

# The Arc of IL Life Span Program Webinar

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## "How Community Mental Health Boards Operate"



*Presented by: Ron Melka, MPA*

**Executive Director, Lyons Township Mental Health Commission /  
President, Association of Community Mental Health Authorities of Illinois**

**Lynn Canfield, Executive Director at Champaign County Mental Health  
Board and Champaign County Developmental Disabilities Board**

**Allen Doederlein, Executive Director  
Berwyn Township Mental Health Board**



# What is a Community Mental Health Board (CMHB)?

- “708 Board” or Community Mental Health Board (CMHB) is established by a community, municipality, or township for the purposes of planning and funding **mental health, developmental disability and substance use** services.
- Is allowed by the Mental Health & Developmental Disabilities Community Mental Health Act (405 ILCS 20/).
- Is created by voters approval of a referendum.



# What is a Community Mental Health Board?

According to the Community Mental Health Authority Act;

Any county, city, village, incorporated town, township, public health district, county health department, multiple-county health department, school district or any combination thereof, in consultation with and being advised by the Department of Human Services, shall have the power to construct, repair, operate, maintain and regulate community mental health facilities to provide mental health services as defined by the local community mental health board, including services for, persons with a developmental disability or substance use disorder, for residents thereof and/or to contract therefor with any private or public entity which provides such facilities and services, either in or without such county, city, village, incorporated town, township, public health district, county health department, multiple-county health department, school district or any combination thereof.

# What Are CMHBs Like?

If you have seen one Community Mental Health Board...

You have seen one Community Mental Health Board...

- They all can be different in size, staffing, needs assessment, planning and grant making
- It is up to the community
- They are by State Law the local Community Mental Health Authority

# Lyons Township Mental Health Commission (LTMHC)

- Formed by Referendum in 1973
- Have a Property Tax Levy of \$3.700,000
- Fund 3 Agencies for services to Individuals with I/DD which include:
  - Respite (individual and Group),
  - Case Management,
  - Conductive Education,
  - Total Communication,
  - Employment Services,
  - Elder and Disabled Abuse Hotline,
  - I/DD Aging Services,
  - Pediatric Clinic Screenings,
  - Co-Occurring Mental Health and Therapy Services

# What does a Community Mental Health Board Do?

- Can fill in gaps where state, federal and other sources do not provide assistance, or not enough assistance.
- Can help coordinate federal, state, and local providers to organize the community on local needs and issues, crossing silos that may be difficult at the State and Federal level.
- CMHBs often meets with local mental health agencies, aging, youth services, homeless, healthcare, schools, foundations, churches and police; to coordinate services that are not just our funding, but local, federal & state resources as well.

# What Does a CMHB Do With Its Funds?

- Local boards are appointed by the respective governmental units, and as such are tied to the electoral process.
- Board members live and work in our community and demonstrate their commitment by volunteering to be responsible for the funding, planning and delivery of behavioral health services as defined by the Act.
- Funds are targeted by the local CMH board.
- Other than keeping the funding to the three broad areas in the State Act, what it funds is decided by the board.
- Can be used to fund private (both for-profit or not-for-profit) or public entities.

# Why is a Local CMHB Needed?

In the last 10 years...

- Most State funded services have shifted to Medicaid Eligible only.
- Medicaid is now delivered primarily by Manage Care Insurance Companies.
- It is more difficult to receive approval for Medicaid funded services.
- There is no overall community assessment of mental health needs.
- Many waiting for services are on the verge of crisis with no safety net of support .
- Unfortunately, community-based services have faced budget cuts due to inconsistent funding.
- ***A CMHB can help meet these challenges.*** Revenue stays IN the communities where funding is collected, and planning is done in the community by the community.



# What Services Can Be Provided or Enhanced?

- Counseling
- Psychiatry
- Residential
- Employment
- Day Training/Treatment
- Substance Use Rehab
- Transportation
- Telehealth
- Others
- Prevention Programs
- Abuse Hotlines
- Respite Care
- Administration
- Equipment
- Crisis Response
- Court Advocacy
- Planning
- Others

## Why are CMHBs Needed Now?

- There are many waiting for services for mental health, substance use, and intellectual and developmental disability
- Local planning by the State, public health and United Way is gone
- The Covid-19 pandemic has increased the need for mental health supports and services
  - Increased Anxiety and Depression
  - Increased suicide rates
  - Increased drug and alcohol misuse

# What are Some Benefits of CMHBs?

- A CMHB ensures **local control** and resources are **invested in** services within **the community** for the DD, MH, BH and addiction services based on local planning
- Provides greater flexibility and cost savings over alternate methods.
- CMHBs are possible at the county, township and municipal levels



# What Happens When a CMHB is Established?

- A CMHB can be established via referendum at the County, Township or Municipal level
- After a successful referendum, a 7- person board is created, appointed by the head of the County Board, Township Supervisor or Mayor, to administer this act
- The governmental unit that collects the tax as levied, either the County Clerk or Township, and distributes the funds to the local board.
  - *county or township, as the case may be, shall pay to such city, village, incorporated town, or township, as the case may be, the entire amount collected from taxes under this Section on property subject to a tax which any city, village, incorporated town, or township thereof levies to provide community mental health facilities and services.*
- The Board then budgets, appropriates and oversees the funding for necessary services.

