

**PROGRAM YEAR
2022 - 2023
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 in Program Year 23, reflected as June 1, 2022 - May 31, 2023. WCCMHB-funded organizations are categorized by six priority funding areas and aim to address the needs of the identified target populations. The priority areas and target populations are determined by the WCCMHB Board and are outlined in the [Strategic Plan 2.0: PYS 4-6](#).

This report contains information on the following metrics monitored throughout PY23:

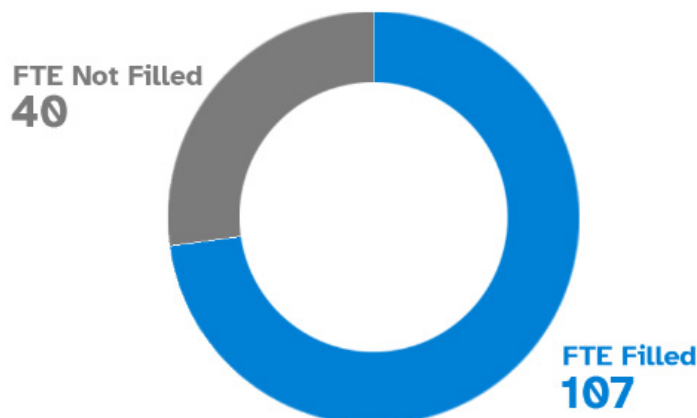
- Proposed and filled full-time equivalent (FTE) positions
- Funding status (awarded and spent) by quarter
- Number of individuals served by quarter
- Program outcomes and accomplishments

Collecting data on FTEs reflects increase in staffing across programs funded relative to proposed objectives. Funding status shows how the programs utilized awarded funding throughout the program year. Numbers served data details how many total clients received services through the funded programs, broken down by target populations. Finally, information on outcomes and accomplishments shows the progress funded programs made toward completing their defined objectives. Some examples of outcomes that are monitored include accomplishment such as increasing numbers served for a particular target population, increasing multimedia outreach or community engagement tactics, and improving service quality.

In addition to the 15 funded programs from our first Program Year 2021-2022 (PY22), PY23 includes 15 newly funded programs, for total of 30 programs. Renewal programs are indicated by a coin symbol in the “Program Outcomes and Accomplishments” section of this report. To read a description of each program, see the [PY23 Funded Programs Summaries Handout](#).

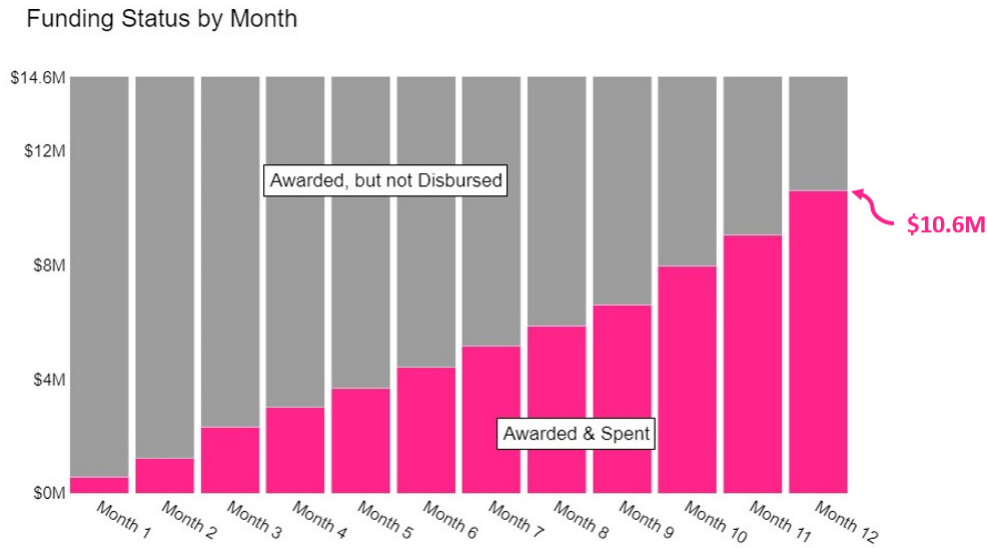
Full Time Equivalent Positions (FTEs)

Of the 147 positions funded by the Winnebago County Community Mental Health Board, 107 (73%) have been filled, leaving 40 (27%) open.



