KENDALL COUNTY HEALTH DEPARTMENT

2017 Annual Report

The mission of the Kendall County Health Department is to promote physical health, mental health, environmental health, protect the community's health, prevent disease, and promote family economic self-sufficiency through both person based services and population based programs.

Executive Director Message

Community Members,

I want to begin this Kendall County Health Department Annual Report by briefly describing health and public health:

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (World Health Organization).

Public Health is the science and art of improving population health and wellbeing through the engagement of individuals, families, community, private organizations, as well as public organizations; as participants in civil society. To this end, using health trending data (known as health informatics) to inform choice, is essential for community wellbeing.

Public health includes, and is not limited to these and other critical wellbeing issues:

- Understanding the **Addiction Epidemic**
- Preventing **Lyme Disease**
- Solving **Social Isolation**
- The Impact of **Socioeconomic Duress**
- International Emergence of **Zika Virus**

These are just a few examples of the critical and diverse kinds of public health issues that matter to so many, please know that your complete health and wellbeing is precious.

KCHD Web Page Link

Peace,

Amaal V.E. Tokars
Executive Director/Public Health Administrator

Board of Health

President
Christina Cooper

Vice President
Joseph Gruber, III, D.D.S.

Secretary
Brenda Ulrich

Members
John Palmer, M.D.
Jim Jensen
Thomas Liske, M. D.
Mukhtar Nandra, M.D.
Tony Giles

Kendall County Health Department is led by a volunteer Board of Health who selflessly gives of their time and expertise in providing leadership and direction. The Board of Health represents a high level of dedication and professionalism in the development and advancement of policy, promoting quality services in behavioral health, community health, environmental health and community action services. The Board of Health commits their time and energy in policymaking, discussion of services and working with stakeholders in Kendall County.

Ten Essential Services

Local Health Departments; as governmental entities, derive their authority from state law. Accordingly; Local Health Departments exist for the common good and are responsible for demonstrating strong leadership in the promotion of environmental health, illness/injury prevention, mental health, social wellbeing, and healthy family socioeconomic conditions. The programs provided by Local Health Departments to fulfill this responsibility are developed to reflect the diversity of community need. In addition to programs rendered, all local health departments are charged with the following essential services:

- ✔ Monitor health status to identify community health problems.
- ✔ Diagnose and investigate identified health problems and health hazards in the community.
- ✔ Inform, educate, and empower people about health issues.
- ✔ Mobilize community partnerships to identify and solve health problems.
- ✔ Develop policies and plans that support individual and community health efforts.
- ✔ Enforce laws and regulations that protect and ensure safety.
- ✔ Link people to needed health services and ensure the provision of needed health care.
- ✔ Ensure a competent public health and personal health care workforce.
- ✔ Assess effectiveness, accessibility, and quality of personal and population-based services.
- ✔ Research for new insights and innovative solutions to health problems.

Strategic Plan Link

Professional Staff

Program Support/Operations

Amaal Tokars, Ed.D, Executive Director/Public Health Administrator
RaeAnn VanGundy, M.P.H., Operations Administrator
Steve Curatti, M.P.A., L.E.H.P., Program Administrator
Becki Rudolph, Executive Assistant
Katy Williams, B.S., Grants/Information Coordinator
Victoria Rafatcz, Fiscal Specialist
Kathy Lewis, Data Entry/Billing Specialist

Community Health Services

Terri Olson, B.S.N., R.N., Director
Kelly Jordan-Licht, B.S.N., R.N., Assistant Director
Mary McCarron-McGinniss, R.D., L.D.N., C.L.C., WIC Coordinator
Brandy Lehman, B.S., R.N., Public Health Nurse
Vivian Ndangoh, R.N., M.S.W., Public Health Nurse
Marcie Sej, B.S., R.N., Public Health Nurse
Cindy Kathe, L.D.N., Nutritionist
Arissa Wallis, B.A., Emergency Response Specialist
Nancy Villa, Administrative Assistant
Sandy Cortez, A.S., Community Health Specialist
Erica Nevarez, WIC Specialist
Cruz Llamas, WIC Specialist

Environmental Health Services

Aaron Rybski, B.S., L.E.H.P., Director
Todd Drefcinski, B.S., L.E.H.P., Assistant Director
Rachael Browning, B.S., L.E.H.P. Food Program Coordinator
Amy Serby, B.S., L.E.H.P., Sanitarian
Lauren Bellville, B.S. Associate Sanitarian
Adam Johnson, B.S., Associate Sanitarian
Jodi Wulff, B.A., Administrative Assistant

