishments, revenue, and expenses for our fiscal year. In an effort to be as transparent as possible, we take pride in providing the community with this information. We appreciate the ongoing support from the community and are looking forward to what the next year will bring.

Sincerely,

*Mary Ann Abate*

**Mary Ann Abate**  
Winnebago County  
Community Mental  
Health Board President



LETTER  
FROM OUR  
PRESIDENT



ABOUT  
WCCMHB

BOARDS  
MEMBERS

## About WCCMHB

The Winnebago County Community Mental Health Board (WCCMHB) was established by the Winnebago County Resolution 19-128. Seven inaugural Board Members were unanimously approved on February 27, 2020, and two at-large appointments were approved on March 12, 2020.

WCCMHB exists to improve community mental health and substance use services in Winnebago County through planning, grantmaking, community engagement, coordination, and evaluation. Through an intergovernmental agreement, Region 1 Planning Council provides administrative and technical support for our work.

WCCMHB meets on the first Wednesday of every month at 2 PM CST. Information about the Board Meetings is on our website's meetings page.

## WCCMHB Board Members

### President

Mary Ann Abate

### Vice President

Richard Kunnert

### Secretary

Dr. Bill Gorski

### Treasurer

Wendy Larson-Bennett

Dr. Reverend K. Edward Copeland

Dr. Terry Giardini

Timothy Nabors

Linda Sandquist

Mohammad Yunus

Region 1 Planning Council provides staff support for WCCMHB operations through an Intergovernmental Agreement; the Director of Community Impact serves as Director for WCCMHB.





WCCMHB  
VISION

WCCMHB  
MISSION

## VISION

### *Our hope for the community*

We see a community where residents are knowledgeable about mental health and have access to high-quality mental health and substance abuse services when and where they need them.

## MISSION

### *What we are doing about it*

We are an appointed group of community leaders who are passionate about improving mental health and substance abuse services in Winnebago County and coordinate them through planning, funding, evaluation, and communication.



WCCMHB  
VALUES

## VALUES

### *Why we do what we do*

**Wellness** - We support the Community Support System framework because it focuses on providing an array of services that bring people from illness to health.

**Awareness** - We believe mental illness and substance abuse disorders can occur at any age and can affect individuals across all domains including race, ethnicity, income, geography, religion, gender identity, language, sexual orientation, and disability, so we strive to educate all members of our community about mental health and substance use to increase mental health literacy and prevent mental illness and substance abuse disorders.

**Collaboration** - We believe that relationships are foundational to coordination, so we practice teamwork and breaking down silos.

**Transparency** - We believe the best way to gain trust is to be truthful, so we practice open and consistent communication about our work.

**Diversity** - We believe complex problems require perspectives from all areas of the community, so we practice listening and cultural humility.

**Client-Centered** - We believe that people with mental illness and substance abuse disorders are important members of our community, so we promote services that support them with compassion and unconditional positive regard.

**Intersectional** - We believe that mental health is interconnected with other parts of community life and personal identity, so we promote solutions that address a combination of factors.

**Trauma-Informed** - We believe that no one who has experienced trauma should ever be re-traumatized during the process of seeking out or receiving mental health or substance abuse services, so we promote trauma-informed care in all areas of service delivery.

**Accessibility** - We believe mental health and substance abuse services should be accessible for all people irrespective of race, ethnicity, income, geography, religion, gender identity, language, sexual orientation, and disability, so we promote ADA compliance, language access, and effective communication in all areas of service delivery.



# PRINCIPLES

## *How we operate*

**Evidence-Based** - Our decisions are driven by the best available empirical evidence and data.

**Process-Oriented** - We use best-practice processes to guide planning, funding, evaluation, and communications.

**Outcomes-Informed** - We evaluate the results of our efforts by collecting and analyzing data in order to continuously improve and maximize impact.

**Equity** - We fund and measure results with equity in mind, analyzing needs and outcomes by race, ethnicity, income, geography, religion, gender identity, language, sexual orientation, and disability or other demographic breakdowns.

**Urgent** - We operate with a sense of urgency knowing that gaps in care affect real people.

**Emergent** - We stay flexible in order to identify and address new issues in the service delivery system as they are developing.

**Network-Driven** - We work diligently to establish a broad and diverse coalition of community stakeholders dedicated to improving the mental wellbeing of our community.



WCCMHB  
PRINCIPLES



## COMMUNITY SUPPORT SYSTEM FRAMEWORK

# Community Support System Framework

One of the foundations of all the work we do is the Community Support System framework, which guides our strategic planning. The Community Support System (CSS) framework is rooted in the Community Support Program research that dates back to 1977, linked with the community mental health and deinstitutionalization movement. The CSS framework provides a framework for municipalities to use in comprehensive, community-based mental health systems planning.

The components of CSS represent the *array of services and opportunities that an adequate service system should include* for the target population, all to be provided in the community.

As such, this model was adopted by WCCMHB and was used as a map to guide the planning process, from the environmental scan and public participation survey to the data synthesis, framing strategic issues, the establishment of priorities, and development of goals and intended outcomes. For each priority area, represented in the visual as a “spoke” in the wheel, there are corresponding service areas.

For example, the “Treatment” priority area includes the service areas of Diagnostic Evaluation, Supportive Counseling, Medication Management, and Substance Abuse Treatment.

The priority areas and their included service areas are shown with the corresponding color based on the framework.

### Client Identification and Outreach

- Client Identification
- Outreach
- Transportation Assistance

### Mental Health Treatment

- Diagnostic Evaluation
- Supportive Counseling
- Medication Management
- Substance Abuse Services

### Crisis Response Services

- Crisis Telephone Services
- Walk-In Crisis Services
- Crisis Outreach Services
- Crisis Residential Services

### Health and Dental Services

#### Housing

- Supportive Housing
- Residential Assistance for Homeless Mentally Ill Persons

### Income Support

#### Peer Support

- Self-Help
- Consumer-Operated Services

### Family and Community Support

- Assistance to Families
- Education for the Community

### Rehabilitation Services

- Social Rehabilitation
- Vocational Rehabilitation

### Protection and Advocacy

### Case Management



COMMUNITY  
SUPPORT  
SYSTEM  
FRAMEWORK



**Community Support  
System Framework**



## FISCAL YEAR 2023 ACTIVITIES

## Fiscal Year 2023 Activities

WCCMHB's Fiscal Year 2023 began on October 1, 2022, and ended on September 30, 2023. Each year, the Board develops a work plan that guides their activities for the ensuing year. This work plan also accompanies the annual budget submitted to the Winnebago County Board for approval. Our approved work plan and budget can be found on our website under disclosures. Grant program years overlap multiple fiscal years. Fiscal year 2023 includes portions of two grant program years. The program years can be referred to as follows:

- **Fiscal Year 2022-2023 (FY23):** October 1, 2022 - September 30, 2023
- **Grant Program Year 2022-2023 (PY23):** June 1, 2022 - May 30, 2023
- **Grant Program Year 2024-2025 (PY24):**
  - **Renewal Program:** June 1, 2023 - May 30, 2024
  - **New Program:** September 1, 2023 - May 30, 2024

## Highlights and Accomplishments

### October 2022

- Fiscal Year 2023 Work Plan approved by the Board
- Kickoff meeting for the Communications Working Group
- Second "Learning Network Collaborative" meeting for PY23 Funded Programs
- Received the RAMP's Advocate of the Year 2022 Award

### November 2022

- CESSA Regional Committee Appointment
- Administered the Strategic Plan 2.0 Environmental Scan

### December 2022

- Association of Community Mental Health Authorities of Illinois (ACMHAI) Winter Meeting and 50th Anniversary Celebration
- PY24 "Notice of Funding Opportunity" approved and published
- PY24 Grant Application Portal opened for Abstracts and Renewals
- Hosted "Convening Organizations to Collaborate - IRIS Demo" with Youth Mental Health System of Care Collaborative
- Posted Grant Seekers Information recordings
- Hosted two Q & A sessions for grant seekers

### January 2023

- Kickoff meeting for the Mental Health Pathways Working Group
- Communications Working Group Charter approved
- PY24 Abstract and Renewal applications deadline
  - All current funded programs requested renewed funding
  - Received 26 Abstract applications for the new programs
- Board Members stated evaluations of Abstract applications
- Promoted the Strategic Plan 2.0 Public Participation Survey
- Initiation of site visits of PY23 Funded Programs
- Published Annual Report Fiscal Year 2022