Funding

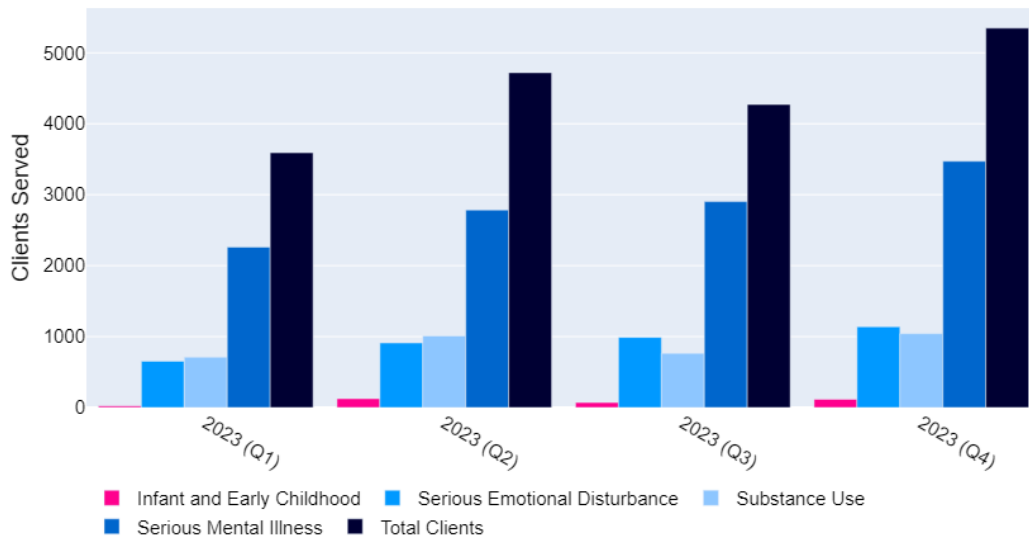
In PY23, a total of \$14,619,540 was awarded to WCCMHB-funded programs. Of this total, \$10.6 million has been distributed and used with \$4.0 million leftover. Leftover funds were not spent in PY23 due to workforce shortages and will be reallocated in future program years. Overall, this means that approximately 72.6% of available funds have been used (or 72.6% of budget utilization) for all 30 programs.



Numbers Served

Throughout PY23, the number of individuals served by the WCCMHB increased consistently each quarter. By Quarter 4 of PY23, there were a total of 5,349 unique clients served, representing a 49% increase from the 3,591 clients served in Quarter 1. The number of clients served for serious mental illness increased consistently across each quarter, jumping from 2,260 in Quarter 1 to 3,472 in Quarter 4 – 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.

