

2019 Annual Report for IHR Counseling Services

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IHR Mission Statement

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

A Total of 2,600 Clients were formally registered in 2019

Male: 1,325
Female: 1,275

Adult: 1,866
Children: 734

Clinical Department

The services in the Clinical Program are based on evidence-based practices such as, cognitive, behavioral, and solution focused modalities. The services provide direct interaction with clients using a person-centered approach. The Clinical Program focusses on reducing symptoms and increasing coping skills in order to restore and improve the client's quality-of-life.

Total # of clients treated in the Clinical Department: 1,831

Adults: 1,327
Children: 504

Substance Use Department

The Substance Use Program is based on the belief that chemical use is a primary, progressive disorder that can be identified, treated, and brought into remission. The primary goal of the program is to assist the substance disordered individual to establish and maintain abstinence from all potentially addicting substances. The purpose of increasing the understanding and acceptance of addiction and the recovery process. The program uses education as well as family, individual, and group counseling from a variety of evidence-based treatment practices including motivational interviewing, rational emotive therapy and cognitive behavioral therapy.

Total # of clients treated in the Substance Use Department: 437

DUI Evaluations: 55
Substance Abuse Assessments: 264
Intensive Outpatient: 108
Risk Education for DUI Program: 22
DUI Updates: 30
Total Outreach/Community Interventions: 1,140

Drug Court: 7 clients were involved in the Livingston County Drug Court Program

Medically Assisted Treatment: 12 clients

Toxicology Screens completed in 2019: 186

Toxicology screens assist IHR staff maintain fidelity to the client's treatment and to the program.

Substance Use Prevention

The Prevention Program 2,162 youth of Livingston County participated in some type of drug prevention education either through the State of Illinois approved curriculum such as Project Alert, Botkin's Life skills, or special programming such as Operation Snowflurry, Operation Snowflake, or Generation Rx.

Total # of kids participating in the Prevention Program: 2,162

Operation Snowball

Total # Students taking part in Operation Snowball (4th-8th grade): 115

Total # of High School Staff assisting in the Operation Snowball: 77

Psych Rehab Department

IHR continues to run an adult day program Monday thru Friday from 9:00 AM to 3:00 PM. Services in the psych rehab program are based on evidence-based practices and field recognized modalities of case management, psychosocial rehabilitation, and community support services. The Psych Rehab Department consists of adult clients who primarily reside in Livingston County. These clients often experience a severe and persistent mental illness. They have a long history of intensive treatment for their mental illness such as psychiatric hospitalizations, extensive case management needs, and psychiatric services. In this program clients address their needs such as improving their overall level of functioning, symptom reduction and management, medication management, social/interpersonal issues, money management, and independent living skills.

Total # of clients treated in the in the Psych Rehab Department: 69

The # of New Referrals to the Psych Rehab Program: 9

The # of clients hospitalized from the Psych Rehab Program: 12

The # of clients formally discharged from the Psych Rehab Program: 4

Psychiatric Department

Psychiatric services are available to both adults and children from Livingston County who are experiencing symptoms related to a mental health concerns or substance use concerns. IHR can provide a consultation to a psychiatrist or psychiatric mental health nurse practitioner to address medication needs.

Total # of clients treated in the Psychiatric Department: 259

New Psychiatric Evaluations: 163

Sherri Bowald: 113

Dr. Puga: 50

Adults: 172

Children: 87

SASS Program

(Screening Assessment Support System)

The core services for the SASS Program focus on screening and assessing children with complex mental health symptoms/issue that may require hospitalization and/or intensive outpatient services for up to 90 days.

Total # of clients treated in the SASS Department: 54

Total SASS Screens completed in 2019: 99

Male: 27

Female: 27

Hospitalization: 22

Deflection Services: 77

Transferred: 7

Crisis Program

The Crisis Program is a 24/7 operation at IHR. The crisis services are often provided in conjunction with other community providers and may be provided off-site. Crisis services are available at the IHR number 844-6109. The crisis services can be provided or face-to-face or by telephone in order to complete a formal crisis assessment.