Community Action Services

Diane Alford, B.S., Director
Melissa Creamer, M.A., Assistant Director
Chung Saenz, Administrative Assistant
Kathy Chronister, Coordinator-Grundy Office
Vicky Torgerson, B.S., Weatherization Coordinator
Kim Kleinprinz, Weatherization Energy Auditor
Sandra Lambert, Community Action Advocate
Norma Maisonet, M.B.A., Energy Conservation Tech
Dan Misener II, Energy Conservation Tech

Mental Health Services/Support Services

Jason Andrade, M.S., Ed., L.C.P.C., Director
Michelle Hawley, M.P.A, C.R.A.D.C., MISA I, Assistant Director
Rose Romero, M.S., L.C.P.C., Mental Health Clinician
Lisa Holch, M.A., L.C.P.C., C.A.D.C., Mental Health Clinician
Cindy Vey, M.S., L.C.P.C., C.A.D.C., Mental Health Clinician
Brittany Johnson, M.S. L.C.S.W., Mental Health Clinician
Joe Oleck, M.S.W., Care Coordinator
Carrie Werner, B.A., Care Coordinator
Keith Bielema, B.A., Transitions Coordinator
Rhonda Matlock, Admissions Coordinator
Evelyn Hull, M.S., L.C.P.C., Admissions Counselor
Kerri Fuentes, Administrative Assistant
Christina Villegas, Support Staff
Sharon Samuel, Support Staff

Independent Contractors

Marlin Hartman, B.A., Solid Waste Coordinator
Michael J. Martin, M.D., Psychiatrist
Lorna London, Ph.D, Clinical Psychologist

Invaluable Volunteers

Sam Tessitore, Community Action Services
Karen Cotter, L.C.P.C., Mental Health Services
Karen Gilkerson, Environmental Health Services

Intern Programs in collaboration with the following Universities

Northern Illinois University
Benedictine University
University of Illinois Chicago
University of St. Francis
Roosevelt University National Louis University
Illinois State University
Lewis University
Adler School of Professional Psychology
Aurora University/George Williams School of Social Work

Advisory Board Partners

Community Action Advisory Board

(Tripartite Advisory Board)

Jane Swinney, Chair
Kathy Braden, Vice-Chair
Jocelyn Retz
Arnetta Dean
Jim Homa
Rev. Kim Hulen
Kimburlie Ann Montano
Eric Fisher
Don Hansen
Chad Lockman
Jim Ryan
Wayne Dial
Mia Jusufi
Barb Nadeau

Community Health Advisory Board

Beckie Frieders, Chair
Larry Stefanski, Vice-chair
Laura Barr
Rachel Rosenwinkel
Melanie Eilers
Maribeth Surma
Jennie Perry
Stephanie Wayne
Lorraine Beasley
Terese Raabe
Sharon Pointer
Nanci Reiland

Environmental Health Advisory Board

Dan Reedy, Chair
John Church, Vice Chair
Ted McCannon
Valerie Burd
Megan Andrews
Jake Cooper
Gary Flentge
Jackie Forbes
Dan Larsen
Brad Schmidt
Kye Witek

Mental Health Advisory Board

Cathi Mundsinger, Chair
Mariann Benda, Vice Chair
Chris Cooper
Shirley Anne Briggs
Brian Jahp
LuAnne Peters
Judge Stephen Krentz
Dina Schnable
Ann Volpentesta
Randy Book
Gregg Wehrs
Ken Allen
Jon Conover
Victor Ortiz
Donovan Torres

