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2024 COMMUNITY NEEDS ASSESSMENT

Lee/Whiteside Counties Recovery Oriented System of Care Council Lead Agency: Sauk Valley Voices of Recovery Coordinator: Gerald Lott

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ROSC Definition & Project Information

Recovery Oriented System of Care (ROSC)

A Recovery Oriented System of Care is a coordinated network of community-based services and supports that is person-centered. It builds on the strengths and resilience of individuals, families, and communities to achieve recovery and improve health, wellness, and the quality of life for those with or at risk of alcohol/substance use and/or mental health issues.

Background and Purpose

In the Spring of 2023, Sauk Valley Voices of Recovery (SVVOR) was awarded a ROSC grant by the Illinois Department of Human Services Office of Substance Use and Prevention (SUPr) to begin July 1, 2023. SVVOR had been working in the community as a recovery community organization (RCO) for several years at the time and was quickly able to assemble a council of community leaders, service providers, and persons with lived experience (PLEs). Since the grant start, the ROSC Council has met on a monthly basis to consider ways to reduce stigma, increase access to care, and help strengthen a resource network for those in the recovery community. The mission of the Lee/Whiteside ROSC Council is to collaborate to build and empower communities of recovery.

Project Description

The ROSC Council assists the community in investigating and building local initiatives that can network with statewide recovery efforts. To ensure sustainability of the ROSC Council, SVVOR must demonstrate a commitment to establish its permanence with a long-term (5 year) strategic plan. This agreement is set forth by the terms and conditions of the grant.

Project Expectations

1) Involve people with lived experience.

Lived Experience means personal knowledge about substance use disorders (SUDs) including co-occurring mental health issues, treatment options and recovery through direct involvement, which may include that individual's experience as a patient, family member or loved one of a person with such conditions.

2) Create a coalition of recovery systems within the community

The ROSC serves to connect community stakeholders including hospitals, primary care, mental health, law enforcement, local business owners, government representatives, policy makers and any other interested or concerned community members.

3) Complete a community needs assessment

The Council will conduct a community study to find community specific needs and assets that impact recovery from SUD and Mental Health issues in the community. These findings can help inform planning and implementation of future projects.

4) Create a long-term strategic plan

Once the needs of the community have been identified, the Council must create a sustainable, reliable and predictable community system of care. This will require long-term planning and commitment on the part of Council members. In many cases, these efforts will result in the creation of further RCOs.

Methodology and Sources

Sauk Valley Voices of Recovery is the lead agency for 2 ROSC Councils. Each council represents 2 counties. Lee and Whiteside Counties share boundaries with both Ogle and DeKalb Counties. The residents of these counties tend to move throughout all 4 counties on a daily basis for work, recreation and services. Due to administrative directives, the ROSC Councils are separate coalitions, though several members participate in both meetings as their organizations service area and catchment is within both areas. To date, SVVOR has generally allowed the 2 Councils to operate in tandem to gain economies of scale. In the case of this survey, both Councils used the same questionaire and interviews. Results will be given for the specific Council community and for the larger 4 county area as well.

1) Survey

SVVOR conducted an electronic survey by placing a QR code in our monthly newsletter and on table signs at our monthly sober social events. The 20 question survey was multiple choice and the first 75 people to complete the survey were awarded a \$10 e-gift card from Amazon.

2) Interviews

The ROSC Coordinators held one-on-one interviews with 25 members of the ROSC Councils and asked a very simple but open-end question, "If money were no object and you could create anything you can imagine to combat SUD in our community, what would you create?". The answers to that question were cataloged and tallied.

3) The Lee County 2021 Community Needs Assessment

The Dixon IL Chamber of Commerce provided SVVOR with a copy of the Lee County Needs report they completed in 2021. We took pertinent data from that document for demographic and other general community information.

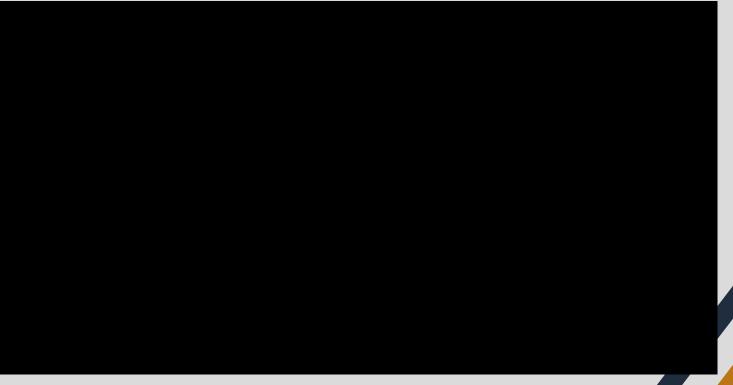
Community Demographics - Lee County

According to the United States Census Bureau 2023 estimates (www.census.gov), Lee County is a rural, 724 sq. mile county in northwest IL. It has a population of 33,654 and the population density is 47.1 people per square mile. The racial make up of the county is 91.2% Caucasian, 5.8% African American, and 7.2% Hispanic. Lee County residents are comprised of 4.7% of people under the age of 5, 19.6% of people are under the age of 18 and 21.2% are 65 and up. Females make up 46.7% of the population.

Where education is concerned, 90% of the population has graduated from High School and 18.9% have a bachelor's degree or higher.

The average household income is \$64,588.

12.1% of people are below poverty threshold.



Map of Lee County

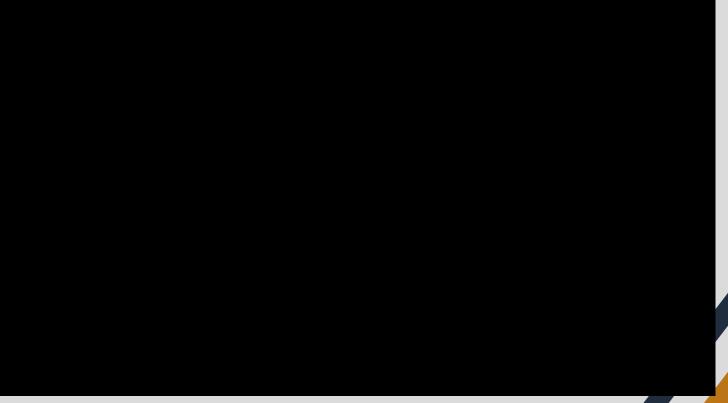
Community Demographics - Whiteside County

According to the United States Census Bureau 2023 estimates (www.census.gov), Whiteside County is a rural, 684 sq. mile county in northwest IL. It has a population of 54,498 and the population density is 81.4 people per square mile. The racial make up of the county is 95% Caucasian, 1.9% African American, and 13.1% Hispanic. Whiteside County residents are comprised of 5.5% of people under the age of 5, 21.7% of people are under the age of 18 and 22% are 65 and up. Females make up 50.1% of the population.

Where education is concerned, 90.8% of the population has graduated from High School and 19.3% have a bachelor's degree or higher.

The average household income is \$62,8288.

12.9% of people are below poverty levels.



Map of Whiteside County

Interview Findings

We conducted one on one interviews with 25 members of our ROSC Councils, asking them what they would like to see in our community as it pertains to SUD. Our specific question was "If money were no object and you could create anything you can imagine to combat SUD in our community, what would you create?" They overwhelmingly responded that the greatest need is for treatment services. We also received responses on the need for detox, sober living, MAR services and a few other ideas. All responses are listed below. Some answers overlapped when the interviewee contributed more than one response.

