

Empowering Minds



Transforming Lives

MCHENRY COUNTY MENTAL HEALTH BOARD

THREE-YEAR PLAN

FOR

MCHENRY COUNTY

FISCAL YEARS

2018-2020



MCHENRY COUNTY MENTAL HEALTH BOARD
2018 – 2020 THREE YEAR PLAN

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McHenry County Mental Health Board Overview

The McHenry County Mental Health Board (MCMHB) is a special purpose unit of government regulated by the Community Mental Health Act (Illinois Compiled Statutes, Chapter 405, Act 20, Section 0.1 et.seq.). In accordance with the Community Mental Health Act and through the direction of a board of community representatives appointed by the County Board, the MCMHB is mandated to carry out the following activities:

- Consult with other appropriate private and public agencies in the development of local plans for the most efficient delivery of mental health, developmental disabilities, and substance use disorder services;
- Submit to the appointing officer and the members of the governing body a written plan for a program of community mental health services and facilities for persons with a mental illness, a developmental disability, or a substance use disorder. Such plan shall be for the ensuing 12 month period. In addition, a plan shall be developed for the ensuing 3 year period and such plan shall be reviewed at the end of every 12 month period and shall be modified as deemed advisable;
- Within amounts appropriated therefore, execute such programs and maintain such services and facilities as may be authorized under such appropriations;
- Review and evaluate community mental health services and facilities, including services and facilities for the treatment of alcoholism, drug addiction, developmental disabilities, and intellectual disabilities.

Encompassed within these statutory activities are themes of accountability, transparency, fiduciary responsibility, and foresight which necessitate a strong working knowledge of local, state and national trends within the mental health, substance use disorder, and intellectual and developmental disability service environments. Therefore, on behalf of its constituency, the MCMHB continuously engages in efforts to learn, promote, and implement strategies that foster public trust and confidence while supporting access to an extensive network of services.

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

Vision: 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.

Introduction and 2018–2020 Three Year Plan Development

Prevention efforts, treatment, and recovery support services for mental illness, substance use disorder and intellectual and developmental disabilities are essential components of health service systems and community-wide strategies. The McHenry County Mental Health Board (MCMHB) continues to serve as McHenry County’s leader of behavioral health and intellectual and developmental disability related services and needs, seeking innovative, data-driven solutions to ongoing and emerging issues that affect individuals, families, communities, and service providers. Thus, the MCMHB provides leadership and devotes its resources toward helping McHenry County act on the knowledge that:

- prevention works;
- treatment is effective; and
- people recover.

However, it is understood that in order to offer our families, friends, and neighbors the best opportunities for sustainable recovery, MCMHB must foster and encourage access to a full continuum of services that lay the foundation for a recovery ready community. A continuum of services includes core services such as counseling, individual and group therapy, medication administration, and medication monitoring. As embraced by the Substance Abuse and Mental Health Services Administration, a comprehensive continuum of services also includes support in getting and holding a job, finding a place to live, staying in school, improving social relationships, and gaining access to benefit programs.

Through leadership and resource management and allocation, the MCMHB seeks to support services, programs, and projects that embody meaningful, real life outcomes for people who are striving to attain and sustain recovery; build resilience; and work, learn, live, and participate fully in our communities.

Few issues impact our community quite like mental illness, substance use disorder, and intellectual and developmental disabilities. Therefore, this MCMHB 2018–2020 Three Year Plan encourages and supports strong relationships with individuals in recovery and their families, healthcare and behavioral healthcare providers, local county systems such as education, criminal justice, law enforcement, health and human services, elected officials, businesses, faith-based organizations, and community members alike. In carrying out the 2018–2020 Three Year Plan, the MCMHB and its various community partners will serve as a local network focusing efforts and resources on creating an accountable and effective continuum of prevention, treatment and recovery support services aligned with the changing behavioral health and human service environment.

MCMHB Planning Efforts

The MCMHB has engaged in a comprehensive approach to inform and develop this plan. First, the MCMHB served as a primary partner in the 2017 McHenry County Healthy Community study compiled by Health Systems Research (HSR) at the University of Illinois College of Medicine-Rockford. HSR is an applied research unit that specializes in community needs assessments for health and human services in northwest Illinois and has assisted McHenry County for several decades. As one component of the 2017 McHenry County Healthy Community study, focus groups were conducted to gain an understanding of the views and experiences of local residents and community leaders as they relate to mental illness, substance abuse and intellectual and developmental disability related services and needs.

