

**Community Resource Assessment FY24
Coles County ROSC Council (CCRC)**

Region: ROSC Region 4

Agency: Hour House

ROSC County: Coles County

Contacts:

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ROSC Program Supervisor, Karen Cook

Purpose of the Community Resource Assessment: This research details a community resource assessment and describes how resources were evaluated in the context of local needs. The evaluation of local resources is an important initial step in partnership development and is essential for the success of health promotion and disease prevention interventions.

Executive Summary- Coles County

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| <i>Leadership Center Agency:</i> | <i>Hour House</i> |
| <i>Type of Report:</i> | Community Needs Assessment- Coles County |
| <i>Setting:</i> | Rural |
| <i>Total Number of Residents:</i> | 46,765 |
| <i>Number of School-aged Youth:</i> | 6,186 |
| <i>Total Number of Schools:</i> | 12 public schools and 3 private schools |
| <i>Total Number of Institutions of Higher Learning:</i> | 3, One Nursing School, One Community College, and one University |
| <i>Total Number of Treatment Facilities:</i> | 1 |
| <i>Total Number of Coalitions/ROSC Councils:</i> | 1 ROSC Councils |

Background and Demographics

Coles County is located in East Central Illinois. As of the 2020 census, the population was 46,863. Its county seat is Charleston, which is also the home of Eastern Illinois University. As of the 2010 United States Census, there were 53,873 people, 21,463 households, and 11,963 families residing in the county. The population density was 106.0 inhabitants per square mile (40.9/km²). There were 23,425 housing units at an average density of 46.1 per square mile (17.8/km²). The racial makeup of the county was 92.9% white, 3.8% black or African American, 1.0% Asian, 0.2% American Indian, 0.6% from other races, and 1.5% from two or more races. Those of Hispanic or Latino origin made up 2.1% of the population. In terms of ancestry, 25.6% were German, 16.4% were Irish, 11.1% were American, 10.0% were English, 3.4% were Polish, 2.9% were Italian, 2.5% were French, 2.1% were Dutch and 1.9% were Scots-Irish.

Of the 21,463 households, 25.5% had children under the age of 18 living with them, 41.8% were married couples living together, 9.9% had a female householder with no husband present, 44.3% were non-families, and 31.4% of all households were made up of individuals. The average household size was 2.30 and the average family size was 2.87. The median age was 31.6 years.

Coles County race and Hispanic origin demographics (U.S. Census Bureau, 2021):

| | |
|--|-------|
| White Alone | 92.3% |
| Black or African American Alone | 4.2% |
| Hispanic or Latino | 3.1% |
| Two or More Races | 2.0% |
| Asian Alone | 1.0% |
| American Indian/Alaska Native Alone | 0.3% |
| Native Hawaiian/Other Pacific Islander Alone | 0.1% |

Coles County age and gender demographics (U.S. Census Bureau, 2021):

| | |
|------------------------|-------|
| Persons under 5 years | 4.9% |
| Persons under 18 years | 18.1% |
| Persons 65 and over | 17.8% |
| Female Persons | 51.1% |

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|--------------|-------|
| Male Persons | 50.0% |
|--------------|-------|

The median income for a household in the county was \$36,457 and the median income for a family was \$54,170. Males had a median income of \$38,915 versus \$28,781 for females. The per capita income for the county was \$20,601. About 10.6% of families and 20.3% of the population were below the poverty line, including 20.6% of those under age 18 and 5.9% of those age 65 or over. (Census 2020)

According to the 2022 Illinois County Health Rankings, Coles County has an overall ranking of 48 out of 102 for health outcomes, which is based on the length and quality of life measures. In addition, Coles County has an overall ranking of 62 out of 102 for health factors, which is based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors. Each of these rankings are considered to be in the higher middle range when compared to other counties in Illinois, Improving and declining health factors for Coles County, along with a State of Illinois comparison, is provided in the table below:

| Improving Health Factors | Coles County | State of IL. Comparison |
|---|---------------------|--------------------------------|
| Alcohol-impaired driving deaths | 27% | 29% |
| Number of uninsured individuals | 7% | 8% |
| Number of dentists | 1,870:1 | 410:1 |
| Declining Health Factors | Coles County | State of IL. Comparison |
| Preventable hospital stays | 4,447 | 7,184 |
| Flu vaccinations | 47% | 49% |
| Sexually transmitted infections (per 100,000 population) | 705.2 | 639.3 |