## February 2023

- Public Participation Survey complete with 361 total responses
- Third “Learning Network Collaborative” meeting for PY23 Funded Programs
- Board Members completed evaluations of Abstract applications

## March 2023

- Announced Program Year 2024 Abstract application decisions
- Board Member Manual approved
- Board Members started evaluations of Renewal applications
- Mohammad Yunus appointed to WCCMHB

## April 2023

- Final “Learning Network Collaborative” meeting for PY23 Funded Programs
- Association of Community Mental Health Authorities of Illinois (ACMHAI) Spring Meeting
- Published Impact Report Issue 1: Program Year 2022
- Board Members completed evaluations of Renewal applications
- Completed site visits of PY23 Funded Programs

## May 2023

- Announced Program Year 2024 Renewal Program awards
- “Building Bridges” Mental Health Month Community Event and Fair

## June 2022

- Start of Program Year for Renewal Programs
- Presented at Mental Health America Conference in DC - “More than an Event: Funding a Crisis-Response Ecosystem”
- Special Board Meeting for strategic planning
- Election of Officers
  - President: Mary Ann Abate
  - Vice President: Richard Kunnert
  - Secretary: Dr. Bill Gorski
  - Treasurer: Wendy Larson-Bennett
- Mental Health Board approved Fiscal Year 2024 Budget - submitted to Winnebago County Board for approval

## July 2023

- Strategic Plan 2.0 Draft made available for public comment
- Joined the City/County Behavioral Health Advisory Committee

## August 2023

- Announced Program Year 2024 New Programs awards
- Hosted three Public Comment Open Houses for Strategic Plan 2.0 Draft
- Association of Community Mental Health Authorities of Illinois (ACMHAI) Summer Meeting
- First “Learning Network Collaborative” meeting for PY24 Funded Programs
- PY24 Orientation for each of the 44 Funded Programs

## September 2023

- Start of abbreviated Program Year 2024 (PY3) for New Programs
- FY23 Budget approved by Winnebago County Board with modifications



FISCAL YEAR  
2023  
ACTIVITIES



FISCAL YEAR  
2023  
FINANCIALS

## Fiscal Year 2023 Financials

The collection of the Winnebago County half-cent sales tax for mental health began in July 2020. While collected tax revenues are not received in the same month they are collected, they are still reflected in the budget for the month they were collected. In Program Year 2023-2024, \$20 million in funding was allocated for grant awards. The budget below reflects only the portion of grant awards given in Fiscal Year 2023; additional funding will be allocated in Fiscal Year 2024 and will be included in the 2024 budget. In the tables below, the associated county object number is listed in parentheses next to each budget line item.

### Fiscal Year 2023 Revenue

Mental Health Sales Tax Accrual (32229)	\$19,668,029.50
Interest (39210)	\$915,698.28
State of IL Admin Fee (32228)	-\$285,568.47
<b>Total Fiscal Year 2023 Revenue</b>	<b>\$19,688,011.97</b>

### Fiscal Year 2023 Expenses

Legal (431040)	\$3,067.50
Contractual Staff (43155)	\$463,755.56
Program Grants and Service Contracts (43190)	\$11,269,909.71
Dedicated Technology (43198)	\$8,905.74
Travel (43310)	\$5,319.73
Community Engagement (43420)	\$9,400.25
Liability Insurance (43510)	\$23,853.00
Membership Dues (43941)	\$16,000.00
Training and Education Costs (43944)	\$999.00
<b>Total Fiscal Year 2023 Expenses</b>	<b>\$11,801,750.49</b>

### Fund Balance

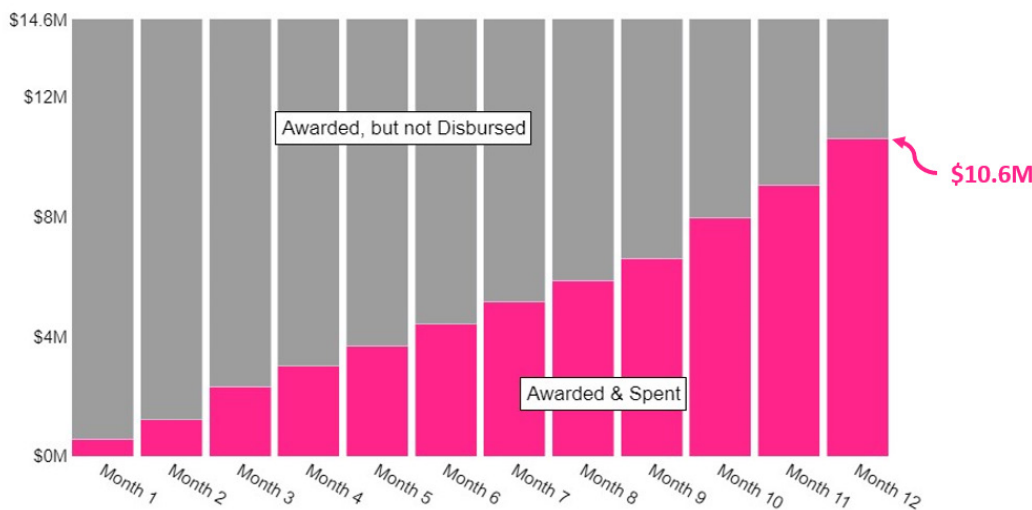
FY 2022 Year End Balance	\$28,620,125.84
FY 2023 Revenue Less Expenses	\$7,866,279.01
<b>FY 2023 Year End Balance</b>	<b>\$36,486,404.85</b>

## Program Year 2022-2023 Funded Programs Outcomes

In the second funding cycle, Program Year 2022-2023 (PY23), the total amount of funding awarded was over \$14.6 million. The chart below displays the cumulative monthly spending in PY23. WCCMHB issues expenditure reimbursement grants, which means funds are only allocated to reimburse expenses from the approved program budget. If a program is not able to expend all of their award, funds will be reallocated in a future award year.

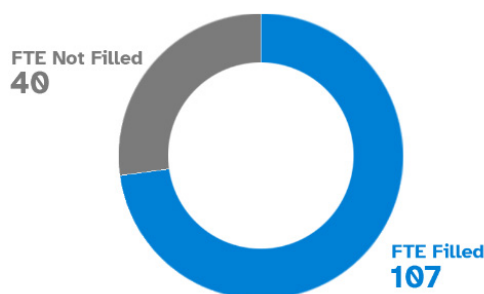
The gray segments of the bar represent funds that were awarded but not spent, while the pink segments indicate funds that have been awarded and disbursed. By the end of PY23, approximately 73% of these funds had been allocated to the WCCMHB Funded Programs. This represents an increase in the average spending rate of 5% per month. About 27% of the funds, or 4 million dollars, will be reallocated in future award years.

### Funding Status by Month



### Positions Created and Filled

WCCMHB grants have created 147 FTE (full-time equivalent) positions for mental health and substance use professionals. Through the end of PY23, 107 FTEs (73%) have been filled, leaving 40 FTEs (27%) open. Unfilled positions are one of the primary causes of unspent funds. Due to the shortage of available mental health and substance use workers in Winnebago County, WCCMHB will be focusing on workforce development in future funding years.



