



Champaign County Mental Health Board (CCMHB) Study Session Agenda

Wednesday, January 24, 2024, 5:45PM

This study session will be held in person at the Shields-Carter Room of the Brookens Administrative Building, 1776 East Washington Street, Urbana, IL 61802. Members of the public may attend in person or watch the meeting live through this link: <https://uso2web.zoom.us/j/81393675682> Meeting ID: 813 9367 5682

- I. Call to order**
- II. Roll call**
- III. Approval of Agenda***
- IV. Citizen Input/Public Participation** *All are welcome to attend the Board's study session to observe and to offer thoughts during this time. The Chair may limit public participation to 5 minutes per person and/or 20 minutes total.*
- V. Chairperson's Comments – Molly McLay**
- VI. STUDY SESSION – Mid-Year Progress Reports on Newly Funded Programs**
 - a) **CU Early-CU Early** (pages 2-13)
Kelly Russell, Program Coordinator, will provide an update on CU Early.
 - b) **RACES – Sexual Trauma Therapy Services** (pages 14-24)
Jaya Kolisetty, Executive Director, and Khayla Moore, Therapist, will provide an update on the Sexual Trauma Therapy Services program.
 - c) **Immigrant Services of CU – Immigrant Mental Health** (pages 25-34)
Maria Jimenez, ISCU Case Manager, will provide an update on the Immigrant Mental Health program. The agency's board president, David Dorman, will also be present.
- VII. Agency Input**
The Chair reserves the authority to limit individual participation to 5 minutes and/or total time to 20 minutes.
- VIII. Board Announcements and Input**
- IX. Adjournment**

** Board action is requested.*

For accessible documents or assistance with any portion of this packet, please [contact us](mailto:leon@ccmhb.org) (leon@ccmhb.org).

CU EARLY



Supporting Families Right from the Start

Kelly Russell, Program Director

January 24th, 2024



PROGRAM OVERVIEW



- Home Visiting Services for Birth to 3 year olds
- CU Early also serves expectant families
- All enrolled families are considered “at-risk”



Scope of CU Early Services



- The goals of CU Early are to support at-risk families of infants and toddlers in their efforts as their child's first teacher.
- Build a strong foundation for learning.
- Assist parents in preparing for children for success in Prek and beyond.
- We provide developmental screenings, using the ASQ, Piccolo screenings and Vision/Hearing Screenings.

4



WHO WE SERVE

- MHB funded bilingual home visitor has 20 Spanish speaking families/22 children currently on her caseload.

5



MID YEAR TOTALS

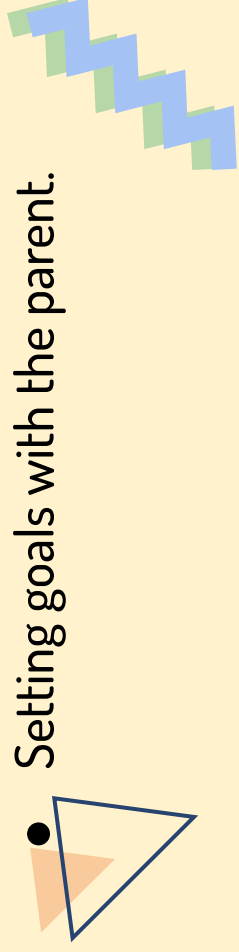


- Non-Treatment Plan Contacts - 2 referrals to Early Intervention
- Service Contacts: (181 home visits/16 playgroups) - 197 total
- Community Service Events - 7



What does a typical home visit look like?

- Facilitation and support of parent child relationship.
- Planning with the parent and providing developmentally appropriate activities.
- Connecting families to Community Resources.
- Setting goals with the parent.





PROGRAM ACCOMPLISHMENTS



- Baby TALK Accredited Model Program
- Fully Enrolled and Fully Staffed



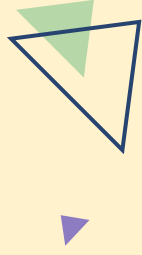
Program Challenges



- Stable Funding
- Coordination of services with other Home visiting:
 - Avoiding duplication and dual enrollment



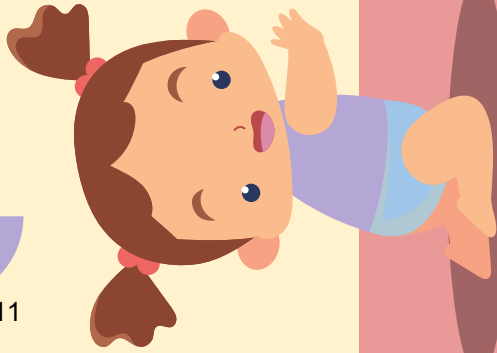
CU Early Program Goals



- Strengthen the Parent/Community advisory board.

