



# Annual Report

## 2014

### **Mission**

To provide leadership to ensure the prevention and treatment of mental illness, developmental disabilities and substance abuse by identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County, Illinois.

### **Vision**

All McHenry County residents experience optimal mental wellness through access to an integrated system of behavioral healthcare services of excellent quality representing a recovery and resiliency focused, consumer driven, and culturally inclusive community-based continuum of care.

### **Values**

- ▶ We lead the way in transforming lives and systems through partnership and planning.
- ▶ We empower individuals and families toward mental wellness and resiliency.
- ▶ We are accountable for quality, cost-effective services.
- ▶ We value diversity in services, staff, and community.
- ▶ We provide education in order to aid recovery and prevention.

---

---

**McHenry County Mental Health Board**  
620 Dakota Street, Crystal Lake, Illinois 60012  
815-455-2828  
[www.mc708.org](http://www.mc708.org)



## Message from the Board President

---

I would like to begin by thanking the McHenry County Mental Health Board (MHB) funded agency Boards and Staff members as well as our own Board and Staff. It is through your collective dedication and service that we are able to continue to improve programming for the prevention and treatment of mental illness, substance abuse and developmental disabilities. The MHB recognizes that to fulfill its planning mandate, partnership and collaboration with other organizations and the community is essential. The MHB embraces its role as the steward of local tax funds and is committed to ensuring dollars are spent in a responsible manner to address the behavioral health needs for all residents of McHenry County.

Throughout the year, the MHB illustrated its commitment to the taxpayers and consumers of McHenry County. Efforts included the reorganization of staff and the creation of intergovernmental agreements with McHenry County to address IT and energy needs that improved our administrative efficiencies. The MHB implemented service provider presentations to the Board of Directors prior to funding allocations and were able to continue funding levels equal to previous years, with approximately \$750,000 allocated to support new programs. These new programs included the implementation of two substance use recovery homes, student assistance counselors, additional psychiatric services, veterans art therapy, young adult drug program, and autism services for individuals and families who previously faced a lack of resources. As Fiscal Year 2014 came to an end, the MHB also completed its leadership search, hiring Scott Block to serve as MHB's new Executive Director.

As a special purpose unit of government that is regulated through Illinois House Bill 708, also known as the Community Mental Health Act, it is the primary purpose of the MHB to review and evaluate community behavioral health services and facilities, establish a plan for community behavioral health services and administer levied funds through the direction of a nine-member board of representatives appointed by the County. The Act outlines the Board's responsibilities, one being the publication of an annual report. The Annual Report provides an accounting to the citizens of McHenry County of the MHB's activities and expenditures during the fiscal year. As citizens of McHenry County, please take the time to review the MHB's Annual Report and learn about the services supported by your 708 funds. The MHB is always open to feedback and can be reached at 815-455-2828 or through our website ([www.mc708.org](http://www.mc708.org)).

We look forward to serving the citizens of McHenry County in 2015.

Respectfully,  
*Connee Meschini*

## Mental Health Board Overview

---

The McHenry County Mental Health Board's (MHB) authorization and mandated responsibilities are set forth in the Community Mental Health Act (the Act), Illinois Compiled Statutes, Chapter 405, Act 20, Section 0.1 et.seq. Under the Act, townships, counties and other municipalities are given the authority to pass a referendum to levy an annual tax not to exceed .15% upon all taxable property in order to provide for the necessary funds or to supplement existing funds for community mental health facilities and services. The Act encompasses several other broad responsibilities, such as reviewing, evaluating, planning and developing community behavioral health services and not-for-profit corporations, including services and facilities for the treatment of mental illness, alcoholism, drug addiction, developmental disabilities, and intellectual disabilities. In carrying out these activities, the MHB stands accountable to the community, and as part of a governing body, must give attention not only to those in most need of mental health and related services, but also to all residents' behavioral healthcare needs.

