

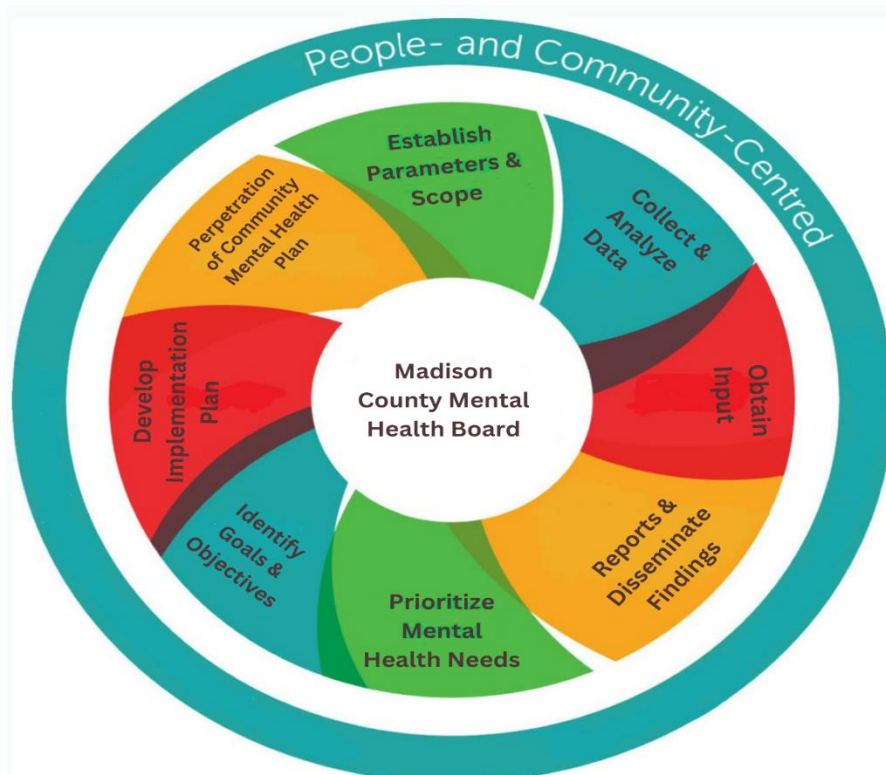


MADISON COUNTY

MENTAL HEALTH BOARD

January 1, 2024 – December 31, 2026

ONE- & THREE-YEAR PLAN



Introduction

In accordance with House Bill – 708 Community Mental Health Act, community mental health authorities are mandated to develop a One- & Three-Year Plan. To facilitate this process, community mental health authorities conduct community behavioral health needs analyses to determine the level of community need in areas such as mental health, substance use treatment, and services for individuals with intellectual disabilities/developmental delays. The Madison County Mental Health Board presents the One-and Three-Year Plan in compliance with the Community Mental Health Act.

Community Needs Assessment & Analysis

The Madison County Mental Health Board has completed a series of assessments and studies of the local behavioral health needs, gaps, and issues that currently face Madison County residents and providers. In 2022-2023, the Mental Health Board conducted a 6-month survey and analysis. Approximately 600 stakeholders from different agencies, services, and consumer groups in Madison County were contacted to participate in the analysis, from which 110 responses were collected. Stakeholders responded to general questions as well as more specific questions from the following major categories: Crisis Management Services, Legal/Correctional System Services, Community Mental Health Services, Substance Use/Abuse Services, Intellectual and Developmental Disability Services, or Medical Services. The results of the analysis were utilized in preparing the following 2024-2026, One- and Three-Year Strategic Plan.

Three-Year Strategic Plan

Three-Year Goals established in the 2024-2026 plan are fundamental to the Community Mental Health Act and support the Mental Health Board's mission and purpose are deemed essential:

- Utilize levy, state, and federal funds to provide needed services for Madison County residents with behavioral health disorders.
- Ensure that local tax funds are allocated and monitored in a reasonable and responsible manner.
- Maintain the funding of core services while advancing funding support to new initiatives, evidence based, specialized treatments and support services.
- Increase system-wide coordination and collaboration among behavioral health system partners and stakeholders.