Financial Report
December 1, 2016 – November 30, 2017

Revenue:		
Levy & General Revenues		
Operational Reserve	$300,000	(a)
Public Health Property Tax Levy	755,480	
Interest Income	2,102	
Miscellaneous Income	60,240	
Coffee Revenue	325	
State Grant Health Protection	63,201	
Total Levy & General Revenues	**$1,181,348**	
Mental Health Services		
Mental Health Counsel Fees	$92,508	
708 Mental Health Grant	824,330	
Mental Health Grants	105,849	(b)
Senior Citizens Fund Transfer	56,000	
Fox Valley United Way	18,343	
Title III NEIAA Grant on Aging	9,656	
State Grant Tobacco	36,932	
Epilepsy	35,135	
Substance Abuse US Probation	7180	
DCFS Counseling	927	
Total Mental Health Services	**$1,186,860**	
Environmental Health Services		
Septic Inspection Fees	$20,635	
Restaurant Inspection Fees	203,350	
Tanning Fees	1,350	
Kendall Co. Well Permit Fee	17,985	
Climate Change	13,700	
Solid Waste Fee	1,825	
West Nile Virus Grant	36,169	
Non-Community Well Grant	2,012	
FDA Food Standards Grant	9,486	
Radon Grant	10,106	
Total Environmental Health Services	**$316,618**	
Community Health Services		
Immunization Clinic	$4,794	
Adult/Travel Clinic	8,334	
State Family Case Management (FCM)	99,018	
Public Aid FCM	126,713	
Public Aid Immunizations	9,380	
Women, Infant and Children (WIC)	153,110	
TB Board Contract	15,000	
Zika Grant	11,000	
Total Community Health Services	**$427,349**	
Community Action Services		
Community Action Grants	$1,770,136	(c)
Total Community Action Services	**$1,770,136**	
Emergency Response		
Emergency Response Grants	$139,383	
Total Emergency Response	**$139,383**	
Total Revenues	**$5,021,694**	

Expenditure:	
Personnel	
Program Support	$620,928
Community Action Services	410,994
Mental Health Services	715,862
Community Health Services	568,216
Environmental Health Services	413,635
Total Personnel	**$2,729,635**
Contractual & Client Assistance	
Dues/Subscriptions	$12,628
Conferences & Training	15,509
Contractual Services	114,037
Printing & Publications	7,351
Telephone	6,771
Advertising – Other	2,518
Direct Client Assistance	1,275,681
Total Contractual/Client Assistance	**$1,434,495**
Other	
Postage	$4,096
Mileage	14,069
Non-Medical Supplies	30,961
Medical Supplies	6,760
Vehicle Maintenance	1,518
Refunds	15,078
Bond Payment	145,814
Donation Demand	602,000
Adult/Travel Clinic Vaccine	7,708
Miscellaneous Expense	8,359
Psychological Testing Materials	671
Total Other	**$837,755**
Capital Expenditures	
Capital Expenditures	$15,783
Total Capital	**$15,783**
Total Expenditures	**$5,017,668**
Revenues over Expenditures	**$4,026**

2017 Financial Summary Link

(a) The Operational Reserve is dedicated to the operational sustainability of health and human services.
(b) Includes $43,380 for DASA-Public Aid, $51,794 DASA State Grant and several other small grants.
(c) Includes $1,249,752 for energy assistance, $307,533 for home weatherization, $187,594 client assistance & $25,257 for homeless prevention assistance.

Funding provided by Department of Commerce & Economic Opportunity, Illinois Department of Health Care & Family Services, Department of Alcohol & Substance Abuse, Fox Valley United Way, Illinois Department of Human Services, Illinois Department of Public Health, Northern Illinois Area Agency on Aging, 708 Mental Health Board and local property tax levies set by the Kendall County Board.

We Are…

Quarterly Newsletters
Community Health Profiles
Kendall HealthCast

Kendallhealth.org

Community Action Services

The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and others.

Connecting seniors to assets that reduce socio-economic duress and support mental health

Jan-Dec 2017

2

The number of community services collations formed (*Kendall County Interagency Council, Kendall County Continuum of Care*)

731

The number of low-income seniors served by CAS with home energy assistance and furnished MHS program information

21

The number of presentations provided to seniors/senior-serving community groups

Community Action Services >>>> Mental Health Services

community Action PARTNERSHIP

Helping People. Changing Lives.

Community Action Services for 2017

In 2017, we blanketed Kendall and Grundy County communities with educative presentations and the provision of helpful resources, bringing our services directly to those experiencing socioeconomic duress. While still serving our community from our offices, this expansive community outreach initiative offered notably increased access to our valued services.

Illinois Low Income Home Energy Assistance Program (LIHEAP)

By being present to take in LIHEAP applications at local food pantries and senior housing complexes, and placing program flyers in doors, we were able to serve 1,168 families with energy assistance, affording them the opportunity to divert the savings to competing expenses such food and medicine.

Providing such awareness and access to our services becomes necessity as we have seen Kendall County's population grow by 117% since 2000, and its poverty rate increase by 3.4%. Likewise, Grundy County's population has grown 34% since 2000, its poverty rate increasing by 3.2%.