# Who is the Funding For and What Can It Be Used For?

- CMHBs are charged to review and evaluate community mental health services and facilities, including services and facilities for the treatment of alcoholism, drug addiction, developmental disabilities, and intellectual disabilities. This identifies community needs and gaps in services.
- CMHBs are required to develop a 3-year plan for their community's system of care.
- Funding is generally used to fund services for individuals that are not funded or covered by Medicaid.
- With Medicaid funding delayed and/or harder to come by in Illinois, CMHB funding can help **bridge the gap** and support services in innovative ways.
- CMHB funds can help support those who do not fit under common criteria for services or to best tailor programs to people's needs.
- CMHBs have used funding to support Mental Health, Behavioral Health, Addiction treatment and intellectual and developmental disabilities services
- There are a multitude of ways that CMHB funding can help those in your community.

# Examples at LTMHC funding gaps in services:

- Prevention and Education programs for students, parents, teachers, coaches, police, fire, etc. such as Mental Health First Aid, Signs of Suicide, Stress Less and others.
- Community Support Services' Respite program..
- Center for Independence Through Conductive Education is a Cerebral Palsy School. Most of the students come from La Grange and Western Springs. Cerebral Palsy is a very costly condition with severe limits of coverage by insurance. This agency is able to charge \$10.00 per hour for services to all students and their families.
- A grieving program, Buddy's Place provides services for children that have lost a parent
- Helping Hand center's Total Communication Program is for severe autistic individuals
- Family support groups, Care giver Support Groups, Recovery Specialists, I/DD abuse hotline services
- Other CMHBs fund Pre court intervention, Mental Health Court, Substance Use Court, Police Social Workers, housing for DD, and other services.

# Is a CMHB Efficient and Effective?

- There is a big difference between efficient and effective.
- Local planning can be more effective and responsive than State or Federal.
- It can be more responsive, creative and entrepreneurial. It can also respond rapidly to a community crisis, such as suicides at the school or an increase in vaping.
- Planning is flexible and can change from year to year or continue in a sustained effort for longer periods.
- Most other current Social Service Task Forces are dominated by provider agencies often seeking funding and compete with each other.
- A CMHB provides a more neutral table that can draw in all sides.
- Can address issues such as workforce shortages due to lower rates of service from the State, by being able to increase wages to a level that can attract employees.

# What Planning Process Does a CMHB Conduct?

According to the Community Mental Health Authority Act:

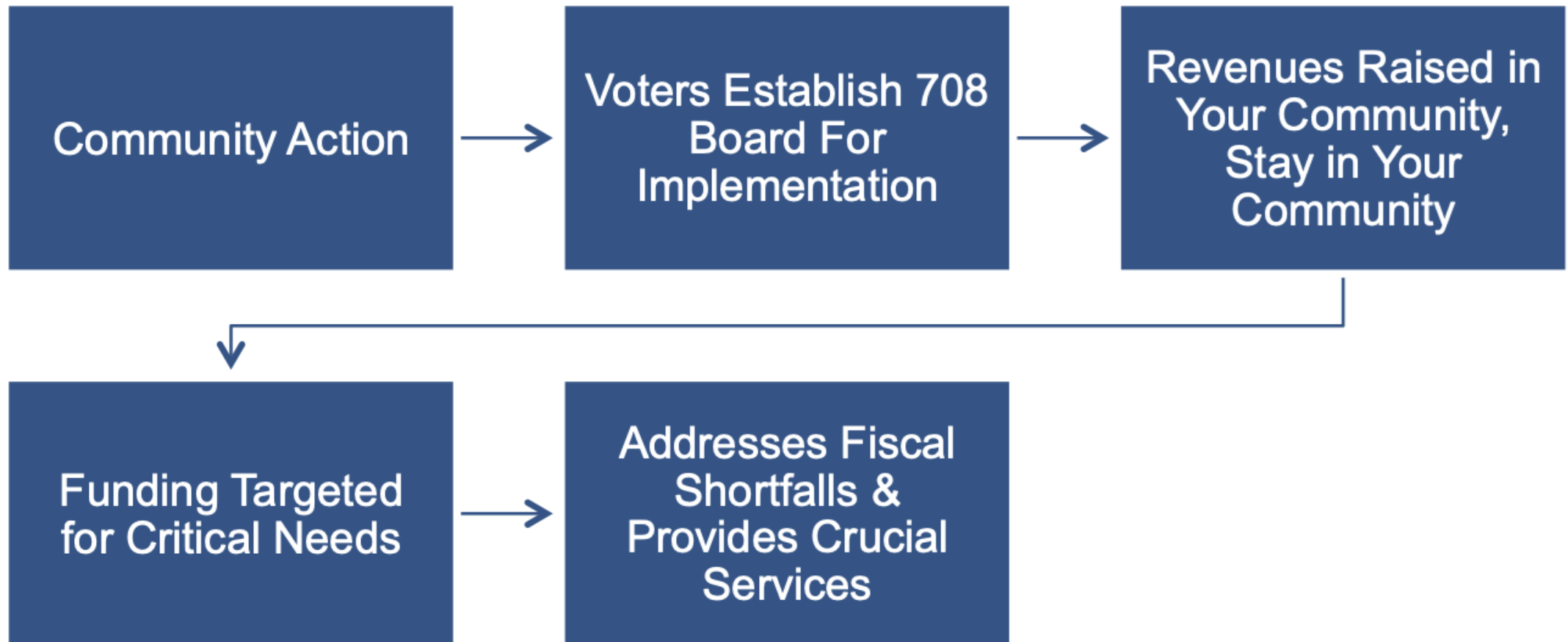
- It must submit to the appointing officer and the members of the governing body a written plan for a program of community mental health services and facilities for persons with a mental illness, a developmental disability, or a substance use disorder.
- Such plan shall be for the ensuing 12-month period.
- In addition, a plan shall be developed for the ensuing 3-year period and such plan shall be reviewed at the end of every 12-month period and shall be modified as deemed advisable.