PROGRAM YEAR  
2022-2023  
FUNDED  
PROGRAMS  
OUTCOMES



PROGRAM YEAR  
2022-2023  
FUNDED  
PROGRAMS  
OUTCOMES

## People served by Target Population

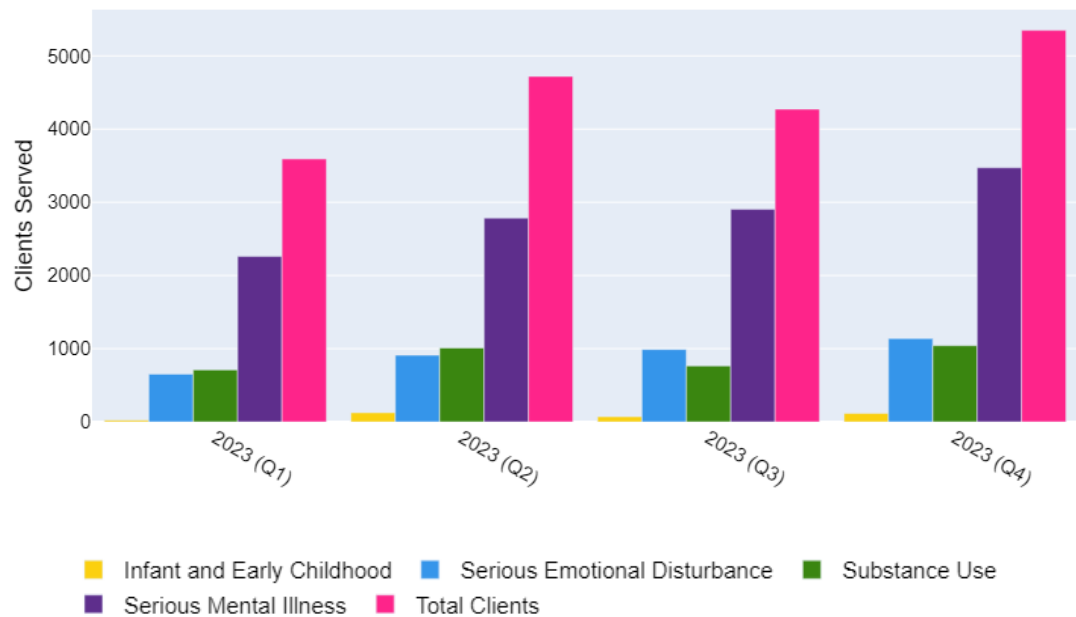
Below is a chart showing the number of Winnebago County residents served during Program Year 2022-2023 (PY23) by the WCCMHB Funded Programs. The numbers are also broken down by target populations. The numbers served for each quarter indicate unique individuals only within that quarter. If someone was served in quarters one and two, they are counted separately in both quarters. Individuals may also meet the criteria for more than one target population thus, the sum of each target population will be more than the total unduplicated served.

The following are the total number of people served by the WCCMHB Funded Programs by target population across all quarters in PY23:

- Substance Use Disorder (all ages): 3,527
- Infant and Early Childhood (0-5 yrs.): 333
- Serious Emotional Disturbance (3-21 yrs.): 3,689
- Serious Mental Illness (18+ yrs.): 11,420
- Total: 17,932

## People Served by Quarter in PY 2023

Number of Clients Served by Quarter

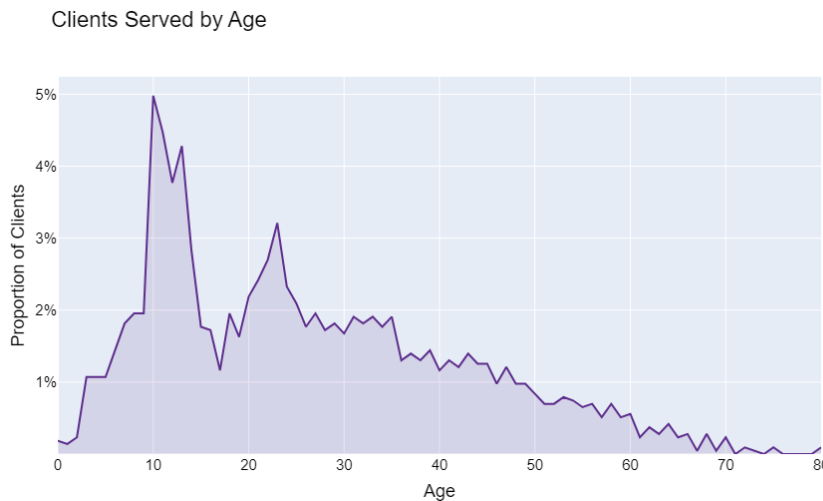


The number of clients served increased consistently each quarter. By Q4, there were a total of 5,349 unique clients served, representing a 49% increase from the 3,591 clients served in Q1. The number of clients served for serious mental illness increased consistently across each quarter, jumping from 2,260 in Q1 to 3,472 in Q4 - a 53.6% increase. Moreover, the smallest category of clients served - infant and early childhood - went from 22 in Q1 to 116 in Q4 - a 427% increase.



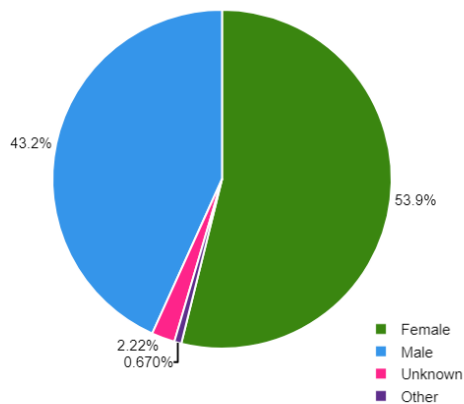
## People Served by Age

The chart below depicts the distribution by age based on a sample size of 2,149. Regarding age, the two largest groups of individuals served fall within the age ranges of 9-15 and 19-26. Combined, these age brackets account for approximately 50% of the total population served by the programs. Other notable proportions are observed in the late twenties to early thirties.



## People Served by Gender

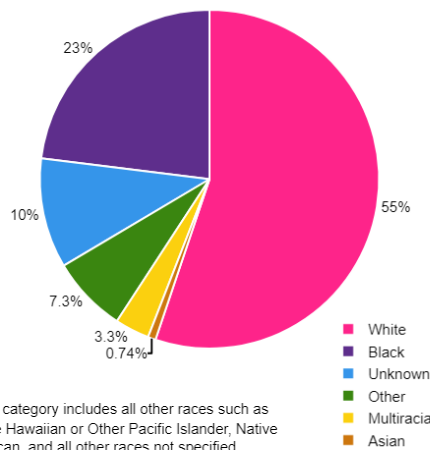
From a sample size of 11,485 individuals served, the largest proportions of gender representation were female (54%) and male (43.2%). Together, these two categories comprised approximately 97% of the sample population served.



\*Other category includes options such as transgender male/female, genderqueer/non-conforming, and non-binary.

## People Served by Race

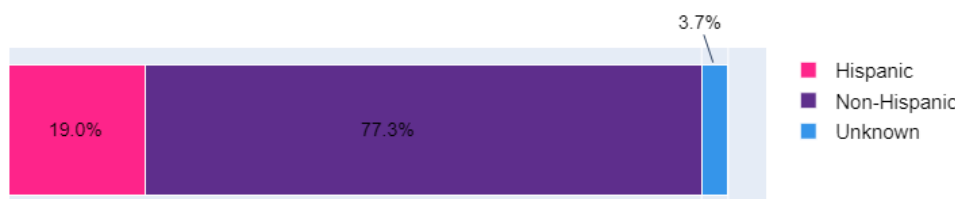
The four largest racial categories based on a sample size of 10,672 individuals served were white (55%), black (23%), unknown race (10%), and other race (7.3%)—a smaller proportion comprised multiracial (3.30%) and Asian (0.74%).



\*Other category includes all other races such as Native Hawaiian or Other Pacific Islander, Native American, and all other races not specified.

## People Served by Ethnicity

Among the individuals served with recorded ethnicity data based on a sample size of 7,753 unique clients, 96% of the sample population identified as either non-Hispanic (77.3%) or Hispanic (19.0%).