Youth Population Data

There are three school districts within Coles County totaling 7 elementary schools, 2 middle schools, and 3 high schools with an approximate total of 5,786 students. All three districts serve Pre-K through 12th grade students. An individualized school district comparison, along with data for the State of Illinois, is provided in the table below:

| ISBE Report Card 2021-2022 | Charleston CUSD 1 | Mattoon CUSD 2 | Oakland CUSD 5 | State of Illinois |
|-----------------------------------|--------------------------|-----------------------|-----------------------|--------------------------|
| Enrollment | 2473 | 3059 | 254 | 1.9M |
| Graduation Rate | 75% | 86% | 76% | 86% |
| Mobility Rate | 13% | 12% | 7% | 6% |
| Truancy Rate | 23% | 36% | 6% | 22% |
| Low-Income | 49% | 64% | 47% | 46.5% |
| IEP's | 18% | 18% | 13% | 17% |

The Charleston and Oakland school districts have lower graduation rates at 75-76% than the state average of 86%. It should also be noted that the Charleston and Mattoon school district's mobility rate is higher than the Oakland school district, which is significantly lower than the other schools in the county and the state average. Additionally, the Mattoon school district has a significantly higher truancy rate and higher than the state average of 22%. They also have higher low-income student rates than the state average of 46.5% (Illinois Report Card, 2020-2021).

In effort to address these substance use needs amongst Coles County youth, the Central East Alcoholism and Drug Council (CEAD, doing business as Hour House), is the Substance Use Prevention Provider for Coles County. Through these efforts, students are equipped with the knowledge and skills needed to reduce risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use (Mendez Foundation, 2021). During 2021-2022 school year, 42% of High School students (9th – 12th grade) in Coles County received our prevention programs (Communication Campaign on Underage Drinking and National Prevention

Week). 79% of Middle School students (6th – 8th grade) in Coles County received our prevention program (Too Good For Drugs). 735 high school students at Charleston High School (9th – 12th) were reached through our Communication Campaign on Underage Drinking Prevention out of total of 1,771 high school students in the county. 1,022 out of 1292 grade students at Jefferson Elementary (6th), Charleston M.S. (7th), and Mattoon M.S. (6th, 7th & 8th) were reached through the Too Good For Drugs Program.

Adult Population Data

Illinois Prescription Monitoring Program (IPMP) 2020 Data:

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| <p>Total Buprenorphine Patients per County (The total number is based on the patient’s location)</p> | |
| <p>Total Buprenorphine Prescriptions per County (The total number is based on the location of pharmacy where the prescription is dispensed)</p> | |

Illinois Prescription Monitoring Program (IPMP) 2020 Data:

Illinois Opioid Data Dashboard for 2021 overdose Coles County data is as follows: 50 non-fatal overdoses, 28 of which were heroin and 22 of which were other substances; 0 fatal overdoses, 0 of which were heroin and 0 of which were other substances. It is important to acknowledge this data may not be fully inclusive of the total number of nonfatal overdoses, as not all nonfatal overdoses may be reported. Thus far, in 2022, there have been several fatal overdoses in the county. Methamphetamine, heroin, marijuana, and alcohol are the most commonly misused substances within Coles County.

One-third of all 2021 felony charges by men in Coles County were attributed to methamphetamine, while the substance accounted for almost half of all felony charges by females. That’s 143 men and 59 women who were arrested for taking the highly addictive stimulant that affects the central nervous system. More than 20,000 Americans died from meth overdoses in 2020, according to the National Health Institute. Coles County cultural and geographical factors predispose this rural community to methamphetamine abuse in comparison to urban or suburban areas. Similar factors also serve as roadblocks to achieving adequate levels of achievement in these same communities.