# Planning & advisory groups that LTMHC either created or participates:

- The Coalition for a Drug Free Lyons Township
- Member of Washington Middle School Multiple Suicide Post Vention
- Participant of the Sate Opioid Task force
- Member of the Mental Health Task Force
- Local Funders Initiative with Community Foundations and United Way.
- Other CMHBs have task forces on local issues such a homelessness, diversity, suicide, and others.

# The CMHB Process



# Association of Community Mental Health Authorities of Illinois (ACMHAI)

- Most of our members are known as “708” boards governed by the Illinois Community Mental Health Act and are accountable at the local level to the citizens of our communities.
- A portion of our membership is also comprised of “553” and “377” boards whose statutory authority derives from public health legislation or legislation specific to developmental disabilities, respectively.
- It is the voice of behavioral health authorities, communities and people facing mental health, substance use and intellectual and developmental challenges.
- ACMHAI increases capacity of community behavioral health systems by strengthening, developing and supporting local mental health authorities and authorities for the care and treatment of persons with an intellectual or developmental disability.
- ACMHAI promotes the statutory authority of the Community Mental Health Act through planning and stewardship of local tax dollars in our communities.
- With health reform changing the way services are delivered in Illinois, we are leaders in helping our local providers, managed care organizations and other organizations refocus their delivery models.

# Association of Community Mental Health Authorities of Illinois (ACMHAI)

- (ACMHAI pronounced “ack-my”), established in 1972 is a partnership of organizations committed to the concept of community behavioral health.
- This commitment is demonstrated by a shared respect and concern for citizens of our communities who experience mental illness, emotional disturbances, substance abuse and developmental disabilities.
- What separates us from other communities in Illinois is that we not only talk-the-talk, we also walk-the-walk. We invest our community’s dollars in programs and services to address the behavioral health needs of our friends and neighbors.
- It is the voice of behavioral health authorities, communities and people facing mental health, substance use and intellectual and developmental challenges.

# Association of Community Mental Health Authorities of Illinois (ACMHAI)

- ACMHAI provides services to its members via committees and direct communication
- Committees:
  - Children's Behavioral Health
  - Intellectual/Developmental Disability
  - Legislative
  - Medicaid/Managed Care
  - Membership/Marketing
- ACMHAI members receive regular communication via a monthly newsletter and almost daily email updates and alerts on local state and federal issues.
- ACMHAI provides monthly trainings via webinars and participates on a number of State committees, Councils and Task Forces
- ACMHAI also provides Legislative monitoring and advocacy through a consulting firm that develops and maintains regular Legislative Reports
- ACMHAI often provides testimony to state and local government units on important issues

# What Can One Do to Get Involved?

To find your local CMHB:

- Contact the Association of Community Mental Health Authorities of Illinois for further information and assistance and to see if there is one in your community.
- Contact your local units of government to see if they have formed one.
- Contact the local United Ways, Community Foundations, and other funders.
- Contact local health department, and health providers such as hospitals and health centers.
- Contact the local mental health, substance abuse and Developmental Disability providers.

# What if There is No CMHB in My Community?

- Contact your local units of Government to see if they are interested or considered forming one.
- Contact the local mental health, substance use and Intellectual/Developmental disability providers and groups in your area.
- See if there is a group or coalition in your community trying to form one, or that may become interested in forming one.
- Contact the Association of Community Mental Health Authorities of Illinois for further information and assistance

Jodi Dart, Coordinator  
Phone 217-369-5168  
Email [jdart@acmhai.org](mailto:jdart@acmhai.org)  
<https://acmhai.org/>

# Questions and Discussion



Thank You!