Following is a list of the major activities MHB engaged in throughout FY 14 in order to meet the required mandates of the Community Mental Health Act and the behavioral health related needs of McHenry County:

- ▶ Created a new 3 year plan (2015-2016-2017)
- ▶ Collaborative Board Strategic Planning and SWOT Analysis included input from funded agencies
- ▶ Facilitated two distinct rounds (April & August/September) of Board of Director's funding allocation meetings to ensure effective use of funds
- ▶ Provided funding to 26 agencies totaling 72 programs which resulted in over 20,000 intakes into MHB funded services
- ▶ Provided leadership within the community by participating on several local coalitions and task groups

It should also be noted that throughout FY 14, the MHB continued its reorganization efforts as part of the ongoing objective to meet the mandates of the Community Mental Health Act and the needs of the community, while adhering to stringent fiscal standards and transparent governance.

## Behavioral Health Services Environment

---

The federal health care reform law, known as the Patient Protection and Affordable Care Act, or ACA, has many aspects that continuously impact access to behavioral health care. Among the many positive opportunities presented within healthcare reform legislation are increased eligibility for coverage, recognition that mental health and substance abuse issues should be treated like any other illnesses and we must view persons holistically. Of course, the dichotomy of this reform brings about the need for increased infrastructure to serve the newly covered population and resources to integrate primary and behavioral health care services. Currently, the State of Illinois is emphasizing a “Triple Aim” approach to healthcare transformation which targets outcomes including: Improved Health; Improved Quality of Care and Lower Costs.

In 2014 the MHB continued to monitor the changes pursuant to the anticipated revisions of the Illinois Medicaid Waiver application and implementation of the Affordable Care Act. Year in and year out, the strained Illinois budget and growing demand for services create an uncertain and challenging environment for behavioral health service providers. Unfortunately these challenges are felt throughout the entire behavioral health system and have significant impact on the local community. The most recent challenges include slow payment of State contracts, expanded numbers of individuals seeking services brought

about by healthcare reform, and difficulty keeping up with demand, most prominently for psychiatric care.

As for services related to Intellectual and Developmental Disabilities, the Department of Human Services, Division of Developmental Disabilities has created a bold strategic plan with the following vision:

*All children and adults with developmental disabilities living in Illinois receive high quality services guided by a person-centered plan that maximizes individual choice and flexibility in the most integrated setting possible. All areas of the State have available a full array of services that meet the needs of children and adults with developmental disabilities living in their local communities regardless of intensity or severity of need. There is no waiting list for services.*

Unfortunately, they also continue to state that “this plan cannot be implemented with current funding and service structures and declining funding for services.” Therefore, local dollars are extremely important to helping individuals and families living with intellectual and developmental disabilities pursue strengths, desires, hopes, and aspirations, allowing individuals to function with as much independence and self-determination as possible.

## Coordination & Access to Care

---

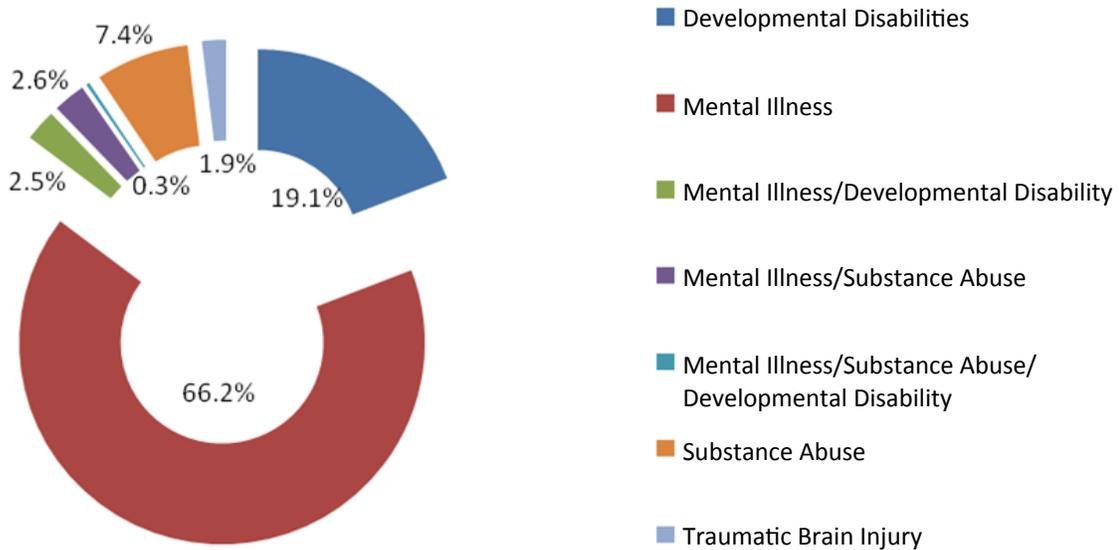
The Mental Health Board maintained involvement in providing assistance to consumers and agencies as follows:

