

A 708 Mental Health Board will improve mental health services in our community



The Need and the Numbers

- **1 in 5 adults** and **1 in 6 children aged 6-17** experience mental illness each year. Since the pandemic, anxiety and depression, two of the most common mental illnesses, have doubled. (some stats show that they have tripled). (1)
- Even before the pandemic, only 23% of Illinois residents in need of mental health or substance use treatment were able to access care. **Only one in four people who need it get help.** (1)
- **One in 4 young adults (18-24 years of age)** have struggled with suicidal thoughts since Covid 19 hit. (2)
- **90 percent** of cases of suicide are attributed to mental illness. (3)
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- **1 in 10 youth aged 12-18** have used an illicit drug in the past month. (4)
- **About 10 million Americans** have a dual diagnosis of mental illness and substance use. (5)

The Need and the Numbers

- One in 8 ER visits is related to mental illness or substance use disorder. (6)(7)
- For some, the ER is their only source for mental health care. (6)(7)
- ER visits for mental health crisis **increased by 21% for kids from 5-11.** (6)(7)
- ER visits for mental health crisis **increased by 30% for kids age 11-17.**(6)(7)



Police Data for Mental Health

- In many DuPage communities, mental health and substance use calls represent the **majority** of calls to police.
- Lisle Township Mental Health-related calls to police:
 - *Naperville over **1000** calls in 2021 (8)
 - *Lisle increased by **7x** from 2020 to 2021. (9)
 - *Woodridge reported a **16%** increase from 2020 and a **38%** increase from 2019 (33).
- Persons with a mental illness are **16 times more likely to be fatally injured during a police intervention.** (10)
- It is estimated that **18-24%** of dispatchers and **35%** of first responders will experience the effects of **PTSD.** (11)



Mental Health Care by the Percent

Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

11 YEARS

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

45% of adults with mental illness

66% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

23% of Asian adults

33% of Black adults

34% of Hispanic or Latinx adults

43% of adults who report mixed/multiracial

49% of lesbian, gay and bisexual adults

50% of white adults

The Need and the Numbers

- Drug overdose deaths reached an **all-time high of 100,000** Americans from April 2020 - April 2021, a nearly **28.5% surge** from the record numbers we saw in 2020 (12)
- Overdose deaths were **up 33% in Illinois** in 2020 (13) and **up 17% in DuPage County** (14).
- DuPage County 2020* Coroner's Data (14):
 - 136 total OD deaths** (2.5x the amount of motor vehicle deaths and **2/3 are adolescents and YA**).
 - 112 opioid OD deaths**



Individuals with Intellectual/Developmental Disabilities

- Illinois is 4th for highest number of people waiting for services (now being 19,000 people). (17)*
- 226 Lisle Township and 306 Naperville Township residents with I/DD are on a statewide waitlist and (PUNS). (15)
- 76% of Adults needing services have a wait-time of up to 3 years. The other 24% have wait of up to 5 years. (16)
- 42nd - Illinois' rank nationally on % of people with I/DD being employed in the community.(18)



The Cost of Doing Nothing

- A conservative estimate of the cost per capita for mental illness alone, is **\$850 per person, annually**.(34)*
- Depression and Anxiety cost the global economy **\$1 TRILLION annually**, impacting absence from work and loss of productivity. (20)
- The annual economic impact of substance misuse is estimated to be **\$249 billion for alcohol misuse** and **\$193 billion for illicit drug use**. (21)
- The indirect and direct costs (of substance use disorder) due to crime, law enforcement, and criminal justice total **~\$98B annually**, driven by law enforcement costs (76%) (22)



It doesn't just happen to other people

According to statistics, every one of us will be affected either directly or indirectly by mental health or substance use/abuse.

Many of you already have your own story or can share a story of someone you know.