Next, the MCMHB works in close partnership with leadership from its funded providers, known collectively as the Network Council. In 2016, as part of its goal of creating a more meaningful voice for the Network Council and to inform the MCMHB of ongoing, urgent, and emergent needs, the Network Council and MCMHB engaged in a strategic planning process supported by planning consultants from Health & Disability Advocates (HDA), a lead organization in Chicago, Illinois, that is working to break down economic, social and structural barriers to health care and well-being. The process began in September 2016 and spanned a six-month period ending in February 2017. The strategic planning process was based on the Mobilizing for Action through Planning & Partnerships (MAPP) model developed by the National Association of County and City Health Officials (NACCHO) and the U.S. Centers for Disease Control and Prevention (CDC). This model differs from traditional strategic planning frameworks in that it is intended not for a single organization, but rather for agencies and communities working together towards a common vision. It is also unique in that it considers inputs from four discrete assessments and brings the findings together to identify the key issues to be addressed. For purposes of the *Strategic Plan for System Improvement*, the MAPP process was modified to address the focus and needs of the MCMHB and the Network Council.

Furthermore, Smart Policy Works (SPW), a division of HDA, continued the work begun under the MAPP strategic planning process by examining the child and adolescent Behavioral Health service delivery system in McHenry County. SPW provided the MCMHB and Network Council with an analysis to aid in determining whether an expansion of existing services, inclusion of new levels of care, or a combination of both would best meet the needs of the community.

In addition to these efforts, the McHenry County Behavioral Health Foundation (MCBHF), a 501(c)3 charitable organization supporting the MCMHB, engaged BB Communications to create a communications outreach plan to grow understanding and support of MCMHB and its funded agencies so that community members can better access the services they need. The plan draws on existing resources, a communications audit and interviews with key leaders to develop positive messaging aligned with the MCMHB's value to the community, and strategies and tactics for each of its key audiences. The plan, which was designed to complement and support the *2017 Strategic Plan for System Improvement* as developed by the MCMHB and Network Council, includes recommendations for short-term (6 months-1 year) and long-term (1-3 years) actions.

As ongoing practice, the MCMHB actively monitors and responds to healthcare reform efforts through involvement in local, state and national task forces and associations such as the Intellectual and Developmental Disability Taskforce, Substance Abuse Coalition, Continuum of Care to End Homelessness, Association of Community Mental Health Authorities of Illinois, the Community Behavioral Health Association of Illinois, Illinois Partners for Human Services, Health Care Compliance Association, National Association of County Behavioral Health & Developmental Disability Directors, and the National Council for Behavioral Health.

Finally, the MCMHB continually solicits and welcomes service provider and public feedback and involvement through People In Need Forum surveys, Annual Town Hall/Public Hearings, strict adherence to the Open Meetings Act, and standing public comment agenda items at the beginning and end of each meeting.

2018-2020 Strategic Initiatives Goals/Objectives

After review and synthesis of all available information, the MCMHB has identified Five Strategic Initiatives to focus its attention and resources in County Fiscal Years 2018-2020 while maintaining the service continuum and foundation already in place.

The MCMHB's 2018-2020 Strategic Initiatives are accompanied by goals and objectives based on existing needs, emerging trends, opportunities, and/or challenges identified as critical to maintaining and enhancing the local network of services in order to meet its mission of "identifying, planning, coordinating, fostering development, and contracting for quality services for all citizens of McHenry County." The Strategic Initiatives include:

Goal 1: Strengthen the Recovery Infrastructure

Goal 2: Improve Access to Care

Goal 3: Increase Awareness of Existing Services

Goal 4: Promote Administrative Effectiveness and Efficiency

Goal 5: Provide Leadership and Advocacy

Strategic Initiative # 1: Strengthen the Recovery Infrastructure

The National Association of County and City Health Officials (NACCHO) defines infrastructure as, “local public health infrastructure includes the systems, competencies, frameworks, relationships, and resources that enable public health agencies to perform their core functions and essential services. Infrastructure categories encompass human, organizational, informational, legal, policy, and fiscal resources.” Infrastructure is often described as the road or bridge to building a project. Strengthening infrastructure means building from the current “roads and bridges” to create effective systems for change. For purposes of this plan, the MCMHB has highlighted the infrastructure areas evidenced as most critical.