- ▶ Participated in clinical subcommittee staffings for children and youth with serious emotional and behavioral challenges.
- ▶ Participated in clinical review staffings for adults with serious and persistent mental health issues.
- ▶ Participated in veterans outreach and care.
- ▶ Facilitated DCFS Heartstrings Adoption Respite program through June 30, 2014. McHenry County families continue to have access to the program through another provider outside McHenry County. (Due to state reallocation, effective July 1.)
- ▶ Facilitated a medication assistance voucher system that provides financial assistance to individuals with no other means to purchase psychiatric medications. Assistance is available one time per year per individual.
- ▶ Provided transportation grants to agencies to assist their clients enrolled in treatment.
- ▶ Fielded over 650 calls from clients and family members seeking assistance with obtaining services, looking for information, volunteer opportunities and referrals.
- ▶ Distribution of weekly Hot Sheet identifying events, support groups, agency activities, etc.
- ▶ Distribution of monthly wait list detailing information about length of time to receive services within the community.
- ▶ Facilitator of Intake Coordinators meetings, which are attended by individuals from partnering providers and other community agencies, with the purpose of enhancing the ability to provide accurate information and referrals to individuals in the community as well as identify service gaps and barriers.
- ▶ Hosted presentation opportunities for the community to learn more about changes with Managed Medicaid, the Affordable Care Act and Medicaid Expansion, including:
  - Meridian Health Plan Informational Presentation
  - Panel discussion with Matt Rogina from the Office of the Inspector General and Renée Popovits, principal attorney with Popovits & Robinson
  - Presentation with David Swann of M.T.M. Services
- ▶ Facilitated quarterly meetings for the McHenry County Care Trak Program, with participating local law enforcement and behavioral health agencies.
- ▶ Assisted 138 individuals in obtaining their medical records from a former provider, Family Service and Community Mental Health Center.

# Community Services & Supports

The Mental Health Board policy, in accordance with the Community Mental Health Act, ILCS, Chapter 405, Act 20, Section 0.1, et.seq., stipulates that funds allocated by the MHB may be used to contract for mental health, substance abuse, and developmental disability services. Funding for FY14 was aligned with Mental Health Board goals and strategies as outlined in the 2012-13-14 Three Year-Plan. Further prioritization of funding is subject to the urgency of need, impact on system access, and/or applicability of leveraging other funds.

## Funding by Disability



## Mental Health Board Funding Contract Types

### ► Fee for Service

Payments for each event of service within the constraints of the contract. When possible, payment is based on rates set by the State of Illinois.

### ► Grant

Provides funds for access to specific care or for the infrastructure of a program. Payment is fixed based on the contract award and obligations within the contract. Accountability is tied to defined performance measures.

