

708 Planning Committee
March 27, 2015 – 1:30 p.m.
County Board Office
Jackson County Courthouse

Present: Margo Willis, Linda Flowers, Renee Schwartz

Also: Miriam Link-Mullison

Absent: Kathy Baumann

Chair Margo Willis called the meeting to order at 1:30 p.m.

Motion by Flowers, seconded by Willis, to approve the minutes of the February 27, 2015 meeting.
Motion carried on a unanimous voice vote.

Ms. Miriam Link-Mullison, Jackson County Health Department's Public Health Administrator and 2014 Rural Health Professional of the Year in Illinois, was introduced as this meeting's guest speaker. Ms. Link-Mullison chairs Jackson County's Access to Care and Behavioral Health Action Teams, and serves on the steering committees for the Jackson County Healthy Communities Coalition and the Healthy Southern Illinois Delta Network. She has served on a wide variety of state planning and advisory groups. Ms. Link-Mullison is a past president of the Illinois Association of Public Health Administrators and is currently the President-Elect for the Illinois Public Health Association.

Ms. Link-Mullison explained that the Jackson County Health Department has been doing five year community planning since 1993 and that, in fact, one of her first tasks was to put together their very first community health improvement plan. She explained that there are about a hundred people in the Jackson County Healthy Communities Coalition and that there are 7 action teams. She updated the Committee on the Behavioral Health Action Team. In the Behavioral Health Plan for 2015-2019, they will be focusing on undiagnosed depression and anxiety, as well as misuse of prescription drugs.

Improve Access to Behavioral Health Services

Decrease misuse of prescription drugs by:

- Increasing awareness of misuse and its consequences.
- Increasing options for safe storage and disposal of medications.
- Expand alternatives to incarceration.

Increase the number of children and adults receiving treatment for depression and anxiety by:

- Increasing the awareness of the prevalence of depression and anxiety as well as the availability of effective treatments.
- Increasing screening and early detection for depression and anxiety.

Source: <http://www.ichdonline.org/index.php/planning-and-statistics/community-health-plan>

Ms. Link-Mullison shared a flowchart with the Planning Committee of the steps in the IPLAN community process. The Healthy Communities Coalition, working with the Health Department, has done a very thorough job of planning – hours and hours of both staff and community time – and she suggested that the 708 Board could leverage other people’s planning processes and start immediately with the task of implementation. She also explained that, as part of the Affordable Care Act, hospitals are now required to do community health assessments. Southern Illinois Healthcare (SIH) completed a 2013 community health assessment and they are now in the process of developing the 2016 one.

It was the consensus of the Committee that, since the JCHD and SIH resources addressing this community are already available, they should tap into them. The Committee could look at what others have identified as priorities and decide how to help move that work forward within the community. It was the consensus of the Committee that the 708 Board could also give agencies more direction. Ms. Link-Mullison commented that the Board is fortunate to have so few restrictions on their planning process, allowing them to be nimble and responsive to the needs of the community. They can set up their three year plan as they wish.

Ms. Link-Mullison listed several areas of behavioral health services in Jackson County which are a need. She mentioned children’s mental health, the senior population, the lack of psychiatric beds in the immediate community, the gap between primary care and mental health providers and the need for better referral systems, and the zero suicide initiative which is taking place state-wide. She stated that we still need to address stigma and that, often, people don’t want to seek services. The Behavioral Health Action Team is working on developing a fall event to focus on the idea “everybody deserves to be happy.” This event will promote mental wellness and happiness. They are currently brainstorming ideas and activities.

It was the consensus of the Planning Committee to promote more articulation between and among agencies and the 708 Board. How do the funds, targeted toward specific services, fit into the plan of the whole of Jackson County?

It will also be a goal of the 708 Board to reach out to other partners in the community and to be more informed and more connected with what is going on county-wide.

Ms. Link-Mullison informed the Committee about 2-1-1, the crisis intervention call center.

The 24-hour line makes it easy for the public to navigate the maze of human service providers and help lines. All calls are free, anonymous and confidential.

Callers can get live assistance with needs such as:

- Food and shelter
- Counseling and mental health services
- Income and employment support
- Help for the elderly and people with disabilities
- Resources for children and families

Source: <http://www.unitedwayillinois.org/211/211.php>

She stated that the 2-1-1 call center for Southern Illinois is managed out of the Marion United Way. All of the members of the all of the coalitions are currently being cross-referenced with the 2-1-1 list of resources to make sure they are all in the resource list. She also stated that emergency preparedness is key when working with vulnerable populations and that resources need to be lined up pre-event (such as a tornado). Those who are most vulnerable in daily life are the least resilient in a crisis.

Ms. Link-Mullison reviewed some of the priorities previously brainstormed by the Planning Committee. She addressed the issue of self-advocacy and stated that there are chronic disease self-management courses being developed around the area (the seven southern counties). The SIU School of Medicine, along with SIH, provided funding. The course includes how to take care of yourself, how to manage your disease, how to advocate for yourself with the doctors, how to track your medications, and how to know what works for you and to have a good support system.

The Committee thanked Ms. Link-Mullison for her time and indicated that she was a valuable resource.

The Committee discussed having Ms. Schwartz put together a summary document and considered what to give to the entire 708 Board to demonstrate the needs assessments which have already been done. Ms. Schwartz was asked to make an announcement at the next 708 Board meeting of what documents and resources are on the new website. Ms. Willis stated that she will write a Memo informing the agencies in advance that they will be asked to report more specifically at the Board meetings of how they are using the 708 Board funding to meet their priorities.

The Committee considered using ACMHAI as a tool for self-evaluation. They should know shortly whether they have been accepted as new members.

Ms. Willis had attended the Southern Illinois Behavioral Health Consortium meeting the previous day and described her experience there.

It was the consensus of the Committee that it is time to narrow their goals. Social media was revisited; according to Assistant State's Attorney Dan Brenner, there is no restriction from the County Board on the 708 Board having a Facebook page. When young people are in crisis, they turn to social media.

The Committee determined the following priorities:

- 1 year – increase the size and improve the diversity of the Board
- 1 year – expand the general funding guidelines to include for-profit agencies
- 1 year – revise the funding application process and add rigor and increased accountability

- 3 year – encourage and strengthen collaboration and reporting mechanisms between agencies receiving 708 funding
- 3 year – develop and deepen community partnerships by reaching out to more organizations
- 3 year – host special guests and invited speakers at Board meetings and at community events
- 3 year – promote good mental health in Jackson County by actively supporting the long term goals of JCHD and SIH
- 3 year – add flexible funding component to the annual budget and fund mid-year initiatives and opportunities in the community

With no further business before the Committee, motion by Flowers, seconded by Willis, to adjourn. Motion carried on a unanimous voice vote. Meeting adjourned 2:52 p.m.