



System of Care for Families Project

Child and Adolescent Behavioral Services (CABS) Program

Amy Greskiw, MA, LCPC
Project Director / Assistant Clinical Coordinator

Project Overview

- Substance Abuse and Mental Health Services Administration (SAMHSA) Four-year grant - \$3 Million Dollars over four years
- Two-fold approach: Expand capacity for services and invest in local and state infrastructure.
 - Population served: Children/Youth ages 3-20 with symptoms of a serious emotional disturbance (SED).
 - Serves all of Lake County, with focus on five communities with large low-income populations (Waukegan, North Chicago, Zion, Round Lake Area and Highland).
 - At least 57% of the population enrolled is expected to be a racial/ethnic minority or have a preferred language other than English.
 - Collaboration with local agencies, partners, and vendors to build a network of coordinated community-based services.
 - Engagement with state partners for improved SOC services state-wide and work for policy change.

What is a System of Care?

(Core Values)

A spectrum of effective, community-based services and supports for children/youth with mental health or other challenges and their families, that is organized into a coordinated network designed to improve overall functioning.

- Culturally Competent - Services reflect the cultural, racial, ethnic, and linguistic differences of the populations they serve to eliminate disparities in care.
- Youth and Family Driven - Strengths and needs of family determine the type of services/supports given.
- Community Based - A supportive, adaptive infrastructure of structures, processes, and relationships at the community level.

(Illinois Department of Human Services 2016)

Grant Goals

- 1) Increase system capacity by expanding mental health, substance abuse, and physical health services available to youth in Lake County.
 - We will serve 800 new, unduplicated clients over the four-year grant period.
 - Clinicians are co-located at Children's Advocacy Center, Depke Juvenile Justice Center, and Arden Shore Family Services.
 - Family Resource Developers will assist caregivers and youth by providing support, referral and assistance to access resources, and self-advocacy/empowerment strategies to improve resiliency.
 - Integrated Care at LCHD: Clients will be seen by an LCHD primary care medical provider.

Grant Goals

- 2) Improve the existing continuum of care at the LCHD Child and Adolescent Behavioral Services (CABS) by implementing three additional evidenced-based practices to treat serious emotional disturbances.
 - Dialectical Behavioral Therapy: DBT is designed to change unhelpful patterns of behavior, such as self-harm or substance abuse. Learning the triggers that lead to reactive states and implementing healthier coping strategies will lead to emotional and cognitive regulation.
 - Ecosystemic Structural Family Therapy: ESFT is a systemic, strength-based, trauma-informed family therapy model based on the theory that change in family structure contributes to change in the behaviors of individual members.
 - High Fidelity Wraparound: Wrap is a facilitator-led process where multiple systems come together with the family to create a highly individualized plan to address complex emotional needs. Flex funds are available through this grant.

Grant Goals

#2 continued

- Continue to use evidence-based treatments proven effective via successful use within existing and past CABS programs:
 - Cognitive Behavioral Therapy (CBT) and Coping Cat: These have been proven to be effective for depression and anxiety.
 - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Attachment, Regulation, and Self-Competency (ARC), and Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS): These treatments have effectively reduced trauma symptoms and have led to improved overall functioning for both youth and caregivers.
- Trauma-focused assessment will continue using UCLA PTSD index.

Grant Goals

- 3) Increase access by providing social marketing, outreach, linkage, and prevention to identify and treat youth and families in need of mental health services.
 - Provide Mental Health First Aid (MHFA) training to 20 organizations.
 - Sponsor an event in honor of Children's Mental Health Awareness Day every May.
 - Utilize social marketing via Facebook, YouTube, Twitter, and newsletters to broadcast strategic messages related to the Lake County System of Care as well as mental health awareness and prevention.

Grant Goals

- 4) Raise the level of competency and confidence in community providers to deliver effective System of Care mental health treatment to youth and families.
 - Provide training related to identifying Serious Emotional Disturbances in youth to increase the probability of referrals to treatment.
 - Provide training on System of Care Principles.
 - Provide training on Evidence-Based Practices.
 - Provide training on Trauma-Informed Care.

Grant Goals

- 5) Work with community providers, youth, and families to build a coordinated network of wraparound community based services and supports for youth who have mental health issues and their families.
 - Governing Council: This council consists of 10 members of whom at least five will be consumers. The members will oversee grant activities and monitor plans for sustainability. Meetings are held quarterly throughout the course of the grant.
 - Wraparound Council: Twenty organizations in Lake county will be participants in the Wraparound Council.

Grant Goals

- 6) Engage with state governmental partners and state family run organizations to help advocate for system changes in Lake County.
 - Illinois United for Youth (IUY): IUY has a current SAMHSA grant to help expand System of Care Principles throughout the state of Illinois.
 - Illinois Youth and Family Peer Support Alliance (IYFPA): IYFPA is a consumer-run organization offering support to families as well as teaching them to learn to advocate for positive change. They offer technical assistance to community agencies.

Big Picture

- Identify and fill gaps in services with continued use of effective, evidence-based treatments.
- Empower families to understand how to access services and improve ease of access.
- Improve the overall network of care for families in Lake County.
- Educate the community on mental health issues and System of Care Principles.
- Collaborate with community partners, consumers, and state agencies to change policy and increase sustainable healthcare for all.



3010 Grand Avenue, Waukegan, Illinois 60085
(847) 377-8000
health.lakecountyil.gov



HealthDepartment



@LakeCoHealth



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