

IHR Annual Report 2023



IHR COUNSELING SERVICES
— INSTITUTE FOR HUMAN RESOURCES —



INSTITUTE FOR HUMAN RESOURCES
Counseling Services

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IHR Mission Statement

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

Mental Health Department

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

Intake Data:

The Intake Coordinator tracks all referrals to our agency from various referral sources and from the clients who call themselves. We receive referrals from local physicians, court/probation, various child welfare agencies, schools, jail, and other community partners. Most of the clients we serve reach out on their own to schedule their first appointment for a variety of services we provide.

Total IHR Referrals: IHR receives over 500 individual referrals a year.

Total number of unduplicated clients served: 2,668

In FY 23 we served 1,381 unduplicated females and 1,287 unduplicated males from a variety of payer and referral sources.

Crisis contact data:

The Crisis Program is a 24/7 operation at IHR. We provide crisis service at the agency, at the emergency room, jail, schools, doctor offices, and in the home. Crisis services are available at the IHR number 815-844-6109. The crisis services can be provided face-to-face or by telephone in order to complete a formal crisis assessment.

Crisis Contacts: 477 with 322 face-to-face assessments and 155 phone assessments completed.

Hospitalizations: 28

- Adult Male: 13
- Adult Female: 15

SASS Data:

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

SASS Screens completed in FY23: 145 (up from 116)

Deflection Services: 116

- 41 Males
- 75 Females

Hospitalizations: 29

Number of SASS clients discharged from SASS services: 124

Number of SASS clients connected to psychiatric services: 146 up from 97

Number of SASS clients connected to therapist after SASS ended: 90

Number of SASS clients connected to Substance Use services: 2

Psych Rehab:

IHR continues to run an adult day program at a variety of times during each week. 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.

PSR served between 75 clients in FY 23 with 15 new clients screened and admitted.

- 5 clients completed treatment and were formally discharged in FY 23.

MRT Group:

MRT (Moral Recognition Therapy) 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.

- Clients Screened for MRT services: 67 screened up from 51 last year
- MRT Graduates: 11

Psychiatric Data:

Psychiatric services are available to both adults and children who are experiencing symptoms related to mental health concerns or substance use concerns. During the intake process the need for a referral to our psychiatric program is determined. Referrals are submitted and a psychiatric medication management appointment is scheduled. In the meantime, we assist clients in coordinating with their primary care physician and/or providing consultation to their physician in order to manage medications. We also have two nurses who manage a variety of tasks within the psychiatric department. We provide medication set-ups, administer injections, manage refills, manage phone calls, communicate with referrals sources/physicians, complete prior authorization requests for medication coverage, and assist our providers. This program also has a care coordinator to facilitate various tasks/duties.

- 278 individual psychiatric evaluations completed in FY23 (up for 192 in FY 22)
- Dr. Puga met with 45 new referrals
- Bri met with 233 new referrals
- 55 clients were stabilized and referred back to their primary care physicians

Outreach Services:

To better serve the Livingston County community we have several therapists providing outreach therapy and counseling services at various locations. We are able to consult in schools and physician offices. A total of 591, up from 506 clients last year were served through outreach services in FY 23.

Flanagan OSF office: 84 up from 63 clients treated with a total of 174 hours of therapy.

Fairbury OSF office: 150 up from 106 clients treated with a total of 310 hours of therapy.

Prairie Central Junior High: 12 up from 7 students treated.

Pontiac High School: 75 students treated with a total of 176.05 hours of counseling.

Prairie Central HS: 70 up from 58 students treated.

Woodland High School: 38 students treated with a total of 36 hours of counseling.

Dwight High School: 41 up from 19 students treated.

Flanagan High School: 86 up from 34 students treated.

Tri-Point High School: 86 up from 17 students treated.

American Rescue Grant: 895.50 up from 532.64 hours of counseling completed.

Assessment & Treatment for Substance Use Services

- 235 assessments were started. 128 individuals were admitted into treatment.
- Of those admitted into Outpatient or Intensive Outpatient Treatment or Early Intervention:
 - 93 were successfully discharged
 - 21 were unsuccessfully discharged (incarceration, did not return, inpatient, moved)
- Of the remaining:
 - 23 no treatment was recommended
 - 17 individuals did not return to complete their assessment
 - 3 declined services recommended
 - 78 were still in assessment or treatment when the new fiscal year began.

Aside from Risk Education, 13 Pre/Post tests were given to a random selection of clients that were in outpatient services. The average pre-test score was 75% and the average post-test score was 100%.