Strategic Initiative # 1: Strengthen the Recovery Infrastructure		
Goals	Objectives	Definition of Success in 3 Years
<p>Goal 1.1: Increase community-based and supported living opportunities for McHenry County residents with mental health, substance use and intellectual and developmental disability related needs.</p>	<p>Objective 1.1.1: Explore community-based and supported living models undertaken in other counties.</p> <p>Objective 1.1.2: Establish relationships with partners who can contribute to the affordable housing capacity in McHenry County (i.e. Illinois Housing Development Authority, Habitat for Humanity, etc.)</p> <p>Objective 1.1.3: Strengthen the relationship between the MCMHB, Substance Abuse Coalition, Network Council and McHenry County Continuum of Care to End Homelessness in order to support residential and supported living initiatives.</p> <p>Objective 1.1.4: Engage Intellectual and Development Disability service providers in order to increase Community Integrated Living Arrangements.</p>	<p>McHenry County will increase capacity for community-based and supported living opportunities to stabilize and support recovery efforts through additional services, programs, or projects such as case management, rental assistance dollars/programs, permanent supportive housing beds, Housing First programs, community integrated living arrangements, recovery or sober homes, and/or affordable housing units.</p>

<p>Goal 1.2: Leverage federal and state dollars available to support mental health, substance use and intellectual and developmental disability related services and community needs.</p>	<p>Objective 1.2.1: Assist service providers in efforts to increase capacity to bill Medicaid, Medicare and commercial insurance payers.</p> <p>Objective 1.2.2: Collaborate with service providers and/or other units of government to identify and apply for federal and state funding opportunities.</p>	<p>MCMHB supported service providers will diversify funding streams supporting services, programs and projects.</p>
<p>Goal 1.3: Strengthen the relationship between the Network Council and the MCMHB.</p>	<p>Objective 1.3.1: Assist and support the Network Council with implementation of Strategic Planning initiatives.</p> <p>Objective 1.3.2: Convene an annual meeting of the MCMHB Board of Directors and Network Council.</p>	<p>The Network Council will continuously inform the MCMHB Board of Directors of ongoing and emergent community needs and areas in need of resource allocation.</p>
<p>Goal 1.4: Workforce Recruitment and Development</p>	<p>Objective 1.4.1: MCMHB will draft and maintain a Master List of local Behavioral Health internship opportunities and share that list with area Colleges/Universities.</p> <p>Objective 1.4.2: Develop a MCMHB internship opportunity.</p> <p>Objective 1.4.3: Work with the McHenry County Workforce Network, Colleges/Universities and service providers to develop workforce recruitment opportunities.</p> <p>Objective 1.4.4: Assist service providers in development of culturally competent, bilingual and bicultural staff through annual trainings.</p>	<p>MCMHB will schedule and promote annual cultural competency trainings.</p> <p>Established Master List of local Behavioral Health internship opportunities.</p> <p>Established MCMHB internship.</p>
<p>Goal 1.5: Expand the use of technology to facilitate service delivery within MCMHB supported agencies.</p>	<p>Objective 1.5.1: Increase the availability of telepsychiatry care available in McHenry County</p> <p>Objective 1.5.2: Increase quality of care, coordination of care and/or collaboration among providers through technology-based enhancements.</p>	<p>Increased telepsychiatry options and hours of availability.</p> <p>Implementation and utilization of technology that results in measurable, positive client outcomes.</p>

Strategic Initiative # 2: Improve Access to Care

Access to care in McHenry County has been identified as a significant challenge due to limited public transportation options, areas with few service providers, long wait times, a shortage of bilingual professionals, and limitations placed on services by private and public payer utilization review. As some of the identified “access” issues overlap with other Strategic Initiatives, the MCMHB is confident that all identified issues are being addressed throughout this plan.

