

Executive Summary- Clark County

Leadership Center Agency: Hour House

Type of Report: Community Needs Assessment- Clark County

Setting: Rural

Total Number of Residents: 15,455

Number of School-aged Youth: 2,372 school-aged youth

Total Number of Schools: 5 public schools

Total Number of Institutions of Higher Learning: 0

Total Number of Treatment Facilities: 1

Total Number of Coalitions/ROSC Councils: 0 coalitions, 1 ROSC Council

Identified Gaps Across the Continuum:

- 1. Health Promotion:** General lack of education and understanding regarding substance use disorders, leading to increased community stigma
- 2. Prevention:** Additional trainings for medical personnel on early identification and screening of substance use
- 3. Intervention/Harm Reduction:** Lack of drug court, lack of information regarding access to harm reduction programs and services including needle exchange programs
- 4. Treatment:** Lack of access to transportation, lack of residential rehabilitation program access/waitlists, staffing shortages, lack of broadband access, lack of safe passage
- 5. Recovery Supports:** Lack of recovery housing, additional support groups

Background and Demographics



Clark County is in East Central Illinois, totaling 505 square miles, and has a population of 15,455 residents, according to the 2020 census. The county was formed and was named after George Rogers Clark, an American surveyor, soldier, and militia officer who became the highest-ranking American patriot military officer on the northwestern frontier during the American Revolutionary War. Clark County experienced a significant population increase from 1830 (approximately 3,940 residents) to 1900 (24,033 residents). Since the early 1900s, the population in Clark County has decreased by around 65% (United States Census Bureau, 2021). Since its existence, Clark County has primarily been an agriculture-related economy. At the same time, the most common employment sectors currently are production occupations (1,100 people), office and administrative support occupations (830 people), and educational instruction and library occupations (590 people).

In comparison to other counties, Clark County has an unusually high number of residents working in production occupations (2.64 times), farming, fishing, & forestry occupations (2.57 times), and transportation occupations (1.55 times) (Data USA, 2021). According to the U.S. Census Bureau, Marshall, Illinois, occupies the county seat and remains the county’s largest populated city with an estimated 4,000 residents. Additional cities within Clark County include Casey and Martinsville, Illinois. Westfield is the only current village, and Clark County has 30 unincorporated communities within its borders.

U.S. Census Race and Hispanic Origin Demographics 2022	
White Alone	97.7%
Hispanic or Latino	1.8%
Two or More Races	1.1%
Black or African American Alone	.5%
Asian Alone	.4%
American Indian/Alaska Native Alone	.2%
Native Hawaiian/Other Pacific Islander Alone	0.0%

U.S. Census Age and Gender Demographics 2022	
Persons under 5 years	5.8%
Persons under 18 years	22.7%
Persons 65 and over	20.1%
Female Persons	50.2%
Male Persons	49.8%

The median household income of Clark County is \$59,381, which is 10% lower than the State of Illinois median household income of \$65,886 (U.S. Census Bureau, 2021). It is estimated that

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10.4% of Clark County residents live below the Federal Poverty Level, and 6.3% of residents are uninsured or underinsured. It is currently estimated that % of children live in poverty, and % live in single-parent households (County Health Rankings, 2021). Clark County is predominately comprised of Caucasian individuals, 97.7% of the population. As of October 2021, the unemployment rate of Clark County stood at 3.7% which is 5.5% lower than the state of Illinois's unemployment rate of 4.0%. According to Data USA, the economy of Clark County employs 7,520 residents, with production occupations being the most prominent industry, employing an estimated 14.8% of the working population. Office & Administrative support occupations (11%) and Education Instruction & Library Occupations (7.84%) are the two other largest industries within the county. Regarding health coverage, 96.3% of the population of Clark County, IL, has health coverage, with 49% on employee plans, 16.9% on Medicaid, 16.1% on Medicare, 13% on non-group plans, and 1.46% on military or VA plans (Data USA, 2021). Regarding education, it is estimated that 93.2% of Clark County residents possess high school diplomas. In addition, only 21.8% have completed some extent of higher-level education, which is 75% lower than the State of Illinois average of 70% (U.S. Census Bureau, 2021).

According to the 2021 Illinois County Health Rankings, Clark County has an overall ranking of 49 out of 102 counties for health outcomes based on length of life and quality of life. Factors contributing to this score are premature deaths, poor or fair health, poor physical health days, and poor mental health days—all these factors for Clark County are higher than the State of Illinois averages. Determining health factors is based on four measures: health behaviors, clinical care, social and economic, and physical environment factors. Clark County's health outcome is in the higher middle range and the health factor ranking is in the lower middle range of counties in Illinois.