### ► Projects

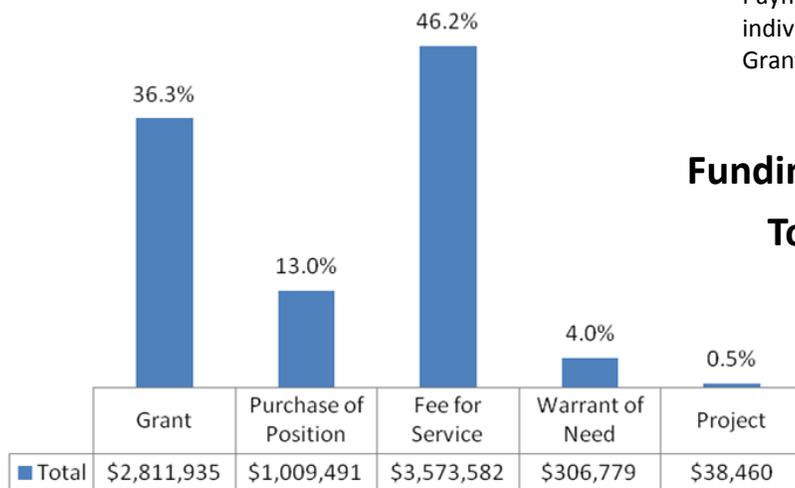
Terms and conditions are tied to expenditures for capital improvements, equipment purchases, or other expenses critical to the delivery of services for an approved program.

### ► Purchase of Position

Payment for a particular staff position that is critical to the delivery of an approved program or service for which Fee for Service funding is not applicable.

### ► Warrant of Need

Payment for psychiatric/behavioral health services for individuals who have proven financial need. May be on a Grant or Fee for Service basis.



## Funding by Contract Type\*

**Total: \$7,740,246**

Contract Type	Total
Grant	\$2,811,935
Purchase of Position	\$1,009,491
Fee for Service	\$3,573,582
Warrant of Need	\$306,779
Project	\$38,460

\*The Funding by Contract Type Total does not reflect cash advances and loans to funded agencies, AmeriCorps living stipends, agency and consumer scholarships, interpretation services, funded agency physical infrastructure grants, and other miscellaneous support costs.

## Community Services & Supports

---

### The McHenry County Care Trak Program

Care Trak is a mobile tracking system that uses a radio frequency wrist band to locate lost individuals. The Care Trak Program is designed to assist family members with individuals that have special needs, that have a history, or are at risk, of wandering. The McHenry County Mental Health Board provides this service in partnership with Advocate Good Shepherd Hospital, Options and Advocacy, Cary Police Department, Crystal Lake Police Department, Huntley Police Department, McHenry County Sheriff's Office, McHenry Police Department and the Woodstock Police Department.

Family members have this to say about Care Trak:

*"Very helpful"*

*"It helps a lot in our life knowing that if he ever runs we can find him."*

*"We are so thankful for this program. We know it is a safeguard for our child."*

If you have any questions about this program, or have interest in seeing this program offered in your community, we would love to expand our law enforcement partnerships. Please contact us at 815-455-2828. Thank –You!

### Mental Health First Aid

The McHenry County Mental Health Board staff collaborated with community providers and hosted two day-long trainings which covered symptoms of mental illness and how to recognize a mental health crisis. It also provided attendees skill-building tools to be able to help individuals who are developing a mental health problem or are experiencing a mental health crisis. Participants included police officials, community partners and organizations, medical health personnel, faith based organizations, and other members of the community.

Read about what participants have to say about Mental Health First Aid:

*"Enjoyable & informative" "Very enlightening."*

*"This is great material and will be helpful in my job."*

*"I believe all educators and support personnel should have to take this course."*

*"I would hope that more people are encouraged to do this."*

## McHenry County Behavioral Health Foundation

---

The McHenry County Behavioral Health Foundation (MCBHF) is a 501(c) 3 charitable organization, created to support the Mental Health Board, as well as evidence-based programs provided through many community partner organizations. Accomplishments include:

1. Raising awareness and funds for community mental health services and facilities for the treatment of substance abuse, developmental disabilities, and other behavioral health issues.
2. Making distributions to various programs or organizations that qualify as tax exempt organizations which have, as their primary purpose, the providing of community mental health services and facilities for the treatment of substance abuse, developmental disabilities, and other behavioral health issues.
3. Making safety-net support distributions to individuals recommended by a Mental Health Board partner agency.
4. Hosting McHenry County's Annual Recovery Conference.
5. Hosting McHenry County's Annual *Vision of Hope* Awards, to recognize and publicize community leaders who improve mental and behavioral health services for others.