Strategic Initiative # 2: Improve Access to Care		
Goals	Objectives	Definition of Success in 3 Years
<p>Goal 2.1: Enhance opportunities for Care Coordination and Service Navigation</p>	<p>Objective 2.1.1: Explore uniform consents for release of information regarding patients and clients so that agencies can more easily share information.</p> <p>Object 2.1.2: Improve coordination of care for individuals being discharged from institutional or residential settings or transitioning between high school and adulthood.</p> <p>Objective 2.1.3: Maintain and distribute bi-monthly network provider waitlist and payer information.</p> <p>Objective 2.1.4: Encourage network provider attendance at monthly Intake Coordinator meetings.</p>	<p>MCMHB supported service providers embrace a “No Wrong Door” approach to assisting residents’ access to services.</p> <p>Residents are referred for services they need, and are assisted with making connections to services through a hands-on navigation approach, resulting in a “warm” handoff.</p> <p>MCMHB Intake Coordinators meet monthly to share eligibility criteria and waitlist information.</p>
<p>Goal 2.2: Increase transportation options to assist residents in attending mental health, substance use and intellectual and developmental disability related appointments.</p>	<p>Objective 2.2.1: Ensure MCMHB representation on the McHenry County Department of Transportation’s Public Transportation Advisory Committee.</p> <p>Objective 2.2.2: Explore the Pace Municipal Vehicle Program.</p> <p>Objective 2.2.3: Expand the Kaizen Healthcare transportation solution cap of 100 rides/month.</p>	<p>Increased access to treatment and recovery related appointments for residents with limited resources.</p> <p>Reduction in community feedback citing a lack of transportation options as a barrier to receiving mental health, substance use and intellectual and developmental disability related services.</p>

<p>Goal 2.3: Foster integration between mental health, substance use and intellectual and developmental disability related health care, human service, and prevention systems.</p>	<p>Objective 2.3.1: Implement screening/assessment tools into new service settings.</p> <p>Objective 2.3.2: Encourage health insurance and benefit enrollment of McHenry County residents.</p> <p>Objective 2.3.3: Provide targeted training and technical assistance enhancing service provider business practices to improve quality and efficiencies in the changing health care environment.</p>	<p>Increased use of the Patient Health Questionnaire (PHQ-9) depression assessment and other screening/assessment tools within MCMHB supported services.</p> <p>MCMHB support of integrated care through funding allocations, memorandums of understanding, and co-location of services.</p> <p>MCMHB to provide training events on accessing public benefits, value-based care, and other emerging market trends.</p>
<p>Goal 2.4: Develop school-based or targeted interventions and services for McHenry County youth.</p>	<p>Objective 2.4.1: Implement new co-location, case management or wrap around services available in schools throughout McHenry County.</p> <p>Objective 2.4.2: Develop a McHenry County based Youth Partial Hospitalization Program.</p>	<p>Access to non-urgent case management, wrap around services and/or Partial Hospitalization Programming for youth in McHenry County.</p>

Strategic Initiative # 3: Increase Awareness of Existing Services

Network Council members viewed “Awareness of Services” to be significant enough to rise to the level of a strategic issue. The 2017 Healthy Community Study Community Perceptions Assessment found that 21% of survey respondents who were unable to receive services cited they were not sure how to find mental health services, 30% could not find provider who accepted Medicaid and 60% had never heard of the county’s 211 system for information and referral. Strategies identified to address awareness include producing and distributing public education materials through traditional, electronic, and social media outlets as well as MCMHB message coordination with its funded partners and other local funders.

Strategic Initiative # 3: Increase Awareness of Existing Services		
Goals	Objectives	Definition of Success in 3 Years
Goal 3.1: Increase awareness of services available to McHenry County residents.	<p>Objective 3.1.1: Develop and increase network and service related press releases, encourage provider social media efforts, expand McHELP App reach, and explore collaborative marketing platforms.</p> <p>Objective 3.1.2: Coordinate existing community awareness efforts to develop an effective plan with minimal redundancy.</p>	<p>Successful implementation of efforts that provide consistent, visible messages aimed at increasing awareness of available resources.</p> <p>Improved future Healthy Community Study “Community Perceptions” ratings.</p>
Goal 3.2: Communicate the MCMHB Mission and value in the community	<p>Objective 3.2.1: Increase marketing strategies to include implementation of a quarterly MCMHB newsletter communicating the MCMHB Mission and impact of community mental health funds and quality of life in McHenry County.</p> <p>Objective 3.2.2: Review the MCMHB website and enhance website performance.</p>	<p>Implementation and distribution of a MCMHB quarterly Newsletter through Constant Contact.</p> <p>Complete an external website audit and implement strategic enhancements as needed.</p> <p>Increased website traffic as monitored through analytics.</p>
Goal 3.3: Support efforts to increase Mental Health First Aid and Question, Persuade, Refer (QPR) suicide prevention facilitators and trainings.	Objective 3.3.1: Increase public knowledge of factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.	MCMHB will sustain the continued benefits of the Mental Health First Aid and Question, Persuade, Refer (QPR) suicide prevention programming by supporting the recertification of existing facilitators and the addition of new facilitators.