Number of Clients Served by Quarter

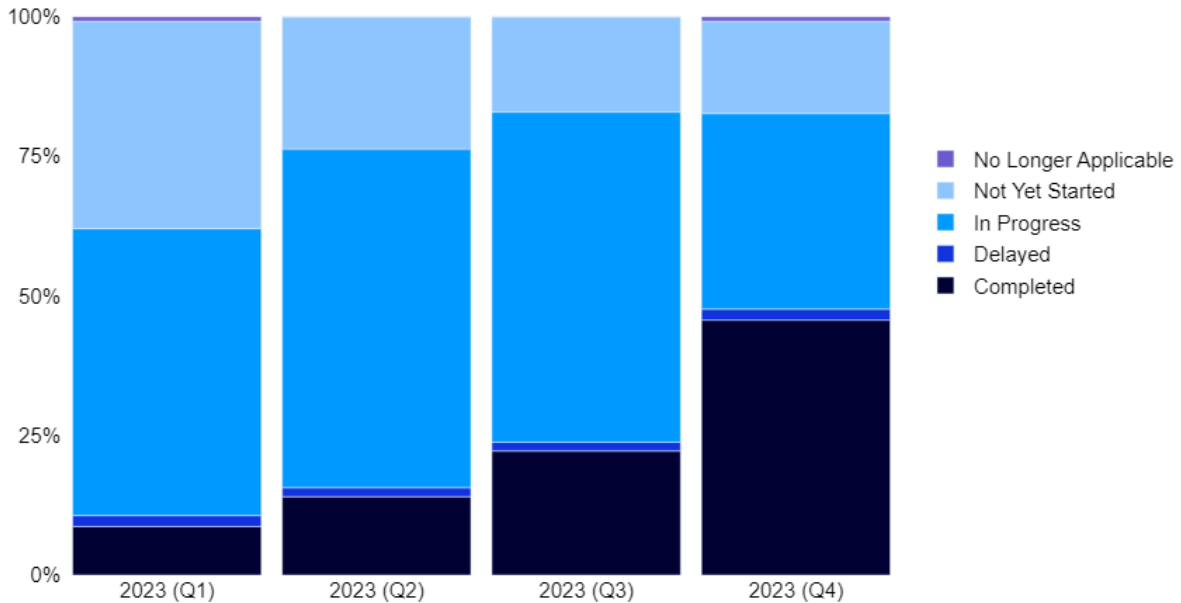


Program Outcomes and Accomplishments

PY23 outcomes were divided into three interconnected categories: system-capacity outcomes, individual and family outcomes, and community outcomes. By improving the capacity of our mental health resources in Winnebago County, we aim to develop and maintain a community support system. This system is designed to enhance the lives of individuals and families who are living with mental illness and substance use. The anticipated outcome of these efforts is a positive impact on community-wide health outcomes. Some outcomes were defined in the 2021-2023 Strategic Plan, while others are unique and were proposed by organizations in their program proposals.

In total, 254 outcomes were identified to begin the program year in June 2022. By year's end of May 2023, 89 were in progress, 42 were not yet started, 116 were completed, five were delayed, and two were no longer applicable. Below are highlights and accomplishments of the PY23 WCCMHB-funded programs.

Outcome Progress by Quarter



The boxes next to the program names represent the total number of outcomes a program has and the progress status of those outcomes. Outcomes are represented as, "not yet started" (a white box with a gray outline), "in progress" (a light blue box), "delayed" (a dark blue box), "completed" (a block box).



Programs from Program Year 2021 - 2022



Programs from Program Year 2022 - 2023

Boys & Girls Club

Youth Self-Regulation Program



The Youth Self-Regulation Program, provided by the Boys & Girls Club and Rockford Barbell, engages youth who have experienced trauma in weightlifting or yoga classes. The program aims to teach social and emotional skills and self-regulation through exercise. By the end of PY23, the Boys & Girls Club expanded its programming from 3 to 4 days per week. Participants of the Youth Self-Regulation program with an attendance rate of 80% or better met their personal treatment goals. Of the parents surveyed, 100% reported that they were very satisfied or somewhat satisfied with the services provided. Boys & Girls Club served a total of 229 youth in PY23.

Brightpoint (Formerly Children’s Home and Aid)

Doula Program



The Doula Program connects a trained professional to mothers to provide continuous physical, emotional, and informational support before, during, and shortly after childbirth. Eighty-five percent of clients who completed two or more Edinburgh Postnatal Depression Scale questionnaires reported no change or a decrease in postpartum depression, 100% of clients who completed the Doula Parent Survey reported a decrease in maternal stress, 100% of clients who completed two Protective Factors Surveys reported a stronger parent-child attachment, and 100% of clients that completed the Doula Program Survey reported satisfaction with the services they received. In PY23, 41 mothers and their support systems were served.

Early Prevention in the Community (EPIC)



The EPIC Program provides trauma-informed individual and group counseling to youth in order to reduce symptoms of trauma and allow students to fully engage with their school and community. The EPIC Program aims to help participants experience improvement in the symptoms identified in their assessments. Within their first year of EPIC participation, 71% of participants reported improvement in their symptoms. EPIC received a total of 114 referrals in PY23.

Therapeutic Response with Intervention and Outreach (TRIO)



The TRIO Program provides family case management and mentoring to children who have experienced severe emotional disturbances. Case managers work with children and their families to meet mental health needs, improve family interactions, and help family members connect to community resources. Mentors engage children and youth, independently and in groups, to provide social-emotional support and help youth build social skills and life skills. In PY23, TRIO fully staffed its program and started services for 47 new cases.

Progress Key:

- Not Yet Started
- In Progress
- Delayed
- Completed

Circle of Change

First Responder and Youth Classes



Circle of Change offers youth, veterans, and first responders living with a mental health diagnosis the opportunity to work with and train a dog. In conjunction with weekly training classes, The Youth Dog Program offers a Peer Mentor Program in which volunteers work one-on-one with class participants who have special needs and/or need additional assistance. The Peer Mentors have displayed an increase in leadership skills and confidence since starting the program. In PY23, Circle of Change set and achieved a goal to increase community partnerships and referral sources and was able to secure over 20 by the end of the program year.