Through the generosity of donors, community groups, local businesses, grant – makers, and volunteer board members, the Foundation assisted/educated/supported hundreds of partners, people, programs, and projects in 2014.

MCBHF appreciates everyone that has helped them meet their mission. A list of donors can be found on the Behavioral Health Foundation website, [www.mcbhf.org](http://www.mcbhf.org) or by calling 815-308-0866.

# Community Planning and Development

---

In accordance with its mission, a major function of the Mental Health Board is planning and development of behavioral health services for residents of McHenry County. The Mental Health Board utilizes resources to expand and grow programs and services for the treatment and prevention of mental illness, developmental disabilities, and substance abuse.

## **New Substance Abuse and Intellectual Developmental Disabilities Programs funded in FY 14**

In April of 2014 the MHB funded \$798,521 for a number of new programs to assist children, adults and families that are challenged with intellectual developmental disabilities or substance abuse issues.

- ▶ \$320,685 was allocated for Intellectual Developmental Disability support programs including:
  - Start up Telepsychiatry support for individuals dually diagnosed with Intellectual Developmental Disability and Mental Health disorders.
  - Support and Wellness programming based on Health Matters Wellness Curriculum.
  - The addition of a bi-lingual transition support specialist providing family supports through IEP attendance, education outreach and family trainings.
  - Autism Day Program focusing on skill development, education/learning, therapy/sensory support, assistive technology and community inclusion.
- ▶ \$477,836 was allocated to the prevention, treatment and recovery from Substance Abuse including:
  - Recovery Homes providing residents a sober living environment to focus on the development of essential skills necessary to maintain lasting recovery in the community.
  - Intensive Outpatient programming for unfunded individuals struggling with co-occurring mental health and substance abuse disorders.
  - Student Assistance Counseling to provide assessment and linkage to treatment services (available to all high school districts within McHenry County).
  - Therapeutic art program to assist veterans challenged with substance abuse and PTSD.

## **Mental Health Board as an Active Community Partner**

- ▶ Behavioral Health Foundation 7<sup>th</sup> Annual Visions of Hope Awards
- ▶ Community Partners 6<sup>th</sup> Annual Art Exhibit featuring work of persons affected by behavioral health concerns
- ▶ McHenry County Continuum of Care to End Homelessness
- ▶ Participation on various committees and task force committees addressing various needs within the community, including:
  - Suicide Prevention Task Force
  - Substance Abuse Coalition
  - Traumatic Brain Injury Panel and Task Force
  - Children's Health and Safety Fair
  - People In Need Forum

## **Recovery Conference**

The Wellness and Recovery Conference included the following presentations:

- ▶ Listening to Your Inner Voice
- ▶ The Future of Substance Abuse Treatment: What Are the Opportunities
- ▶ The Role of Peer Specialists in Recovery
- ▶ Healing Trauma with EMDR
- ▶ Conversation on Co-Occurring Disorders
- ▶ Empowerment 101
- ▶ Q&A Follow Up with the Doctor
- ▶ The WRAP Process

## **Community Trainings**

- ▶ Transition to Independence Process (TIP) & Transition to Adulthood Program (TAP)
- ▶ Military Culture
- ▶ Making Sense of Challenging Behaviors for Children with Autism Spectrum Disorders
- ▶ Co-Occurring Mental Health and Substance Use
- ▶ Other trainings as requested by community partners