Treatment/Detox 11 Collegiate Recovery 2 Prescription Control 1 MAR 4 Public Transportation 2 Housing 2 Young Adult Education 3 Better Crisis Response 1 Better Laws 1



Community Needs Assessment

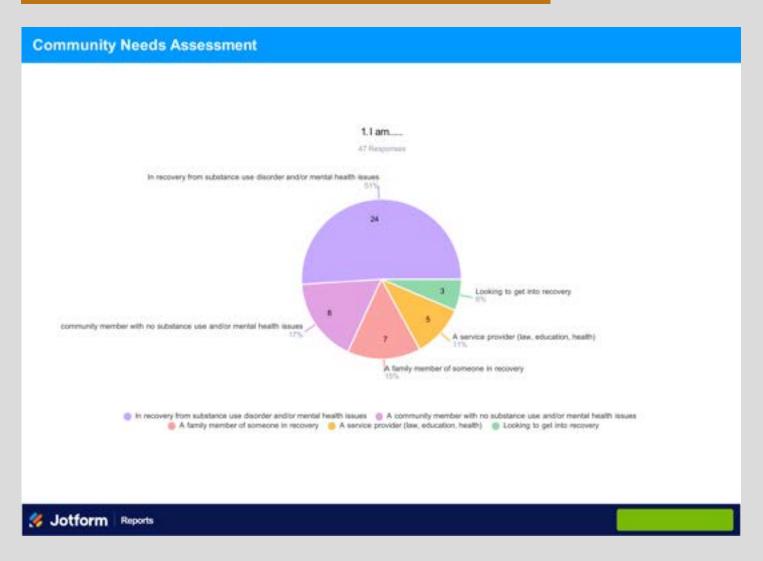
lata	Responses
61021	15
61071	13
61081	3
61270	3
61250	2
61277	(1)
01210	1

S Jotform Reports

SVVOR was able to filter out survey responses from the following zip codes representing the following towns:

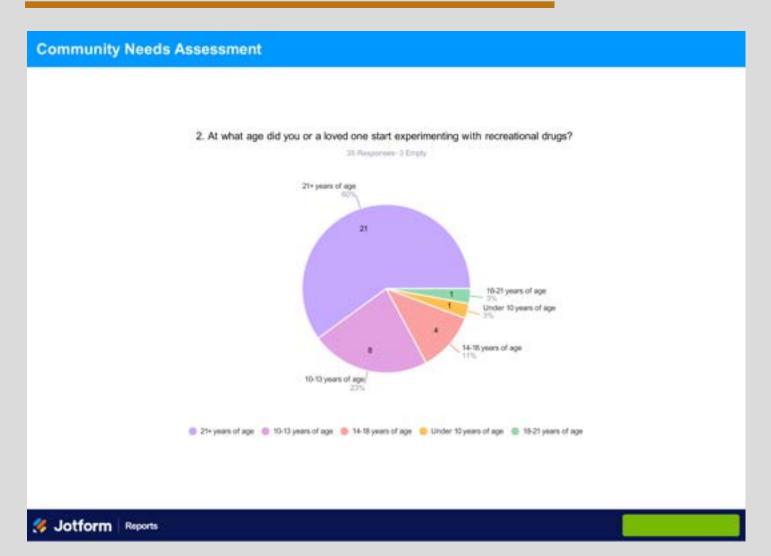
Dixon, IL - 15 surveys Rock Falls, IL - 13 surveys Sterling, IL - 3 surveys Morrison, IL - 3 surveys Erie, IL - 2 surveys Prophetstown, IL - 1 survey Amboy, IL - 1 survey





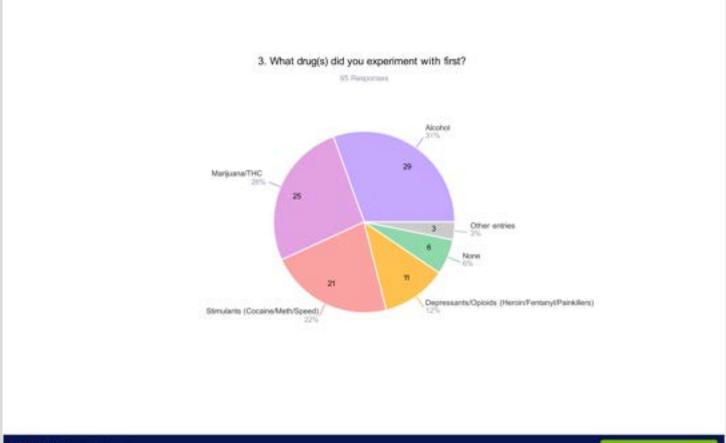
51% of survey takers identify as a person in recovery. Some subjects identified themselves as members of multiple categories.





60% of subjects indicate that their use of recreational drugs began at 21+ years of age. The next most selected age range was ages between 10-13 years old with 23%.

Community Needs Assessment

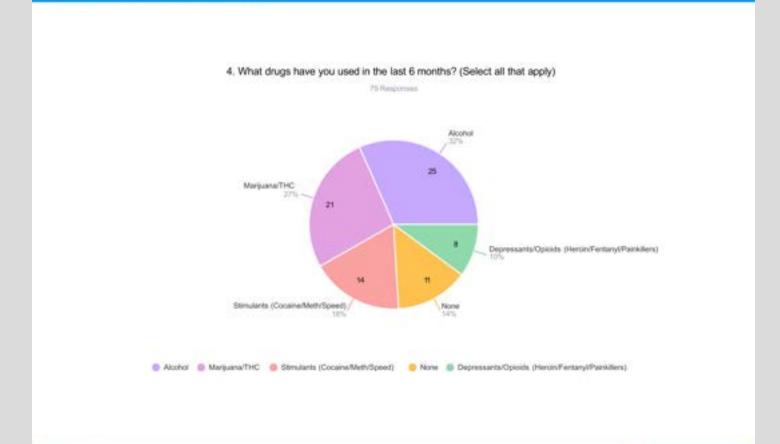


Solform Reports

Our survey suggests that Marijuana and Alcohol are the most popular entryway substances at 26% and 31% respectively.

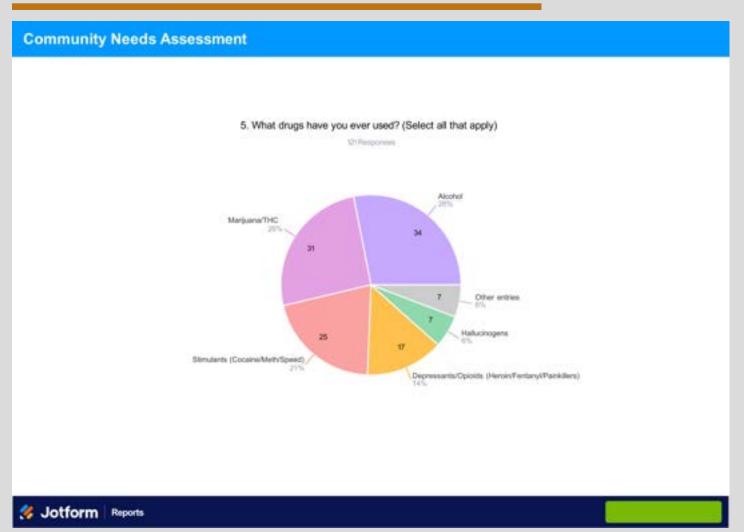


Community Needs Assessment



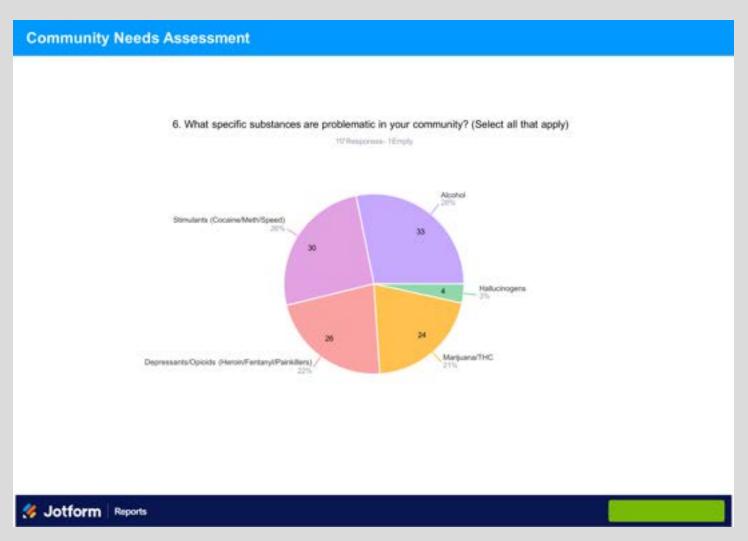
😽 Jotform Reports

The above pie chart demonstrates that of those that have used any drugs or alcohol in the last 6 months, a quarter have used Depressants, Opioids and Stimulants. We anticipate use in the socially acceptable category (Marijuana and Alcohol) and see these reported at a total of 59%.

