

Institute for Human Resources

Annual Report

Fiscal Year 2014

Agency Mission Statement

The mission of the Institute for Human Resources IHR is to provide a continuum of quality mental health and substance abuse services ranging from education and prevention through treatment and aftercare for residents of Livingston County.

IHR continued to treat over 2,300 unduplicated clients, adult and children, for FY 2014.

Psychiatric Services

Psychiatric services continue to expand at IHR. At this time we have two psychiatrist, one APN, and two nurses. During the last year, this department consulted on 151 new clients with a total of 652 clients treated in the program.

There were 115 children (85 males and 30 females) treated by our child psychiatrist. IHR continues to improve its collaboration back to the general practitioner for ongoing treatment. It remains IHR's hope that psychiatric services will be used more as a consultation and a discharge referral back to the general practitioner. This practice allows more openings for new referrals to IHR's psychiatric program.

Psychiatric Hospitalizations

IHR staff assisted in 68 individual psychiatric hospitalizations. There were 31 child/adolescent psychiatric hospitalizations and 37 adult psychiatric hospitalizations last year. (20 adult males & 17 adult females and 16 male children & 14 female children) IHR used 12 different psychiatric hospitals over the year.

Substance Abuse Department

The Substance Abuse Program treated approximately 500 individual clients this year. There were 41 DUI Evaluations completed which was down from 56 the prior year. The program completed 281 Substance Abuse assessments of which 151 clients were admitted into a formal treatment regimen. The Substance Abuse Program offers a wide range of services, including DUI assessments, remedial education classes and aftercare programs for clients who have completed formal substance abuse treatment. Intensive outpatient treatment is offered both during the daytime hours and evening hours. The Substance Abuse Program had 718 Outreach/Community Intervention contacts and the program met with 60 individuals through IHR's ongoing jail group at the Livingston County Jail. The three primary substances of choice continue to be alcohol, marijuana, and heroin. The Substance Abuse Program is licensed and funded through the Division of Alcoholism and Substance Abuse (DASA).

Prevention

In 2014 1,350 children in Livingston County received some form of prevention education either through state approved curriculum such as Project Alert, Botvin's Life skills or special programming such as operation Snowflurry or Operation Snowflake. The various schools within the prevention program include Pontiac Junior High School, Prairie Central Junior High School, Odell Grade School, and Flanagan Junior High School.

Operation Snowflurry, a half-day event designed for 4th and 5th grade students, was held at Westview Elementary School in the Prairie Central District on November 2nd. This event welcomed 67 students from area school districts. Operation Snowflake, a daylong event for 6th, 7th, and 8th grade students, was held at Prairie Central Jr. High School in April 2014. This event welcomed over 200 students from area school districts.

Clinical Department

The Clinical Department treated 1,485 individual clients in fiscal year 2014. The demographic break out was 728 males and 757 females. Typical services for the Clinical Department consist of counseling for children and adults both individual and group settings. Common treatment areas include anxiety, depression, phobias, marital difficulties, family conflicts, children and adolescent behavior problems, school related issues, child abuse and spousal abuse, juvenile delinquency, and separation/divorce issues. IHR continues to collaborate with the Medical Physicians in the area and received 151 direct referrals.

Crisis Program

The crisis team consulted with approximately 282 individual clients in fiscal year 2014. The program treated 362 clients in all and assisted in over 744 treatment hours for the year. IHR's crisis program consists of three full-time staff members who respond to all emergencies during the day, evenings, and weekends.

The majority of the calls for this program are to assist anyone within the community who is experiencing a mental health or substance abuse emergency such as a rapid decrease in functioning within a two week period, increased symptoms, and/or a danger to themselves or others. The activities provided in a crisis situation consist of an assessment, brief supportive therapy, and a referral or linkage to appropriate services. The objective for each crisis is to focus on stabilization, decreasing the client's symptoms, and avoiding harm to self or others.

The daytime crisis worker is responsible for covering all mental health issues at the Livingston County Jail. The daytime crisis counselor helps the jail staff screen suicidal or homicidal offenders and makes recommendations to the jail staff as it relates to classifying the offenders to appropriate housing needs within the jail. In fiscal year 2014 the crisis team completed 661 treatment hours with offenders at the Livingston County Jail including group work focused on anger, self-esteem, depression, communication skills, etc. It is also IHR's objective to solidify a proper disposition once the offender is released from jail. This allows IHR to formally offer follow up with mental health and/or substance abuse services at the agency.