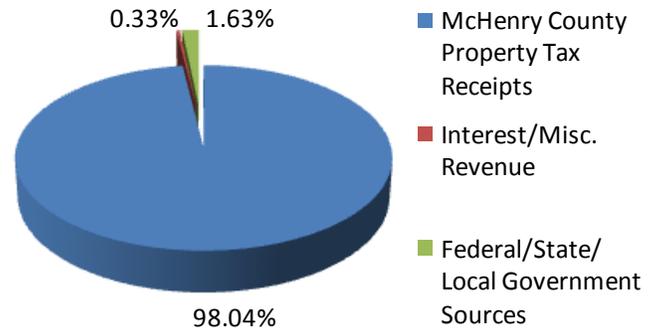
Visit the McHenry County Mental Health Board website at [www.mc708.org](http://www.mc708.org)

## Financial Summary (1)

### Expenditures - Community Services and Supports

22nd Judicial Circuit of McHenry County	175,730
Allendale Association	3,891
AmeriCorps	656
Centegra Specialty Hospital	1,781,830
Consumer Credit Counseling	54,797
Epilepsy Foundation	98,592
Families ETC	417,880
Family Alliance	318,045
Family Health Partnership	48,732
Garden Quarter Resource Center	51,778
Greater Elgin Family Care Center	234,179
Home of the Sparrow	131,401
Horizons Behavioral Health	60,648
Mathers Clinic, LLC.	87,680
McHenry County Health Department	106,142
NAMI - McHenry County	118,533
Northern Illinois Special Recreation	59,368
Options and Advocacy	212,657
Other Contractual - Service Related	21,436
Pioneer Center	2,178,071
ProActive Behavioral Services	20,861
Professional Consultations	10,208
Rosecrance	612,795
Special Education District of McHenry County	61,800
Thresholds	264,734
Transitional Living Services	167,975
Turning Point	484,673
University of Illinois Extension	3,500
<b>Total Direct Community Services and Supports</b>	<b>\$7,788,592</b>
Client Transportation	8,891
Community Resource Center	41,015
Family Consumer Specialist	53,511
Adoption Support	28,041
<b>MHB Additional Costs for Community Services (2)</b>	<b>\$ 131,458</b>
<b>Grand Total Community Services &amp; Support</b>	<b>\$7,920,050</b>

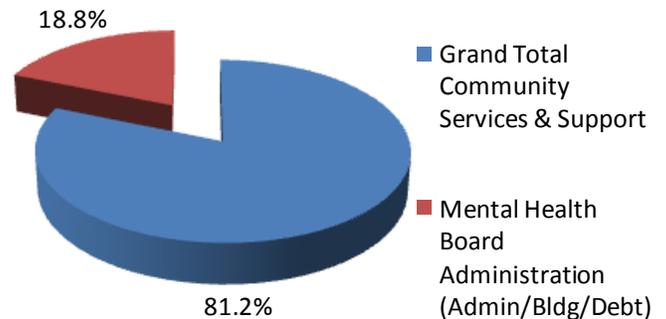
### FY 2014 Revenue



McHenry County Property Tax Receipts	10,744,674
Interest/Misc. Revenue	35,823
Federal/State/Local Government Sources	178,871

**TOTAL REVENUE** **\$ 10,959,368**

### FY 2014 Expenditures



**Grand Total Community Services & Support** **\$ 7,920,050**

<b>Mental Health Board Administration (Admin/Bldg/Debt)</b>	
Debt Service	415,741
Building Occupancy Expense & Capital Projects	87,379
Administrative Salaries and Benefits	952,867
General Administration	372,023
<b>Total Mental Health Board Administration</b>	<b>\$ 1,828,010</b>

**TOTAL EXPENDITURES** **\$ 9,748,060**

REVENUE OVER/(UNDER) EXPENDITURES	\$ 1,211,308
FUND BALANCE - Beginning of the year	\$ 8,294,241
FUND BALANCE - End of the Year	\$ 9,505,549

#### Footnotes:

- (1) McHenry County Audits for 2014 will not be finalized until the end of May 2015. As a result, at the time of printing, this financial summary is based on unaudited numbers.
- (2) A proportional share of administrative costs have been allocated to programs based on the Cost Allocation Plan approved by the Board prior to the beginning of MHB's 2014 fiscal year.