- Utilization of Board resources to address areas identified as the current behavioral health issues and needs, community education and awareness, substance use addiction, suicide risk and the incarceration of individuals with mental illness.
- Conduct ongoing evaluation and response to the community behavioral health needs and trends.
- Assess and address the Board’s workforce and staff development needs.

One-Year Strategic Plan

The 2024 One Year Goals will be more representative and strategically focus on specific areas as identified in local behavioral health assessment and needs analysis for residents of Madison County. The strategic focus will be in alignment in addressing the needs identified in the 2023 Community Needs Analysis. The Mental Health Board also incorporates the valuable information obtained through other related community assessments and issues voiced by providers, individuals and families affected by a mental illness, substance use disorder, or intellectual and or developmental disability. The Mental Health Board’s plan is to work in concert and collectively with local providers, key community groups, Madison County Departments, state behavioral health leaders, national and state associations, and legislators in effectively addressing and impacting system change.

There are several key behavioral health issues that were shared as areas of significant need. The Mental Health Board will give strategic priority focus to these needs in 2024.

Strategic Priority 1: Comprehensive Network of Behavioral Health Services

Strategic Priority 2: Madison County Mental Health Crisis Response

Strategic Priority 3: Opioid and Substance Use Disorders

Strategic Priority 4: Behavioral Health and Criminal Justice

Strategic Priority 5: Children’s Mental Health Services

Strategic Priority 6: Behavioral Health Workforce Development

Strategic Priority 7: Professional Education and Community Awareness

The One-Year Goals addressing each of these needs are presented as follows.

Strategic Priority 1: Comprehensive Network of Behavioral Health Services

Findings

The top issue identified as a priority to be addressed in Madison County is an *increase in services*. The specific services identified as priority areas include general mental health, substance use disorder, children's crisis response, and jail services. The 2022 U.S. Census Bureau reports that there are 263,864 residents living in Madison County. Mental Health of America reports that 19.86% of adults living in the United States have a mental illness and 4.91% experience a severe mental illness. This equates to over 52,000 of Madison County residents are expected to experience a mental illness and more than 13,000 a severe mental illness. The Mental Health Board funded mental health services to 9,711 County residents in 2022. Mental Health of America's data also shows that 7.74% of adults are reported to have a substance use disorder. According to this data, approximately 20,500 individuals in Madison County will have a diagnosable substance use disorder. Substance use providers, funded by the Mental Health Board reported last year that 28,456 individuals received prevention, education, or treatment services. Recent estimates from the Center for Disease Control and Prevention (CDC) indicates that one in six, or about 17%, of children aged three (3) through 17 years have one or more developmental disabilities, for Madison County the estimated number of children affected would be 9,734. The Mental Health Board funded five ID/DD providers and six programs, the past year serving 787 individuals. Considering this information, the Mental Health Board will continue to dedicate funding to address behavioral health needs in all three areas.

Goal: Maintain and expand behavioral health services and programs

Objectives:

- Allocate Mental Health Aid to Agency funding to an array of mental health, intellectual and/or developmentally disability, and substance use disorder behavioral healthcare agencies.
- Distribute System Development funding to maintain & expand initiatives for children, adults, seniors, suicide and crisis prevention, substance use disorders, and criminal justice services.
- Administer State Grant funding and assist local providers with grant development and applications.
- Provide consultation and connect with local providers and groups with mental health resources and funding opportunities.