Youth Population Data

IL Report Card 2021-22	Marshall CUSD 2C	Casey-Westfield CUSD 4C	Martinsville CUSD 3C	State of Illinois
Enrollment	1,184	840	348	1.9 million
Grades Served	PK-12 th	PK-12 th	PK-12 th	PK-12 th
Graduation Rate	77%	80%	76%	86%
Mobility Rate	10%	9%	12%	6%
Truancy Rate	8%	3%	10%	23%
Low-Income	32%	42%	49%	48%
IEP's	23%	14%	22%	15%

According to the Illinois Report Card, there are three school districts within Clark County, totaling three elementary schools, one middle school, and three high schools. The total

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enrollment for the county is 2,372 students. An individualized school district comparison and data for the State of Illinois are provided in the table above. It is important to note that Clark County schools have a lower truancy percent rate across the board than the state average of 23%. In addition, Marshall and Martinsville schools have lower graduation rates compared to the state average of 86%.

One Clark County guidance counselor stated that “vaping seems to increase every year among the students due to how accessible it is and conceal.” The 2022 Illinois Youth Survey (IYS) assessed substance use trends amongst Clark County youth. The data from this survey was collected in the Spring of 2022. 307 Clark County youth, 12.94% of the enrolled student population, participated in the IYS. The breakdown of student participation is as follows:

- 8th Grade: 132 surveyed
- 10th Grade: 103 surveyed
- 12th Grade: 72 surveyed

2022 Illinois Youth Survey Substance Use Rates by Grade; Clark County

Used past 30 days	8 th Grade	10 th Grade	12 th Grade
Alcohol	27% (State of IL:15%)	40% (State of IL: 23%)	43% (State of IL:40%)
Any tobacco products	4%	5%	10%
E-cigarettes or other vaping products	12%	24%	18%
Marijuana	7% (State of IL:5%)	20% (State of IL:13%)	13% (State of IL: 26%)

Additionally, 18% of 10th grade and 17% of 12th grade students reported using alcohol or drugs to relax, feel better about themselves, or fit in during the past 12 months.

Stakeholders within Clark County have stated that mental health is a top concern for their students, as behavioral issues have seemed to increase significantly. School personnel have shared that many students come from drug-endangered homes, which has resulted in negative impacts on their behavioral and academic performance. The percentages of students responding in the affirmative to questions related to mental health are outlined below:

During the past 12 months did you ever seriously consider attempting suicide:

10th grade—26% out of 25 students who answered

12th grade—18% out of 12 students who answered

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities:

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8th grade—37% out of 47 students who answered

10th grade—45% out of 45 students who answered

12th grade—41% out of 29 students who answered

As reported by HRC, there were a total of 177 youth served by HRC’s prevention services in FY 22 within Clark County.

HRC is the Substance Use Prevention Provider for Clark County through the Illinois Department of Human Services. From approximately 2006 to the present, HRC has implemented substance use prevention services for Clark County youth. According to HRC, the Substance Use Prevention Program team utilizes the evidence-based substance use prevention curriculum, Too Good for Drugs, to educate every 6th and 7th-grade student in Clark County. This age and developmentally appropriate curriculum empower adolescents to meet life's challenges while building resistance to substance use. In addition, Too Good for Drugs equips students with five essential social and emotional learning skills: communicating effectively, identifying, and managing emotions, setting reachable goals, making responsible decisions, and bonding with pro-social others (Mendez Foundation, 2021).

Adult Population Data

Clark County is considered a rural county, defined by the U.S. Census Bureau as all population, housing, and territory not included within an urban area. Although metropolitan, suburban, and urban areas are often perceived to have higher rates of substance use, rural communities possess higher rates of use for tobacco and methamphetamines, while heroin and prescription drug misuse have grown in communities of every size (Rural Health Information Hub, 2020)

According to the Clark County Sheriff’s Department, it is estimated that 75% of Clark County inmates are either in need of substance use treatment or have substance use offenses. The Clark County Jail voiced that a lot of their inmates struggle with substance use disorder and/or need treatment. Numerous stakeholders share a similar belief that methamphetamine is the most commonly misused substance within the county, with local law enforcement stating, “Meth charges are a leading cause for arrests in our community.” Further, the Clark County Probation Department estimates that at least 80% of probation cases are substance use related, with demographics averaging to be Caucasian adults between the ages of 20 – 40.

