

April 9, 2019

To Carla Sloan, Township Supervisor, and River Forest Trustees:

On behalf of the River Forest Township Mental Health Committee (RFTMHC), I am pleased to present you with our annual report of services to the mentally ill, developmentally disabled and substance using populations of River Forest Township for the period of April 1, 2018 through March 31, 2019.

During Fiscal Year 2018-2019, the Mental Health Committee worked with community organizations to assure that our Township residents received its fair share of tax dollars for the funding of services in the areas of mental health, developmental disabilities and substance use. In addition, the Mental Health Committee participates in local organizations such as Behavioral Health Consortium, Developmental Disabilities Consortium, illegal Opioid uses, Support 4U (students and other residents can find mental health assistance via a text service) and Point of Entry website (HUB – a closed loop referral data base connecting the community with social services).

The Mental Health Committee is also committed to programming for Suicide Prevention and Education through our local coalition. The Mental Health Committee has identified this community need and is making it a priority. Thrive Counseling Center and NAMI (National Alliance on Mental Illness) are spearheading the initiative in River Forest and Oak Park. River Forest Township is expecting to increase participation as programs are identified and planned. River Forest Township provides meeting space for a six week Grief Support Group outreach to survivors of suicide and a teen program which meets at Township offices.

Sibshops is a program specially designed for brothers and sisters of kids with special needs, including developmental and physical disabilities or emotional and mental health challenges. The Mental Health Committee brought the Sibshop request to the attention of River Forest Township in July 2014 and we have successfully offered and completed workshops since that time.

Mental Health Committee members hold vast experience and education. Volunteers include mental health activists, school counselors, an attorney, a journalist, several social workers, and several professors and teachers as well as residents who have disabled family members. All are passionately committed to the mental health field.

Staff and members of the Mental Health Committee have been active in MyHat (Mental Health Education and Advocacy, Unity Temple), FRED (support group for parents of mentally ill children) and NAMI (National Alliance for the Mentally Ill) and have participated in outreach and programming. Riveredge Hospital and D200 have had resource fairs this year that provided opportunities for outreach to River Forest residents. We have supported and advocated for 'Ending the Silence' (NAMI) programming used at Roosevelt Middle School and we have reached out to Township funded agencies to encourage participation in the Mental Health First Aid course. Sarah's Inn has presented Together Strong Project, a comprehensive classroom-based violence prevention program at Roosevelt Middle School.

The River Forest Township Mental Health Committee takes great pride in the accomplishments and the quality of services provided to the residents of this community. The Committee looks forward to another year of success and remains committed to providing leadership and assistance with the provision of high-quality services for the citizens of River Forest.

Sincerely,

Avis S. Rudner
Administrator of Mental Health Services

Mental Health Committee Priorities

The priorities of the Mental Health Committee are driven by the current needs of mental health consumers residing in our geographical area and the ability of agencies to provide these services. Agencies located outside of River Forest may be selected for funding when the services they provide are not duplicated within River Forest. The Committee elects to provide funding for programs within the priority populations of children, adults and seniors.

The Mental Health Committee will not duplicate funding already provided for the chronically mentally ill and the developmentally disabled by state and federal agencies. However, provision is made to these populations for community education and family support. The current priority services for which the committee contracts are:

- Outpatient Therapy – individual, group and family
- Family Support
- Developmental Disabilities Programming – early intervention, respite, in-home services, case management and day programming
- Adolescent Case Management
- Prevention and Education Programs
- Adult Care Management Services
- Community Emergency Psychiatric Services
- Support of Education and Volunteer Programming for Drop In Center
- Support of Sibshop Programming for special needs families
- Mental Health support and counseling to residents using the Children’s Clinic at Infant Welfare

Overview of Accomplishments and Initiatives

The River Forest Township Mental Health Committee, through local tax dollars, was able to support **19,914** hours of services annually to River Forest residents. **984** hours were provided in prevention and education services, **12,988** hours in supportive services and **5932**

hours in treatment services. Services were contracted with **eleven (11)** community agencies and supported **nineteen (19)** programs. **Four (4)** of these programs focused on prevention and education services. These services and programs constitute the core mental health services available and accessible to River Forest Township residents. This year, services were purchased with **\$167,171** of funding. Through the prudent allocation of public funds, the River Forest Mental Health Committee supports services that are accessible and affordable.

The River Forest Township Mental Health Committee has attempted to do a thorough and thoughtful job in preparing this annual report for consideration by the River Forest Township Trustee Board and the public in general.