Strategic Initiative # 4: Promote Administrative Effectiveness and Efficiency

Through leadership, practice improvement, public education and awareness, strategic resource allocation, regulation and standard setting, the MCMHB leads local network continuous quality improvement efforts. Furthermore, pursuant to the Community Mental Health Act, the MCMHB is mandated to review and evaluate community mental health services and facilities, including services and facilities for the treatment of alcoholism, drug addiction, developmental disabilities, and intellectual disabilities.

Strategic Initiative #4: Promote Administrative Effectiveness and Efficiency		
Goals	Objectives	Definition of Success in 3 Years
Goal 4.1: Enhance and evidence internal organizational compliance and risk management knowledge and practices.	<p>Objective 4.1.1: Support staff member Certification in Healthcare Compliance (CHC)® to demonstrates expertise in the healthcare compliance field.</p> <p>Objective 4.1.2: Develop an Independent Contract Agreement with a Licensed Clinician to assist the MCMHB with compliance audits of Licensed Providers.</p> <p>Objective 4.1.3: Support annual trainings to stay current with GASB standards, Uniform Guidance, and Illinois GATA rules.</p> <p>Objective 4.1.4: Maintain CARF International Network Accreditation</p>	<p>MCMHB shall evidence ongoing risk management review, staff Healthcare Compliance (CHC)® certification, attendance at relevant trainings and CARF Accreditation.</p> <p>MCMHB contracting with a Licensed Clinician to assist with Compliance Audits</p>
Goal 4.2: Maintain current intergovernmental agreements and evaluate opportunities for further shared services with other units of local and County government.	Objective 4.2.1: Transition MCMHB to the County of McHenry Enterprise Resource Planning system. (Financial Accounting)	<p>MCMHB will maintain its agreements with the County of McHenry for Informational Technology services and Routine Facility Maintenance services.</p> <p>Implementation of MHB's financials using the County of McHenry's Enterprise Resource Planning System.</p>
Goal 4.3: Early satisfaction of Recovery Zone Debt Certificate	Objective 4.3.1: Satisfy remaining Series 2010B debt certificate obligation in County FY19.	Complete early payment of the Series 2010B debt certificate.

<p>Goal 4.4: Develop a Renewal Funding Application process for currently contracted services and providers in good standing.</p>	<p>Objective 4.4.1: Implement a funding application renewal process for core services prior to County FY19 funding allocations.</p>	<p>Renewal funding application process is implemented and in practice.</p>
<p>Goal 4.5: Support Network Training events highlighting not-for-profit board responsibilities, compliance and risk management strategies and best practices.</p>	<p>Objective 4.5.1: Engage strategic partners to develop and offer trainings that strengthen not-for-profit board and business practices.</p> <p>Objective 4.5.2: Offer assistance to Network providers in order to increase fiscal and compliance business practices and standards.</p>	<p>Increased provider adherence to MCMHB contractual obligations.</p> <p>Increased attention and consideration of fiscal and risk management strategies as evidenced through MCMHB funding applications and provider attendance at relevant events.</p>
<p>Goal 4.6: Promote the use of consistent service/program/project outcome measures throughout the MCMHB Network.</p>	<p>Objective 4.6.1: Operationalize and track service/program/project outcomes that embody meaningful, real life outcomes for people who are striving to attain and sustain recovery; build resilience; and work, learn, live, and participate fully in their communities.</p> <p>Objective 4.6.2: Compare quarterly service/program/project outcome data with source documents and service data during compliance audits.</p>	<p>Successful implementation of a revised version of the SAMHSA National Outcome Measures (NOMs) Framework.</p> <p>Utilize outcome data to inform funding allocations.</p>

Strategic Initiative # 5: Provide Leadership and Advocacy

The MCMHB currently holds a 3 Year CARF Network Accreditation and is uniquely positioned to function as the nucleus of McHenry County’s network of mental health, substance abuse, and intellectual and developmental disability related services. According to CARF International, a “network” is a legal entity that contracts with two or more organizations that deliver health or human services to persons served (“participating providers”) to coordinate functions between or on behalf of the participating providers. To effectively serve in this capacity, the MCMHB remains committed to adapting and responding to current and emerging challenges while judiciously promoting and allocating resources on behalf of our community.