Furthermore, as one stakeholder quoted, reaffirming the opinion, “meth is absolutely everywhere and continues plague to Clark County since it is so readily accessible.” In addition, misuse of heroin, opioids, and fentanyl have increased over the years. Stakeholders shared that there seems to be a generational cycle that substance misuse has on local families, stating, “Substance use impacts a wide variety of individuals, but it tends to run in families, generation after generation.”

Through HRC’s outpatient substance use program, 168 unduplicated Clark County adults were served in Fiscal Year 2022 consisting of 1,523 hours (about 2 months) of services. In addition, 459 unduplicated Clark County adults were served through HRC’s mental health program and certified recovery support services consisting of 2,462 hours of treatment.

According to the Illinois Opioid Data Dashboard for Clark County, fatal overdoses from heroin were reported in 2021 amongst individuals 45-55 years old, and non-fatal overdoses from heroin were reported amongst individuals 35-44 in 2021. In addition, non-fatal overdoses from opioids

other than heroin were reported amongst individuals ages 25-34 and 65-74 in 2021. Fatal deaths from these other opioids were reported in the ages 25-34. Other opioids categories include synthetic opioids (ex: fentanyl) as well as prescription medications (ex: hydrocodone, oxycodone), whether obtained legally or illicitly (IDPH, 2021). As reported overdoses are less than ten counts, a specific number of overdoses for each category and age group is not reported. It is essential to acknowledge that this data may not fully include the total number of nonfatal overdoses, as not all nonfatal overdoses may be reported.

Illinois Prescription Monitoring Program (IPMP) 2020 Data:

Total Buprenorphine Patients per County (The total number is based on the patient’s location)	80 patients
Total Buprenorphine Prescriptions per County (The total number is based on the location of pharmacy where the prescription is dispensed)	512 prescriptions

The chart above shows the data gathered in 2020 by the IL Prescription Monitoring Program (ILPMP). The data collected on the ILPMP website shows that Clark county has 80 patients who receive MAT services. According to the IDPH, there are no registered MAT providers.

Clark County stakeholders shared that “community members significantly stigmatize substance use and recovery. People often see substance use as a weakness and believe there is no hope or help for those with a substance use disorder.” Due to the compounding stigma, community members in recovery have voiced a concern that the opposing views and lack of understanding of SUD often inhibit individuals from seeking the services and support they may need. In addition, with the ingrained roots of stigma, community members have shared hesitancy with harm-reduction materials as they could promote active substance use.

Services and Support Available

Incorporated in 1968, the Human Resources Center of Edgar and Clark Counties (HRC) was organized to offer the community and rehabilitative services. Over fifty years later, HRC continues to live its mission of “helping people help themselves through exceptional human service and community collaboration.” HRC is a 501(c)(3) not-for-profit agency that provides comprehensive behavioral healthcare in East Central Illinois with locations in Paris, IL. (Edgar County) and Marshall, IL. (Clark County). HRC is certified as a Level 1 and Level 2 outpatient substance use treatment provider. Substance use disorder treatment and support services include the following: assessment and treatment planning, individual and group therapy, case coordination, referrals, DUI evaluations and education, and intervention services. Services are available for youth ages 12-17 years of age and adults 18 years of age or over. HRC accepts most funding sources and welcomes all types of referrals including, self, court, employer, DCFS, and more.

Various mental health services, support, and therapies are offered through the utilization of HRC's case managers, certified and licensed therapists, and a board-certified psychiatrist.

Specialized therapies include family therapy, corporate employee assistance programs (EAPs), and gambling education and treatment services. In addition, in Paris, IL, HRC offers “The Living Room,” an adult mental health crisis respite program designed to support anyone experiencing increased stress or mental health symptoms. This non-clinical space provides a safe and calm environment for individuals seeking recovery support activities. The Living Room Project consists of four primary focus areas: Crisis Prevention Deflection Alternatives, Mentoring, Peer Recovery Assistance, Employment Services, and Mental Health Prevention and Education.

Besides HRC, there are limited mental health services in Clark County. According to the 2021 Illinois County Health Rankings, there are approximately 3,260 residents for every one mental health provider within Clark County.

HRC offers numerous services designed to support and assist individuals with developmental disabilities. The services include independent living assistance or individuals living in their own homes or apartments, employment assistance to ensure that employment is obtained and maintained, direct training in daily living, communication, academic and vocational skills, safety, community awareness, and socialization.

The Clark County community offers various support groups, including Narcotics Anonymous, Celebrate Recovery, and online meetings. Although there are a few support groups offered, 12-step meetings are limited. Despite the availability of these groups, stakeholders have stated that, although there is a presence of a recovery community, there needs to be more meetings and involvement.