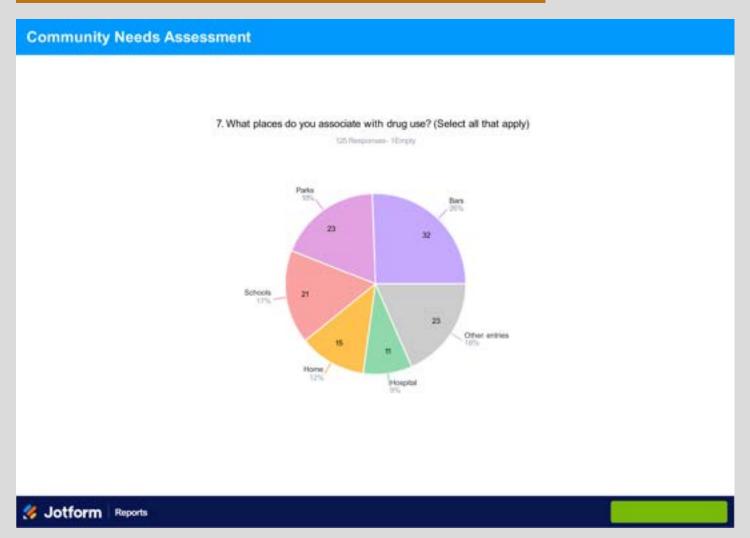


As our survey was distributed at recovery community events and in newsletters, it is not surprising to find reported use of many substances.





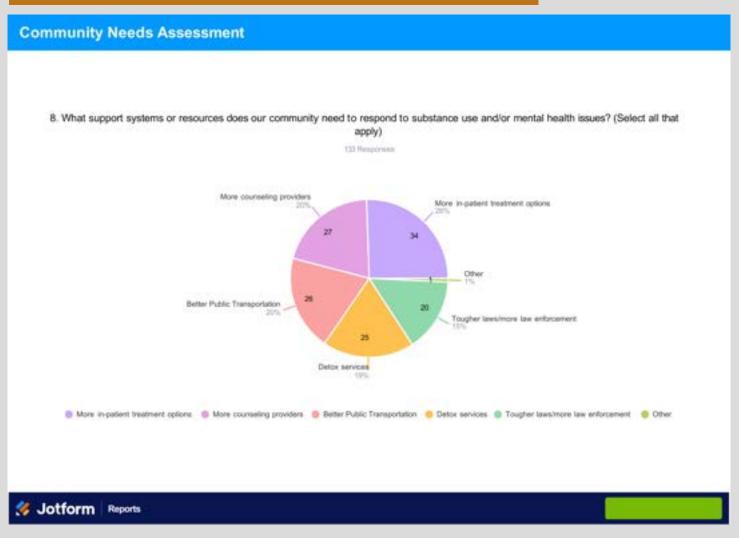
In this question, participants are asked for their opinion on the substances that are most problematic in their community. Stimulants, Alcohol, Depressants and Marijuana are generally ranking at percentage points within a small range.



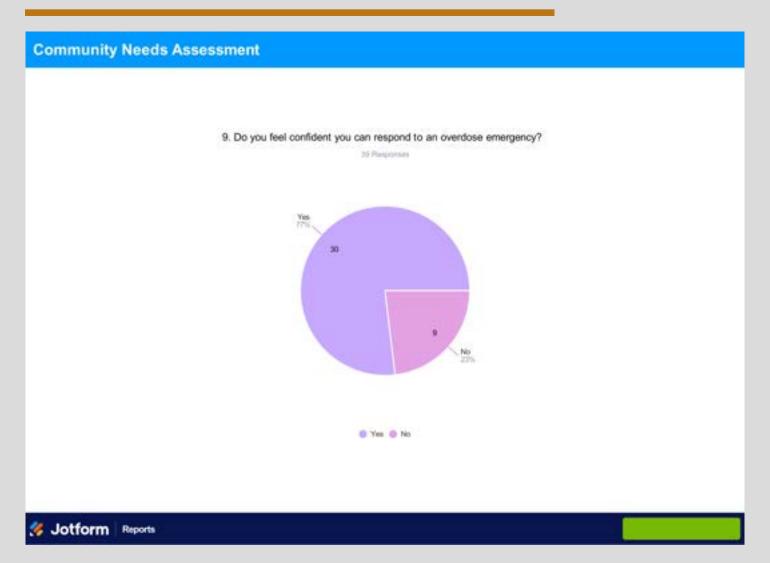
When responding to what places they associate with substance use, participants mentioned a wide variety. The most selected were:

1 - Bars 2 - Parks 3 - Schools 4 - Home 5 - Hospital multiple selections were possible



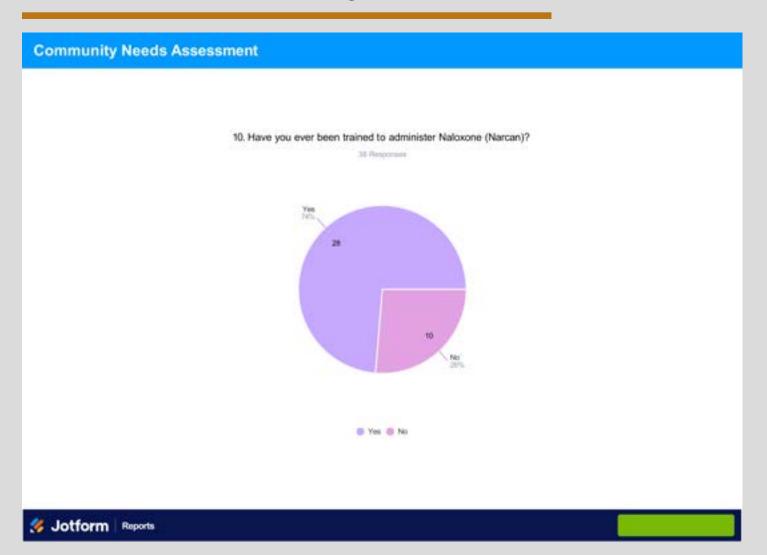


When presented with a choice of several community resources that need improvement, 45% of responses suggest the need for improved Treatment and Detox options.

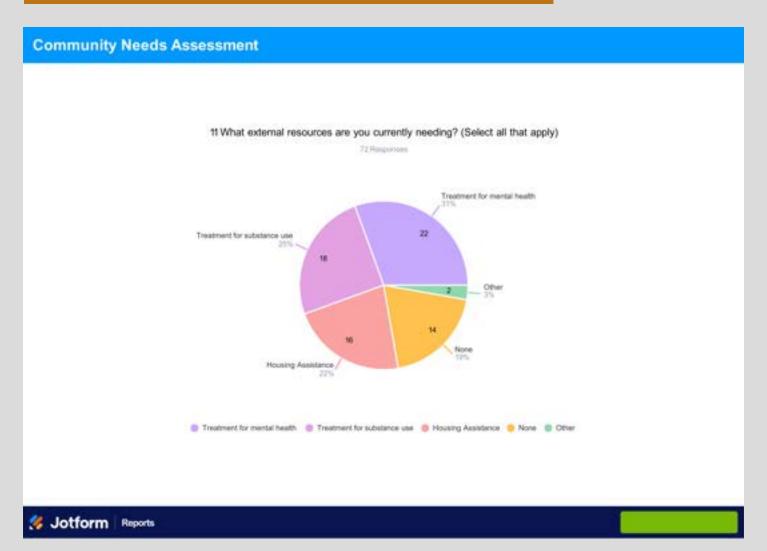


77% of participants feel confident they can properly respond to an overdose emergency if presented.





Similar to the previous question on overdose response confidence, over 70% of our subject pool report that they have been trained to administer Naloxone (Narcan).