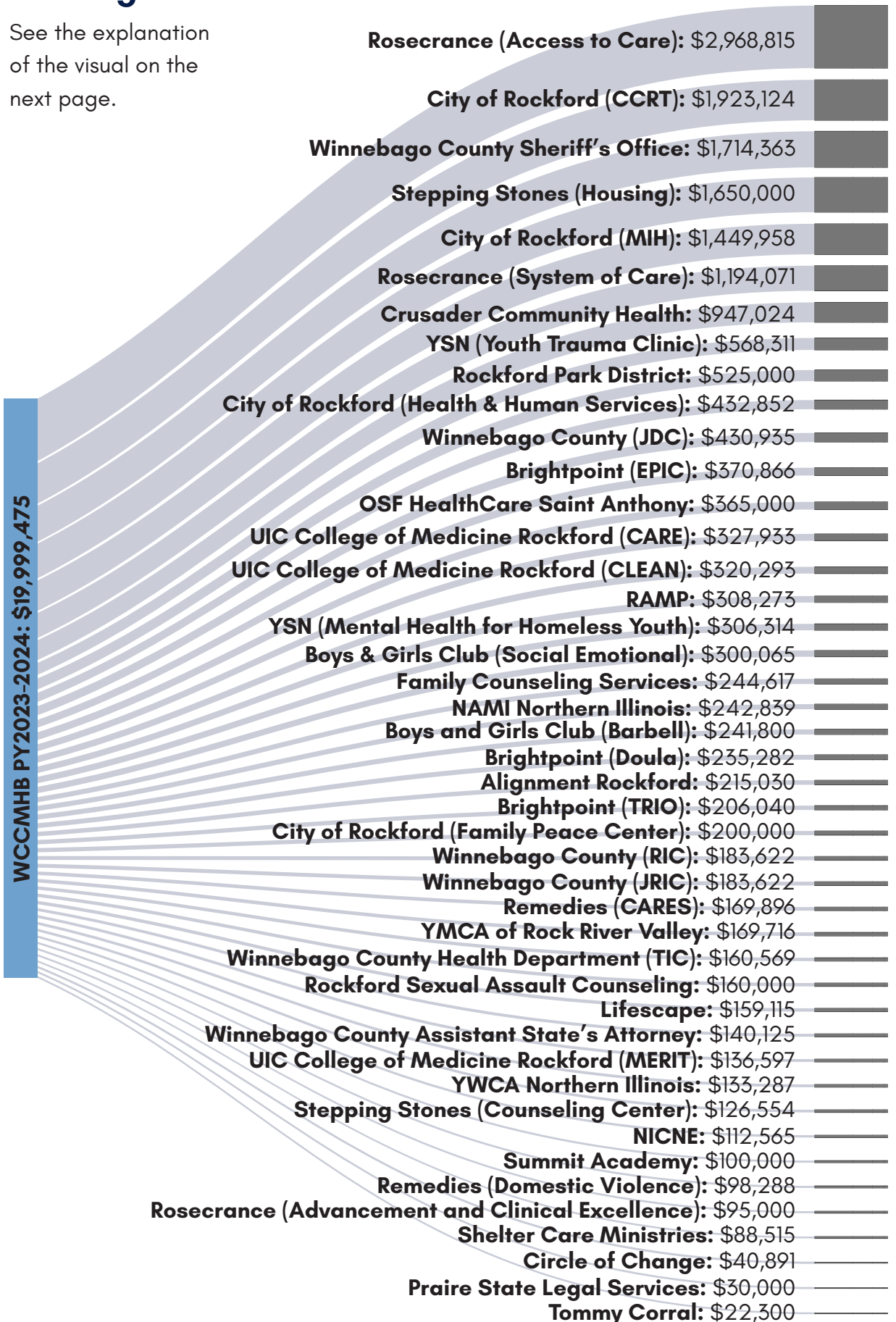
PROGRAM YEAR  
2022-2023  
FUNDED  
PROGRAMS  
OUTCOMES



PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS

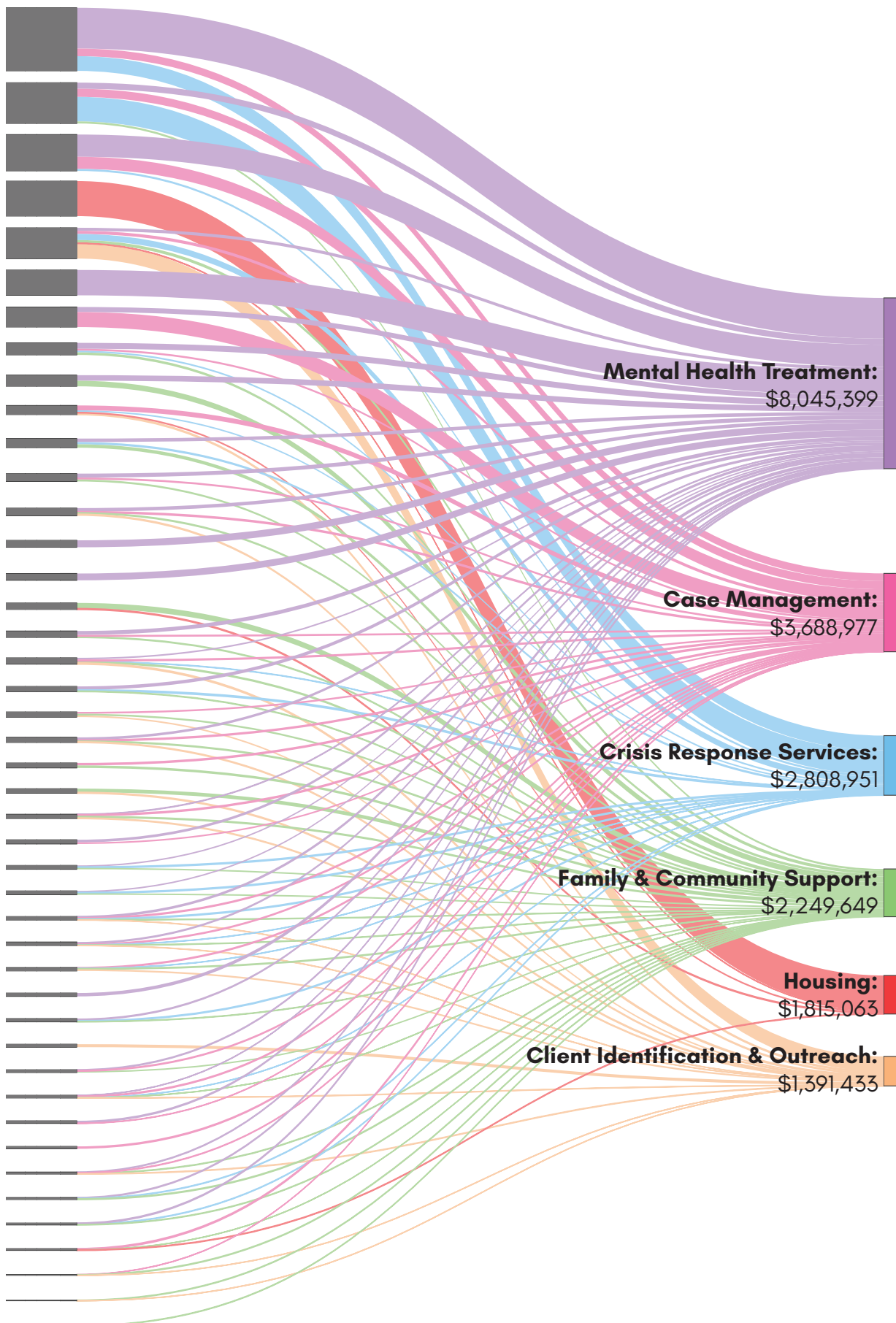
## Program Year 2023-2024 Funded Programs Funding Awards

See the explanation  
of the visual on the  
next page.





PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS





PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS

## Program Year 2023-2024 Funded Programs

In the Program Year 2023-2024 (PY24), WCCMHB granted \$20 million to fund and expand 44 programs, including 30 existing programs and 14 new programs that provide any combination of mental health treatment, crisis response services, case management, family and community support, client identification and outreach, and housing services. The programs address the needs of the Target Populations of Serious Mental Illness (18+ yrs.), Serious Emotional Disturbances (3-21 yrs.), Infant and Early Childhood Mental Health (0-5 yrs.), and Substance Use Disorders (all ages). WCCMHB strategically allocated these funds to support the expansion and improvement of community mental health and substance use programs.

The visualization on the previous page shows the amount awarded to the priority areas and programs. On the right of the image are the funding amounts by priority area. The amount of funding allocated to each priority area was estimated by each organization in their grant applications. The “lead” agency for each award is in the middle with the award amount. In many cases, the actual program is a collaboration of multiple organizations. Additional participating organizations’ logos can be found with the Funded Program descriptions starting on page 21. Amounts awarded are funding commitments and do not reflect actual amounts distributed in Fiscal Year 2023 since the program year extends beyond Fiscal Year 2023.