Strategic Priority 2: Madison County Mental Health Crisis Response

Findings

The Community Emergency Services and Support Act (CESSA) and 988 roll-out has been a slow process and there are several areas that are still being addressed on procedures and protocols to create a coordinated, effective mental health response from mobile crisis teams and first responders in assisting individuals experiencing a mental health crisis. Individuals have expressed concern particularly for children in crisis. Medical practitioners have shared that adults and youth in crisis can wait up to a week in the emergency department for a hospital inpatient bed or residential placement. The availability of crisis residential beds received one of the lowest Community Needs Survey ratings demonstrating significant need. Increased crisis response is needed for inmates incarcerated in the Madison County Jail who are experiencing a crisis related to a mental illness, substance use disorder, or intellectual and or developmental disability.

Goal: Establish a new mental health crisis response system in Madison County communities through local implementation of the Community Emergency Services and Support Act (CESSA).

Objectives:

- Participation with CESSA Region 4 Advisory Committee in developing policy and protocols for Madison County behavioral health crisis response.
- Meet and build collaborative relationships with local crisis services providers, EMS, 911, 988, PSAP's, law enforcement, and other first responders.
- Work collectively with local behavioral health, crisis responders, and community groups in organizing and promoting a coordinated crisis response system in accordance with the Community Emergency Services Support Act (CESSA) to include the new 988 three-digit crisis call line and mobile crisis team intervention services.
- Support behavioral health, crisis and suicide prevention trainings community wide and cross-system training for law enforcement, local hospitals, EMS, transportation, community faith-based representatives, community leaders, and mental health-crisis response agencies.

Strategic Priority 3: Opioid and Substance Use Disorders

Findings

Using National data 7.74% of adults in Madison County have reported having a substance use disorder, 2.97% an illicit drug use disorder and 5.71% an alcohol use

disorder in the past year. Madison County reported 111 substance use deaths in 2022 down from 116 in 2021 and five (5) overdose deaths involving a newer substance abused is the drug Xylazine. Sixty-two percent were reported abusing fentanyl, 11% opioids, 23% non-opioids, and 5% are unknown. Mental Health Board providers reported data that 28,456 individuals were served in the previous year, 24,235 of those individuals received prevention education and services. The Illinois Department of Human Services, Substance Use, Prevention, and Recovery Division demonstrates that 1,596 individuals from Madison County received Medicaid funded substance use treatment services.

Goal: Expansion of opioid use disorder and substance use disorder, prevention, treatment, and recovery support services.

Objectives

- Explore the implementation of initiatives that reduce the impact of opiate addiction on individuals and the community through prevention, treatment, and recovery support.
- Distribution of funding opioid settlement funding for new opioid recovery, coordination, and professional mental health crisis service initiatives.
- Explore and promote evidenced-based practices for implementation.
- Monitor and evaluate opioid and other drug programs effectiveness.
- Collaborate with local providers and groups, Partnership for Drug Free Communities, Metro East Recovery Council, and Southern Illinois Opioid Regional Advisory Council.

Strategic Priority 4: Behavioral Health and Criminal Justice

Findings

Commonly identified barriers are preventing inmates in the Madison County Jail from accessing services. These include a lack of mental health professionals and a lack of referral services. Lack of space for on-site services, poor access to medications, and several other barriers were also identified. Wait times for services tend to vary as well, with some inmates waiting less than a week and others waiting months before services become available. Forensic beds and transfers to State Facilities were held during the pandemic and there remains an issue with accessing these beds to transfer an individual to a facility that can more appropriately address their needs. Jail officers share that they are not trained or equipped to respond to individuals experiencing a mental health or other behavioral health crisis.