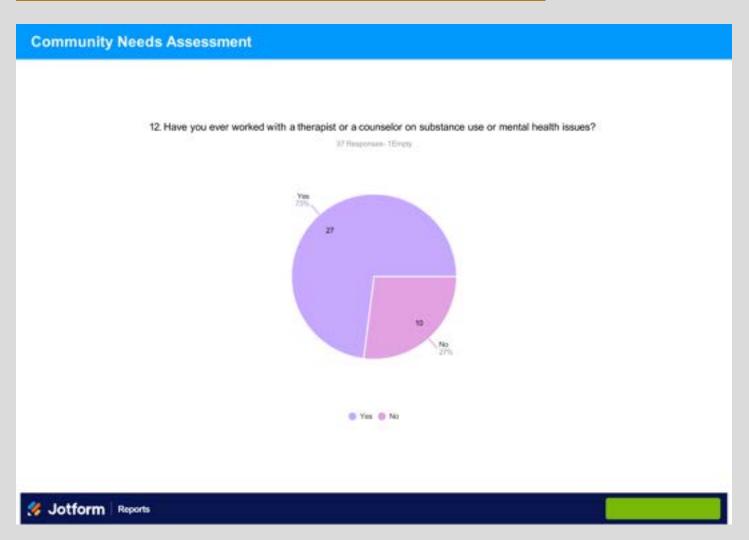
The most needed external resources in the immediate for respondents:

Treatment for Mental Health - 31%

Treatment for Substance Use - 25%

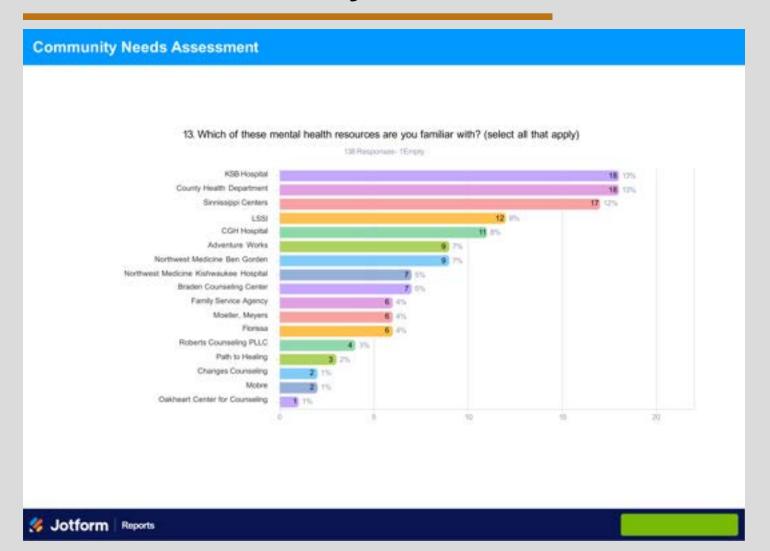
Housing Assistance - 22%

To our pleasure, we found 19% feeling no immediate need for assistance.



73% report having worked with a therapist or counselor to deal with SUD and Mental Health issues.

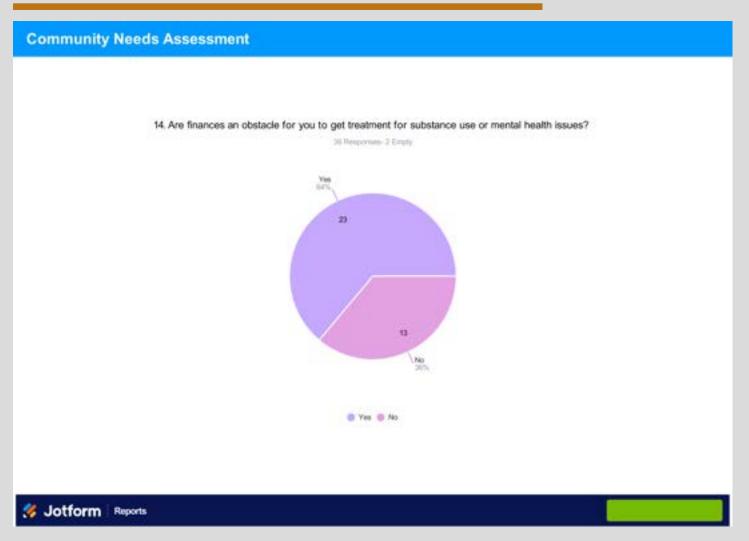




The survey presented many public and private Mental Health service providers and asked which were known by our audience. The results indicate that smaller and private providers are not familiar for survey participants.

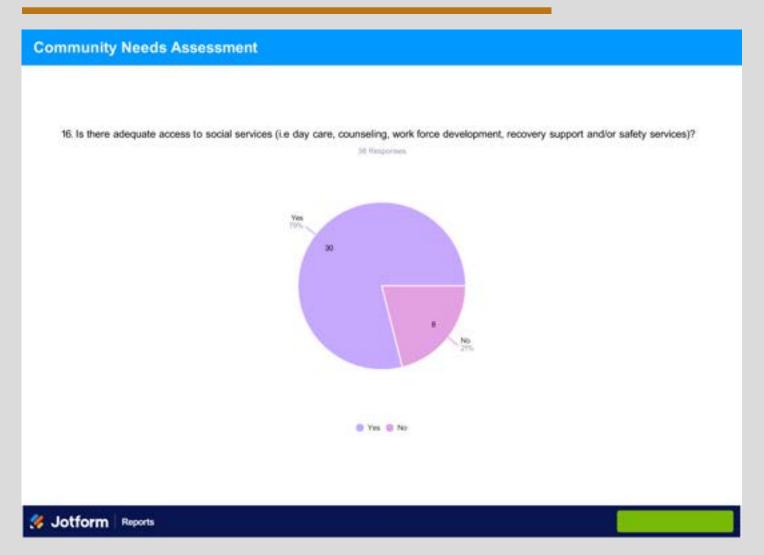


Allowing for multiple answers from each participant in this question demonstrates that our audience is aware of multiple options . We suggest their may be some ambiguity in this question as we expected 100% to report awareness of "9-1-1".



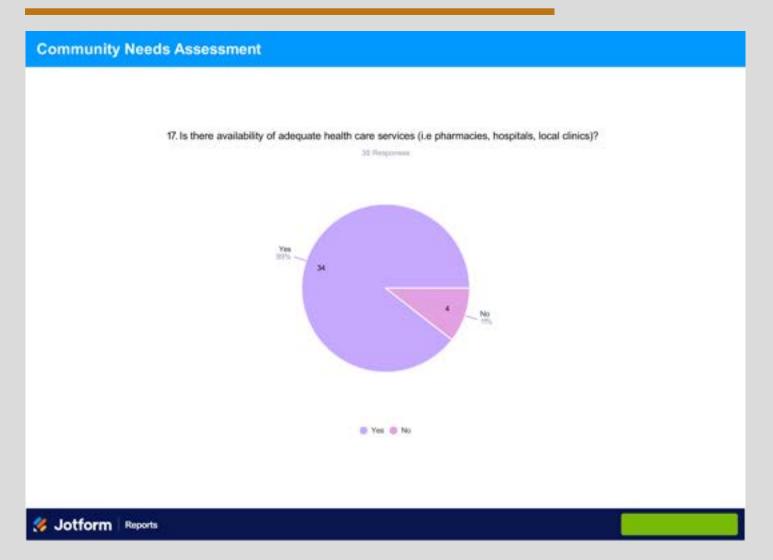
64% of respondents report that they have financial hurdles to obtaining the Substance Use and /or Mental Health care they would like.





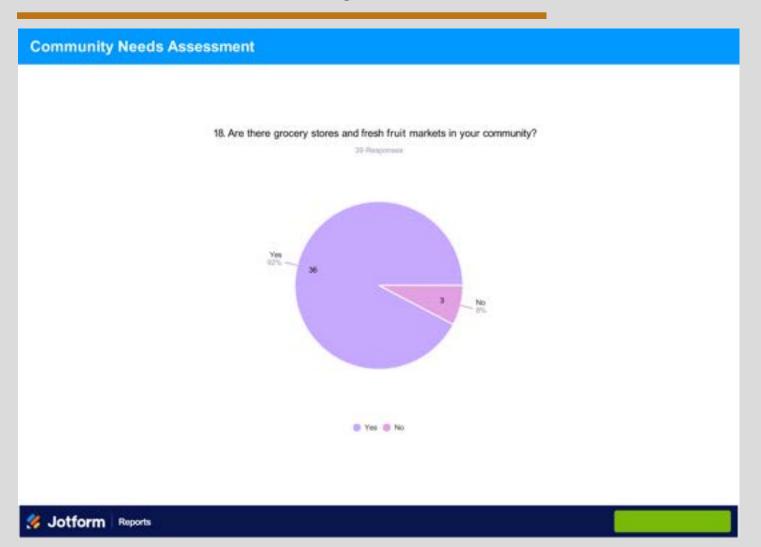
Almost 80% of participants report adequate access to social services like childcare, recovery support and other assistance in our community.