Total # of clients treated in the Crisis Program: 237

Female: 116

of Crisis Calls 712

Male: 121

of Crisis Assessments 587

Total Psychiatric Hospitalizations: 73

Adult: 47

Children: 26

Jail Program

IHR's crisis team provides screening and formal assessments for inmates at the Livingston County Jail. Upon entering the jail system each offender is given a general mental health screen provided by the jail staff. This screen will identify offenders who need to have a follow-up assessment provided by IHR. We also treat offenders serving time in special management or in segregation. IHR helps explore discharge recommendations with offenders. IHR will often schedule a follow-up appointment with ongoing services at IHR. The primary purpose for the discharge recommendation is to minimize recidivism.

Total # of clients treated in the Jail Program: 137

Males: 96

Females: 41

IHR Mental Health Outreach Programs

IHR also completed over 600 hours of treatment within the Community in 2019.

The Community

(Fairbury, Flanagan, and Cullom)

Total Clients Served in a community setting: roughly 300

Fairbury:	Monday & Wednesday	2:30-5:00 & 1:00- 5:00
Flanagan:	Tuesday	10:00-2:00
Cullom:	Wednesday	9:00-3:00

IHR has counselors in area schools to address mental health concerns of the students:

Prairie Central High School:	Thursday & Friday	11:00 -3:00
Pontiac High School:	Monday	9:00 - 1:00
Dwight High School:	Thursday	9:00 –1:00
Prairie Central Jr. High:	Monday & Wednesday	9:00 -1:30 & 8:30 - 12:30
Tri-Point High School:	Friday	9:00 -1:00
Woodland High School:	Wednesday	8:00 - 12:00

Specialized Services

Residential Program (Prairie Horizons)

IHR's supported residential (Prairie Horizon's) is a 9-unit apartment complex located in Pontiac. The 8 Unit Complex is reserved for clients who can live independently with support from our staff and services. One Unit is referred to as the Respite Apartment and it is designed for clients needing increased assistance or monitoring. The Respite Apartment can be used to help clients transition back home from an extended psychiatric hospitalization.

Total # of clients treated in the Residential Program: Total Clients: 8

Male: 3

Female: 5

Private Pay Clients

Private pay clients are considered clients that have private insurance or pay the full fee for services at IHR.

Total # of Private Pay clients treated: 405

Male: 207

Female: 198

Mediation Clients

Mediation is the process that facilitates communication and negotiation with parents in order to reach a formal parenting plan with shared parenting time with their children.

Total # of clients: 86 Joint Sessions Completed: 43
Agreements Achieved: 23
Non-Agreements: 17
Incomplete: 6

Moral Reconciliation Therapy (MRT)

MRT program follows a 26-session model that aims to change thought processes and decision making associated with addiction and criminal behavior. It utilizes a combination of psychological practices to assist with behaviors and improve moral reasoning and positive identity. MRT is a widely accepted cognitive-behavioral approach that treats substance use disorders, trauma, domestic violence, and more.

708 Mental Health Board

Total # of clients treated with the benefit of 708 funding: 1,863

Female: 971
Male: 892

Adults: 1,248
Children: 615

Physician Referrals to IHR

Total # of written referrals to IHR by a local Physician: 217

Parenting Resources

Total # of Families Served by the Family Resource Staff: 267

Parenting Classes are offered up to 6 times per year:
43 parents attended IHR's Parenting Program

Executive Summary

The need for mental health and substance use treatment continues to outpace the current resources. IHR provided over 31,000 hours of direct treatment

interventions in 2019. The collaboration with referral sources and ongoing education of IHR Counseling Services will continue to be the key to our success. IHR was able to treat over 3,000 unduplicated clients in 2019.

IHR's: Budget for 2019

Department of Human Services.....	33%
708 Mental Health Board.....	28%
Substance Use Prevention and Recovery.....	11%
SASS Program.....	4%
Client Fees.....	10.5%
Insurance.....	10.5%
Public Aid/Medicare.....	2%
Other Service Fees.....	1%