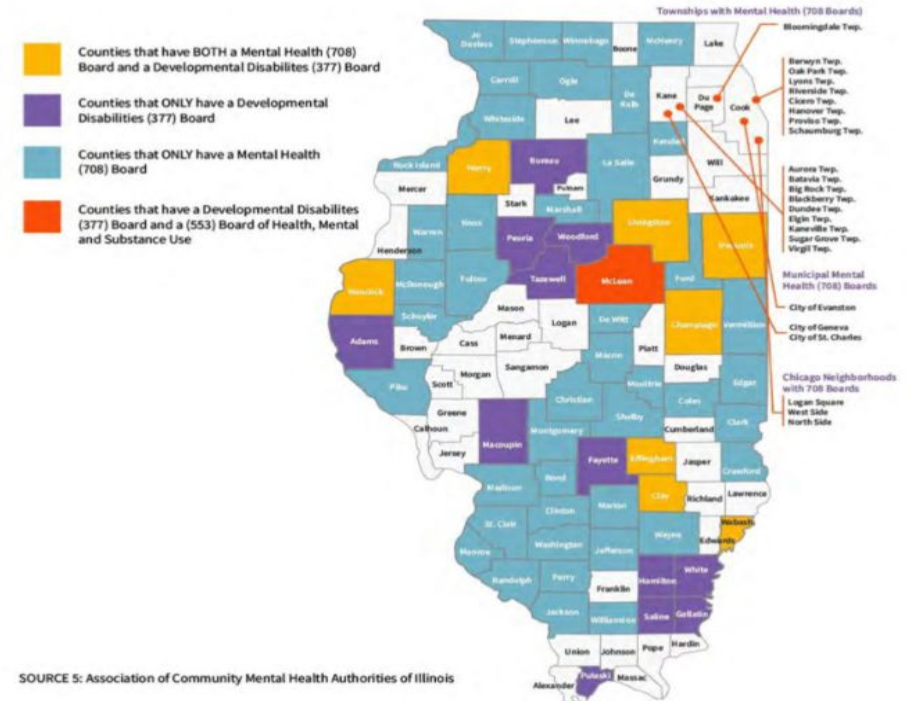


What is a 708 Board?

- A local citizens' board established by referendum,
- Volunteer board of 7-9 members,
- Appointed by the Township Board Supervisor,
- Accountable to the citizens of our community,
- More than ninety in Illinois
- Governed by the Illinois Community Mental Health Act
- ARE NOT SERVICE PROVIDERS

DEFINITIONS

From the Association of Community Mental Health Authorities of Illinois



"708 Board" or Community Mental Health Board is established by a community, municipality, or township for the purposes of planning and funding mental health, developmental disability and substance abuse services.

"377 Board" or Board for the Care and Treatment of Persons with Developmental Disabilities is established on a county-wide basis to provide services to the developmentally disabled and their families.

"553 Boards" or Public Health Departments, in some areas, manage mental health care.