Goal: Reduce recidivism of individuals with mental health disorders in the local criminal justice system

Objectives:

1. Continued community mapping and planning of the mental health services for criminal justice involved adults and youth.
2. Sustain Madison County Jail mental health peer recovery support services and a qualified mental health professional.
3. Provide mental health consultation, education, and training.
4. Collaborate with key local and state stakeholders, Administrative Office of Illinois Courts, Illinois Criminal Justice Information Authority, Illinois Association of Problem-Solving Court, Illinois Attorney General's Office, Illinois Juvenile Justice Commission, and Madison County Juvenile Justice Council, and Madison County Sheriff's Office

Strategic Priority 5: Children's Mental Health Services

Findings

Today one in five children have a mental health disorder. Yet, national reports from the CDC demonstrate that only 20% of those children received care from a mental health provider. The CDC also reports that the suicide rate for children has increased making this the 2nd leading cause of death for children. Locally, crisis calls for children have been at an all-time high with as many as 98 youth crisis and suicide calls per month. The Illinois Youth Survey report compiled with responses from Madison County youth shows that 44% of 8th graders, 49% of 9th graders and 40% of 12th graders feel sad and hopeless every day for two weeks or more. Whether kids are facing trauma because of child abuse or loss of a family member or everyday anxiety, they need even more support now—all amid a more significant workforce shortage and shortage of children's mental health resources. Children's mental health needs to be addressed in schools. Exacerbated by the pandemic, schools throughout the Nation are being impacted with students who are depressed and in crisis. School administration is seeking mental health training and support for teachers, students, and parents.

Goal: Increase school mental health prevention and support resources

Objectives:

1. Provide Mental Health Consultation to Madison County school administrators and teachers.

2. Make available Youth Mental Health First Aid Training and other mental health education and training for youth, parents, and teachers.
3. Assist with mental health and support resource development through local providers, digital, and telehealth platforms.
4. Explore additional school crisis support program development.
5. Network with Madison County ROE41, school administrators, teachers, student groups.
6. Actively participate in the bi-annual Madison County Regional Office of School Safety Summit and Transition Planning Committee.

Strategic Priority 6: Behavioral Health Workforce Development

Findings

A lack of workforce and staff shortages was identified as a significant service barrier among most behavioral health providers. Projections show that by 2025 the shortage will be astronomically worse; six vital mental health provider types (psychiatrists; clinical, counseling, and school psychologists; substance abuse and behavioral disorder counselors; mental health and substance abuse social workers; mental health counselors; school counselors) will have shortages of full-time equivalent employees. An infusion of qualified behavioral health providers is needed to drive down avoidable hospitalization costs, reduce recidivism with justice-involved clients, address the substance use epidemic and increase access to timely, evidence-based care. The behavioral health workforce shortage has handicapped providers in responding to service delivery and crisis response in a reasonable timeframe. Madison County behavioral health administrators have shared that wait times for services can be anywhere from a day to weeks due to diminished workforce capacity.

Goal: Increase employment and training opportunities

Objectives:

1. Explore with the Madison County Employment and Training Department opportunities through the Apprenticeship, Pre-Apprenticeship Program, and other potential training and workforce support.
2. Connect with Lewis & Clark, Southwestern Illinois College, and Southern Illinois University, Edwardsville to explore curriculums to increase direct service providers for developmental disability services and children's mental health.
3. Promote the employment of Certified Peer Recovery Support Specialists, persons with lived experience who assist individuals in their road to recovery.
4. Support increased professional development and on the job training activities.

Strategic Priority 7: Professional Education and Community Awareness

Findings

The lack of understanding and mental health awareness has created stigmatization and a divide between mentally healthy individuals and those with mental health disorders. Individuals with a mental illness are subject to negative judgments and stigmatization significantly more than any other illness. Struggling to cope and manage their mental illness is difficult enough without facing weighty social isolation and prejudices.

Identified in the Mental Health Board's 2020 Community Needs Analysis was a major concern that there was a lack of awareness and education on mental health. This issue is an ongoing concern. Residents in Madison County lack knowledge of where to start when in need of mental health services or treatment options for themselves or their loved ones. This lack of education impacts every aspect of accessing and receiving care, from clients attempting to navigate services to agencies trying to refer clients with additional needs elsewhere. Often social service agencies are unaware of what other services can be accessed in the County and how to educate themselves about what is available. In 2023, the needs analysis added that marketing of awareness training and education events needs improvement and a need for increased funding and access to professional training, and trainers who possess an in-depth knowledge of behavioral health.