IHR continues to reach out to local law enforcement agencies to provide mental health and substance abuse training. The training is to help officers effectively manage crisis calls with individuals experiencing a crisis situation involving mental health or substance abuse issues and/or a danger to themselves or others.

SASS Services

IHR completed a total of 85 individual SASS Screens last fiscal year. SASS is defined as screening assessment support services and is designed to screen children who are at risk of harming themselves or others. There were 26 children hospitalized within the SASS Program and 59 children were deflected from hospitalization and provided further intensive services up to 90 days.

Psych Rehab Department

The Psych Rehab Department (PSR) treated an average of 43 clients each year. The program screened 11 new clients in 2014 for services. These clients suffer from a severe and persistent mental illness and often experience complex issues. The PSR Department offers case management services, psychosocial rehabilitation services, supportive residential services, community support services, psychiatric consultation and medication monitoring. Several new community based groups were added this year, such as attending the Humane Society, Rec Center, coffee talk, and community integration. The PSR program has introduced new recovery based groups and cognitive skill building group, as well as groups that work on symptom management, coping skills, self-esteem and community based skills.

The Prairie Horizons Apartment complex provides housing for 10 Psych Rehab clients. The 10th apartment is used as a respite apartment and is to help manage clients who are discharged from an extended hospital stay. The respite apartment is meant to be a short term treatment option to bridge the gap from an extended hospitalization to the client living on their own back in the community. The Prairie Horizon Apartment Complex went smoke free in 2014.

Specialized Services

- IHR's Child Custody Mediation services consulted with 61 referrals this year. The outcomes include 32 formal agreements completed (53%), 21 non agreements (34%) and 8 referrals deemed incomplete (13%). This program served a total of 114 parents with child custody issues/concerns.
- IHR continues to provide counseling services up to five hours per week within the OSF Medical Group offices in Chatsworth, Fairbury, Flanagan and Cullom. The physician's office provides a natural setting for a counselor and a physician to work together in order to address both the physical and emotional symptoms of a patient. IHR also has a counselor located in Dwight to further offset accessibility issues. This program is funded through the Livingston County 708 Mental Health Board.
- IHR continues to be one of the lead agencies with the Livingston County Children's Network (LCCN) which is a grant provided by the Illinois Children's Healthcare Foundation. The grant is focused on changing systems in order to meet the mental health needs of children within the community. The LCCN grant screens and identifies potential issues with children and provides appropriate treatment to both individual and families. In 2012 IHR treated 500 children. In 2013 IHR increased its capacity by 30% by treating 667 children.

Executive Summary

The need for mental health and substance abuse treatment continues to outpace the current resources. IHR provided over 30,000 of treatment hours last year which is the most ever. Improved collaboration with referral sources and ongoing education of IHR services will continue to be the key to IHR's success.

IHR increased their overall access to adults and children within Livingston County by offering up to 4 hours per day and up to 20 hours per week to make certain that an initial counseling appointment can be attained within a day or two of a new referral calling in. This helps decrease any issues concerning access to IHR services. This structural change was a way to be creative and meet the needs of the community and Livingston County.

Dr. Heritch, Adult Psychiatrist, joined IHR March 28, 2014 and is providing consultation every other Friday from 9:30 AM to 4:30 PM. Dr. Heritch is the founder of Heartland Behavioral Health with offices in Peoria and Bloomington. Dr. Heritch received his medical degree in 1987 from St. Louis University. IHR certainly looks forward to the new relationship with Dr. Heritch for many years to come.

IHR has dramatically increased its overall capacity by offering more groups. These groups address a variety of client concerns and treat those concerns within the group setting. IHR increased access by offering clients more opportunities with a variety of group topics.

IHR continues to evolve and develop innovative ways to reach more clients by using various treatment interventions to address their needs. As an agency, we will strive to meet the needs of Livingston County and the surrounding area as it relates to mental health and substance abuse services.

Respectfully submitted,

Joe Vaughan