89% of those that submitted surveys see the community as having satisfactory availability to health care services.





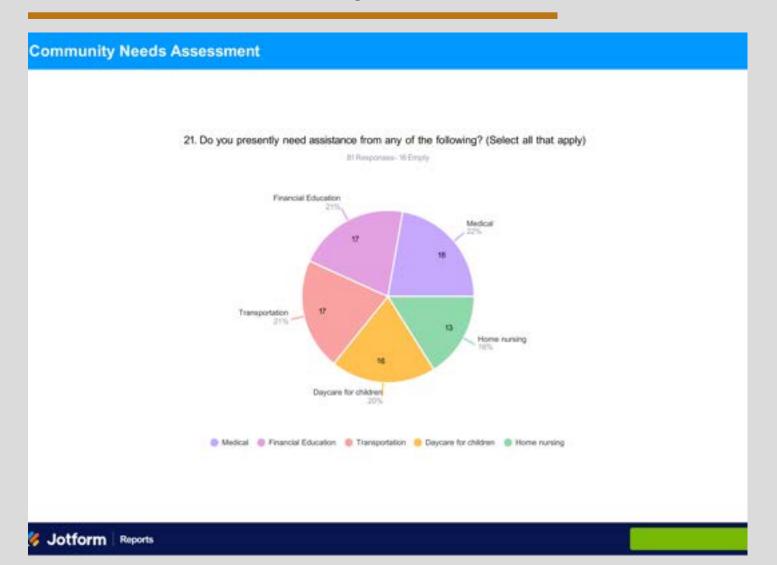
Though we know there are vast areas within the counties that are not populated or have many businesses, 92% of survey participants answered they have access to grocery stores and fresh fruit.

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Considering the fact that most of our surveys were completed at recovery social events, the response that 94% believed themselves to have access to activities that support their recovery.



Statistics indicate that residents of Lee and Whiteside Counties believe they are supported in recovery and mental health by 10 general community branches/institutions. Our survey points to Law Enforcement and the Religious Community as the most viewed as allied.



The final survey question asked if there are any immediate assistance needs for this sample group. The answers present a priority list for community stakeholders.

> Medical - 22% Financial Education - 21% Transportation - 21% Daycare for Children - 20% Home Nursing - 16%



Amanda Wike, Executive Director of the Dixon Chamber of Commerce and Main Street, shared the 2022 Lee County Community Needs Assessment with the ROSC Council. This study used several sources for data including:

- The US Census
- Illinois Department of Public Health
- Centers for Disease Control and Prevention, National Center for Health Statistics
- Illinois Department of Employment Security
- US Department of Treasury, Internal Revenue Service
- Illinois Youth Survey (U. IL Center for Prevention Research and Development)
- Illinois Stated Board of Education
- Illinois Secretary of State DUI Fact Book
- Illinois State Police, Uniform Crime Reporting

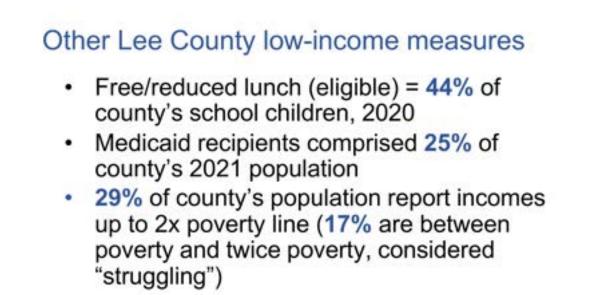
The data was collected and presented by Deborah Lischwe

SVVOR utilized this report to find out more about Lee County in general. We have included several data points that reference Substance Use Disorder/Mental Health



The Lee County report is in accord with our census reports showing that Lee residents have a median household income below State and national average.





Sources: Illinois State Board of Education., Illinois Department of Healthcare and Family Services, U.S Census Bureau, 2020 American Community Survey 5-Year Estimates

25% of Lee County's population receives their health insurance via Medicaid and almost 30% are living with income under 2X the poverty line.



Death Cause	Number of Deaths		Percent
	2018-2020	2008-2010	Change
Heart	300	248	+21.0%
Cancer	271	282	-3.9%
Chronic lower respiratory	71	66	+7.6%
Accidents	60	52	+15.4%
Stroke	56	52	+7.7%
Alzheimer	47	38	+23.7%
Nephritis, etc	35	24	+45.8%
Chronic liver, cirrhosis	24	13	+84.6%
Suicide	20	16	+25.0%
Influenza, pneumonia	16	17	-5.9%
Diabetes	15	21	-28.6%

ompared to Decade Age (Numbers)

Source: National Center for Health Statistics, COC WONDER

This slide shows 2 pertinent data points, Suicide (Mental Health) up 25% and Chronic Liver/Cirrhosis (Substance Use Disorder) up 84.6% in the last 10 years.





During 2016-2020, Lee County deaths due to

- Drug & alcohol overdoses average 10 per year
- Highest rate is 45-64 year-olds
- 22 opioid overdoses, average 4.5 per year.
- County's opioid overdose deaths more than doubled in past decade

Drug & Alcohol Overdose Deaths

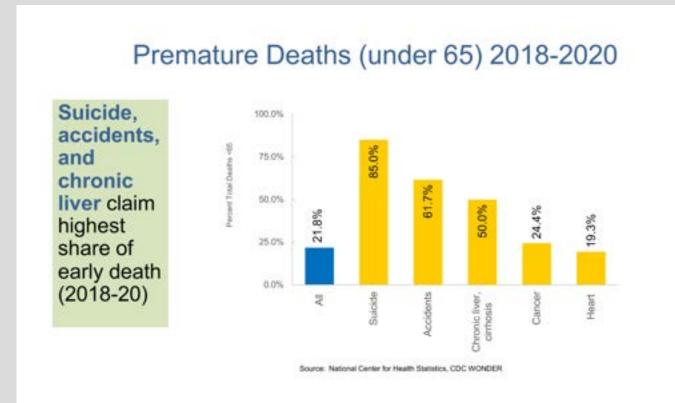
	Lee Co	ounty	U.S.	
	Number	Rate per 100,000		
2016-2020	D			
Total	52*	30.5	35.4	
25-44	12	28.5	48.8	
45-64	30	61.7	64.0	
2006-2010)			
Total	27	15.0	20.7	

*28 drug, 24 alcohol

Source: National Center for Health Statistics, CDC WONDER

For the years 2016-2020, Lee County experienced 52 Drug and Alcohol Overdose Deaths. At a rate of 30.5 per 100,000, Lee was just short of the national average. Also, the County's opioid overdose deaths more than doubled in 10 years.





This slide demonstrates that the tragic result of some mental health issues and substance use disorders represent some of the highest percentages of premature deaths under 65 years of age.



Age Group	Cause	% within age group (n)
0-24	Accidents	39.2% (20)
25-44	Accidents Suicide	32.3% (39) 18.2% (22)
45-64	Cancer	33.9% (242)
65-74	Cancer	33.5% (248)
75+	Heart	26.7% (584)

Source: National Center for Health Statistics, CDC WONDER

This data points indicates that Suicide is one of the leading causes of death in Lee County residents aged 25-44.



Grade	Lee	Illinois (rural counties)
In the past year,	have you	
SERIOUSLY CO	NSIDERED SU	JICIDE
10 th	18%	18%
12 th	13%	18%
FELT SAD AND	HOPELESS*	
8 th	40%	38%
10 th	39%	39%
12 th	38%	40%

"Felt so sad and hopeless almost every day for two or more weeks in a row that you stopped doing usual activities."

Source: Illinois Youth Survey 2020

Teen Mental Health comparisons with the general population of Illinois.