Weatherization

The Illinois Home Weatherization Assistance Program Provides is a cost-saving energy service for qualified customers. Services offered through the Weatherization Program include, but not limited to:

- Air sealing
- Insulation of attics, walls, crawlspaces, or foundations
- Repair or replacement of doors and windows
- Cleaning, tuning, repair or replacement of furnaces

Twenty-one houses were completed in 2017 at an average cost of $9,411.00

- Employment: Ten Individuals received short-term financial assistance to enable them to secure permanent employment - $16,104
- Education: Eight eligible students were able to pursue post-secondary education. The funding removed financial barriers such as tuition, fees, and other related expenses – $10,000
- Drive to Success: Twenty-two Individuals received financial assistance to maintain employment for auto repairs, title, insurance, etc. - $19,000
- Emergency Services: 266 Families received assistance through crisis situation including counseling, referrals, provision of food, shelter, rent, utilities, etc. - $16,850
- Helping Hand for School: Twenty families were served, the goal of this program is to help children become successful in school - $6,000
- A total of $51,850 assisted 326 residents of Kendall and Grundy Counties.

Community Health Services

Community Health Services staff in 2017 received over 500 reported cases of communicable disease. Of the many different types of disease attended to, sexually transmitted diseases (STDs) comprised the majority and were noted to be on the rise at an alarming rate. As with any communicable disease, we take a comprehensive approach to ensuring early detection, control of its spread, and the prevention of future cases.

We provide physicians timely STD treatment guidelines, present to middle/high school students and parents on risk factors as well as protective factors. We reach out to churches, libraries, as well as our general public with thoughtful messaging shared through social and main stream media outlets. We are devoted to reducing the prevalence of STDs through raising community awareness on emerging and trending diseases while continuously educating ourselves; performing direct client case management and contact tracing with complete confidentiality; promoting abstinence, value-laden parenting and partnerships. Last but not least, we identify and offer easily accessible resources for clinical testing and healthcare counseling.

	Chlamydia			Gonorrhea			Syphilis		
	2015	2016	% Change	2015	2016	% Change	2015	2016	% Change
U.S.	1,526,258	1,598,354	4.7	395,216	468,514	19	23,872	27,214	18
IL	69,610	72,201	3.7	17,310	21,199	24	1,085	1,260	16
Kendall	294	364	**24**	51	82	**61**	1	3	**200**

Kendall County Health Department protects residents from vaccine preventable diseases. We administer an immunization program that provides vaccines for infants, children and adults. We provide many affordable vaccines which include travel immunizations and flu shots. In 2017, we provided over 900 vaccines. Vaccinations are a critical step in protecting those that are most vulnerable to illness

Although Kendall County is not considered high risk for Tuberculosis, there is still concern. We continue to provide TB guidance and support to both patients and physicians. In 2017, two active cases of TB were reported, 23 latent tuberculosis infections, and one death related to TB.

TB remains one of the top ten causes of death worldwide, and the crisis is not being taken seriously enough. *World health organization (WHO); Disappointing Progress Against TB, October 14, 2016.

A grant was awarded to provide Zika Training for Spanish speaking community health workers and education of at-risk women. This allowed staff to educate all individuals within the county, specifically the Spanish speaking women of child bearing age and their families, education about the prevention and treatment of Zika virus. A Zika webpage was established for continued educational purposes. Staff assisted over 70 individuals with testing and reporting of Zika in Kendall County. None of these were positive.

Women, Infant & Children Program (WIC) & Family Case Management

A supplemental food and nutrition program; funded through the Federal Government. In 2017, we served over 650 income eligible families. Our families receive healthy food packages conjointly with nutrition education and breastfeeding support. These benefits begin during pregnancy and continue for the baby/children until they reach five years of age. Family Case Management is provided through a State Grant. It is a comprehensive program integrated into the WIC program to insure that mothers with babies under the age of one receive family assessment and linkage to needed services available in our county. Family Case Management served over 200 clients (infants and prenatal) in 2017.

Innovative Nutrition Educational Programs Provided by Staff Flourished Throughout 2017. Take a Look!

Share Our Strengths Cooking Matters® at the Store was a program that offered hands-on learning experience by a registered dieticians for low-income families with children under the age of five. Our classes provided participants with the knowledge of shopping for healthy groceries on a tight budget. We served 150 families, February through September 2017.

The feedback has been all positive with comments such as:

- *"I have learned how to identify unit pricing, which will help me save money for my family"*
- *"I've learned that frozen vegetables have the same nutrients as fresh and can save me money too, thank you so much!"*

SHARE OUR STRENGTH'S COOKING MATTERS® NO KID HUNGRY

Nutritional education was offered to staff using vegetables from the garden to create a healthy dish.