What it does

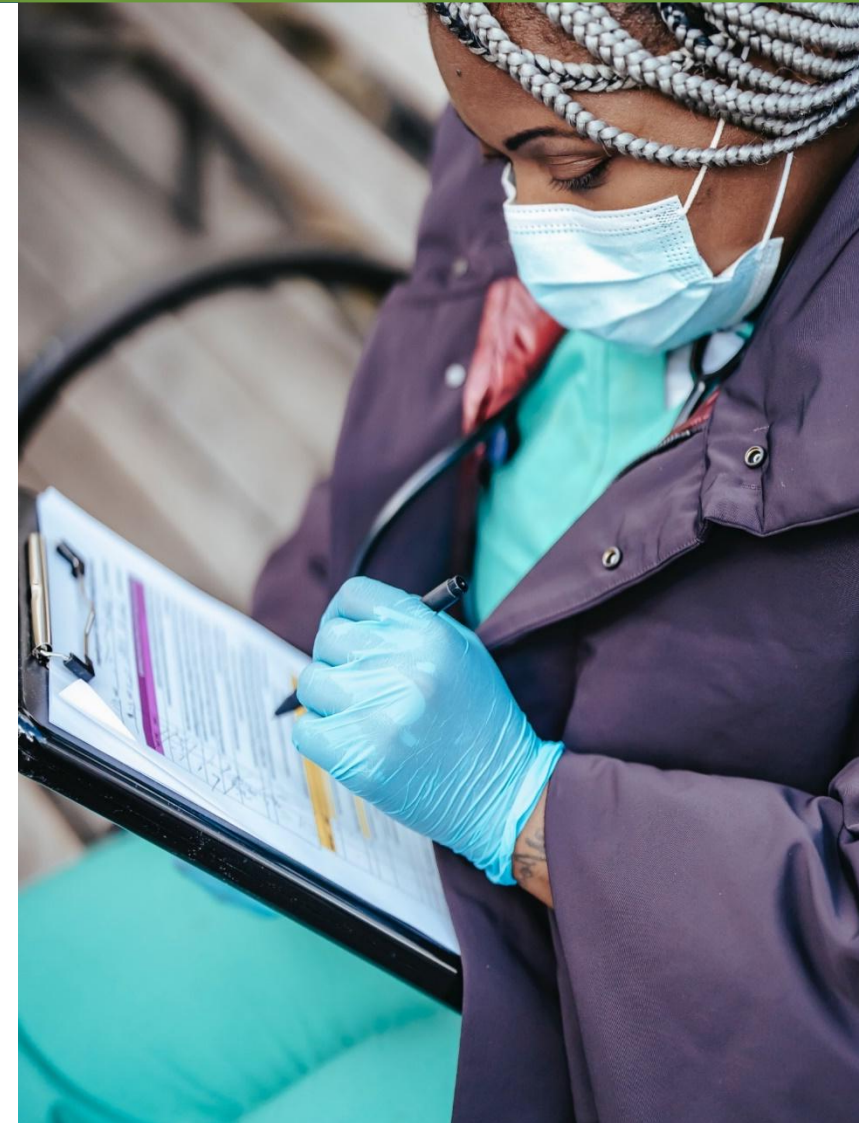
- Evaluates community needs (survey)
- Creates targeted local support
- Strategizes, plans and allocates funding
- Coordinates a comprehensive system of services to help people living with:
 - Mental health issues
 - Developmental and intellectual disabilities
 - Substance use issues.

What it does - 2

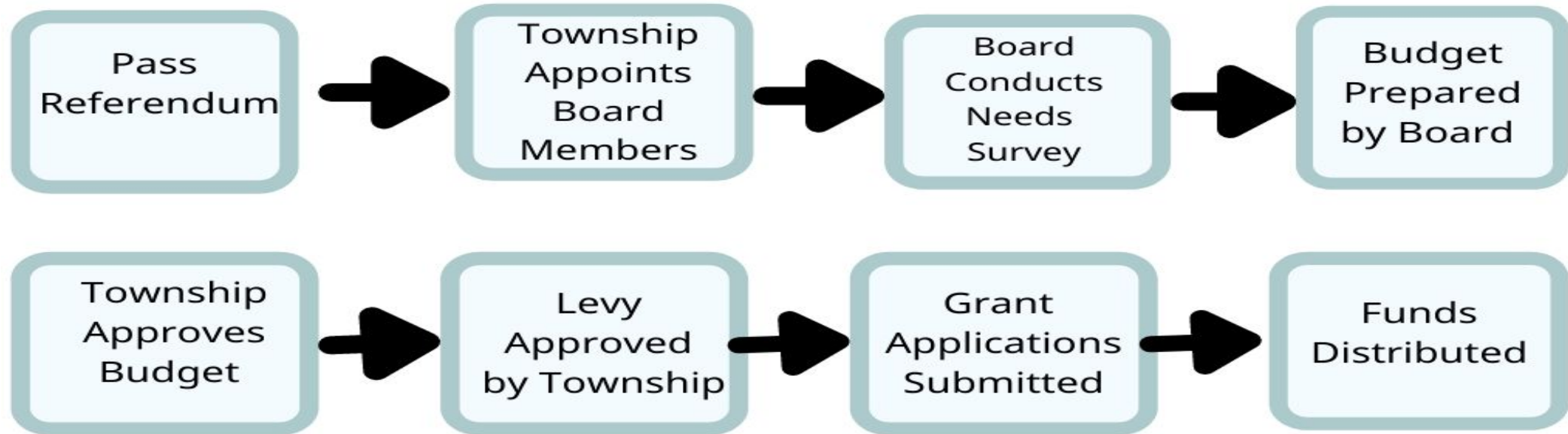
- Reduces or eliminates long waiting lists and gaps in services while it expands access
- Can only be used for Township residents. The money the community levies stays in the community.