Strategic Initiative #5: Provide Leadership and Advocacy		
Goals	Objectives	Definition of Success in 3 Years
Goal 5.1: Facilitate and support efforts to enhance service delivery systems.	<p>Objective 5.1.1: Track MCMHB involvement on local community workgroups, task forces and committees.</p> <p>Objective 5.1.2: Participate in and support advocacy initiatives.</p>	<p>Reduced gaps in service as evidenced by an extensive local network of care consisting of prevention, treatment and recovery support services.</p> <p>Increased service delivery efficiencies.</p>
Goal 5.2: Remain informed of emerging issues affecting service delivery systems and consumer access to services and share knowledge with network providers.	<p>Objective 5.2.1: Monitor local impact resulting from proposed State “Rule Revisions,” pending Waiver 1115 results, Value-Based contracting and relevant legislation.</p> <p>Objective 5.2.2: Maintain leadership positions representing McHenry County on state wide boards and task forces.</p>	<p>Continue to advocate at local, state, and national levels to ensure that the interests of people served, families, and McHenry County communities are reflected in the design and implementation of public policies, services, and funding.</p> <p>Continue to build an informed Network</p>
Goal 5.3: Develop a plan and conduct an Emergency Tabletop exercise focusing on a large scale Community Behavioral Health Crisis.	Objective 5.3.1: Formalize the local Behavioral Health response to Emergency Management Agency identified community crises.	Memorialize the Behavioral Health response to community crises with the local response plan.
Goal 5.4: Facilitate a Community Needs Assessment focusing on services related to Autism Spectrum Disorder.	<p>Objective 5.4.1: Determine McHenry County gaps in Autism Spectrum Disorder services.</p> <p>Objective 5.4.2: Establish or enhance relationships with service agencies targeting individuals and families living with Autism Spectrum Disorder services.</p>	New service delivery models in place to identify, diagnose and treat Autism Spectrum Disorder.

<p>Goal 5.5: Support infrastructure development and investment in services along the five criminal justice intercept points to divert “as appropriate” persons with Behavioral Health needs from the criminal justice system.</p>	<p>Objective 5.5.1: MCMHB participation on the McHenry County Criminal Justice Coordination Council.</p> <p>Objective 5.5.2: Complete an updated Sequential Intercept Mapping exercise.</p>	<p>Continued MCMHB support for evolving behavioral health and justice initiatives.</p>
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Moving Forward

Building on a long tradition of leadership and service, the MCMHB is focused on resource management that supports the mental health, substance use disorder, and intellectual and developmental disability related needs of McHenry County residents while upholding the statutory duties outlined within the Community Mental Health Act.

In doing so, the MCMHB recognizes the need to maintain a comprehensive network of services through allocation of resources that compliment and support community mental health and substance use disorder services available under the Illinois Department of Healthcare and Family Services (HFS) - Illinois Medicaid Program and support of Intellectual and Developmental Disability services that further the Illinois Department of Human Services, Division of Developmental Disabilities Statewide Transition Plan and Strategic Plan. Concurrently, the MCMHB must diligently remain committed to reviewing and evaluating supported services and adapting and responding to existing and emerging challenges to advance its mission, the recovery infrastructure and access to care.

Regardless of service type, the MCMHB intends to support services which foster individual recovery. According to the Substance Abuse and Mental Health Services Administration (SAMHSA) “recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. It involves overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional wellbeing, having a stable and safe place to live, meaningful daily activities, and relationships and social networks that provide support.”

Accordingly, MCMHB’s strategic plan is a working document that will change periodically through revision and modification of strategic areas of focus in an effort to best accommodate ongoing and developing needs.



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