The prevalence of Fentanyl has rapidly increased in Coles County. According to the Charleston Police Department, Coles County and Douglas County combined seized 10,442.2 grams of Fentanyl in 2022. The street value of this is \$2,088,440.00. In comparison, data from the Charleston Police Department shows that 514.8 grams of Heroin and 6947.92 grams of methamphetamine were seized. The Charleston Police Department states, "All Heroin cases are coming back with fentanyl." Mattoon Police Department has a similar statement on the prevalence of Fentanyl. According to the Mattoon Police Department, it is easier to obtain Fentanyl by itself than Heroin today. The Mattoon Police Department also states that "Fentanyl

has exploded over the last couple of months. We are arresting people that are in possession of Fentanyl by itself. We really haven't seen that until a few months ago. It was always mixed in with Heroin." The Mattoon Police Department explains, "Anything we come across that we suspect may have Fentanyl, we don't field test. For example, if we arrest someone for Heroin, we have policy in place that prevents us from field testing that substance. We send the substance off to the state crime lab to be tested. However, we don't get all those results back because they won't test unless we believe the defendant is going to take the case to trial."

In order to address the incidence and prevalence of substance use disorder, CEAD Council maintains a full continuum of care for substance use disorder interventions and treatment in Coles County. These programs include DUI Evaluation and Risk Education Services, Outpatient and Intensive Outpatient, Medically Monitored Detoxification Services, Residential, Halfway House and Recovery Home Services. All of the agency's treatment services are gender specific and extended care services in Halfway House and Recovery Homes for women include the ability to provide care for not only women but their children who have been affected by parental substance use disorder. While not specifically providing intervention or treatment, CEAD Council operates the Illinois Family Resource Center, a state-wide program that provides training, technical assistance and resources to both community members, families, friends and behavioral health treatment providers regarding family services for those who experience mental health or substance use disorder.

To further help reduce the number of opioid-related overdose deaths, the Hour House is a registered Drug Overdose Prevention Program (DOPP) that allows for both client and community-based overdose education and distribution of NARCAN. The service is provided to both clients of the agency and their friends and family members as well as community members free of charge. NARCAN is available at all agency facilities as well as a number of community partner locations in Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Moultrie, and Shelby Counties. This program is funded in part or in whole by Illinois Department of Human Services-Substance Use Prevention and Recovery. NARCAN is a medication that can block or reverse the effects of an opioid overdose. Anyone can easily use NARCAN to save the life of someone overdosing on opioids, including heroin or prescription medicines like OxyContin® or Percocet®. The Coles County Recovery Oriented Systems of Care (ROSC) Council assist in the distribution of an overdose prevention education and NARCAN® for Coles County residents. There are several locations to obtain NARCAN and educational materials. The Coles County distribution data are displayed below.

| NALOXONE DISTRIBUTION 2022-2023 | | | | | | | | | | | | | |
|---|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|--------------|
| Project | Jul | Aug | Sep | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | Jun | Total |
| Champaign-Urbana Public Health District | | | | | | | 60 | | 26 | | | 48 | 134 |
| NARCAN Central East Alcoholism and Drug Council | | | | | | | | | 113 | 114 | 190 | 456 | 873 |
| NARCAN Rush Regional Leadership Center | | | | | | | | 60 | | | | | 60 |

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| NARCAN SIU School of Medicine-Center for Rural Health and Social Service Development - Eastern Region Office | 24 | | 800 | | | | | | | | | | 824 |
| NARCAN The Night Ministry | | | | 4 | | | 15 | | | | | | 19 |
| NARCAN TPAN (Test Positive Action Network) | | | 1 | | 2 | | | | | | | | 3 |
| Total | 24 | | 801 | 4 | 2 | 60 | 75 | 139 | 114 | 190 | 504 | 1913 | |

Services and Supports

In effort to reduce stigma and increase recovery efforts and support within the county, Hour House (lead agency) coordinates and supports the Coles County Recovery Oriented Systems of Care (ROSC) Council. The ROSC is currently comprised of 80 members, which represent a variety of sectors: persons with lived experience (PLE), law enforcement, community action agencies, school personnel, treatment administration, and the health department, among others. These stakeholders meet monthly to identify gaps and discuss ways to build a community that nurtures recovery. Their goal is to build capacity and infrastructure to support a recovery-oriented system of care and to eventually become a Recovery Community Organization (RCO). During 2022-2023, the ROSC Council directly served approximately 175 Coles County residents through providing resource bags, referrals and education. Through the ROSC anti-stigma campaign, a ‘recovery is possible’ billboard was displayed within the county for 12 months, totaling an average of 40,000 views per week. In addition, the ROSC anti-stigma radio ad campaign reached an approximate 25,000 listeners per week for a total of 4 weeks. The ROSC has also distributed 6,000 local substance use recovery resource brochures to county residents.