City of Rockford

Crisis Co-Response Team (CCRT)



The City of Rockford's CCRT provides response and follow-up to 911 callers who indicate that someone may be experiencing a mental health crisis. CCRT aims to respond to callers within two days and redirect clients to appropriate community services. In PY23, 71% of CCRT's response time was between zero and two days, and 65% of clients were directed to community services. In PY23, CCRT served 510 unique clients experiencing serious mental illness, substance use disorders, or both.



Mobile Integrated Health Program (MIH)



The MIH team is a collaboration between the Rockford Fire Department and UW Health / Swedish American. The program provides evidence-based mental health crisis services to individuals who call 911 for non-police emergency services, or who may have been previously hospitalized due to mental health issues. In PY23, the MIH team made 466 contacts and treated 358 clients. MIH also set a goal to partner with 10 community organizations and ended the program year with over 30 community partnerships to increase coordination of care.

Crusader Community Health

Behavioral Health Services Expansion



In PY23, the Crusader Community Health (Crusader) Behavioral Health Services Expansion included the employment of multiple behavioral health providers and consultants to provide behavioral health services for children, adolescents, adults, and families. In PY23, Crusader also implemented its medication-assisted therapy (MAT) services for opioid and alcohol use disorders which served more than 70 individuals. Additionally, Crusader increased its evening hours, and increased its service capacity to three clinics and four providers.



Progress Key:

- Not Yet Started
- In Progress
- Delayed
- Completed

Family Counseling Services (FCS)

Service Expansion 2.0



In PY23, Family Counseling Services (FCS) increased the number of therapists at its newly renovated facility to provide play therapy, art therapy, and crisis counseling for children and adults. Clients who attended three or more sessions and completed a survey reported the following: 78% are functioning better than before they started services, 91% learned new coping skills, and 93% are functioning better or have remained stable since starting services. In PY23, FCS hosted four clinical interns and served 489 individuals with serious mental illness and severe emotional disturbances.



FCS | Family Counseling Services
Live Life. Moving Forward.



Lifescope Community Services, Inc.

Senior Mental Health Program



The Lifescape Senior Mental Health Program conducts outreach to identify older adults experiencing depression and provide case management services. The program utilizes the Healthy IDEAS evidence-based program which has proven to diminish depression and reduce suicide risk in older adults. In PY23, Lifescape contacted 3,750 individuals through outreach efforts, provided mental health education to 937 individuals, provided Healthy IDEAS education to 87 individuals, and provided education about depression to 28 clients. Lifescape also administered health questionnaires to 279 older adults to assess the presence and severity of depression symptoms. Subsequently, 40 individuals received a suicide risk assessment.



NAMI Northern Illinois

Support, Education, & Mental Health Advocacy



The National Alliance on Mental Illness (NAMI) Northern Illinois provides advocacy-driven case management services to those living with mental illness. With a goal to improve the community's response to mental illness, NAMI aims to eliminate barriers; connect individuals to services; provide support for individuals, families, and the community; and provide educational programming. In PY23, NAMI offered a total of 28 community education events and participated in 20 outreach events, making 2,308 connections.



Northern Illinois



Progress Key:

Not Yet Started

In Progress

Delayed

Completed

OSF Healthcare System

STRIVE Trauma Recovery Center



The STRIVE Trauma Recovery Center provides services to survivors of violent crime who are experiencing symptoms of anxiety, depression, post-traumatic stress disorder (PTSD), or complex trauma. Services include case management, advocacy, counseling, and therapy. In PY23, the program launched a support group for first responders, provided psychoeducational classes for youth at the Juvenile Detention Center, and provided an evidence-based yoga class to clients. Additionally, in collaboration with the Family Peace Center, STRIVE Trauma Recovery Center write and received a grant to plant a community garden, which will be utilized in client therapy.



Regional Access & Mobilization Project, Inc. (RAMP)

Mental Health Services and Training



RAMP's Mental Health Services and Training program partners with community organizations to provide mental health training, services, outreach, and advocacy to support and assist families and the community. One of RAMP's PY23 goals was to increase referrals by 10%, however, by the end of the program year the number of referrals had increased by 145%. The number of clients served increased by 56% between Quarter 1 and Quarter 4 of PY23.