Through community efforts, a "*Sense-ational*" garden was planted in 2017. Fresh vegetables and herbs were provided to clients. Our fruit trees also provided healthy snacks.

Innovative Programs Coming in 2018

- Fluoride Varnishing-"Tooth Keepers" (children ages 0-6 years)
- Free Oral Health Care (adults 18 & older with no insurance)
- Commit to be Fit
- Application Assistance to increase Access to Care

2016 – 2021 IPLAN

In November 2016, the Kendall County Health Department commenced with the implementation of its five-year community health plan. The 2016-2021 IPLAN was strategically crafted to provide for the education, motivation, inspiration, and empowerment of residents and visitors of Kendall County to make healthy lifestyle choices. This is achieved by offering our community optimal opportunities for access to health care, while encouraging all to actively pursue and maintain healthy lifestyle choices and social well-being positively contributing to a common good and growing community spirit.

Our 2016-2021 IPLAN embraces three thoughtfully selected priority community health needs. It was with great intentionality that these needs represent health and well-being initiatives unduplicated in our current local public health system, and that they be set apart by innovation from efforts yet established within our community. Originally selected through a participatory community engagement process culminating in community consensus, these three needs embody the World Health Organizations definition of health in that they are diverse and reflect community driven health priorities. Our community's three needs are:

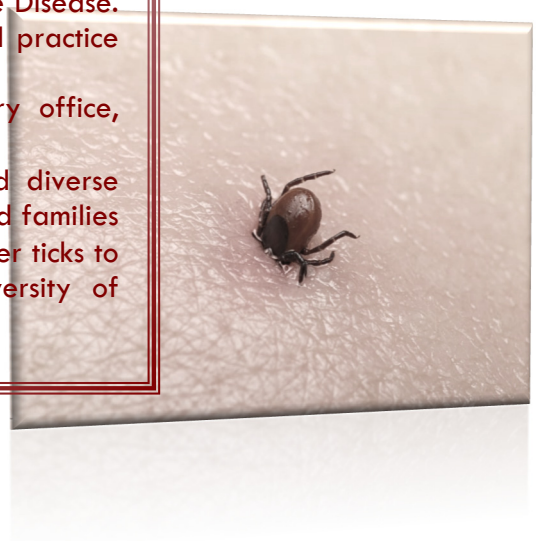
- Increase community population opportunities for access to oral health care
- Decrease community population potential exposure to Lyme Disease
- Connect seniors to assets that reduce socio-economic duress and support mental health

Following is a summation of IPLAN activities and accomplishments fulfilled in 2017, aimed at addressing and creating positive impact on these needs. Much continues to be learned, including opportunities for improving strategy as we move ahead. The ongoing assessment of our IPLAN methods, as always, will ensure that maintaining and increasing efficacy remain our focus over the next year and beyond.

Decrease Community Population Potential Exposure to Lyme Disease

Environmental Health Services is committed to decreasing our population's potential exposure to the harmful yet preventable Lyme Disease. A cornerstone of our approach is the implementation of a comprehensive public awareness campaign designed to promote protective factors and supporting behaviors as they pertain to decreasing exposure to Lyme Disease carrying ticks. A survey tool is used to track and gauge the effectiveness of our information and its delivery. We endeavor to demonstrate that a minimum of 50% of survey respondents acknowledge and pledge to practice risk prevention behavior upon receiving our informative presentation on Lyme Disease. In 2017, 90% of survey respondents indicated that they will practice more exposure-reducing behavior. We also:

- Visited seven local healthcare clinics and one veterinary office, providing brochures and education
- Presented at five different public events to various and diverse groups of people, including school aged children, adults and families
- Successfully ran a tick collection program, collecting 37 deer ticks to be tested in late December, in partnership with University of Massachusetts for the presence of Lyme Disease.