LifeLinks provides Level I Outpatient Substance Use Disorder services. They offer a comfortable setting where growth and openness are encouraged, they provide a full-range of confidential counseling for adult emotional problems. LifeLinks provides a wide variety of services to children and adolescents. Those services include Short term counseling to children, adolescents and families on both an individual and group basis. Working with and within the school system to provide counseling services to children with behavior and/or emotional disorders. SASS (Screening Assessment and Support Services) - Provides outpatient services to children/adolescents with a severe emotional disturbance who are at risk of psychiatric hospitalization. Caregiver Connections that offers training, technical assistance, early childhood mental health consultation and referrals to home and center-based child care providers. Additionally, Recovery Support Services are provided in conjunction with the WRAP (Wellness Recovery Action Plan). Lifelinks also maintains a 24-hour behavioral health crisis service system.

Founded in 1985, Illinois Coalition for Community Services is a 501c3 nonprofit that takes a grassroots approach to providing free social services in rural and metropolitan Illinois. Their

experts find success in the face of challenges by adapting to change and personalizing services to the needs of the individual or community. They increase opportunity for independence, growth and success.

Since their inception, they have acted to help individuals and families in more than 1,000 Illinois communities across 90 counties. They provide a variety of programming throughout the state, including: 24/7 crisis intervention and counseling for neglected or runaway youth, anti-delinquency and violence prevention services, as well as, safe, productive after-school care for youth. They are licensed through the Illinois Department of Children & Family Services and are a certified trauma-informed agency.

Gateway's Warm Hand Off program is currently in place in 26 hospitals across Illinois, and the recent signing of a memorandum of understanding with another hospital system will soon bring that total to 28. The Gateway Foundation aims to streamline the process for people seeking residential or detoxification recovery by providing qualifying individuals transportation to the proper treatment facilities with the Warm Hand-Off program. The program puts Gateway addiction treatment specialists in the emergency departments of participating hospitals to provide care coordination, recovery coach engagement, and case management in the transition to treatment. Since the launch of the program pilot in 2018, more than 5,000 patients have been consulted or received treatment as part of Warm Hand Off. Gateway's warm handoff program is located at Sarah Bush Lincoln Health Center.

Coles County has an Amtrak Train Station, Greyhound, and the Zipline with Dial A Ride. Amtrak allows travel by rail to destinations along the way. Greyhound busses pick up daily and allows out of town travel. Dial A Ride offers public transportation within Coles County, Illinois scheduled services to Champaign, Urbana, and Effingham. Dial A Ride is a demand response, door to door, handicapped accessible provider. The Zip Line has a designated route that stops every hour at locations throughout Mattoon and Charleston, IL. (Dialaridetransit.org)

The Safe Passage program allows individuals who want to stop their substance abuse addiction to receive help simply by coming to the Mattoon City police station at 1710 Wabash and requesting, "Safe Passage help." When contacted, Mattoon Police Department (MPD) will reach out to local substance abuse rehabilitation providers, who will work with Safe Passage individuals in an effort to determine the level of assistance needed. MPD will also make travel arrangements to transfer individuals to a support or rehabilitation facility. Deputy Chief Sam Gaines said "Every officer in our organization has seen the disastrous fallout drug and alcohol addiction causes for the addict, their friends, family members—and our community as a whole. I, and all of the officers in this Department, understand the courage it takes to make that first step and admit help is needed. When that request for help is made, we realize it is vitally important to be ready to make every effort we can to get that person assistance at that particular time." Safe Passage is a program with a "no questions asked" policy. Anyone utilizing Safe Passage can be assured this is not an attempt to gain new informants, or acquire information about the drug sales or abuse in the community. Individuals will not be placed in custody, and are free to leave at any time. The sole purpose of this program is to help people that are sick to get well.