Remedies Renewing Lives

C.A.R.E.S. Program (Behavioral Health Clinicians Projects)



The Behavioral Health Clinicians Project expands and enhances the mental health and substance use disorder programming provided by Remedies Renewing Lives. The project offers increased therapeutic support, case management, and community intervention with individuals and families. In PY23, the project provided 12 to 15 outreach presentations per quarter to build relationships with the community and to promote services. This outreach included two hours per week at the Hart interim location of the Rockford Public Library.



Progress Key:

- Not Yet Started
- In Progress
- Delayed
- Completed

Remedies Renewing Lives

Domestic Violence Therapy & Advocacy Project



The Domestic Violence Therapy & Advocacy Project provides therapy and advocacy services to survivors of domestic violence who access Remedies Renewing Lives' 24-hour emergency shelter and its non-residential programming. In PY23, participants were surveyed and reported the following: 92% reported feeling safer, 98% reported feeling hopeful for the future, 100% reported the ability to support themselves and their children, and 100% acknowledged understanding the abuse was not their fault.



Rockford Park District

Hope and Healing with Horses at Lockwood Indoor Equine Center



The Rockford Park District is developing an Indoor Equine Center at Lockwood Park to provide the Equine Assisted Activities and Psychotherapy program, which focuses on the social, emotional, and behavioral needs of individuals. In PY23, lead Rockford Park District staff attended training to obtain their certification in Equine Assisted Learning and Psychotherapy. Additionally, the Rockford Park District hosted the groundbreaking event for the construction of the Lockwood Indoor Equine Center.



Rockford Sexual Assault Counseling (RSAC)

Outreach Therapists



Rockford Sexual Assault Counseling (RSAC) Outreach Therapists provide free, high-quality therapy and outreach to school children and adolescents who are survivors of sexual abuse or assault. RSAC surveyed PY23 participants and found that 100% of clients reported they were satisfied or very satisfied with services, 92% reported improvements in managing their feelings, 88% reported improvements in healthy boundary setting, 77% reported improvements in healthy coping skills, 77% reported improvements in their significant relationships, and 69% reported improvements in their mood.



Progress Key:



Rosecrance

Rosecrance Access to Care



The Rosecrance Access to Care program provides community-based mental health assessment services as well as case management services to adults diagnosed with serious mental illness, and to children and adolescents (3-21 years) diagnosed with serious emotional disturbances, ages 3-21. Additionally, Rosecrance provides community psychiatry, which includes a diagnostic evaluation, medication, treatment coordination, and recovery. PY23 participants were surveyed, and they reported improvements in the following areas: 75% in their recovery, 56% in their education, 78% in their employment, and 89% in housing stability. Overall, 98% of PY23 participants reported satisfaction with the services they received. The Rosecrance Access to Care program completed 457 psychiatric assessments, and 232 individuals were referred for services during PY23.



Shelter Care Ministries

Jubilee Community Outreach and Housing Stability Program



The Jubilee Community Outreach and Housing Stability Program strives to help both housed and unhoused individuals living with serious mental illness stabilize their mental health, develop basic home skills, and apply for a variety of programs and benefits. In PY23, 96% of program participants remained stably housed. Clients are building trust with the new Outreach Coordinator and are willing to meet with her at locations besides the Jubilee Center.



Stepping Stones of Rockford, Inc.

Counseling Center



The Stepping Stones Counseling Center offers mental health counseling and case management to individuals 6 years of age and older who receive Medicaid or are uninsured. The Counseling Center offers evening and telehealth therapy appointments that include medication management services. In PY23, Stepping Stones Counseling Center served 155 individuals with severe emotional disturbances or serious mental illnesses. Program staff reported improved compliance and increased enthusiasm among participants. The Counseling Center generated enough revenue in fee-for-service billing that no reimbursement by WCCMHB was required in PY23.



Progress Key:

Not Yet Started

In Progress

Delayed

Completed

Stepping Stones of Rockford, Inc.

Expansion of Supervised Housing for Adults with SMI



In PY23, Stepping Stones sought to expand its Supervised Housing for Adults with Serious Mental Illness program in order to provide housing to individuals waiting for behavioral health services. In PY23, Stepping Stones closed on a multi-family home that will be transformed into a supervised housing facility. A twelve-month extension was provided to Stepping Stones to renovate the home.



University of Illinois College of Medicine Rockford

Compassionate Appreciation for Recovery in Everyone (CARE)



UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE | ROCKFORD



The CARE Program provides mental health and substance use disorder treatment to formerly incarcerated individuals who are transitioning back into the community. In PY23, CARE provided same-day or next-day appointments 100% of the time to meet individuals' immediate needs. Referrals were received more quickly as a new discharge planner was hired at the Winnebago County Jail.