Adult Substance Use

	DUI Arrests per 100,000 pop. 16+		
Year	Lee (n)	Illinois	
2020	340.7 (96)	197.5	
2019	450.7 (127)	257.3	
2018	443.6 (125)	258.9	

- · Lee's DUI arrest rates surpass IL
- 2020 rate is 23.2% below 2018, same as state decline (-23.7%)

Source: Illinois Secretary of State, DUI Fact Book 2022

Based on BRFS 2019,

- 15.5% adults "at risk for acute/binge drinking",
 5.0% report heavy drinking. Rates below state
- 14.2% adults currently smoke, same as state (14.5%), 4.2% use smokeless tobacco and 5.8% e-cigarettes

Source: Illinois Department of Public Health, Behavioral Risk Factor Survey, 2019

DUI arrests rate in Lee County far exceeds the State of Illinois.



Alcohol use rises as grades increase, both locally and statewide	Grade	Lee	Illinois (rural counties)
	Alcohol PAST MONTH USE		
	8 th	18%	17%
	10 th	30%	27%
	12 th	35%	42%
	Binge Drinkir	ng PAST	TWO WEEKS
	8 th	7%	6%
	10 th	15%	12%
	12 th	16%	20%

Source: Illinois Youth Survey 2020

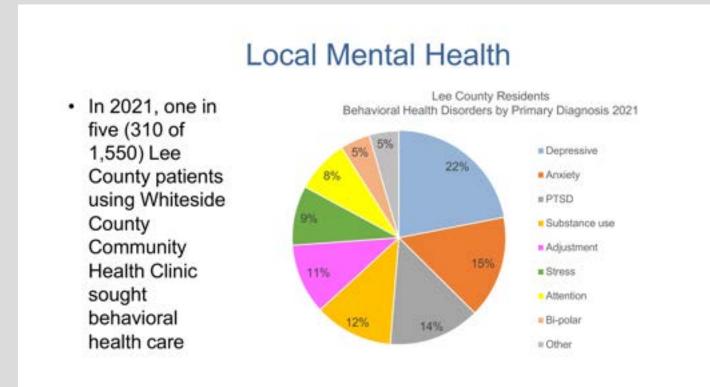
This chart indicates that alcohol use among adolescents increases as they get older.



	PAST MONTH US	SE	
Grade	Lee	Illinois (rural counties)	Most common (> 80%)
Any Tobacco o	r Vaping Prod	uct	is e-cigarettes/vaping
8 th	13%	12%	io o olgarottoor taping
10 th	22%	22%	
12 th	33%	34%	
Marijuana			
8 th	6%	4%	
10 th	17%	10%	
12 th	17%	22%	
Prescription Dr	ugs Not Pres	cribed to You	
81	4%	3%	
10 th	3%	2%	1
12 ^m	1%	2%	Source: Illinois Youth Survey 2020

Here we see that teens are using tobacco, vaping, marijuana and prescription pills within a reasonable variance to statewide numbers.





Here is a list of the most common behavioral health disorders in Lee County.



Health Problems, Potential Priorities

- Low Weight and Preterm Births upward trend
- Heart Disease #1 death cause 2020, higher rate than U.S., death rate 1 over past decade
- Pandemic preparedness Covid-19 is #3 death cause 2020
- Obesity
 70% Lee adults report being overweight or
 obese, 2019 obesity up 12 points over past
 decade & above state
- Mental health
 - Teen mental health prevalence
 - Suicide = highest % premature death
 - Depression, anxiety, stress major reasons for seeking care

Accidents

† over decade, #1 death cause ages <45, premature mortality. Majority due to poisoning

- Poisoning Alcohol, drug use/abuse
 - #1 cause of accidental death
 - Drug and alcohol overdoses doubled in past decade
 - Among age groups, highest rate = 45-64.
 - Adult alcohol (DUI arrest rate > IL, 15.5% at risk for binge drinking)
 - Youth alcohol use († with grade)
 - Opioid overdoses
 - Chronic liver, cirrhosis deaths † past decade

OTHERS?

These are some of the conclusions drawn by the presenter after analyzing their data.



SVVOR offered the same survey to all 4 counties that our 2 ROSC Councils cover. We broke out the data for Lee/Whiteside earlier. Here we provide the data for all 4 counties.



Community Needs Assessment Please enter your current Illinois resident zip code ER Responses Data Responses 61061 20 61021 15 61071 13 60606 7 60115 4 61081 3 61068 3 61270 3 Other entries 18

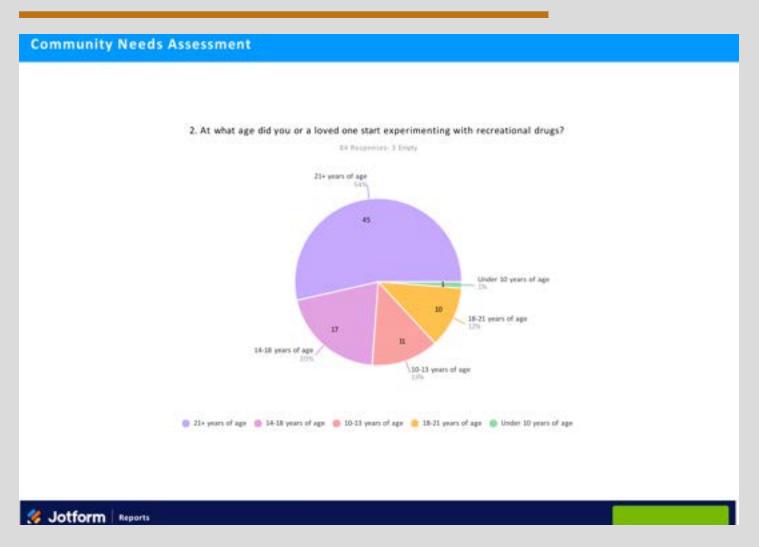
Sotform Reports

These are the original survey results for the entire 4 county area. The Ogle/DeKalb County ROSC is led by Sauk Valley Voices of Recovery as is also the Lee/Whiteside ROSC Council. Even though the councils are separate, both share similar difficulties yet there are very minor differences in the results.



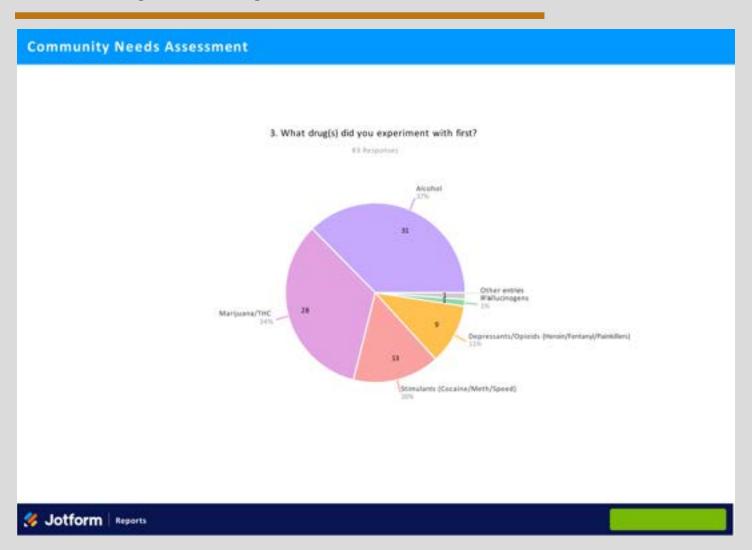
This question indicates where people identify how they are aligned with recovery.





This question allows us to determine what age people were when they started experimenting with recreational drugs.





Alcohol and Marijuana seem to be the majority of the reports of the first drug(s) experimented with.





Based on the answers above, Alcohol and Marijuana are the top two drugs that have been used within the last 6 months by the interviewees.