On harm reduction strategies and support within the county, NARCAN® is distributed to all county schools, Fire Departments, Police Departments, Sheriff Deputies, Emergency Medical Services, and first responders and is available at every local clinic and healthcare walk-in facility. Additionally, the Clark County Health Department and HRC assist in the distributing, training, and education of NARCAN® to community members.

Substance Use Gaps Across the Continuum

Promotion: Substance use disorder stigma remains present amongst Clark County community members. Although substance use disorder is a chronic yet treatable medical condition stakeholders who have shared that community members do not understand addiction or recovery and have negative attitudes towards substance use disorder. As previously stated, stakeholders have shared that there are safe and effective tools available to those struggling with substance use disorder. However, that stigma becomes a factor as to why individuals do not seek support from those in the community or seek treatment. Overall, the lack of public education and widespread information regarding substance use disorders contributes to the stigma present within Clark County. Stakeholders have shared that additional educational efforts are needed within the community. In addition, peers in recovery have shared that there needs to be focus on healthcare and the justice system as many still continue to view SUD as a moral weakness.

To increase awareness and decrease stigma the Clark Cumberland County ROSC Council, whose focus is to allow Clark and Cumberland County stakeholders to build a culture that nurtures recovery, provides excellent efforts to reduce stigma and biases. Currently, the ROSC Council is providing extra efforts to increase awareness and education opportunities for community

members. The education series allows community members to learn more about SUD and recovery and assist in debunking myths and misunderstandings related to SUD. The Clark Cumberland County ROSC Council also partners with various programs, such as the Illinois Family Resource Center (IFRC), to provide additional opportunities for training and webinars related to SUD and recovery for families. In addition, the Council continues to be present in the community by assisting or hosting events to increase awareness related to topics on SUD; examples include but are not limited to resource bag distribution (100 individuals reached), recovery-related literature donations to the school, and public libraries, resource drives, and more.

Prevention: As staffing shortages negatively impact local agencies, including treatment centers and schools, stakeholders are faced with limited support and resources. Multiple stakeholders have shared that additional training on early identification and screening of substance use are needed in the medical community. According to HRC, the Substance Use Prevention Program team utilizes the evidence-based substance use prevention curriculum, Too Good for Drugs, to educate every 6th and 7th grade student in Edgar County. This age and developmentally appropriate curriculum empower adolescents to meet the challenges of life while building resistance to substance use. In addition, Too Good for Drugs equips students with five essential social and emotional learning skills: communicating effectively, identifying and managing emotions, setting reachable goals, making responsible decisions, and bonding with pro-social others (Mendez Foundation, 2021).

Intervention/Harm Reduction: Clark County residents have stated that a drug court is highly needed. As drug courts are designed to help residents recover from substance use disorder while providing an effective solution to substance use within the criminal court system, many stakeholders believe this implementation would have a long-lasting and positive impact. Through this effort, drug courts would provide Clark County with court programs allowing individuals to seek substance use treatment and agree to court supervision rather than receiving a jail sentence. Drug courts recognize that addiction is a chronic disease that affects behavior and impulse control. Rather than punishment, these services' primary goal would be treating the illness (National Drug Court Resource Center, 2021). Overall, health promotion efforts regarding intervention and harm reduction supplies and services, including safe syringe access and NARCAN distribution, can be enhanced to ensure residents are aware of these programs and supplies. Currently, Hour House is a NARCAN® distributor through Drug Overdose Prevention Program (DOPP). Through the Hour House, the Clark Cumberland County ROSC Council (CCCRC) can assist the Clark County Health Department in expanding NARCAN® training and distribution efforts in the community

Treatment: Transportation is the number one barrier Clark County residents face when accessing substance use services and support. Telehealth services are being used to bridge this gap, but not everyone can access these services due to broadband and technological gaps. Although HRC offers residents mental health and substance use services and support, stakeholders have shared that there needs to be more capability of managing the number of cases within Clark County. Furthermore, Clark County lacks a detoxification facility, which many residents require before seeking additional recovery support. As HRC is facing staffing shortages and substantial caseloads, county residents frequently travel to Charleston, Mattoon, Champaign, Danville, or

Terre Haute, IN., to receive the services and support they need. As these cities are between 30 and 79 miles away from Clark County, residents often face difficulties in transporting themselves to and from treatment centers. Inpatient residential rehabilitation spans 40 miles or more away and have waitlists.