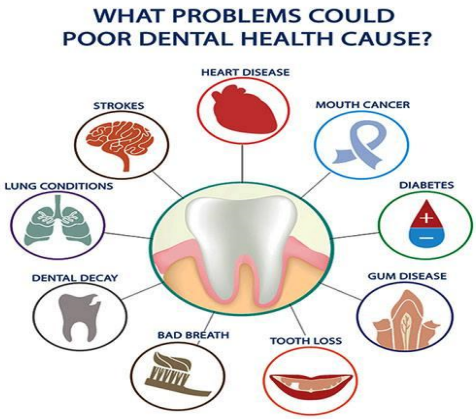


Increase Community Population Opportunities for Access to Oral Health

Community Health Services is dedicated to increasing community population opportunities for access to oral health care. Specifically, by 2021, reach out to 100% of Kendall County dental offices and health centers promoting increasing access to oral health care for Kendall County's uninsured adult population and co-create participatory access to the county's population, to good oral health. We pursue this goal by fostering partnerships with local dentists and outfitting a free dental clinic for uninsured Kendall County adults. We also:

- Presented at two daycare centers (Over 200 families), educating both children and parents.
- Providing new mothers with oral health education for mom and baby with visits to local obstetrics & gynecology offices and area hospitals.
- Participated in many back-to-school events at both private and public schools, serving over 300 children per event with dental and nutritional education.
- Launched a webpage providing access to oral health care and oral hygiene education, and supports promoting enrollment and use of oral healthcare insurance.
- Two bilingual staff became certified to help uninsured individuals and families locate, better understand options for and enroll in dental and health care coverage.

2016-2021 IPLAN & Executive Summary Link



Connect Seniors to Assets that Reduce Socio-Economic Duress & Support Mental Health

Community Action and Mental Health Services are collaborating to connect our community's seniors to assets that reduce socio-economic duress and support mental health. Specifically, by 2021, Community Action and Mental Health Services will assess 100% of the seniors utilizing KCHD for these needs as related to mental health and substance abuse, social isolation, and financial instability. We have:

- Performed twenty-six unique presentations to seniors and senior-serving community groups.
- Lead out in forming the Kendall County Interagency Council and Kendall County Continuum of Care.
- Educated 722 low-income seniors served by Community Action programs on accessible mental health and substance abuse treatment programs.
- Educated 231 seniors served by mental health to substance abuse treatment programs on services promoting socio-economic wellbeing.
- Developed a podcast informing seniors of local health and wellbeing resources

Environmental Health Services

Food Protection Program:

In 2016, the Illinois Department of Public Health updated the state food code aligning it with the FDA Food Code. As such, staff has been preparing for this change by learning the new code language, completing training exercises and preparing our restaurant operators. Also, staff offered workshops to educate and train food service facility operators and owners in what to expect with the new rules. Staff is on target to implement this new code in early 2018.

We also performed a food preparation Risk Factor Study using randomly selected food service facilities. Once inspections were completed, the inspection data was analyzed for areas and opportunities to best educate our facilities on the impending new rules.

West Nile Virus Surveillance:

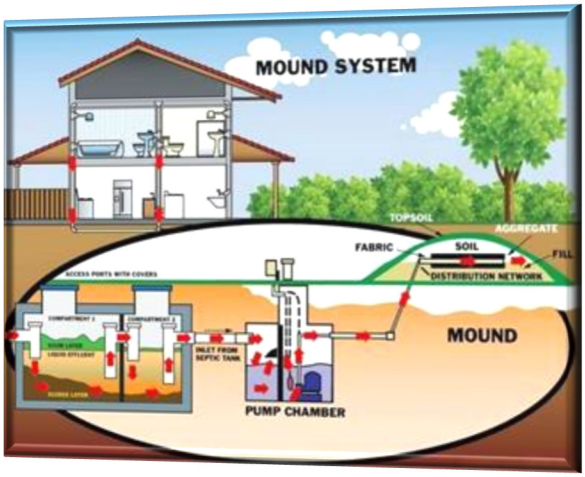
We again executed our West Nile Virus surveillance and education program. Over the course of the surveillance season, staff maintained fourteen traps and tested 157 total batches of collected mosquitoes. 17% of those batches tested positive for West Nile Virus . Staff alerted local village partners when the virus was detected in their specific area. Notices also went out on social media. West Nile Virus activity remains comparable to years past however, it is still slightly above state averages.

Water Well & Onsite Wastewater Treatment Programs:

Staff continues to see an increased percentage of mound or at-grade onsite wastewater treatment systems installed throughout the county. These unconventional systems play an important role in overcoming impediments to effective wastewater treatment posed by shallow seasonal high groundwater.

In 2017, total permit numbers for well and septic projects rose to over 140 permits, an increase of 20% over 2016 and the highest number since 2008.

We created the Onsite Wastewater Forum, a diverse group of stakeholders including local onsite wastewater system installers, professional designers, inspectors and representatives from other local health departments. This group is focused on understanding how to best approach the technical aspects and issues of onsite wastewater treatment and the industry.