## 2014 Board Members

### Terms & Committees

---

**Connee Meschini, President** (Secretary)

Term: 01/18/05 - 01/01/15

Committees: *Executive/Personnel: Chair; By Laws; Finance and Audit; Search*

**Cathy Ferguson, Vice President**

Term: 05/21/13 - 01/01/15

Committees: *Buildings and Grounds: Chair; By-Laws; Ethics and Compliance; Executive/Personnel*

**Sam Melei, Treasurer**

Term: 02/18/14 - 01/01/18

Committees: *Building and Grounds; By-Laws; Ethics and Compliance; Executive/Personnel; Finance and Audit: Chair*

**Diane Wasilk, Secretary**

Term: 12/03/13 - 01/01/17

Committees: *Building and Grounds; Executive/Personnel*

**Paula Yensen, County Board Liaison**

Term: 01/01/13 - 11/30/14

Committees: *By Laws: Chair; Executive/Personnel; Ethics and Compliance; Finance and Audit; Search*

**Scott Breeden, Member**

Term: 10/01/13 - 01/01/15

Committees: *Building and Grounds; Finance and Audit*

**Kathleen Kuchta, Member**

Term: 07/01/14 - 01/01/17

Committees: *By-Laws; Ethics and Compliance: Chair; Executive/Personnel*

**Ray Lapinas, Member**

Term: 07/01/14 - 01/01/17

Committees: *Building and Grounds; Finance and Audit*

**Don Larson, Member** (Treasurer)

Term: 01/01/99 - 01/01/15

Committees: *By-Laws; Executive/Personnel; Ethics and Compliance; Finance and Audit: Chair*

**Heather Murgatroyd, Member**

Term: 02/19/13 - 01/01/17 (served to 05/09/14)

Committees: *Building and Grounds; By Laws; Ethics and Compliance: Chair*

**Carrie B. Smith, Member** (Vice President) (Acting President through 01/28/14)

Term: 02/19/13 - 01/01/17 (served to 05/27/14)

Committees: *Executive/Personnel: Chair; Ethics and Compliance; Search: Chair*

*The McHenry County Mental Health Board meets on the fourth Tuesday of each month at 6:00 p.m. at the offices of the Mental Health Board in Crystal Lake, Illinois. For a complete list of committee meeting dates, times, agendas and meeting minutes please visit: [www.mc708.org](http://www.mc708.org)*

---

## 2014 Mental Health Board Staff

- Lyn Orphal, Interim Executive Director
- Cathy Garrey, Compliance & Quality Assurance Manager
- Duane Lahti, Data & Information Systems Manager\*
- Jane Wacker, Fiscal Operations Manager
- Patricia Peterson, Executive Assistant
- Adrienne Burman, Administrative Specialist II
- Kristen Doherty, Administrative Specialist II
- Vickie Johansen, Administrative Specialist II
- Susan Stumpner, Administrative Specialist III\*
- Melanie Duran, Accountant II
- Pamela Marrs, Accounting Assistant
- Sonya Jimenez, Database Administrator/ Medicaid Coordinator
- Laura Maras, Billing & Data Coordinator
- Carolyn Frasor, Program Monitor and Training Assistant
- Jane Montgomery, Community and QA Liaison (*resigned 1/31/14*)
- Candice Yeargin, Community Development Supervisor\*
- Susan Ling, Family Consumer Specialist (*position moved to agency 10/1/14*)

\* Position eliminated effective 4/25/14.



**McHenry County Mental Health Board**

620 Dakota Street  
Crystal Lake, IL 60012