- Strategize the implementation of 2 observation tools for home visitors.

- Provide playgroups at varying times and days of week to allow all families to attend.

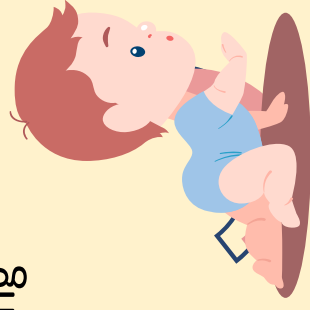


CU Early WORKS!!



100% of CU Early families stated:

- They feel comfortable with their home visitor and the activities help them be involved in their child's learning.
- CU Early provides them with child development information related to their child.
- CU Early provides motivates them to try new parenting strategies.
- CU Early helps them find helpful resources in the community.





Contact Information:

krussell@usd116.org

217-384-3616

www.cuearlyweebly.com

Thank you



RACES Therapy Program



**RAPE
ADVOCACY,
COUNSELING, &
EDUCATION
SERVICES**

Counseling Team

- + Azure R., MSW & LCSW (They/Them)
 - + Counseling Services Coordinator
- + Athena T., MSW & LSW (She/They)
 - + Trauma Therapist
- + Khayla M., MSW & LSW (She/Her)
 - + Trauma Therapist
- + Nessa B., MSW & LSW (They/Them)
 - + Outreach Therapist
- + VACANT
 - + Trauma Therapist/Community Outreach



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Counseling Team

+ Athena T., MSW & LSW (She/They)

- + Trauma Therapist
- + Over 10 years experience in mental health
- + Works with children, teens & adults
- + Strong emphasis on self-care, and use of creative healing methods, such as dance and movement expression
- + Certified to facilitate Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- + Certified to facilitate Internal Family System Therapy (IFS)



+ Khayla M., MSW & LSW (She/Her)

- + Trauma Therapist
- + Works with children, teens, & adults
- + Triple P Certified (Positive Parenting Program)
- + CPP Training (Child Parent Psychotherapy)



Therapy Services

- RACES provides several forms of FREE and CONFIDENTIAL services.
- + Services are offered inside the office of RACES and out in the community. We also offer phone and Virtual therapy as options for clients.
- + All clinicians are master's level, trauma-informed therapists who have experience serving diverse populations.
- + Survivors and supporters may request therapy services



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Therapy Services

Cont.

- + Service age: 3-year-old & older
- + Service Counties
 - + Champaign
 - + Ford
 - + Douglas
 - + Piatt
- + Types of counseling offered:
 - + Individual therapy/counseling
 - + Couples therapy/counseling
 - + Family therapy/counseling
 - + Group therapy/counseling



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Therapy Services

Cont.

- + Clinical Interventions Used:
 - + IFS (Internal Family Systems)
 - + DBT (Dialectical Behavioral Therapy)
 - + CBT (Cognitive Behavioral Therapy)
 - + TF-CBT (Trauma Focused-Cognitive Behavioral Therapy)
 - + ACT (Acceptance Commitment Therapy)
 - + Play Therapy
 - + EMDR (Eye Movement Desensitization & Reprocessing)
 - + Gender Focused Therapy



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Waitlist

- + RACES currently has a waitlist for therapy services.
- + Potential clients are contacted within 72 hours to complete a screening questionnaire.
- + Screening Questionnaire
 - + Determines best fit for services
 - + Best therapist match
 - + Individual sessions
 - + Group sessions
- + Bi-monthly updates
 - + Clinicians call through waitlist and update clients as needed
 - + Time varies from a few weeks to several months
 - + Regular waitlist check-ins and referrals are provided as needed



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Hotline

- + Crisis Hotline (217) 344-6298
- + 24/7 hour
- + FREE & CONFIDENTIAL crisis hotline
- + Available crisis and medical advocacy services after business hours
- + Available 365 days/year
- + Ran by RACES staff & volunteers



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

Groups

- + Adult Support Group
 - + Meets weekly, open to survivors 18+ and all genders
 - + Allows survivors:
 - + Seek & provide support
 - + Validation
 - + Guidance from one another
 - + Feel supported in a safe & welcoming environment
 - + Limited to 10 members
 - + Currently adding new members



RAPE ADVOCACY, COUNSELING, & EDUCATION SERVICES

QUESTIONS??

