

Illinois Mental Health Planning and Advisory Council Minutes

September 3, 2020

Attendees from Council in Chicago:

Due to the COVID 19 pandemic offices are closed, and the meeting was held via conference call.

Attendees from the Council in Springfield:

Due to the COVID 19 pandemic offices are closed, and the meeting was held via conference call.

Attendees from Council by Telephone:

Georgianne Broughton, Ray Connor, Andrea Cooke, Shirley Davis, Thane Dykstra, John Fallon, Stephanie Frank, Sondra Frazier, Fred Friedman, Patty Johnstone, James Kellerman, Meg Lewis, Joan Lodge, Jennifer McGowan-Tomke, Ron Melka, Margo Roethlisberger, Susan Schroeder, Debbie Sheppard, Chris Stohr, Sidney Weissman

Resource Personnel:

Lisa Betz (DMH), Irwin Kerzner (DMH), Nanette Larson (DMH), Lee Ann Reinert (DMH)

Guest:

Michelle Churchey-Mims

Call to Order:

Margo Roethlisberger, co-chair, called the meeting to order at 12:40pm.

Approval of Minutes

Ron Melka moved to approve the May 7, 2020 minutes. Sondra Frazier identified a few typos. Susan Schroeder seconded the approval of the minutes with the corrected typos. Fred Freidman and Andrea Cooke abstained from approval of the minutes with all other members in favor. Minutes of the May 7, 2020 meeting approved with corrections.

DMH Report:

Lee Ann Reinert shared Director David Albert's regret that he was unable to be on the call. Lee Ann shared the DMH report for Director Albert. The large Block Grant plan is completed every two years. Last year was the full plan submission. This year, a few tables required updating, and performance measures were reviewed to ensure accuracy. The Block Grant items were submitted August 31, 2020. DMH is waiting for approval from SAMHSA. The Block Grant will be posted on the website. The full implementation report is due in December. DMH must report on all of the indicators in the plan and the progress to date. That process will take two to three months to prepare.

The 2020 Illinois Evidence-Based Practices Conference Series was in virtual format. The intention was to have a two-day event. With the Block Grant assistance, DMH was able to hold a virtual conference including three presentations each Tuesday and Thursday during the month of August. A team from DMH worked many hours to make the conference successful. The number of attendees increased by holding the conference virtually. There were approximately 5,000 registrants (though this number included duplicate attendees). The number of attendees will be available at the next IMHPAC meeting. Since the conference went so well, DMH is hoping to continue with the virtual format. The team learned that back-to-back sessions did not work well for people, and they will remember that in the future. The team welcomes feedback from attendees. Please send any feedback to Courtney Aidich at Courtney.E.Aidich@Illinois.gov.

The Living Room program has gone live. Nanette Larson shared that the information about the Living Room program is now public information. DMH contracted with 22 sites to provide Living Room services, which can be found on the DMH website at <https://www.dhs.state.il.us/page.aspx?item=126349>. Fifteen are currently open, and the other seven are expected to open October 1, 2020. Potential users are encouraged to check with the specific Living Room programs before seeking services. All programs have different schedules. Not all are open on the same days and times. Most seem to be open in the early afternoon through the evening. Some are open seven days a week, while others are open on weekdays only. Efforts are being made to expand hours

to accommodate the needs. Fred Freidman asked if Living Rooms are open virtually or if all of them are in-person. Some are slowly transitioning to in-person due to the pandemic. Some can only accommodate two people at a time due to physical distancing rules related to the pandemic.

Finally, there was funding from Federal and State resources to develop supports for those living in areas impacted by COVID 19 and civil unrest. Over the last several months, DMH has been working on getting the programs running. They will be starting soon. Multiple sources have informed DMH that there is expected to be an increased risk of suicide and an increased need for mental health services including in geographic areas that were not previously identified as having limited access to services. Specialists will make people aware of how to access services that they didn't need before. Funding will also go toward services for those who cannot pay.

Regarding the stigma around receiving services from a mental health center, DMH is working with NAMI on a program called "Building Bridges" to work with churches and faith communities in efforts to help strengthen ties. Specialists are also working with individuals who have been traumatized by the events of the last several months. A high percentage of adults are grieving due to COVID 19. Fred Freidman thanked the people for doing the wonderful work they have done. Fred pointed out that it was difficult to get services pre-COVID and it must still be true. He noted that there must be something apart from stigma that is preventing people from getting services. Lee Ann answered it is still true that it is difficult to get services. Workforce development is a part of the larger plan. There is a tremendous amount of workforce development still needs to happen. Lee Ann noted a shortage of psychiatrists, therapists, etc. across the country. It was questioned which areas were covered in the COVID 19 and unrest support. Lee Ann answered that the Illinois map and a number of other data sources were used to track issues like food shortages. During the height of protesting, there was a considerable amount of property damage including to grocery stores in some areas, which created food deserts. The data was tracked according to zip code, and a complex analysis was completed. Those numbers were matched with DMH and providers that offer crisis services. Services are spread out through the state with most in the city, where most people are. Jennifer McGowan-Tomke asked if Engagement Specialists and integrated health homes are related or leveraged together. Lee Ann answered the Engagement Specialist is someone in the area who is a trusted person that people can go to for guidance on the service array.

