

**MONTGOMERY COUNTY
COMMUNITY MENTAL HEALTH BOARD**

**ONE YEAR and
THREE-YEAR PLAN**

**“Support for strong minds...
...Is the foundation for our future”**

**FOR MONTGOMERY COUNTY
FISCAL YEARS 2018-2021**

**MONTGOMERY COUNTY
COMMUNITY MENTAL HEALTH BOARD
ONE YEAR AND THREE-YEAR PLAN**

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Montgomery County Community Mental Health Board

Pam Lentz Secretary
Brian Gaskin Treasurer
Dan Hough
Bruce Sanford President
Earlene Robinson - County Board Member
Christina DeWerff Vice President
Linda Billiter

Board established December 13, 2016

Address:

MCCMH Board

Attn: Chris Daniels

#1 Court House Square, Room 202

Hillsboro, IL 62049

E-mail: 708board@montgomeryco.com

Overview

The Community Mental Health Act [Ill. Rev., Ch. 91-1/2m, pars. 300.1 et seq.] (the Act) provides that a Community Mental Health Board, a unit of local government, will plan, fund, coordinate, and evaluate public services and facilities for the treatment of persons with mental illness, developmental disabilities, and substance abuse problems in its geographic area. The Montgomery County Community Mental Health Board (the 708 Board) makes rules and regulations to administer services and facilities that it directs, supervises, or funds consistent with the provisions of the Act.

History of the Board:

The voters of Montgomery were presented the 708 Board (Montgomery County Community Mental Health Board) public question and voted to pass it at the November General Election in 2016.

The Montgomery County Board appointed the first seven-member board at the December meeting. Those members were; President Bruce Sanford (3 yr Term), Vice President Kristy Dewerff (4 Yr. Term), Secretary/Treasurer Ed Schumacher (3 Yr Term), Brian Gaskin (4 yr Term), Pam Lentz (3 Yr Term), Linda Billiter (4 Yr Term) and County Board Member Earlene Robinson (2 yr Term).

In its first year, the 708 Board awarded funding totaling \$620,976.00 of the potential \$640,500.00 to seven applicants.

FAYCO was awarded \$214,000,

Montgomery County Health Department was awarded \$251,500,

Continuing Recovery Center in Irving received \$27,310,

Unified Child Advocate Center received \$10,000 funding,

The Autism Support Connection (TASC) was awarded \$8,000

Hillsboro School District was awarded \$64,116.

S.A.A.D. was awarded 46,050.00

Those current members of the 708 Board are; President Bruce Sanford, Vice President Chrissy Dewerff, Secretary Pam Lentz, Treasurer Brian Gaskin, Linda Billiter, Dan Hough and County Board Member Earlene Robinson.

Our Mission Statement:

To provide leadership and funding so to ensure the availability of community based mental health services for the residents of Montgomery County who are affected by developmental disabilities, mental illness, or substance use disorders.

Our Vision:

We, the members of the 708 Board, feel that providing support for strong mind is the foundation for our future in Montgomery County. It is important that our residents shall experience optimal mental wellness through access to an integrated system of mental health services and programs of excellent quality representing a recovery and resiliency focused, consumer driven, and culturally inclusive community-based continuum of care.

Our Service Area:

The service area of the Board, in accordance with the Act, shall be Montgomery County, Illinois. □ Services, which are purchased by the Board with Montgomery County tax funds, in accordance with the Act, will be for Montgomery County residents.

Our 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.

Insight

Geography

Montgomery County is located approximately 50 Miles North of St. Louis Missouri and approximately 25 miles South of Springfield Illinois. According to the [U.S. Census Bureau](#), the county has a total area of 710 square miles (1,800 km²), of which 704 square miles (1,820 km²) is land and 6.0 square miles (16 km²) (0.8%) is water.^[5]

Climate

In recent years, average temperatures in the county seat of Hillsboro have ranged from a low of 21 °F (-6 °C) in January to a high of 91 °F (33 °C) in July, although a record low of -22 °F (-30 °C) was recorded in February 1905 and a record high of 114 °F (46 °C) was recorded in July 1954. Average monthly precipitation ranged from 2.00 inches (51 mm) in February to 4.31 inches (109 mm) in May.^[6]

Demographics

As of the [2010 United States Census](#), there were 30,104 people, 11,652 households, and 7,806 families residing in the county.^[12] The population density was 42.8 inhabitants per square mile (16.5/km²). There were 13,080 housing units at an average density of 18.6 per square mile (7.2/km²).^[5] The racial makeup of the county was 95.1% white, 3.2% black or African American, 0.4% Asian, 0.2% American Indian, 0.5% from other races, and 0.7% from two or more races. Those of Hispanic or Latino origin made up 1.5% of the population.^[12] In terms of ancestry, 27.8% were [German](#), 11.2% were [Irish](#), 10.1% were [English](#), and 9.8% were [American](#).^[13]

Of the 11,652 households, 29.8% had children under the age of 18 living with them, 51.7% were married couples living together, 10.2% had a female householder with no husband present, 33.0% were non-families, and 28.4% of all households were made up of individuals. The average household size was 2.38 and the average family size was 2.87. The median age was 41.9 years.^[12]

The median income for a household in the county was \$40,864 and the median income for a family was \$56,945. Males had a median income of \$40,749 versus \$29,426 for females. The per capita income for the county was \$21,700. About 10.9% of families and 14.0% of the population were below the [poverty line](#), including 22.7% of those under age 18 and 7.4% of those age 65 or over.^[14]

Taken from the Montgomery County IPLAN

Statistics are available in a variety of different places. We have done our own statistics through review of medical records and birth and death certificates. We get information from our various programs, through the IDPH website, as well as other internet sources. According to the Community Health Status report 2008, Montgomery County had a population of 30,398, with 43 people per square mile. Sixty (60) percent of the people are age 19-40, with 95.3% white and 3.9% black. At that time, 9.5% were uninsured. We are not considered a health professional shortage area and the average life expectancy in Montgomery County is 76, compared to the national average of 76.5 years.