More information, such as links and contact information for each program, can be found at [bit.ly/WCCMHBFundedPrograms](https://bit.ly/WCCMHBFundedPrograms)

## Program Year 2023-2024 Funded Programs



Programs from  
Program Year 2021 - 2022



Programs from  
Program Year 2022 - 2023

Programs from Program  
Year 2023 - 2024



PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS

## Boys & Girls Club of Rockford



**BOYS & GIRLS CLUB**  
OF ROCKFORD

### Social Emotional Skill Building and Severe Emotional Disturbance Services



Boys & Girls Club of Rockford will offer evidence based programs designed to build social emotional development for youth in our community. Social-emotional skills are needed to achieve academic success, grow character and leadership skills, and commit to a healthy lifestyle. Through targeted programs with specific objectives building social emotional knowledge, Club members practice what they learn in a safe, supportive space. A collaboration with Rosecrance will allow us to provide a continuum of care to all youth; including those impacted by severe emotional disturbance or trauma based symptoms. Further, this program will increase access to these skill development programs for marginalized youth in underrepresented communities who oftentimes lack access to these programs and services. The success of this program is to bring services to young people in Club locations where they feel comfortable and safe.

### Youth Self-Regulation Program

Boys and Girls Club of Rockford and Rockford Barbell are partnering together for its second year of the Youth Self-Regulation Program. The program includes yoga or weightlifting classes in conjunction with social-emotional learning. It targets youth who experience a lack of social-emotional skills and other mental health concerns due to trauma. The program utilizes best practices in trauma treatment by developing therapeutic rapport, providing direct instruction in self-regulation and skill building, and engaging in both individual and group therapy. The therapist and program staff collaborate with community agencies, schools, and family members in order to provide wrap-around services as a part of each individual treatment plan. Program staff also create content to educate family and community members on the best practices for creating and maintaining a trauma-informed environment.





PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS

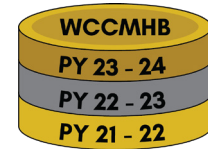
## Brightpoint



Strong Families • Thriving Children

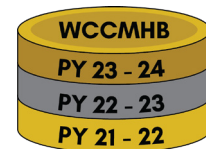
### Doula Program

The Doula Program, through Brightpoint, will continue to fund two doula positions for its third year, including a Doula II. Doulas are trained professionals who provide continuous physical, emotional, and informational support to a mother and her support system. They provide in-person support during childbirth as well as education and information for new families about attachment, regulation, and other common issues that arise during the perinatal period. The Doula II can follow families with significant mental health concerns for up to an entire year postpartum. The Doula Program will work closely with community partners to receive referrals of eligible pregnant mothers and aims to serve a total of 40 clients for the upcoming program year.



### EPIC Program: Early Prevention in the Community

Brightpoint's Early Prevention in the Community (EPIC) Program will provide trauma-informed individual and group counseling for students in Winnebago County in partnership with Harlem Unit School District 122 for the third year. The EPIC program aims to reduce the symptoms of trauma to allow students to fully engage in their school and community. Therapists are trained in Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Trust Based Relational Intervention (TBRI), Child Parent Psychotherapy (CPP), and Theraplay. This program will aim to serve 100 individuals.



### TRIO Program: Therapeutic Response with Intervention and Outreach

Brightpoint's Therapeutic Response with Intervention and Outreach (TRIO) Program will be operating for its second year with the WCCMHB grant. This program will pair case management with mentorship to meet the needs of children with severe emotional disturbances, along with their families. Case managers will also work with families to meet mental health needs, improve family interactions, and help family members connect to community resources. Mentors will work directly with children and youth to provide one-on-one social-emotional support, skill-building (including social and life skills), and small groups. Forty children, adolescents, and their families will be served annually.



## Circle of Change Youth Dog Program & First Responder Dog Program

Circle of Change offers individuals [Veterans, First Responders, and Youth (Ages 9-20)] suffering with a mental health diagnosis, primarily PTSD, a path toward wellness through free dog training/handling classes. Participants with a variety of mental health challenges will attend weekly dog training sessions, where they are paired with a dog or work with their personal dog. For its second year with the WCCMHB grant and through a promising practice model, Circle of Change will aim to serve 240 clients.



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## City of Rockford



### Crisis Co-Response Team

The Rockford Police Department, Loves Park Police Department, Winnebago County Sheriff's Office, and Rosecrance collaborate to form the Crisis Co-Response Team (CCRT), which aims to serve 1,800 Winnebago County residents living with Behavioral Health issues, including serious mental illness and/or substance use disorders. The City and collaborators recognize that oftentimes, criminal acts are merely symptoms of an underlying issue. CCRT hopes to reduce prosecution for those experiencing behavioral health crisis. The goal of CCRT is to improve law enforcement's current response to behavioral health crisis and believes that these positive contacts and linkage to services are critical to a healthier, safer community. CCRT assists those who come in contact with and/or are referred to CCRT via police report, officer referral, or community referral for the purpose of promoting safer encounters between individuals in need of crisis services and police department personnel by utilizing a co-responder model, which pairs law enforcement with mental health professionals. CCRT refers, links and encourages participation in appropriate mental health services, substance use treatment and any other services that may fit the individual's needs. CCRT completes follow up, assists with court referrals to the criminal justice system, and responds to live calls fielded by the City and County 911 centers where mental health or substance use may be an issue.





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## City of Rockford



### Mobile Integrated Health - Mental Health Program (MIH-MHP)

With a focus on early intervention and prevention, the Rockford Fire Department and UW Health SwedishAmerican collaborate to form the Mobile Integrated Health-Mental Health Program (MIH-MHP). The goal is to identify those in need of mental health crisis services and to provide the appropriate response. The MIH-MHP is a proven, evidence-based program that follows current best practices when assisting those with mental health concerns. The MIH-MHP focuses on treating individuals who have utilized 911 emergency services for non-police-related calls or who have been hospitalized repeatedly due to mental health issues. By creating a more appropriate level of response, and a strategic way of providing assistance for those suffering from mental illness, there will be a decrease in 911 call volume and unnecessary Emergency Department transports. This program aims to serve 1,800 additional Winnebago County residents.



### Inclusive Wellness Programming at the Family Peace Center

The Family Peace Center is committed to providing inclusive wellness programming that is accessible to survivors, staff, and partners. Aligned with emerging research and trauma-informed practices, this programming will address the increasing mental health and wellness needs of survivors of domestic violence and the experiences of vicarious trauma of staff and partners. In partnership with WCCMHB, FPC will hire two full-time staff positions: a Training and Care Coordinator and a Case Manager. The Training and Care Coordinator will organize support groups for survivors, plan various wellness experiences for survivors and staff, and coordinate high-quality trauma-informed training. The Case Manager will work directly with survivors who may be experiencing additional barriers due to the trauma they've experienced and its impact on their mental health. The funds support local practitioners to lead self-care and wellness offerings on-site to ensure a variety of needs are being met.



**Family Peace Center**  
Restoring Survivors of Domestic and Sexual Violence





# City of Rockford



## City of Rockford Health & Human Services Department - IMPACT (Integrated Mobile Partners Action Crisis Team)

City of Rockford Health & Human Services Department, Integrated Mobile Partners Action Crisis Team (IMPACT), is a needs based, community program that will help our most seriously mentally ill and addicted unhoused individuals. Using strong partnerships, this program will provide one-on-one mental health navigators to walk beside this vulnerable population and connect with a variety of successful programs. We already have strong partnerships in place with Crusader Community Health, Rosecrance, UW Health Systems, Rockford Fire Department-Mobile Integrated Healthcare (MIH) Program, and other community programs. IMPACT will be client-centered, and the navigators will be in place to guide, nurture, care for, and mentor the targeted population by demonstrating dedication, competence, and building a rapport with the clients. The Navigators will receive extensive training that will allow them to be successful in their positions, starting with Crisis Intervention Training as basic learning. Additionally, the Navigator will assist in getting the unhoused clients into the Transitional Housing units that will also be funded. While in this temporary housing, a Housing Navigator (case manager) will provide the client with the support they need, building the client's confidence and teaching them skills they will need to move to independent and permanent housing.



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## Family Counseling Services of Northern IL



### Mental Health Counseling

Family Counseling Services (FCS) is utilizing the WCCMHB grant for therapists, office space, and ongoing training and professional development of staff for the third year in a row. Services include art and play therapy, crisis counseling services for children and adults, group therapy, and education on mental health topics for the public. In addition, funds will be used to further develop the FCS internship program to help train future mental health therapists for FCS and Winnebago County residents.