Winnebago County

Juvenile Detention Center - Reducing Isolation through Expanded Behavioral Health



WINNEBAGO COUNTY
ILLINOIS



The Juvenile Detention Center seeks to reduce the isolation of youth and adolescents by addressing the behavioral health needs of the detained youth through assessment, crisis intervention, therapeutic intervention, and coordination of services. Implementation of this program was delayed due to an inability to hire qualified staff. In PY23, Freedom Behavioral Health staff were able to provide three separate training sessions to certify officers in Mental Health First Aid.



Progress Key:

Not Yet Started

In Progress

Delayed

Completed

Winnebago County

Juvenile Resource Intervention Center - Behavioral Health Implementation



WINNEBAGO COUNTY
ILLINOIS



The Juvenile Resource Intervention Center will provide dialectical behavior therapeutic (DBT) models, and individual and group therapy, to high-risk youth who are experiencing mental health and behavioral problems. Implementation of this program was delayed due to an inability to find and hire qualified staff. In PY23, Freedom Behavioral Health staff were able to provide three separate training sessions to certify officers in Mental Health First Aid.

Resource Intervention Center - Behavioral Health Expansion



The Resource Intervention Center (RIC) 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. In-house behavioral health staff will expand evening programming and increase RIC service offerings to include dialectic behavior therapy (DBT) and Seeking Safety - a therapeutic model for highest-risk offenders suffering from trauma, substance abuse, and/or post-traumatic stress disorder (PTSD). Implementation of this program was delayed due to an inability to hire qualified staff. In PY23, Freedom Behavioral Health staff were able to provide three separate training sessions to certify officers in Mental Health First Aid.

Winnebago County Health Department



Winnebago County
Health Department

Trauma-Informed Community Care Coordination



In partnership with the Illinois Collaboration on Youth (ICOY), the Trauma-Informed Community Care Coordination program is building a trauma-informed community by developing a trauma-informed capacity-building tool and providing trauma training to community organizations. The program provides case management services to families being served through adjacent Winnebago County Health Department (WCHD) programming. In PY23, WCHD provided training to 181 participants. Additionally, a recently hired Care Coordinator conducted field visits, connected clients to services, and provided bus tokens to clients needing transportation.

Progress Key: Not Yet Started In Progress Delayed Completed

Winnebago County Sheriff's Office

Behavioral Health Program



WINNEBAGO COUNTY SHERIFF'S DEPARTMENT



The Behavioral Health Program operates in the Winnebago County Jail and provides behavioral health assessments and treatment to incarcerated individuals, as well as connections to community support and service providers upon discharge. In PY23, a discharge planner was hired to connect individuals to services in and outside of the jail. In PY23, Winnebago County Sheriff's Office (WCSO) served 542 new inmates.



YMCA of Rock River Valley

Protecting Youth Mental Wellness



The Protecting Youth Mental Wellness program offers early intervention, mental health education, support, and treatment to youth via a mental health counselor in YMCA programs. In PY23, YMCA staff attended multiple training sessions on mental health and de-escalation to better serve clients. Additionally, staff provided school visits, at-home visits, youth group sessions, and community sessions to meet the needs of their clients. The program exceeded its PY23 goal of providing youth access to one group session per week by providing access to two.

Youth Service Network (YSN)

Youth Trauma Clinic



The Youth Trauma Clinic provides trauma treatment and therapy, case management services, crisis on-call services, wrap-around services, and transportation to youth and their families 24 hours per day, seven days per week. In PY23, YSN became fully staffed. Additionally, in PY23, 91% of clients who completed services reported improvement in their symptoms. YSN set a goal to ensure services were available to youth 24/7 and were able to do so by being on-call and serving as a walk-in clinic.

YWCA Northern Illinois

Mental Health Crisis Case Manager



The YWCA Mental Health Crisis Case Manager fills an existing gap that connects clients to mental health services. The case manager provides referrals to mental health and substance abuse services and provides follow-up to ensure barriers are addressed, including transportation. In PY23, the YWCA participated in 30 community events to increase public awareness of mental health crisis services.

Progress Key: Not Yet Started In Progress Delayed Completed



WCCMHB

Winnebago County
Community Mental
Health Board