Further, the Clark County Jail faces multiple barriers when attempting to provide support and assistance for inmates in need of substance use services. Currently, the Clark County jail does not possess a private room for telehealth services, support groups, or other substance use recovery services, resulting in many individuals needing more assistance. Stakeholders have shared that there are various barriers to providing telehealth services. One stakeholder shared, “Many individuals do not have access to Wi-Fi and many times phone calls are unsuccessful. This has been a challenge with providing individuals with the support that they need.”

Recovery: As defined by the Substance Abuse and Mental Health Services Administration, recovery is a process of change through which individuals improve their health and wellness, live self-directed life, and strive to reach their full potential. As alcohol and drug-free living environments are necessary for sustaining recovery, stakeholders have shared that this is a crucial resource for individuals seeking recovery services. Conversations with community members show that a variety of support groups would benefit the recovery community of Clark County. A Recovery Oriented System of Care (ROSC) Council has recently been established when examining recovery efforts and support within Clark County. This will allow stakeholders to build a culture that nurtures recovery.

To conclude, there is an inadequate amount of support groups within Clark County, with stakeholders sharing, “our community needs more support groups, we are very limited.” To access additional support groups, county residents must travel to neighboring counties, such as Crawford County, Coles County, Cumberland County, Edgar County, and Terre Haute, IN. These all range in distances from 15-40 minutes away. In return, residents face transportation barriers to receiving needed support services. Online meets can be utilized if the individual can access broadband and a media device such as a laptop or cell phone. In addition, stakeholders have shared the need for sober living in the County. Sober living or transitional living spaces allow individuals to focus on their recovery goals and to continue to make progress in their recovery journey.

Conclusion

Access to education, prevention, treatment (including harm reduction), and recovery support will reduce stigma and empower individuals to live healthier lives. Our next steps will include assisting community stakeholders in developing a community action plan that addresses the gaps and barriers identified in this document.

Programs and Services Across the Continuum of Care for Clark County

<u>Continuum of Care Category</u>	<u>Service or Program</u>	Existing > 6 months	Existing < 6 months	Planning Stages	Offered through programs outside the county	Gap in service	Notes, History, Considerations, and Possibilities
<u>Promotion</u>	Educational Materials	X				X	HRC, CCCRC, Hour House, Clark Co Health Dept.
	Recreational Alternatives to Substance Use					X	Stakeholders report a lack of recreational alternatives to substance use
	Substance Use Screenings	X					HRC
	Community Outreach	X					Clark County Health Department, HRC, Community and School Events, CCCRC
	Trauma-Informed Care Training					X	There is community interest in learning more about this option
<u>Prevention: Universal</u>	Anti-stigma efforts	X				X	CCCRC is doing work around SUD stigma in tandem with community partners; however, community stigma continues to be prevalent in Clark County.
	Public and/or school norm campaign	X					HRC SUPPs
	SUPS School Curriculum	X					HRC SUPPs
	Community Education - Specialized by sector	X				X	Community Education is lacking but the CCCRC is addressing these needs steadily
<u>Prevention: Selected</u>	Red Ribbon Week Activities	X					Clark County Schools participate in red ribbon week, HRC
	Family Members of those with an addiction	X				X	Illinois Family Resource Center
<u>Prevention: Indicated</u>	Adverse Childhood Experience (ACE) Support					X	There is community interest in learning more about this option.
	Children of Parents w/Addiction					X	Not Available
	Case Identification through school screenings and involvement	X					School Counselors
	Law Enforcement Deflection Program					X	Not Available
	MAT/MAR Services					X	Not Available
	Naloxone training & distribution	X		X			Clark Co Health Department and CCCRC

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<u>Harm Reduction (HR)</u>	Safe Syringe Access					X	Not Available
	Physician Education on HR					X	Not Available
	Judicial System Education on HR					X	Not Available
<u>Medical Care</u>	Hospital Warm Hand-off Program					X	Not Available
	Hospital Withdrawal Management Program					X	Not Available
	Stabilization Facility					X	Not Available
	Transitions of Care Across Continuum of Care					X	Not Available
	Coverage of Alternative and non-opioid therapies for pain					X	Not Available
<u>Intervention & Treatment</u>	Out Patient Care	X					HRC
	Crisis Care	X				X	HRC- The Living Room (Edgar Co only)
	Residential Care				X	X	Hour House in Charleston
	Youth Counseling	X					HRC
	Telehealth	X					HRC
<u>Recovery</u>	Clark County Recovery Council (ROSC)	X					Hour House
	Peer Recovery Coach	X					HRC
	AA Meeting					X	Not Available in this county
	Celebrate Recovery Meeting	X					Clarksville Baptist Church
	NA Meeting	X					Marshall Library, HRC
	Recovery Housing					X	X