

Building a Behavioral Health Crisis System

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DuPage Railroad Safety Council

Prevent Tragedy on the Tracks 2022 Conference

Building a Behavioral Health Crisis System

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(630) 682-7400 • www.dupagehealth.org



A BEHAVIORAL HEALTH CRISIS SYSTEM IS MORE THAN A SINGLE CRISIS PROGRAM.

It is an organized set of structures, processes and services that are in place to meet all types of urgent and emergent behavioral health crisis needs in a defined population or community, effectively and efficiently.

Source: Roadmap To The Ideal Crisis System - Executive Summary - March 2021, National Council for Behavioral Health



Statistics

According to the Centers for Disease Control (CDC), suicide is a serious public health problem:

- Suicide rates increased 30% between 2000-2018 and declined in 2019 and 2020.
- In 2020, the U.S had one death by suicide every 11 minutes.
- In 2020, suicide was among the top leading causes of death for people ages 10-64.
- Suicide was the second leading cause of death for people ages 10-14 and 25-34.
- From April 2020 to 2021, over 100,000 individuals died from drug overdose.
- In 2020, an estimated 12.2 million American adults seriously thought about suicide, 3.2 million planned a suicide attempt, and 1.2 million attempted suicide.

<https://www.cdc.gov/suicide/facts/index.html>



Statewide Initiative

Illinois Department of Human Services/Division of Mental Health (IDHS/DMH) Vision of Crisis Infrastructure

- Someone to Call- 988
- Someone to Respond- 590 Grant
- Somewhere to Go- Crisis Receiving and Stabilization Units

The ideal system- Every person receives the Right Service, in the Right Place, Every Time!



Someone to Call

988

- Formerly the National Suicide Prevention Lifeline. 988 launched July 16, 2022
- National network of over 200 local, independent crisis centers located across the United States
- Provides 24/7, free and confidential support for those in distress or looking for resources on how to help a loved one
- Calls are routed to the nearest crisis center for connections to local resources for help.
- Illinois currently has 6 centers- DuPage County Health Department has been a center since 2012



Someone to Call

Vision of 988

- A direct three-digit line to trained counselors can open the door for millions of Americans to seek the help they need, while sending the message to the country that healing, hope, and help are happening every day.
- A 988-crisis line that is ***effectively resourced and promoted*** will be able to:
 - Connect a person in a mental health crisis to a trained counselor who can address their immediate needs and help connect them to ongoing care
 - Reduce health care spending with more cost-effective early intervention
 - Reduce use of law enforcement, public health, and other safety resources
 - Meet the growing need for crisis intervention at scale
 - Help end stigma toward those seeking or accessing mental healthcare



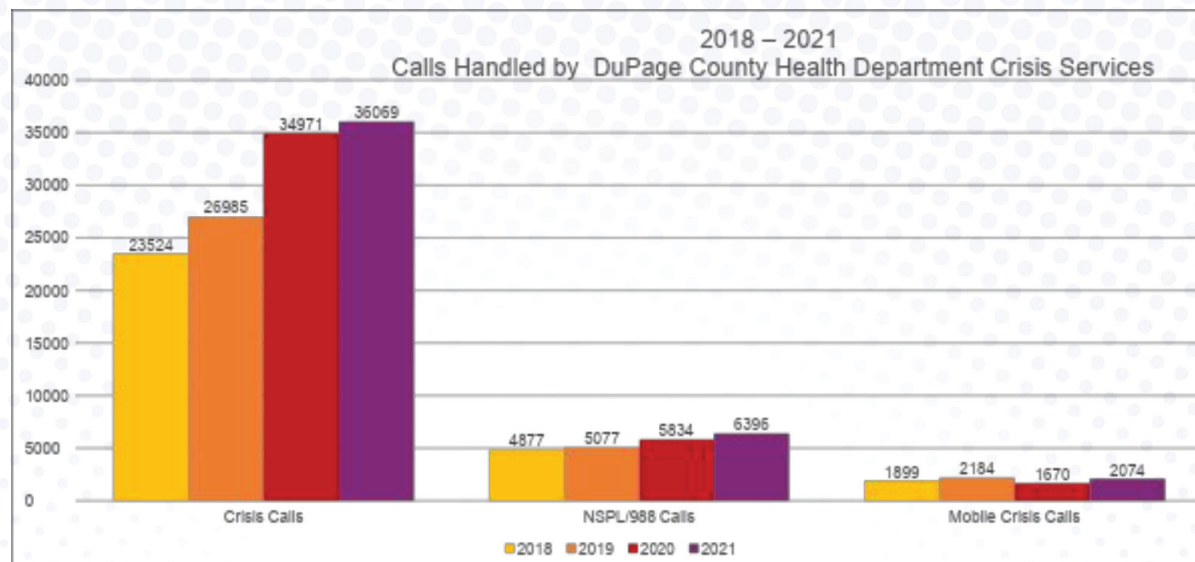
Someone to Respond

Mobile Crisis Response Teams

- IDHS/DMH grant had a competitive grant application process in the spring of 2021 for statewide coverage of MCR. DuPage County Health Department was awarded the 590 grant for DuPage County.
- Mobile Crisis Teams
 - Mental Health Professionals
 - Engagement Specialists with lived experience
- Offers in person community response to:
 - Provide crisis intervention and risk assessment
 - Determine level of care needs
 - Link to community resources for ongoing follow up