Goal: Increase awareness and access to local prevention, treatment, and support.

Objectives:

- Increase public awareness of availability of Youth Mental Health First Aid and Teen Mental Health First Aid training and schedule trainings to educate the community on factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations.
- Plan and sponsor two annual mental health and suicide prevention conferences
- Promote increased public awareness through news articles, press releases, website, and social media efforts, expanded outreach of the Resource Directory, and collaborative marketing.
- Conduct a minimum of four mental health promotional events, during mental health, substance use, and developmental disability awareness month and suicide prevention and Children's Mental Health Week.
- Promote Peer Recovery Support Specialists (PRSS) certification training.

Additional Behavioral Health System Needs

Identified Needs	Behavioral Health Strategies	Local & Statewide Partnerships
<p>Improved Crisis Response & Crisis Stabilization</p> <p>Mental Health & Criminal Justice Crisis Services</p> <p>Children’s Mental Health Crisis Services</p>	<p>Stronger Advocacy for Behavioral Health, Legislative Policy</p>	<p>Association of Community Mental Health Authorities of Illinois-Legislative Committee</p> <p>Community Emergency Services and Support Act (CESSA)</p> <p>Regional 4 Advisory Committee</p>
<p>Homelessness</p> <p>Shelter/Overnight Centers</p> <p>Rental/housing options</p> <p>Re-Entry housing services</p> <p>Supportive/Supervised Housing</p>	<p>Short- & Long-Term Planning for a Continuum of Housing Alternatives</p>	<p>Madison County Partnership to End Homelessness</p> <p>Madison County Community Development Department</p> <p>Annual Project Homeless Connect</p> <p>Townships, city councils, and libraries addressing homelessness</p>
<p>Primary Healthcare</p> <p>Healthcare & Food Equity</p> <p>Opioid-Substance Use Disorder Prevention</p> <p>Suicide Prevention</p>	<p>Promote Health & Mental Health Prevention through Local Resources and Education</p>	<p>Madison County Health Committee</p> <p>Madison County Public Health Department</p>
<p>Children’s Inpatient Residential Treatment</p> <p>State Operated Facility-Civil Beds</p>	<p>Expansion of Mental Health & Substance Use Treatment</p>	<p>Illinois Children’s Mental Health Partnership</p> <p>Illinois Mental Health Planning Council</p>

Additional Identified Needs

There are several other areas of need that are not set forth as strategic priorities or goals in the 2024-2026 One-Year and Three-Year Plan. Nonetheless, they are relevant community issues and needs with a footprint in behavioral health.

Historically, the Mental Health Board has collaborated with the local government and other community stakeholder groups with agendas addressing various behavioral health issues. Mental Health Board representatives share strategies, education, and local and state resources available to the County and communities where individuals with a mental illness, substance use disorder, or intellectual and or developmental disability can receive help.

The *"Additional Behavioral Health System Needs"* chart presents several other areas of need where the Mental Health Board will partner as a key stakeholder in addressing areas of concern in 2024-2026.

The Mental Health Board will continue to dedicate time and employee resources to other areas of need that have been identified either in the community needs analysis or through involvement with local stakeholder groups who voice other local issues of concern. There will be continued participation in existing and new local community and statewide, committee's workgroups, task forces, and committees offering behavioral health consultation and clinical expertise. The Board will help with planning, development, grant applications, and implementation of initiatives where behavioral health needs are a present concern.

Conclusion

The Madison County Mental Health Board presents the 2024-2026 One-and Three-Year Plan with review, support, and full approval of the Board of Directors. The Mental Health Board is committed to utilize this Plan as a roadmap and diligently work towards achieving the goals and strategies set forth in this Plan over the next three years. The goals and strategies will be reviewed annually and evaluated. Subsequent One-Year Plan's will be presented for the calendar years 2025 and 2026.