Vulnerable populations may face unique health risks and barriers to care, requiring enhanced services and targeted strategies for outreach and case management. In Montgomery County, our most vulnerable populations include people who do not have a high school diploma (4,819), have major depression (1,699), or are recent drug users (1,820).

MENTAL HEALTH

According to the National Institute of Mental Health (NIMH), an estimated 26.2% of Americans, 18 years and older- about one in four adults- suffer from a diagnosable mental disorder in a given year. In Montgomery County, this means approximately 5,000 residents could suffer from some type of mental illness sometime during the year. Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Many people suffer from more than one mental illness at any given time. Like many other common ailments, these problems are temporary or can be controlled with the proper treatment and/or medications.

Mental disorders are the leading cause of disability in the United States for ages 15-44 yrs of age. According to WHO, major depressive illness will be the leading cause of disability for women and children. At the Montgomery County Health Department, most clients seen by the mental health staff have the following diagnosis:

- Major depressive disorder
- Intermittent explosive disorder
- Bipolar disorder
- ADHD
- Schizophrenia

According to CDC, females are three times more likely to report attempting suicide. Males are four times more likely to actually die from suicide attempts. In reviewing death certificates from July 1, 2004 through June 30, 2009, there were twenty completed suicides. These completed suicides were **exclusively** male, using a firearm as the

method of choice. The group with the highest rate of completed suicides was males between the ages of 50 and 75. In the past review, the most likely times of the year for suicide were during August, October, and December. This time there is no pattern. In 2007, Montgomery County Helpline calls totaled 792 with 122 face-to face contacts. In 2009, the number of calls increased to 915. Most of these crisis calls with face-to face contact, 52%, were with people between the ages of 21 and 50 years old. Hospitalization was needed for around 38% of these contacts. The average caseload for the Health Department's Mental Health division in 2007 was 766 per month. This has increased to 898 per month in FY 2009.

Stress is a factor in many health issues. In small doses, stress may be good for a person as the body can give the individual a burst of energy. Excessive stress or prolonged exposure to stress can take its toll. This can lead to a feeling of being overwhelmed, unable to cope, or unexplained aches and pains. This could be the first signs of depression or anxiety. There are many other possible warning signs, increase in blood pressure, headaches, etc., that should not be ignored. It is important to work on all aspects of health with mental health near the top of the list.

Job related stress is large problem in Montgomery County. As the economy has declined over the years, the fear of losing one's job has added a great deal of stress to individuals, as well as their families. MCHD will work with the work places in the county to offer stress workshops as needed. The Mental Health staff is trained in stress management and will work with the other divisions of the Health Department to offer programs tailor- made for entities seeking our assistance.

OUTCOME, IMPACT AND PROCESS OBJECTIVES

Healthy People 2020 Objective MHMD HP2020-1: Reduce suicide rate.

3.0 By 2015, reduce the number of suicides deaths to less than 8/1000 deaths.

(Baseline: 12/1000 deaths, MCHD Death Statistics 2004-2009)

3.1 By 2014, reduce percent of people who report more than 8 days poor mental health days per month to more than 8%. (Baseline 10.1%, BRFSS 2007)

a. Increase availability of depression screenings to resident through health fairs, working with both hospitals.

b. Offer screenings through workplace.

c. Provide public awareness education on signs and symptoms of mental health issues.

d. Increase ability of the general public to identify existing services and means of access, so as to lessen social, educational, and cultural barriers to services, including updated websites.

Our Yearly Plan for 2019

·The 708 Board will consult with other public and private agencies to develop and implement local plans for the most efficient delivery of mental health, developmental disabilities, and substance use disorder services;

·The 708 Board will 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 the amount of funds appropriated, the 708 Board will execute such programs and maintain such services and facilities as may be authorized under such appropriations;

·The 708 Board will review and evaluate the mental health services and facilities in Montgomery County, including services and facilities for the treatment of alcoholism, drug addiction, developmental disabilities, and intellectual disabilities.

The 708 Board is committed to being a responsible trustee of Montgomery County's mental health tax. Encompassed within this task are the duties 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 708 Board 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.

Our Three-Year Plan:

Year 1 of 3

January 1, 2018 - December 31, 2021

The Three-Year Plan as follows

- The 708 Board will coordinate planning and services with funded agencies based on the Mental Health Needs of the Residents in Montgomery County.
- The 708 Board will support specific agency programs that are consistent with the mission of the 708 Board.
- The 708 Board will do diligence to maintain a level of oversight to ensure accountability for the use of the mental health grant funds awarded to agencies.
- The 708 Board will continue to assess the mental health needs of Montgomery County.
- The 708 Board will continue to strengthen relationships with community mental health authorities and professional organizations.