Building a Behavioral Health Crisis System

Someone to Call, Someone to Respond





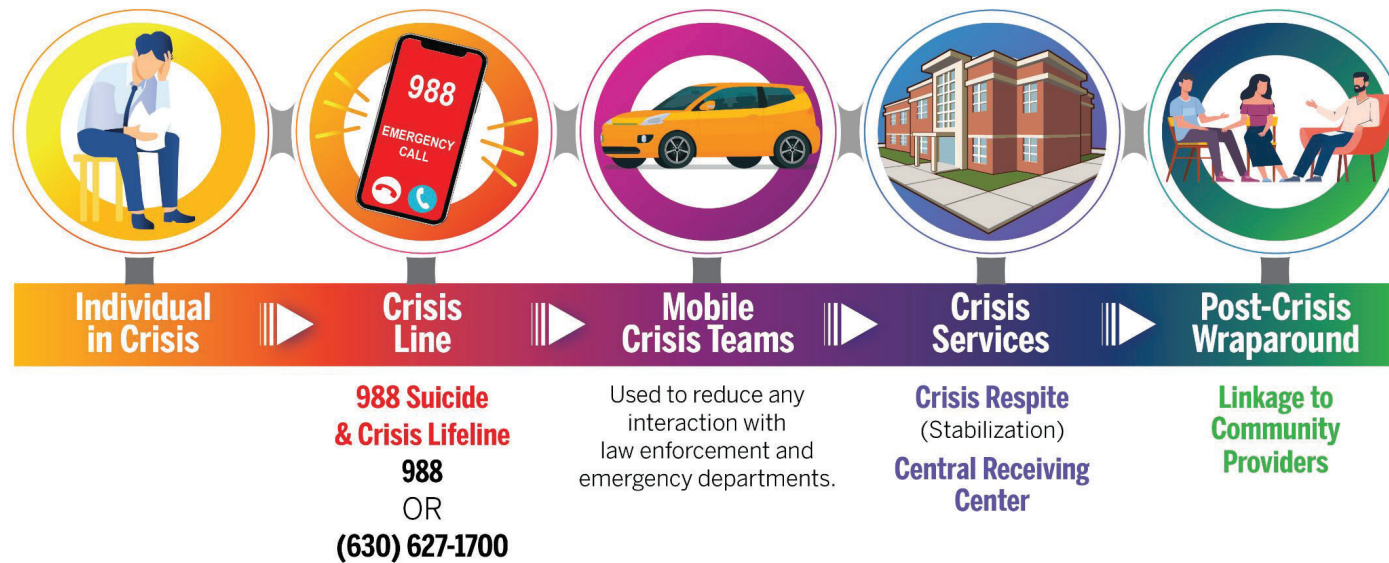
Somewhere To Go

Crisis Receiving and Crisis Stabilization

- Crisis Residential (crisis respite/stabilization)- one of 11 programs in the state
 - 12 bed unit
 - Short-term residential program for 18+
 - Voluntary/unlocked
 - Stabilization and linkage to ongoing services
- Central Receiving Center
 - 23/59 (no overnight stays- 23 hours and 59 minutes)
 - Crisis intervention and risk assessment
 - Referrals to appropriate levels of care
 - Goal is to have a Central Receiving Center for our DuPage County

Building a Behavioral Health Crisis System

"Every Person Receives the Right Service in the Right Place, Every Time."





Local Resources

DuPage County Health Department

Crisis Intervention offered onsite at Crisis Services, over the phone, or in the community where the person is presenting in crisis

Crisis services

Linda A. Kurzawa Community Center
115 N County Farm Road
Wheaton, IL 60187

24/7 Hotline to all DuPage County Residents

- 630-627-1700

988 Suicide and Crisis Lifeline

- 988
- <https://988hotline.illinois.gov>



Resources

Crisis Text Line: Text REACH to 741741

Crisis Text Line is available for any crisis, 24/7. A live, trained Crisis Counselor receives the text and responds from a secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

The Trevor Project: Call 866-488-7386 or Text START to 678678

Phone and text line available for LGBTQ youth to speak confidentially with trained counselors. Service is available 24/7 and is free of cost. More resources and information available on the [Trevor Project website](#).

Illinois Call4Calm Text Line: Text TALK (English) or HABLAR (Spanish) to 552020

Illinois Helpline for Opioids & Other Substances: 833-234-6343 or helplineil.org

Illinois Warm Line: 866-359-7953

If you or one of you family members has mental health and/or substance use challenges and would like to receive support by phone, call the Illinois Warm Line at 866-359-7953. Available Monday – Saturday, 8:00am – 8:00pm CT.



Training

Mental Health First Aid Training

- National program to teach skills to respond to signs of mental illness and substance use
- Adult & Youth programs

<https://mentalhealthfirstaid.org>

Applied Suicide Skills Intervention Training (ASIST)

- 2-day training program that teaches participants how to assist those at risk for Suicidal Thinking, Behavior, Attempts
- <https://www.livingworks.net/asist>



Questions?

Contact information:

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