DUI Uniform Reports

51 DUI evaluations were conducted, 1 of these the client did not return. The most significant substances used before or during these arrests: Alcohol, Nicotine, Marijuana, Benzodiazepines & Heroin. 8 were classified as Minimal Risk, 9 for Moderate risk, 17 for Significant Risk and 17 for High Risk.

Risk Education

37 individuals attended Risk Education Classes. The average pretest score was 68 and the average post test score was 88.

Offender Information:

Number of Male Offenders: 24

Number of Female Offenders: 13

Average Offender Age: 39

Average Household Income: \$30,350

Average Number of Dependents: 1

Number Qualified as Indigent: 9

Other Secretary of State Services

22 DUI Secretary of State Updates/Continuing Care Status Reports were conducted

0 Investigative Report and/or Investigative Report Update were conducted

Other Substance Use Services

3513 contacts were made with **Out-Reach/Community Intervention**

39 Crises

Federal: 1 individual doing screens and treatment

SOR: 331 billable contacts. 69 individuals were served this fiscal year. The contract with SOR was sunsetted at the end of this fiscal year. SUPR is attempting to move all grants over to HMA which is a medical group encouraging jails and prisons to prescribe two forms of Medically Assisted Recovery. At this time, the jail does not want to make any changes We will continue to go to the jail and assist clients/inmates with obtaining the Vivitrol injection or refer to IHR or other appropriate substance use services.

Drug Screens: 432 screens were conducted

Vivitrol Updates: There were a total of 19 clients on the injection at the end of the fiscal year.

Drug Court: A total of 10 individuals were on Drug Court at some point during the fiscal year. 3 individuals were re-sentenced. 2 graduated but have been rearrested on new alcohol related charges.

1 - Phase 1

2 - Phase 3

2 – Phase 5

Testimonials

- This program has helped me in so many ways. I feel like a new person. The way I handle life situations and respond to negativity has changed drastically. Paige is an awesome social worker. She has a very light, enthusiastic approach that isn't threatening (but also gets the work done)." – Shivaughn (Paige)
- "Always listening and understanding. Would give great advice. Very easy to talk to anyone, whether it was group or meeting w/counselor." – Ashlee (Paige)
- "Would highly recommend!" – James (Paige)
- "Down to earth, easy to talk to and very understanding counselor with great experiences to share with the client." – Anonymous (Becca)
- "Paige and Amanda are wonderful! IHR has helped me so much. I really enjoy group with Becca also." – Sue (Paige)
- "Thank you! I can't imagine how I would have gone through my issues without you guys. I truly appreciate everything!" – Edon (Becky)
- "You guys did a great job." – Mark (Becca)
- "Helped a lot with keeping me from relapsing back to drinking." – Bryan (Becca)
- "Becca is a lovely therapist. A real asset to IHR." – Ken (Becca)
- "Becca is great! She is an awesome counselor! I would recommend her to anyone having addiction issues." – Rich (Becca)
- "Paige was most excellent and very engaging. She carries a great energy within herself and is very easy to talk to. P.S. – All staff including the front desk ladies & Leslie." – Raul (Paige)
- "Very outgoing people. And easy to listen and focus while in group." – Ryan (Becca)

Substance Use Prevention Program

In FY2023, 2,554 youth and community members of Livingston County received some type of substance use prevention either through state-approved curriculum such as Project ALERT, *Botvin's Lifeskills*, *Too Good for Drugs – Elementary*, or special programming such as Operation Snowflurry, Operation Snowflake, a communication campaign, a Drug Take Back event, or National Prevention Week activities.

Youth Prevention Education – Middle School: Dwight Grade School, Pontiac Jr. High School, Prairie Central Jr. High School, Odell Grade School, and Flanagan Jr. High School all took part in providing evidence-based youth substance use prevention curriculum to their students. Within the schools implementing *Botvin's Lifeskills*, we served 503 students. For the schools implementing Project ALERT we served 247 students for a total of 750 students served with middle school youth substance use prevention education.