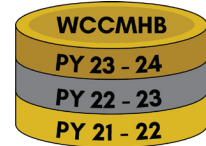
PROGRAM YEAR  
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## Crusader Community Health



### Behavioral Health Services

Crusader utilizes an integrated model of treatment in which mental health and/or substance use treatment services are provided in a primary care setting for child, adolescent, and adult patients. WCCMHB grant funding has enabled Crusader to increase the behavioral health workforce and expand services offered for the third year in a row. Crusader has full-time, Behavioral Health Consultants who provide mental health and substance abuse services such as assessment, diagnosis, and therapy. Additionally, Crusader has Behavioral Health Case Managers who work with patients, as well as their families; this includes patients receiving medication assisted treatment (MAT) services for opioid use disorder or alcohol use disorder, and one of whom is also the coordinator of MAT services. Case management services include coordination, collaboration, advocacy, psychoeducation, crisis intervention, and supportive counseling. The case managers are the primary point of contact for patients receiving behavioral health services, including telepsychiatry services, thus increasing accessibility, availability, and timeliness to address the needs of patients and reduce barriers to care. Crusader also offers part-time telepsychiatry services to provide diagnostic evaluation and medication management for child, adolescent, and adult patients, as well as peer-to-peer consultation services for medical and behavioral health providers. Finally, a Behavioral Health Department Assistant/Certified Medical Assistant (CMA) provides departmental support, provider practice management, community outreach and engagement, and staff on-boarding and training coordination and is the medical assistant for Crusader telepsychiatry services.



## NAMI Northern Illinois



### Support, Education, and Mental Health Advocacy

For the second year with WCCMHB funding, NAMI Northern Illinois will provide advocacy-driven case management services for those impacted by mental illness. These services are aimed at eliminating barriers, reducing confusion, increasing linkages with appropriate direct service, increasing individual, family, and community support, while also providing educational programming to improve the response to mental illness for all. This program aims to serve 255 Winnebago County residents using various evidence-based practices.



## Alignment Rockford



### How Are the Children? Systems Change through Community Data



Alignment Rockford will expand the Early Development Instrument (EDI) kindergarten survey across Winnebago County, creating a comprehensive early childhood health and well-being data set. This data will inform the development of a system-wide framework to support mental health for children ages 0-5, addressing a critical gap in our community. Alignment Rockford, with a strong track record in early childhood collaboration and parent support, will lead this effort in partnership with local, state, and national stakeholders. The goal is to develop a model for early childhood mental health support, foster local community-based usage of EDI data, and ultimately improve the quality of life for all 17,000 children under five in the county. By investing in this project, we will make a lasting impact on the well-being of our community's youngest members, setting them up for a healthy and successful future.

## Lifescape Community Services, Inc.



### Senior Mental Health Program



Lifescape Community Services, Inc. continues to offer the Senior Mental Health Program to conduct outreach, identify older adults with depression, and provide them with case management services through its second year with WCCMHB funding. The Senior Mental Health program utilizes the Healthy IDEAS (HI) evidence-based program, which is proven to diminish depression and reduce suicide risk in underserved older adults. Lifescape will perform outreach, provide case management, screen for depression, and provide education about mental health for older adults and their families. Lifescape will continue to confront stigmas associated with mental health issues through education on general mental illness and depression.

Older adults will be connected to community mental health service providers for diagnosis and treatment and receive wrap-around services. These services include, but are not limited to, transportation, information and referral, family caregiver support, nutritional services, and connection to the retired senior volunteer program. These services will reduce suicide risk factors and strengthen protective factors. Senior Mental Health Program aims to serve 350 residents of Winnebago County.



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## Northern Illinois Center for Nonprofit Excellence



NORTHERN ILLINOIS UNIVERSITY

### Northern Illinois Center for Nonprofit Excellence

#### Rockford Area Case Management Training and Community of Practice



The Northern Illinois Center for Nonprofits Excellence (NICNE) and partner human service organizations will provide case managers and clinicians within local mental health and substance abuse organizations training in a community-wide approach to case management that is a strength-based and person-centered, focused on helping participants achieve specific, self-defined outcomes. NICNE will also grow the Community of Practice for case management to increase knowledge of available services, complement IRIS, expedite access to services, and enhance referrals. NICNE will work with a national institution to assist with applying research-based best practices and measuring impact.

#### Prairie State Legal Services



PRAIRIE STATE  
LEGAL SERVICES

#### Legal Services for Winnebago County Residents with Mental Illness

Prairie State Legal Services (PSLS) provides high-quality legal services for individuals with mental illness who need support, such as information, advice, advocacy, and court representation. PSLS understands that low-



income individuals with mental impairments are particularly vulnerable when confronted with legal issues because they are often unable to be effective self-advocates. This is particularly a concern with civil legal issues impacting the ability of the individual to provide for their basic human needs, including housing stability. PSLS helps individuals with mental illness or substance use problems to overcome barriers to provide for their basic needs.

# OSF HealthCare Saint Anthony Medical Center



## STRIVE Trauma Recovery Center

Through the STRIVE Trauma Recovery Center (TRC), OSF provides trauma-informed, evidence-based services. The TRC serves survivors, age 14 and older, of violent crime who are experiencing post-traumatic symptoms but are not receiving mental health care. This includes people struggling with symptoms of anxiety, depression, Post-Traumatic Stress Disorder (PTSD), or Complex PTSD after a traumatic experience such as gun violence, assaults, bullying, domestic violence, armed violence, or robbery, in which they are the victim or witness to such crime.



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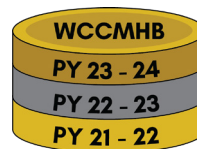
## Remedies Renewing Lives



### C.A.R.E.S Program

#### Providing Behavioral Health Services to the Community

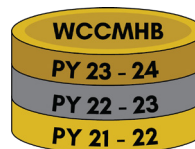
Remedies Renewing Lives' C.A.R.E.S. Program provides behavioral health services to address the needs of individuals struggling with serious mental illness or co-occurring mental/behavioral health and substance use disorders. Clinicians leading the C.A.R.E.S. Program facilitate inclusive, evidenced-based programming at the most appropriate level of care for each individual receiving these services. Through community intervention, case management, and therapeutic support, this program is designed to provide mental health care for underserved individuals in our community.



### Domestic Violence Program

#### Providing Therapy and Advocacy to Survivors

Remedies Renewing Lives' Domestic Violence Program provides immediate and ongoing therapeutic and advocacy based crisis support for survivors accessing the agency's 24-hour emergency shelter and non-residential programming. Partnership with WCCMHB has supported the addition of a new therapist and advocate to expand upon these services. Case management needs, linkage with area resources, and safety planning are all provided to survivors free of charge and always confidential.





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## Rockford Park District



### Equine Assisted Therapy at Lockwood Park

Lockwood Park will be providing year-round Equine Assisted Learning Activities and Psychotherapy programming, which will offer valuable experiential opportunities for life skill and social emotional learning to individuals with mental health and trauma related needs. As the facility and the corresponding programming are brought to the area, it will be serving youth and families in the community by providing new, unique, and relevant ways to complement traditional mental health treatment addressing the social, emotional, and behavioral challenges of individuals. This expansion of services for young people will provide access for those struggling with trauma, mental health, and substance abuse disorders through evidence based equine therapy and activities. The work that will be done at the Perks Family Equine Center will harness the power of the horse to bring hope and healing to the youth served.



**PERKS FAMILY  
EQUINE CENTER**

HOPE & HEALING

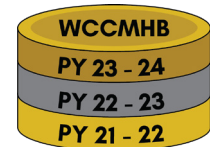


## Rockford Sexual Assault Counseling



### Outreach Therapists

Rockford Sexual Assault Counseling (RSAC) will provide outreach therapy to schools in the area to ensure that child and adolescent sexual abuse/assault survivors can receive free quality therapy services. Sexual abuse and assault cause severe emotional disturbances, which can be helped by having trained professionals providing therapy. Since many children and adolescents have transportation issues, providing therapy in the schools meets the survivors in a safe, convenient place that allows for consistent appointments. This is RSAC's third year receiving WCCMHB funding.



## Rosecrance Behavioral Health



### Rosecrance Advancement and Clinical Excellence (ACE) Institute

The Rosecrance Advancement and Clinical Excellence Institute (ACE) will be an enhanced training and development program for license-eligible employees in an effort to combat the critical shortage of professionals who provide local behavioral health care. The ACE program will include the development of evidence-based competencies, specialized observation, and various learning opportunities. This program would be based in Rockford, and trainees would have access to a wide variety of clinical services and well-qualified, well-credentialed faculty as they work towards becoming licensed psychotherapists offering the best in evidence-based care. It is anticipated that the first trainees will enter the program in the summer of 2024.