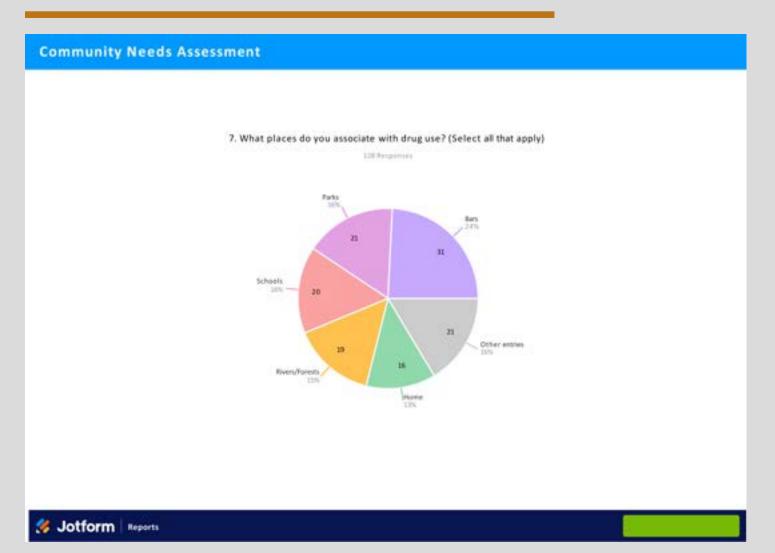
People in the 4 Counties state to have used all available drugs in the options provided.



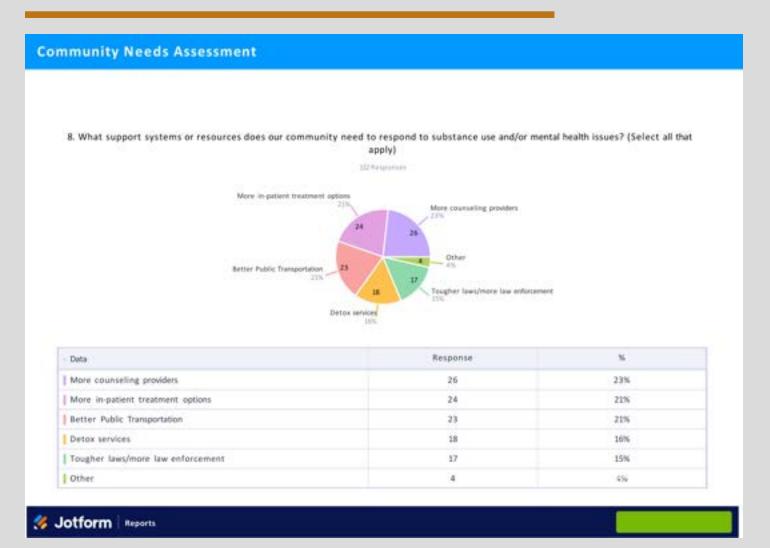


Of the 4 Counties, Alcohol, Marijuana and Stimulants seem to be the most problematic.

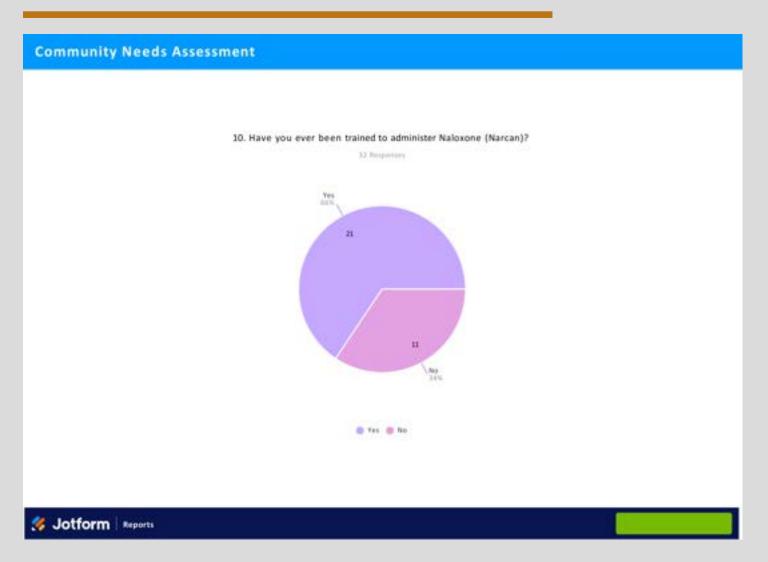




This question indicates that schools are associated with substance use, which counters the response that most people that responded were 21 or over when they started using. This could indicate that people may not see alcohol and/or marijuana as a drug and it is a problematic substance for youth.



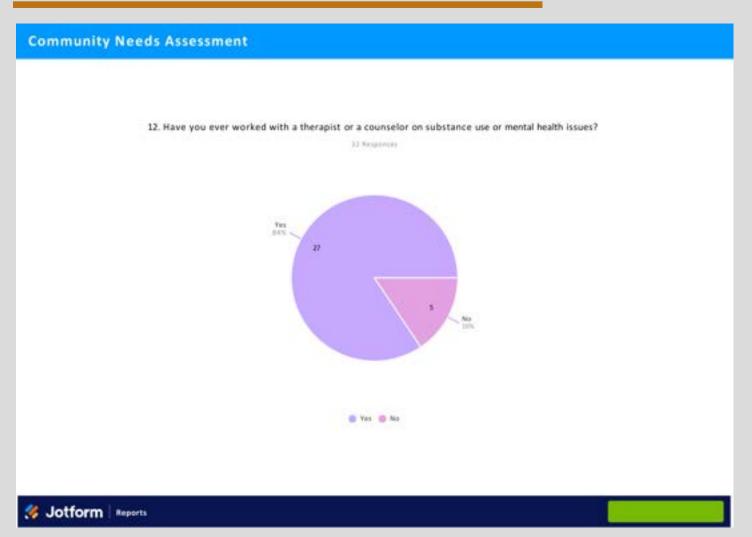
The top three responses that people feel are needed in the community are more counseling services, which are accessible, yet several providers have long waiting lists. People feel that we need inpatient treatment services, which unfortunately, we don't have any of in all four counties which means people have to travel towards the suburbs or closer to Chicago in order to receive treatment. Being a rural area people strongly feel that public transportation is needed as well.



Over half of the people that completed the survey indicated that they have been trained to administer Naloxone (Narcan). This will need to be further investigated to find out where they are receiving their training.



People are expressing the need for mental health and substance use treatment equally. Help with housing is a close competitor.



The majority of people that took this survey have worked with a therapist or counselor previously for substance use or mental health issues.