Process

- **Goal: get the referendum on the November 2022 ballot; let the community decide**
- **So far: we have 2/3 of required signatures**



708 PROCESS



HOW MUCH DOES IT COST?

First and most importantly – you and your neighbors get to choose.

For less than the price of a latte per month, you can be sure that your money stays in the community and provides critical services for people with mental health issues, developmental and intellectual disabilities, and substance use issues.



708 Board Funding

- The levy is capped at 0.15% of the equalized assessed property value.
- After the referendum is passed and the Board installed, a needs survey would be conducted to determine the amount levied to meet community need.
- For example, if the goal was to raise \$1.5 million dollars, the cost for the average priced home in Lisle Township would be \$2.27/month.
- For comparison, in Hanover Township, the cost to the average homeowner was between \$25 - \$50 per year (\$2.08 - \$4.17 per month).



Return on Investment-Mental Health Funding

- “The way we pay for mental health today is the most expensive way possible,” Insel says. “We don't provide support early, so we end up paying for lifelong support.”
THOMAS INSEL, DIRECTOR OF THE NATIONAL INSTITUTE OF MENTAL HEALTH (32)
- **One dollar invested in scaling up treatment for depression and anxiety rewards taxpayers with a return of \$4.00 in better health and ability to work. (23)**

Return on Investment-Substance Abuse

- Research shows that every dollar spent on substance abuse treatment saves \$4 in healthcare costs and \$7 in law enforcement and other criminal justice costs. (22)(23)
- For every initial police interaction that can refer an individual or family member to a social services intervention, 80-90% can be prevented from entering a criminal justice system (DCFS, Court, Jail, Probation). This will reward taxpayers by 10-fold. (24)
- Smoking cessation and alcohol counseling improves health and reduces medical costs for pregnant women and their infants. One dollar invested in screening and brief counseling about alcohol misuse among pregnant women saves \$4.30 in health care costs. (25) Each dollar invested in smoking cessation programs for pregnant women saves \$3 in health care costs. (26)

Return on Investment-I/DD

- Newborn screening and early childhood screening decrease long-term health and societal costs among infants and children. The lifetime cost of developmental disabilities prevented by newborn screening ranges from \$500,000 - \$1 million in the US. **Every dollar invested in early childhood developmental screening and treatment saves \$17 in health and societal costs. (27)**
- In Illinois, 70,289 kids under the age of 3 are at risk of developmental delays or disabilities that will set them back when they start school, yet only 33,829 are currently receiving early intervention services through Part C of IDEA. (28)
- A study by Robert Cimera published in the TASH journal, Research and Practice for Persons with Severe Disabilities, substantiated that **supported employees returned an average monthly net benefit to taxpayers of \$251 (or an annual net benefit of \$3,016.08 per supported employee) and generated a benefit–cost ratio of \$1.46 for every dollar spent. (29)**

Barriers to Care

- The stigma associated with mental illness or substance misuse. (30)
- High deductible health plans deter access to mental health services (31)
- Studies show Medicare does not offer a robust network of mental health professional, covering only about 23% of psychiatrists in the U.S.(19)
- Medicare has a 190-day lifetime limit on psychiatric inpatient care, woefully inadequate for those who are diagnosed with severe or chronic mental health conditions at a young age. (19)

Barriers to Care - 2

- The U.S. is likely to continue to experience a shortage of mental health professionals through 2025. (19)
- For older adults, barriers to care include stigma, perceived costs, mobility limitations, lack of specialised therapists, poor mental health literacy, and a perception that mental health illnesses are a natural part of aging. (35)