## Rosecrance Illinois



### Winnebago County System of Care

Rosecrance Winnebago County System of Care will provide immediate access to medically monitored care for adults who reside in Winnebago County for withdrawal management of drug abuse and alcohol abuse. With the support of the WCCMHB, we will partner to reduce opioid-related mortality, improve client outcomes, and respond to community needs. This partnership will assist in prioritizing access to services for individuals who reside in Winnebago County. This partnership will provide low-income individuals and families access to withdrawal management/detox by dedicating beds specifically for individuals who reside in Winnebago County for withdrawal medication management services. Upon completion of withdrawal management, the client will be provided care coordination with the Rosecrance Harrison treatment team to develop a transition plan to residential/inpatient substance use disorder treatment. Rosecrance anticipates serving over 200 individuals annually with this funding. In addition, Rosecrance will offer harm reduction services to address the public health epidemic to save lives, minimize stigma, and to promote access to healthcare, social services, and treatment.



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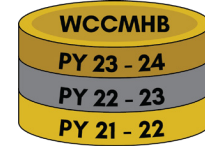
## Rosecrance Illinois



rosecrance®  
ILLINOIS

### Rosecrance Access to Care

Rosecrance Access to Care serves the target population(s): Serious Emotional Disturbance (SED) children 3+, Serious Mental Illness (SMI) 18+, and Substance Use Disorders (SUD) of all ages. Access to Care offers rapid access to treatment, which includes “on demand” availability of interpreter services, expansion of evening service hours, reduction in wait times for psychiatric diagnostic evaluation, and treatment coordination for individuals ages three to adult who are experiencing mental health and/or substance use needs. Rosecrance utilizes case managers who serve as care navigators to meet individuals where they are in their recovery and eliminate barriers, as well as coordinate assessments with community-based access clinicians. Access to Care has increased the number of available medical providers to significantly reduce wait times between initial and follow-up appointments for both adult and child psychiatry. Rosecrance has increased the number of providers for SED children/youth to ensure access to medication, consultation between appointments, and care coordination upon discharge. The expansion of services at the Rosecrance Mulberry Center will expand crisis response services to ensure that adults experiencing a behavioral health crisis will have access to crisis stabilization services 24/7/365 as an alternative to psychiatric hospitalization and to reduce the risk of justice involvement. The overall goal of this program is to increase the number of individuals and families served, as well as improve outcomes surrounding symptom reduction, education, employment, criminal justice involvement, and housing stability. This is the third year the Access to Care program has received WCCMHB funding.

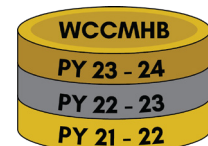


### Regional Access & Mobilization Project, Inc.



### Mental Health Services and Training

The Mental Health Services and Training program, through the Regional Access and Mobilization Project (RAMP), will partner with community organizations to provide mental health training, services, and advocacy to support and assist families and the community. RAMP will also provide marketing and outreach to identify at-risk and underserved individuals in order to educate the community about mental health. The Mental Health Services and Training program will aim to serve 315 clients total across all four WCCMHB target populations utilizing the Community Support System Framework for its third year.





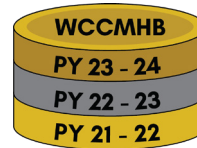
# Stepping Stones of Rockford



## Stepping Stones Counseling Center

The Stepping Stones Outpatient Counseling Center provides mental health treatment options for individuals aged six and older, with a focus on serving those receiving Medicaid or who do not have insurance coverage.

The Stepping Stones Outpatient Counseling Center provides compassionate, trauma-informed, value-based community mental health services to individuals and families facing mental and behavioral health barriers in Winnebago County. Mental health services offered at the Center expand and enhance mental health recovery options in Winnebago County. Stepping Stones' goal remains to provide Winnebago County children, adolescents, and adults with mental health treatment, including diagnostic evaluation, supportive counseling, psychiatric services, medication management, and case management services in an individual, group, or family setting. This is the third year the Stepping Stones Counseling Center will receive WCCMHB funds.



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

Stepping Stones of Rockford will expand supervised housing for adults with serious mental illness by purchasing and remodeling a new residential facility. Stepping Stones will increase access to housing for eight or more individuals waiting for residential behavioral health in a supervised setting. As clients progress through mental health treatment, they transition to a less restrictive level of care within the agency. This, in turn, allows for more clients to move through the treatment continuum, starting with the agency's residential services. This project will serve a total of twelve clients and utilize evidence-based practices such as Cognitive Behavioral Therapy, Motivational Interviewing, Dialectical Behavior Therapy, and Moral Reconciliation Therapy.



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## Summit Academy



### Transition Counselor and Mental Health Curriculum

Summit Academy seeks to add a Transition Counselor for at-risk students to promote academic and social/emotional wellness. This position will facilitate communication between districts, students, and their families to ensure a successful transition for students who are referred to Summit’s alternate education program. Summit Academy will also provide trauma-informed group lessons using new curriculums to promote self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. School counselors and social workers will provide culturally relevant and age-appropriate lessons to support skill building and emotional wellness. 350 students will be served annually.

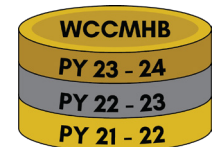


## Shelter Care Ministries



### Jubilee Community Outreach and Housing Stability

Shelter Care believes stable housing and supportive services are key to helping adults living with mental illness recover and thrive. The Jubilee Outreach Program helps people maintain safe, affordable, clean housing, which improves their ability to manage mental and physical health. Housed individuals create a plan to improve areas of their lives and are both supported and held accountable by the Jubilee Outreach Advocate. Current participant goals include staying on track with medication, improving physical health, and finding more suitable housing.



## Tommy Corral Memorial Foundation



### Family & Community MHFA Training

The Tommy Corral Memorial Foundation (TCMF) is dedicated to improving community education, reducing stigmas around mental illness and substance abuse, and encouraging people to seek help when needed. TCMF will work together with community organizations, professionals, and the public to provide Mental Health First Aid training and educational programs. The Mental Health First Aid program teaches individuals how to spot, understand, and react to signs of mental illness and substance use disorders. The training equips people with the skills needed to give initial help and support to someone who might be developing a mental health or substance use problem or experiencing a crisis. This aid can be given until the person receives appropriate professional treatment or the crisis is resolved. The Tommy Corral Memorial Foundation hopes to train between 250 and 300 individuals in our community.



## University of Illinois College of Medicine Rockford



### CARE Program - Compassionate Appreciation for Recovery in Everyone

In conjunction with UI Health Mile Square Health Center (MSHC) - L.P. Johnson Rockford and the Winnebago County Justice Center (WCJC), the University of Illinois College of Medicine Rockford (UICOMR) Department of Family and Community Medicine's CARE program, will provide a fully integrated transition to care services for individuals who are incarcerated upon their return to society for medical, mental health, and substance use disorders.



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## University of Illinois College of Medicine Rockford



### CLEAN: Clinical Learning and Education in Addiction

University of Illinois College of Medicine Rockford (UICOMR) will expand existing partnerships with UW Health SwedishAmerican and Rosecrance, to provide training for primary care physicians in the Addiction Medicine Fellowship Program, CLEAN: Clinical Learning and Education in Addiction. CLEAN will address the county's workforce need for medical providers with expertise in addiction medicine through the hiring of an Addiction Medicine Fellowship Director and at least one Addiction Medicine fellow per year. The fellowship director and fellow will provide addiction services to all citizens of Winnebago County regardless of ability to pay. Furthermore, we anticipate that graduates of the UICOMR's Addiction Medicine Fellowship Program will stay in the area after completing their training to continue providing addiction medicine treatment.



### MERIT (Medical Evaluation Response Initiative Team)

#### Enhanced Services and Community Prevention Education

Winnebago County has the second-highest rate of child abuse/neglect in the State of Illinois. The negative effects of child abuse/neglect go beyond just physical and psychological damage and can last a lifetime, leading to issues such as depression, anxiety, low academic attainment, and violent behavior. To address this issue, the University of Illinois College of Medicine established the Medical Evaluation Response Intervention Team (MERIT), which provides immediate medical care to victims and collects forensic evidence needed to prosecute perpetrators. MERIT also educates the public and healthcare professionals on how to prevent child abuse/neglect and care for victims. To further support victims, we will be hiring a full-time licensed clinical social worker to implement a comprehensive trauma-informed care program that includes an initial behavioral assessment and 5-7 follow-up sessions. This individual will also provide ongoing case management to ensure individuals receive necessary follow-up and services.