HFS Report:

No report

Committee Reports:

- **Development Committee Report:**

Ron Melka reported that the Development Committee met September 2, 2020. The discussion included three IMHPAC resignations over the last several months. Those resignations include Joann Furnace, Janet Martin and Irene O'Neill. Currently, the Council has 52 percent consumers and 48 percent others. This just meets the SAMHSA guidelines. Terms are expiring for 10 current members. Those members include Andrea Cooke, Ray Connor, Sondra Frazier, Fred Friedman, John Brien, Susan Schroeder, Georgianne Broughton, AJ French, Cara Emrich, and Meg Lewis. Anyone whose term is expiring should contact Ron Melka or Irwin Kerzner regarding interest in continuing membership on the Council. Two officers indicated inability to continue on the Council. Margo Roethlisberger confirmed she is resigning her position as Co-chair and will no longer be able to remain a member of the Council. Thane Dykstra confirmed he is resigning his position as Secretary and will no longer be able to remain a member of the Council. An email will be sent regarding the positions. A provider typically steps into those roles. Fred Freidman thanked Ron for his work.

- **Adult Inpatient Committee Report:**

Shirley Davis reported the Adult Inpatient Committee's concern that people would not be able to get a bed at a hospital due to the lack of a database. The Committee hopes to ask the University of Illinois to write a bill on mandating reporting of beds in a database.

Andrea Cooke expressed concern that there are no Living Rooms in southern Illinois. She noted that in the Adult Inpatient Committee meeting in August, they discussed the announcement of the Living Rooms as an initiative by IDHS. She noted that when the RFP went out for the grant, smaller agencies were not able to

meet the criteria, so they wondered who did get the grants. Nanette Larson reminded the Council that the agencies that received the Living Room grants are publicly listed on the IDHS website. Patty Johnstone asked whether the state is going to be offering more funding opportunities for approaches to care and if the state is endorsing Living Room as a viable option. Nanette Larson confirmed that the state is endorsing Living Room as an important treatment option. Ashley Bay has the responsibility to monitor and ensure that the sites are compliant with the expectation of the models that DMH is endorsing. It was noted that there is one DMH-funded Living Room model in southern Illinois, which was the only proposal received for that area. Patty Johnstone asked why the NAMI DuPage Living Room program was not listed on the website. It was noted that the NAMI DuPage Living Room is not being funded by DMH and thus is not monitored for fidelity. Patty then asked if a Living Room could be placed on the DMH list through a certification process. Lisa Betz noted that agencies were selected to be funded and monitored from the NOFO process. There have been other ways to recognize programs through Rule 132. There is potential that DMH could consider doing program certifications so that there is a stamp of approval. The seal of approval would not come with any funding. Lisa noted it could be discussed within DMH if they would like to certify specialty programs for Living Rooms. At this time, there is no way to list non-DMH funded sites on the website.

Sondra Frazier inquired when an agency does not meet the criteria for funding if it is made clear to them why they did not meet it. It was noted that Brock Dunlap would best answer this question; however, he was not able to attend today's meeting. Nanette Larson stated that there are three people responsible for scoring, and after they are, chosen agencies are informed. There is a learning collaborative available to help agencies write stronger proposals. There was a speaker last month that addressed how to write a NOFO. DMH is open to any suggestion on how to help train individuals or organizations to respond to NOFOs. Fred Freidman asked about the scoring process. Lee Ann Reinert stated that the agency is scored on a list of answers provided. Applicants are then ranked from the highest to lowest. She pointed out there is a cutoff. An agency that does not meet the cutoff is non-fundable. Funding is awarded from the highest score down until the pool of money is exhausted. Nanette stated that all of the Living Room submissions except one scored in the fundable range. Fred asked if there was money left over. Nanette said there was at the time, but the funding has since been reallocated.

- **Justice Committee Report:**

No report

- **Child & Adolescent Committee Report:**

No report

New Business:

No new business identified

Public Comment:

Chris Stohr stated that problems are exacerbated by COVID with regards to people who do not have access to technology (e.g. computers, internet). He inquired whether there is a group or funding source that could help with the problems. Margo Roethlisberger noted this is a widespread problem, but she is not aware of any assistance in that area. Ron Melka stated that local community agencies have received grants for people to access internet. He suggested trying local funding sources for help with technology.

Chris pointed out that people continue to have difficulty getting themselves or loved ones transported to doctor appointments. Margo Roethlisberger noted that those with Medicaid are eligible for First Transit, a transportation provider for those who have Medicaid for doctor and therapy appointments. Shirley Davis will follow-up with Chris with more information regarding First Transit.

Adjournment

Ron Melka motioned to adjourn the meeting. Susan Schroeder seconded the motion. Meeting adjourned.

Next Meeting: Scheduled for November 5, 2020 @ 12:30pm

Respectfully Submitted by Thane Dykstra, Secretary