Thank you!



Champaign County Mental Health Board

ISCU Immigrant Mental Health Program Mid-Year Presentation

January 24, 20224 5:45PM

ISCU'S VISION AND MISSION STATEMENT

Our **vision** is a future where every immigrant, refugee, and asylum seeker finds a welcoming and supportive community that empowers them to thrive. We envision a society where these individuals not only overcome challenges but also embrace opportunities.

Our **mission** is centered around aiding new immigrants, refugees, and asylum seekers in their journey to integrate into our community. We are dedicated to helping these individuals make a transition from dependency to achieving complete self-sufficiency, enabling them to become valuable contributors to our community.

PROGRAMS AND SERVICES OVERVIEW



Case management:

Offers a holistic approach, supporting our clients in various aspects. From conducting depression screenings to connecting clients with mental health services and legal aid, we address concerns like food security, medical care, housing employment and education.

Transportation

We offer or arrange transportation to clients needing transportation for immigration court or related appointments within their legal process, this is to remove one of the barriers to accessing justice. We also teach our clients navigate public transportation system this includes workshops.

Warehouse

This program extends a helping hand to new immigrants by providing gently used furniture and household items. This initiative operates through our volunteer-run warehouse, fueled by donations from our community members.

Emergency Food Assistance

This program provides emergency food assistance to new arrivals or immigrants who facing an emergency need for food.

Bus Passes

In collaboration with Community Foundation of Illinois, bus passes are paid for in full for immigrants as to provide them with an accessible means of transportation.

Mental Health Program Overview

The Immigrant Mental Health Project has been successful in the consistent referrals and scheduling of mental health therapy sessions. Through the addition of our Spanish Bilingual Case Manager who serves the dual role of mental health coordinator, we have incorporated mental health services into our case management. For the past fiscal year, ISCU has been covering the costs of mental health services provided by our partnership with Community Health Partnership of Illinois. CHP takes on a holistic approach to client care and provides health and wellness checkups for each client to determine physical health as well. The CHP team we collaborate with for this project consists of two psychiatrists and two counselors who are English/Spanish Bilingual and provide teletherapy to our Spanish speaking clients from CHP's office.

Service Plan

Once a client has been referred to CHP to receive services, a service plan is created. With training from and ISCU board member who has her LCSW , our case manager conducts the PHQ -9, which is a 9-question diagnostic tool, utilized to assess the presence and severity of depression. As the client completes their first 6 sessions, we remain accessible to each client, meeting their needs outside of mental health using the organization's resources and services. After six sessions we perform the post-screening assessment utilizing the same screening tool to discuss progress.

Mid Year Numbers:

Non-Treatment Plan Contacts: 263

Service Contacts: 65

Referrals: 61

Community Service Events: 4

Program Highlights

Success Story: A young mother and her 3 children immigrated to the United States from Honduras after her husband was assassinated. The mother describes her arrival into our offices as miraculous, as her family and her almost died several times while fleeing violence, sickness obtained from homeless shelters, and the delivery of her baby in transit. She originally came into my office seeking assistance with food for her and her children. Upon taking the time to hear her story, she shared how traumatized she felt her 12 year old daughter had become. She described that her daughter was unable to sleep at night, unable to be in the dark, and having anxiety non stop throughout the day. I shared with her the mental health services we could offer, and she was elated to hear that she and her daughter could speak to someone in Spanish. She then felt safe enough to express that she also felt she herself would benefit from therapy. Thanks to our partnership with CHP, she was able to also have their health assessed, which she was concerned with after all the illness they contracted during their travels. They have both been assisting therapy ever since.

Challenges

Due to social stigmas within the immigrant community and lack of awareness around mental health, at times it can be challenging to reach individuals out in the community. Typically, it can take long sit down sessions with the case manager to ease the client into accepting mental health services as a tool and resource that could work for them. For this reason, the marketing of our mental health program is not usually as successful out in the community, as opposed to the case management approach, which takes time.

Future goals

In devotion to our mission, it is paramount that ISCU find a way to build on our partnerships and resources in order to expand the mental health project to be able to provide therapy accessibility in various languages. It is crucial that immigrants have the opportunity to receive this service in their native tongue.

QUESTIONS?

¡Gracias!