What to do with E-waste?

As of 2012, electronics wastes (E-wastes) were banned from landfills. Commodity pricing fell and recyclers lost income, leaving few options for residents across the county. By 2016, some local haulers stepped in to provide E-waste pickup for their municipal contracts, but that still left many residents, many in unincorporated areas with no option for proper, safe E-waste disposal.

A Plan in Motion

Recognizing that there were few options for a large portion of our local population, we worked to set up a local E-waste collection event. Staff coordinated with other local solid waste partners and were able to secure the services of a local company to collect, transport and recycle the E-waste. The event was held in early August on the government campus in Yorkville. Advertising and registration for the event went out in the paper, on local TV and radio, social media, flyers and on the county's website.

The E-waste Collection Event

Staff utilized an online scheduling software system to manage registrations and to ensure smooth traffic flow. Registration was allowed at two-minute intervals to provide space between drop-offs and avoid backups and safety concerns.

As participants exited the event, staff distributed a flash drive preloaded with files related to solid waste, recycling and source reduction.

Mission Accomplished

The event was successful with no backups or complaints!

- 376 cars dropping off E-waste
- 51,174 pounds of e-waste from Kendall county residents (136 lbs. /vehicle)
- Two Semi trailers (44-48 pallets) and one Rental Truck (seven pallets) of electronics collected.

Mental Health Services

Mental Health Treatment & Support Services

Integrated mental health and substance abuse services are provided to address the needs of youth as well as adults through counseling, prevention work, diversion services, violence prevention, and psycho-education. Clinicians understand the impact of high risk behaviors on individuals, families, and communities. Clinicians work to promote protective factors in treatment that will help facilitate meaningful change. We have established strong working relationships with Kendall County residents and stakeholders. We are committed to ensuring cultural relevance and respect for all.

Addressing The Addictions/Opioid Epidemic

We are committed to responding to the addictions/opioid epidemic across three planes.

- ✔ **Surveillance** - We perform surveillance for addictions prevalence and trends through collection and analysis of cutting edge information from sources including but not limited to the Illinois Youth Survey, area hospital admissions, and self-violent death data.
- ✔ **Prevention** - Our surveillance work serves to inform our indicated, targeted and universal prevention efforts as we work with schools, police departments, homeless shelters and churches, social and mainstream media, and other community members to raise awareness, understanding and education on this issue.
- ✔ **Intervention** - Both surveillance and prevention invariably lead to opportunities for intervention in which we caringly connect persons to the level of treatment best suited to ensure their safe and successfully recovery. We do this through our work here at the health department, our county's drug court, and with the incarcerated.

Program Highlights

- ✶Targeted outreach to high-risk cases referred by worried love ones and first responders.
- ✶3,387 Counseling sessions were provided
- ✶Trauma focused assessment and treatment to those who have experienced a traumatic life event
- ✶1,153 addictions treatment sessions
- ✶Integrated mental health and addiction treatment for youth, adult, and elder populations
- ✶231Transitions elder care coordination cases
- ✶Accreditation for specialization in serving the criminal justice involved populations
- ✶89 forensic youth interviews conducted in the Child Advocacy Center
- ✶Proud participating member and treatment provider for Kendall County Drug Court

Youth Substance Abuse Prevention

We are committed to meaningful youth substance abuse prevention. Substance abuse and problematic patterns of substance use among youth can lead to problems at school, cause or aggravate physical and mental health-related issues, promote poor peer relationships, cause motor-vehicle accidents, and place stress on the family. Youth substance abuse can also develop into lifelong issues such as chronic addiction, other health problems, and family as well as financial consequences.

Youth Substance Abuse Prevention Services

Through partnership with the Illinois Department of Human Services, we provide targeted Substance Abuse Prevention Services to community youth and their families.

These services include Youth Prevention Education; delivered directly to local seventh graders in their classrooms, communication campaigns to help raise awareness of drug and alcohol related issues, raise awareness of local drug take-back programs, the formation of a Youth Committee to organize and plan two prevention events, and outreach services to encourage schools to participate in the Illinois Youth Survey.