708 Board funded services in other communities

Screening for Behavior Health Risk in schools

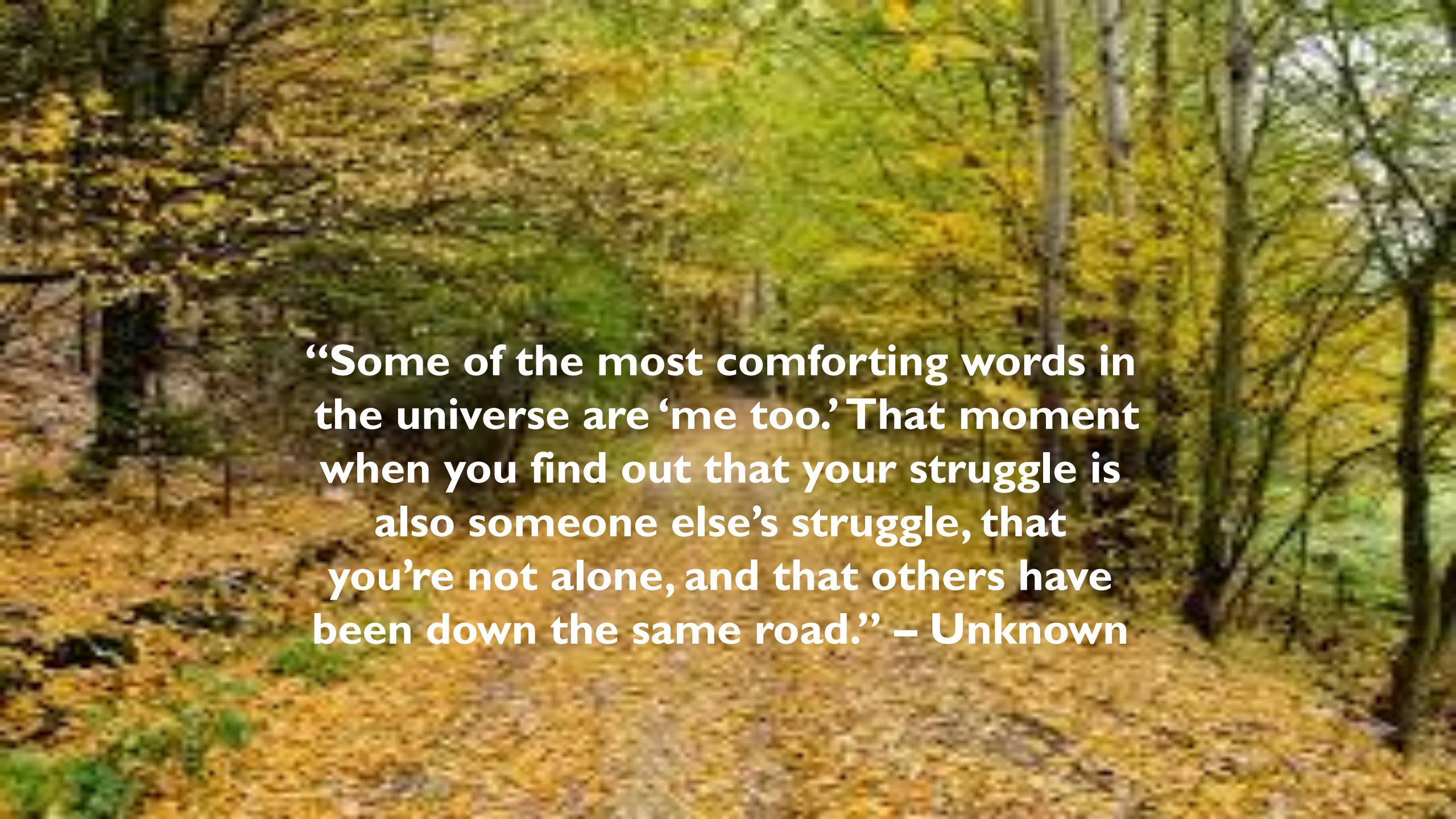
Funding for Social Workers in police and fire districts

Expansion of Crisis Intervention Training for First Responders

Supports for At-Risk Youth

Mental Health and Substance Use education in schools

Mental Health and Substance use supports for Parents

A photograph of a forest path in autumn. The ground is covered in fallen yellow and orange leaves. The trees have green and yellow foliage. The text is overlaid in the center of the image.

“Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.” – Unknown

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- (21) <https://www.hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/index.html#:~:text=The%20annual%20economic%20impact%20of,billion%20for%20illicit%20drug%20use>
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