# Winnebago County



## WINNEBAGO COUNTY — ILLINOIS —

### Juvenile Detention Center (JDC)

#### Reducing Isolation through Expanded Behavioral Health

With the support of the Winnebago County Community Mental Health Board’s funding, the Winnebago County Juvenile Detention Center will aim to reduce youth/ adolescent isolation and improve overall mental health by addressing the behavioral health needs of detained youth through assessment, crisis intervention, therapeutic intervention, and coordination of services. This program will aim to serve 183 youth.



### Juvenile Resource Intervention Center (JRIC)

#### Behavioral Health Continuation

Increasingly, youth exhibiting significant mental health and behavioral problems have encountered the juvenile justice system. The JRIC will conduct assessments and case management coordination for urgent or crisis situations. Cognitive-behavioral approaches, such as dialectic behavior therapy (DBT), have shown particular promise for application to corrections populations. As such, the Juvenile Resource Intervention Center seeks to intervene using the Dialectic Behavior Therapy (DBT) therapeutic model and individual and group therapy with highest risk youth. By expanding this program, DBT will be available to 75 additional youth.



### Resource Intervention Center (RIC)

#### Behavioral Health Continuation

Winnebago County will expand The Resource Intervention Center (RIC), which is a multiagency, multidisciplinary center where public and private agencies assign staff members to be co-located to deliver evidence-based, coordinated services to individuals on probation or pre-trial supervision in Winnebago County. Research indicates that focusing on high-risk individuals is the path to reducing recidivism. As such, RIC services are only available to those deemed moderate to high-risk based on actuarial risk assessment results. Bringing service providers in-house supports both research findings and is the RIC strategy for delivering all services. This proposal seeks to expand evening programming and increase RIC service offerings to include dialectical behavior therapy (DBT), individual therapy sessions, and Seeking Safety, a therapeutic model for highest risk offenders impacted by substance use disorder, and/or posttraumatic stress disorder (PTSD). This program will serve an additional 120 criminal justice involved individuals.



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## Winnebago County Office of the State's Attorney



### Assistant State's Attorney - Mental Health

The Winnebago County Office of the State's Attorney provides the 17th Judicial Circuit Courts with a dedicated and specially trained Assistant State's Attorney to help individuals with substance-abuse disorders, behavioral and mental health issues proceed through the criminal justice system. The Office of the State's Attorney has the authority to decide how to proceed in criminal cases. When appropriate, the ASA can dismiss criminal charges during the first court appearance and then serve as a conduit to ensure that the individual receives the court-appointed behavioral health and supportive services necessary to lead to positive outcomes. In addition, the Mental Health ASA handles Firearms Restraining Orders and civil commitments as needed or appropriate, with the ultimate goal of increasing positive outcomes for individuals and reducing recidivism.



## Winnebago County Health Department



Winnebago County

## Health Department

### Trauma-Informed Community Care Coordination

For the second year with WCCMHB funding, Winnebago County Health Department (WCHD) will continue to build a Trauma-Informed Community and expand the impact of the Trauma-Informed Workgroups by working with the Illinois Collaboration on Youth (ICOY) to provide ongoing Trauma 101 and Advanced Trauma Training to local agencies, organizations, and community members. Additionally, WCHD will incorporate IRIS, an online referral system, into its focus on intervention and case management to improve the mental health and resilience of families and the community as a whole. This program aims to expand the IRIS system throughout the community and serve 2000 WCHD clients and their families while utilizing trauma-informed practices.



Illinois  
Collaboration  
on Youth



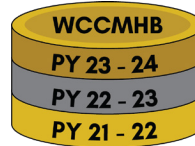
# Winnebago County Sheriff's Office



WINNEBAGO COUNTY  
SHERIFF'S DEPARTMENT

## Winnebago County Jail Behavioral Health Program

The goal of the Winnebago County Jail Behavioral Health System-Enhanced Program, through the Winnebago County Sheriff's Office, is to assist in reducing overdoses/ overdose deaths and increase recovery in Winnebago County. Studies have shown that the transition from jail back into the community can be very difficult for individuals who stopped the treatment received in jail, once they have integrated in the community, due to a lack of programs, medication, therapy, and counseling. Expanding the existing mental health, discharge planning, and addiction services to now include a Medication Assisted Therapy (MAT) Program with the help of WCCMHB funding. The MAT program allows for a sustained continuity of care for individuals in custody. This is to ensure that they will not have any relapses or withdrawals while in custody and once released back into the community.



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## YMCA of Rock River Valley



## Protecting Youth Mental Wellness

The YMCA, along with Rosecrance, will offer early intervention, support, and treatment services to youth in YMCA programs for the second year. By embedding a mental health counselor in the day-to-day activities at the K-8 after-school program, youth will have access to both education and supportive therapy, as well as the opportunity to overcome the stigma of receiving mental health care. Programming will include community and parental outreach to reduce the stigma of mental health treatment and connection to other mental health services. Staff members will also receive support in dealing with secondary trauma and personal situations that affect their mental health. This initiative will aim to serve 150 children and adolescents within Winnebago County.





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## Youth Services Network



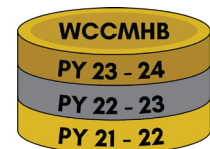
### Mental Health for Homeless Youth (MH4Y)

Mental Health for Homeless Youth (MH4Y) provides mental health counseling and case management services to youth, young men and women, and their minor children who are serviced through the Youth Services Network's homeless programs. The goal is to improve the youth's mental health and well-being so they are able to maintain and sustain long-term safe housing. MH4Y has therapists who work with the youth to decrease mental health symptoms, help them learn coping skills and, when needed, appropriate parenting to assist them in dealing with frustration and anger. Therapists are also able to provide play therapy and intervention strategies for young children. Case Managers provide wrap-around services to offer extra support to youth needed to solidify issues addressed in therapy and to help maintain stability in the youth's life, help with housing, employment, school attendance, and finding resources in the community. All of the approaches are client-centered and evidence-based.



### Youth Trauma Clinic (YTC)

The Youth Trauma Clinic (YTC) is a walk-in clinic that provides mental health counseling and case management to youth, ages 0-21, who have encountered a trauma which can include child abuse, neglect, death of a loved one, bullying, pandemic effects and experiencing or witnessing violence in the home, school, or neighborhood. One of the goals is to eliminate the wait times many service providers in the area have; therefore, the aim is to start support within 24 hours of first contact. YTC has therapists who work with the youth to reduce traumatic stress symptoms and minimize any physical, social, and emotional concerns. Case Managers also offer extra support to youth needing help with school, attendance, schoolwork, and finding resources such as clothing, housing, transportation, and other community resources.





# YWCA Northwestern Illinois



## Mental Health Crisis Case Manager

YWCA Northwestern Illinois (YWCA) provides family and community support, crisis response services, and case management to individuals from a variety of cultural backgrounds and ethnicities. One of the most fundamental roles is to remove barriers and assist people in achieving an improved quality of life and family structure. The addition of a mental health crisis case manager at YWCA fills an existing gap that connects clients with mental health services. Cultural and language barriers are common in YWCA’s diverse client base, even more so in mental health, where stigma and ethnic beliefs may make seeking help more complicated. The case manager will work with clients on connections to mental health or substance abuse services, follow up, and ensure that any obstacles are removed, including transportation. This is the second year YWCA receives funding from WCCMHB, the program will serve 75 clients.



PROGRAM YEAR  
2023-2024  
FUNDED  
PROGRAMS



WCCMHB  
ANNUAL REPORT  
FISCAL YEAR  
2023



Email:  
[info@mentalhealth.wincoil.gov](mailto:info@mentalhealth.wincoil.gov)



Website:  
[r1planning.org/wccmhb](http://r1planning.org/wccmhb)



Mailchimp Email Sign Up:  
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Instagram:  
[@wccmh](https://www.instagram.com/wccmh)



YouTube:  
[@WCCMHB](https://www.youtube.com/WCCMHB)



More information, such as links and contact information for each program, can be found at [bit.ly/WCCMHBFundedPrograms](https://bit.ly/WCCMHBFundedPrograms)



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