- Dwight Grade School* completed their 7th year of implementing *Botvin's Lifeskills*. All 6th, 7th and 8th grade students received lessons from this curriculum. The 6th grade students received an additional opioid use prevention lesson per state mandate for all core curriculum recipients.
- Pontiac Jr. High School* completed their 13th year of using *Botvin's Lifeskills*. All 6th, 7th, and 8th grade students received lessons from this curriculum. The 6th grade students received an additional opioid use prevention lesson per state mandate for all core curriculum recipients. Throughout the school year, the Prevention Specialist met with the health teachers as well as the principal of the school to discuss a change in prevention curriculum. They need the amount of classroom time to be equal among each grade level. With guidance from the State, they will be changing the curriculum administered to *Too Good for Drugs* next fiscal year starting with the 6th grade students only.
- Prairie Central Jr. High School* completed their 13th year by using Project ALERT for the 7th and 8th grade students in the school. The 7th grade students received an additional opioid use prevention lesson per state mandate for all core curriculum recipients.
- Odell Grade School* completed their 13th year of the *Botvin's Lifeskills* curriculum for their 6th, 7th and 8th grade students. The 6th grade students received an additional opioid use prevention lesson per state mandate for all core curriculum recipients.
- Flanagan Jr. High School* completed their 13th year with Project ALERT for the 7th and 8th grade students in the school. The 7th grade students received an additional opioid use prevention lesson per state mandate for all core curriculum recipients.

Communication Campaigns: Throughout the year, IHR's SUD Prevention facilitated two communication campaigns:

- Underage Drinking Prevention*: This campaign is facilitated at Pontiac Junior High which facilitates learning for approximately 333 students. Posters and banners were placed throughout the school and in the health classroom in which every student attends throughout the year. Other materials like bookmarks, info cards, newsletters, magnets, and stickers were also distributed to students at the school.
- Youth Vaping Prevention*: This campaign is facilitated at Prairie Central Junior High which facilitates learning for approximately 236 students. Posters and banners were placed throughout the school and in the gym/locker room hallway where every student attends P.E. throughout the year. Other materials like bookmarks, newsletters, info cards, magnets, and stickers were also distributed to the students.

Livingston County Operation Snowball Chapter: This year's events for Livingston County's Operation Snowball were much closer to our regular programming with less attendance than previous years:

- ❑ *Operation Snowflurry* for Livingston County 4th & 5th graders took place on November 5, 2022 from 8:30am-Noon at Odell Grade School. Our theme was "Picture This". We focused on building self-esteem, engaging in drug prevention, and worked toward setting healthy, attainable goals. Our high school senior staff did a great job speaking on the ways they have pictured their futures and achieved goals since 4th and 5th grade and how they plan to continue to build a future they are proud of. We had 21 participants as well as 14 high school student volunteer staff from around the county. Adult volunteer staff assisting included IHR staff Joe Vaughan, Teresa Diemer, Jenn Elzey, and Megan Amdor as well as some family of staff Chris Harms and Marco Chagoya.
- ❑ *Operation Snowflake* took place on April 22, 2023 from 12-9pm at Pontiac Junior High School. The event served Livingston County students in grades 6-8. We had a goal for 50 students to attend and had 49 participants, plus 3 8th grade students that served as advanced leaders helping the HS staff to facilitate the small groups. We had 2 great guest speakers – Noble Sheep from Florida and Kassin Coyne from Cornell who is a former Snowball staff. Our theme this year was "Lights, Camera, Action!" and we focused on action steps for students to live healthy lifestyles and expand their leadership capabilities.

As a Prevention Team, we continue to strive to implement new ideas to reach more of our community, especially students, with the important prevention work and messages we have to provide and benefit Livingston County.

Mediation Program

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

Number of parents involved with mediation services: 55

Joint Sessions Completed: 24

Agreements Achieved: 12

Non-Agreements: 11

Joint sessions that remain in progress: 8

Executive Summary

IHR has settled into our new building, located at 920 West Custer Ave. in Pontiac. The building has turned out to be a blessing for IHR as we are more centrally located in the community and the overall layout of the building provides a more suitable function to serve our clients.

As an agency, we treated 2,668 unduplicated clients this year. A total of 1,943 adults and 725 children, plus 2,554 students and community members within the prevention program.

The ongoing demand for mental health and substance use services continues to be challenging at times. IHR will work to meet these challenges and provide meaningful treatment with every encounter. IHR will continue to communicate with the community regarding our services, programs, and upcoming initiatives. We certainly appreciate the ongoing support from Livingston County and the surrounding areas.

Looking Ahead:

Opportunities for growth remain high in every aspect of IHR. Proper recruitment of staff and sustainability will allow us to continue delivering positive results with our programming.

We are excited to plan and celebrate our 50th Anniversary next summer. Keep a look out for details to celebrate with us.

Joe Vaughan
Executive Director