Illinois Youth Survey

We are actively working to promote Kendall County school participation in the 2018 Illinois Youth Survey. The Illinois Youth Survey is a self-report survey administered in school settings and designed to gather information about a variety of health and social indicators including substance use patterns and attitudes of Illinois youth. Each participating school is eligible to receive a report specific to their own students' responses. These local reports provide critical information to school administrators, prevention professionals, and community members as they work to address substance abuse issues in their communities. The Illinois Youth Survey is free to the school, it takes one class period to complete, and schools can add their own questions to the survey in order to gain key information. We are available to assist in registration, proctoring the survey, and reviewing, and reviewing the data collected.

REALITY Illinois is an anti-tobacco campaign that works to educate teens on the health effects of tobacco use and secondhand smoke and on how tobacco companies target teens through deceptive advertising and marketing practices. Additionally, REALITY Illinois seeks to directly impact tobacco control policies by working locally on issues such as reducing exposure to secondhand smoke. A Youth Committee, made up of local teens, is the driving force behind REALITY Illinois. Youth in this program:

- Gain important research, analytical, critical thinking, communication, and teamwork skills
- Work on real community change projects to promote smoke free parks
- Develop media to spread awareness about tobacco and secondhand smoke
- Clean up tobacco litter at Plano Parks
- Conduct surveys to find out how many Plano residents support tobacco-free parks
- Create and deliver presentations to encourage tobacco-free parks
- Discover how to make real change in their communities

Prescription Drug Turn-In

This event was a partnership with the Plano Chamber of Commerce, Plano Police Department, the Kendall County Health Department, and the Kendall County Sheriff's Office. A large quantity of prescription medications were collected and safely disposed of by Plano Police Department at the Kendall County Public Safety Center.

KENDALL COUNTY HEALTH DEPARTMENT

Since 1966
A Caring Place

- Our community health indicators are kept current on our web page to allow community stakeholders to compare county to state and national profiles.
- We distributed 1,300 Energy Kits to low income elderly, persons with disabilities, and individuals/families with children; promoting home energy efficiency.
- Our Opioid response includes promoting safe prescribing practices, community education, addiction surveillance, access to care, and justice-involved support.
- We administered over 900 immunizations to infants, children, and adults, providing critical protection against life threatening communicable diseases.
- We work with regional and state partners to provide current information to community partners during a disease outbreak, ensuring clear communication.

- We survey sites throughout the community for deer ticks and have demonstrated; through testing, an increase in ticks collected do carry the Lyme disease bacteria.
- The Health Department performed infectious disease investigation on over 550 incidents of disease, in the swift control and prevention of communicable disease.
- We work to prevent West Nile Virus and harmful levels of indoor radon gas; returning real time information and education to our community members.
- We coordinated a *Share Your Blessings* holiday program (full of care and hope) for community children, elders, and families; with so many community partners.
- The Health Department assisted over 200 families with the provision of postpartum depression screenings and timely child developmental screenings.
- Our *Drive to Success* program provided several donated cars to individuals and families in need of transportation to reach work or healthcare appointments.

Dedicated to Community Well Being

- We are known as a high quality behavioral health treatment provider to individuals involved with the county, state and federal criminal justice systems.
- We conduct hundreds of routine and follow-up inspections of all food service establishments to ensure our community has access to a safe food supply.
- The Kendall County Health Department provides fluoride dental varnishing to young children; a safe and important treatment in the prevention of tooth decay.
- Bed bugs prevention response efforts included visiting area-housing complexes to discuss and explain the healthiest practices in pest exclusion and mitigation.

We connect with other community partners to best provide services and support to those with the greatest needs in our surrounding communities.

We provided intensive case management to 48 young foster children, ensuring that each child received medical care, dental care, and immunizations needed.

The Kendall County Health Department is both team participant and treatment provider for precious individuals participating in the Kendall County Drug Court.

We carefully prepare a community newsletter, which hosts vital health information about our contemporary services in a relevant and respectful layout.

We play a key role in new home construction in unincorporated areas of the county as we support the best practice installation of wells and septic system

- The Kendall County Health Department provides forensic interviews for children and families in the *Child Advocacy* Center; to mitigate and prevent abuse.
- We respond to and investigate community concerns about food, water, sewage disposal systems, and other environmental health community concerns.
- Our weatherization staff conducted outreach to community seniors and local organizations to provide education on the wellbeing benefits of weatherization.
- The Health Department engages persons experiencing homelessness each week at the local PADS shelter, providing mental health and addiction treatment.
- We assisted over 700 pregnant women, infants, and children access affordable nutritious foods to reduce fetal death, low birth delivery, anemia, and obesity.

KENDALL COUNTY
HEALTH DEPARTMENT

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