

## Lake County Proposal

According to the [American Psychological Association](#), research on COVID-19 shows that the coronavirus pandemic has increased psychological distress both in the general population and among high-risk groups. Behaviors such as physical distancing, as well as their social and economic impacts, are worsening mental health consequences, particularly for those with disabilities. Research on the psychological impact of mass trauma suggests that the pandemic might particularly harm the mental health of marginalized populations who have less access to socioeconomic resources and supportive social networks.

There are unique stressors and challenges that could worsen mental health for people with disabilities during the COVID-19 crisis. Research on past pandemics shows that disabled people find it harder to access critical medical supplies which can become even more challenging as resources become scarce. Some people with disabilities report higher levels of social isolation than their nondisabled counterparts. They may experience intensified feelings of loneliness in response to physical distancing measures. Social isolation and loneliness have been associated with increases in heart disease, dementia and other health problems. Furthermore, policies around rationing of medical care can intensify discriminatory attitudes towards disabled individuals during times of crisis. This can understandably worsen anxiety about getting sick and needing to seek medical care.

Glenkirk has a history of providing quality behavioral health services to individuals with intellectual and developmental disabilities. During the pandemic, it has become clear that the behavioral health needs of the individuals we serve have intensified, potentially jeopardizing their ability to remain independent in the community. Glenkirk would like to expand our behavioral health services offerings in Lake County by implementing Behavioral Health Clinic services in the Highland Park community. Our targeted population is individuals with intellectual and developmental disabilities living independently without in-home residential supports.

This will include assigning a full-time licensed therapist to provide mental health assessment, individual therapy, and group therapy services. Additionally, Glenkirk would like to utilize this funding to support 3 direct support professionals to provide in-home personal care and case management services to individuals served who have been isolated from their employment, family supports, and other social supports due to the COVID-19 pandemic. These direct caregivers assist individuals served in obtaining needed groceries and supplies, budgeting and money management, job seeking, going to doctor's appointments or assisting with access to telehealth, and ensuring the home environment is maintained and healthy. Additionally, Glenkirk would like to enlist a Registered Nurse to provide supports including medication monitoring and self-administration training to individuals to ensure that all medications are consistently taken as prescribed, and that both preventative and interventional care needs are identified and addressed.

During the timeframe of June 1-December 31, Glenkirk will utilize Lake County grant funding to support these expanded behavioral health services while we complete the registration process with HFS to become a licensed Medicaid Behavioral Health Clinic. Once licensed, Glenkirk will have the ability to bill Medicaid for the above-listed services, and ensure post-pandemic sustainability and growth of this program in the future.

Proposed Budget  
June 1-December 31, 2021

Licensed Practitioner of the Healing Arts (LPHA)	\$40,850
Direct Support Professionals (3 staff- 30% of salary paid)	\$35,600
Registered Nurse (10 hrs/month @\$65/hr)	<u>\$4,550</u>
	\$81,000

Additional costs associated: transportation, office space, overhead (computers, phones, etc)

Job Descriptions

The **Licensed Practitioner of the Healing Arts (LPHA)** is a Masters-level mental health clinician licensed by the State of Illinois to provide counseling and therapy services. The LPHA conducts comprehensive assessments of the need for supports in all areas of independent functioning, identifies barriers to independent living, and makes referrals to supportive services as needed. Creates treatment plans based upon need and provides individual and group therapy services to individuals served.

The **Direct Support Professionals/Case Managers** promote independence by encouraging individuals to utilize as many community resources as possible. They meet with individuals regularly in their homes to work on goals outlined by the LPHA in the treatment plan, including to assist with activities of daily living, household maintenance, decision-making, medication monitoring, budgeting, meal planning and grocery shopping, attending medical and therapy appointments, and assisting with linkage to services such as LINK benefits and Supportive Housing vouchers. Provides transportation to various community activities and appointments. Provides emergency on-call supports as needed.

The **Registered Nurse** provides remote and on-site assessment and supports to ensure general health, make referrals to medical professionals as needed, and provides training to individuals served regarding independent medication administration.