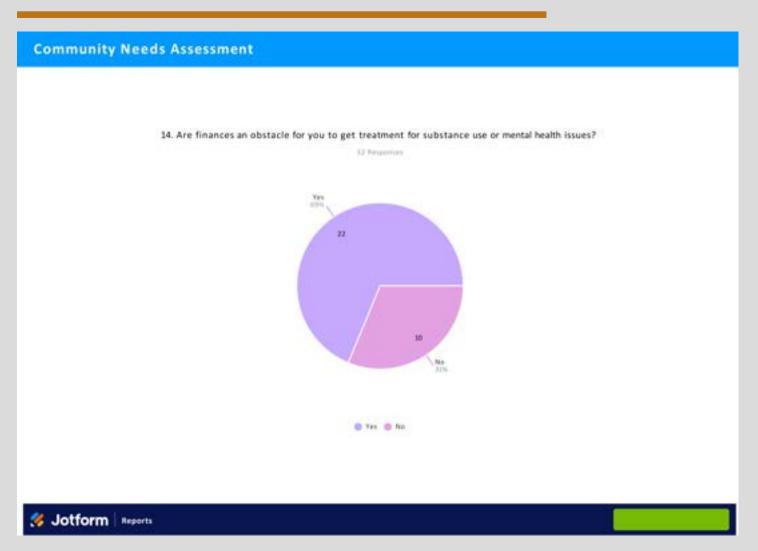


Community Needs Assessment

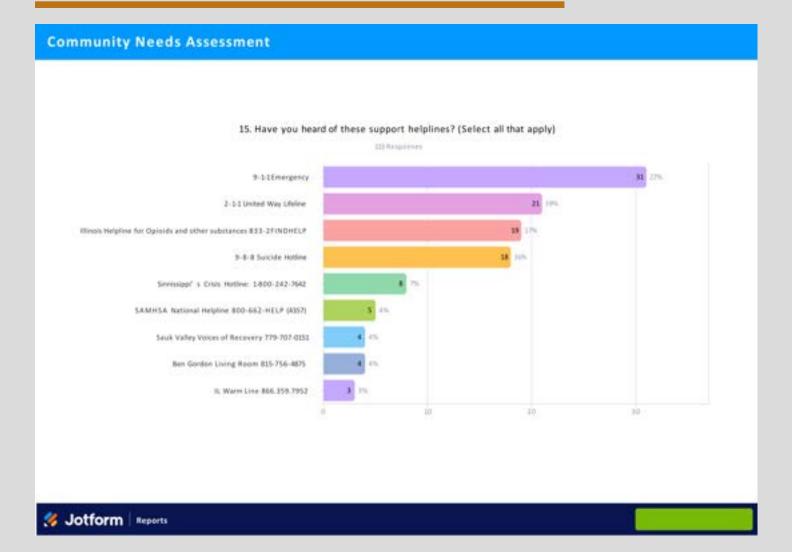
13. Which of these mental health resources are you familiar with? (select all that apply) US Responses **Family Service Agency** 16 14% Sinnissippi Centers 34 125 **County Health Department** 18 125 Adventure Works 15 175 CGH Hospital Northwest Medicine Eishwasikee Hospital KS-8 Hospital Northwest Medicine Ben Gorden **Brades** Countieling Center 1.551 Path to Healing Changes Counseling **Roberts Courseling PLLC Ficrissa** Oukheart Center for Counseling Moeller, Meyers 0 mm Nobre 0.01

Sotform Reports

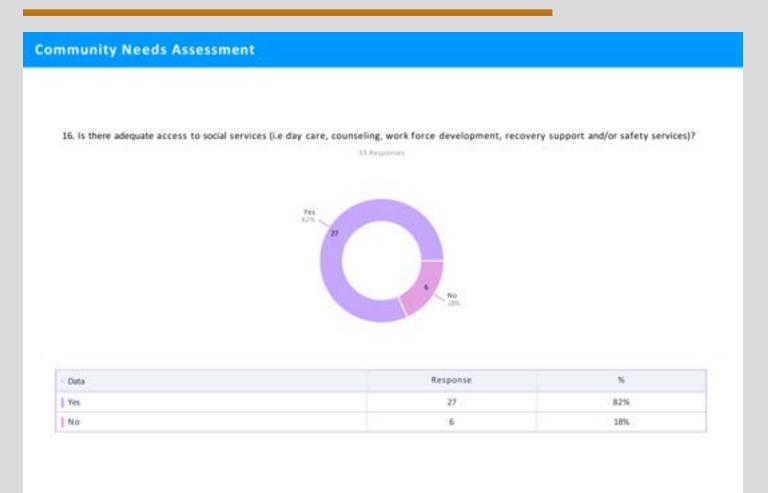
This question indicates that the majority of people in all four counties are most aware of the Family Service Agency. Sinnissippi Centers is the mental health agency that covers three of the four counties. Adventure Works is in DeKalb, Illinois and works specifically with children, which indicates a lack of child counseling in the other three counties.



In this question people indicate that finances are an obstacle to substance and mental health services, yet the agencies that are indicated in the previous question either take medicaid or work on a sliding scale. Also, there are several AA meetings in the area that are free of charge. This may be indicative of work hours being inconsistent with agency hours.

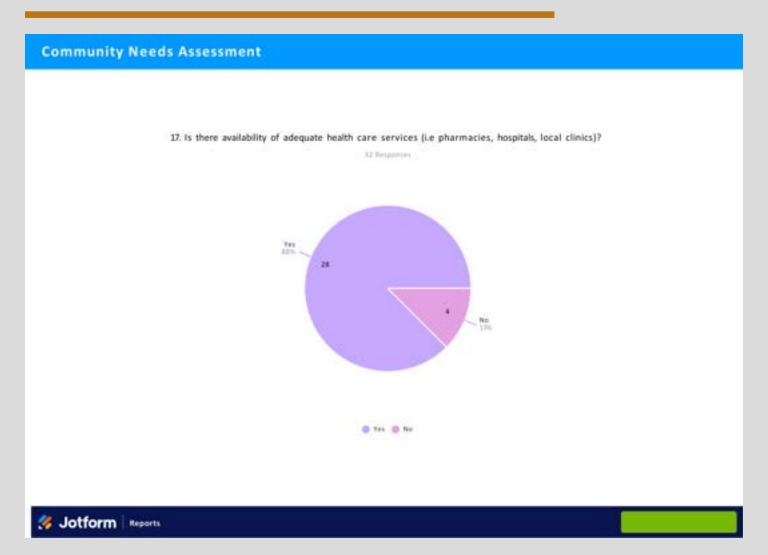


This question indicates that not everyone taking the survey has heard of 9-1-1 which is the most common helpline or that the participants misunderstood the question.



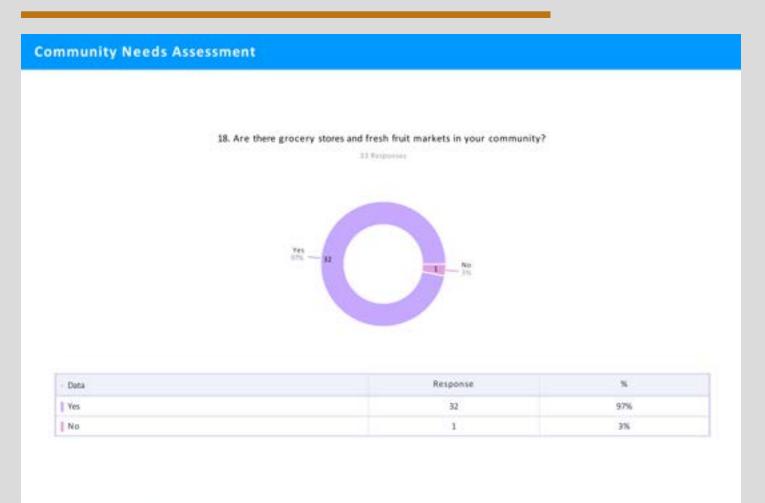
缓 Jotform Reports

The majority of respondents in the 4 counties believe that there is adequate access to social services such as daycare, counseling, workforce development, recovery support and safety services.



The majority of respondents feel that there are adequate health care services in the 4 counties.





S Jotform Reports

The results for this question indicate that respondents feel that there are grocery stores and fresh fruit markets in their community, however it does not represent the percentage of food insecurity due to low income.

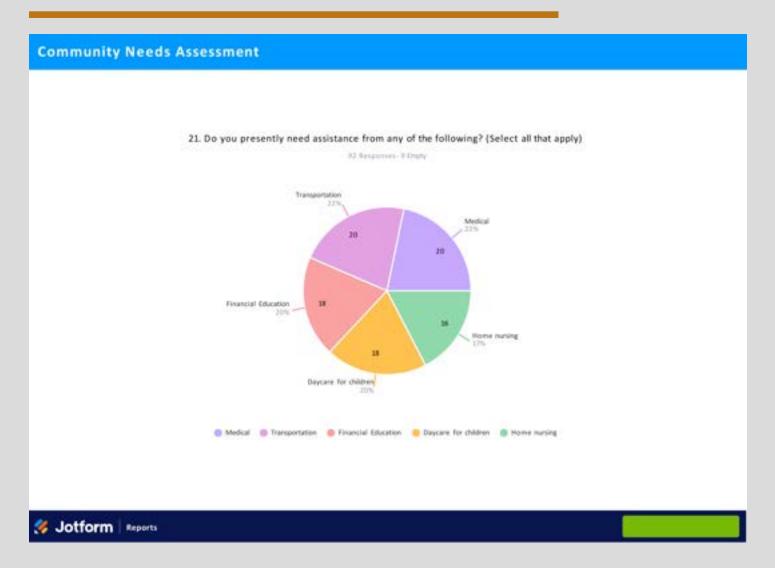
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The majority of respondents feel that there is adequate access to social and cultural activities that support them and others recovering from substance use and/or mental health.



😸 Jotform Reports

Of the 4 counties, respondents are consistent with their belief that social services and the religious community are the biggest supporters in substance abuse and mental health issues.



This question shows that respondents feel that they almost equally need assistance with transportation, medical care, financial education, daycare for their children and home nursing. There is not much variation in their responses, so these are things we will further look into on how we can provide support for the community.