Substance Use Gaps Across the Continuum

Promotion: As previously stated, substance use is highly stigmatized in Coles County. Stakeholders have shared that many residents believe that addiction only occurs amongst individuals who: come from troubled homes; have criminal records; or struggle with a mental illness. Further, stigma amongst residents influences their beliefs about how addiction occurs, and the resulting shame and secrecy can contribute to the delay or refusal of substance use treatment. Stigma also leads to negative thoughts or beliefs regarding treatment options and interventions, and it can even inhibit individuals from attending community education events regarding substance use. Overall, the lack of education and information regarding Substance Use Disorders contributes to the stigma present within Coles County. Stakeholders have shared that additional educational efforts are needed within the community to increase awareness and decrease stigma.

Prevention: Hour House is Coles County's SUPPS provider, utilizing the evidence-based substance use prevention curriculum, Too Good for Drugs, a 10-lesson comprehensive education provided to the 6th, 7th, and 8th graders in the Coles County Middle Schools. 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). They also provide a short curriculum called "My Generation Rx," which covers medication safety for the 9th graders at Charleston High School.

Intervention/Harm Reduction: As a way to address the ongoing methamphetamine issue, Coles County Courts System provide Coles County residents a supportive environment by utilizing their Drug court. Drug court is a form of probation that centers on treatment and a high level of supervision. Successful completion of the program results in the drug conviction being removed from an individual's record. Coles County developed a way to combat this community poison through a treatment-focused response to methamphetamine charges that is an outlier compared to other rural areas. Coles County drug court is an intensive probation program with rehabilitation at its core. In 2021, methamphetamine-related charges accounted for nearly one-third of all charges in felony cases for felony cases, and approximately 75 percent of methamphetamine charges were attributed to Coles County residents. Drug court features an eight-member committee whose primary duties are to determine who will be selected for drug court and to monitor them as they move through the program. To be considered for drug court, an individual must have a pending charge, and their attorney must request a drug court evaluation to be approved by the judge. Additionally, nearly 80% of all methamphetamine charges were classified as possession of less than five grams, which further illustrates the shift away from manufacturing charges. Drug courts reduce the burden and costs of repeatedly processing low-level, non-violent offenders through the nation's courts, jails, and prisons while providing offenders an opportunity to receive treatment and education. Through the National Institute of Justice (NIJ) Multisite Adult Drug Court Evaluation it was found that participants reported less criminal activity (40% vs. 53%) and had fewer rearrests (52% vs. 62%) than comparable individuals, participants reported less drug use (56% vs. 76%). They were less likely to test positive for drug use (29% vs. 46%) than comparable individuals, and treatment investment costs were higher for participants, but with less recidivism, drug courts saved an average of \$5,680 to \$6,208 per individual overall (U.S. Department of Health and Human Services, 2020). These statistics suggest that drug courts have the power to breakdown

substance use barriers, empower individuals who are suffering from substance use disorder, and embody the message that disease does not always have to result in punishment. 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.

Treatment: Hour House offers treatment services to address substance use disorders, dependency, & other therapy needs. Their substance use disorder treatment and recovery support services cover many substance use disorders, including Alcohol use disorder Cocaine use disorder, Prescription use disorder, Methamphetamine use disorder, Heroin use disorder, Behavioral use disorder, and Gambling use disorder. They also offer a variety of community-based programs & services in the following areas; Comprehensive Assessments, Adult and Adolescent Medically Monitored Detoxification, Adult Residential, Intensive Outpatient, Adult Outpatient Women's Halfway House, Women's Recovery Homes, Men's Halfway House, Men's Recovery Home, Adolescent Outpatient, DUI Evaluation & Risk Education, Substance Use Prevention, Illinois Family Resource Center, Recovery Oriented System of Care Councils, Case Coordination, Consultation & Referral, Gambling Disorder Treatment Programs.

In addition, there are three individual MAR providers in Coles County, one each at Sarah Bush Lincoln Health Center, Carle on Hurst, and OSFH. They have offices within the county that offer MAR services. However, there is no clinic specifically for this treatment, resulting in a significant gap for individuals seeking treatment and recovery services/support.

Coles County stakeholders have stated that transportation to treatment services is still a barrier. Transportation barriers can result from a variety of factors, including lack of a driver's license (expired, physically lost, lost because of a criminal charge, etc.), lack of a personal vehicle, lack of income needed to pay for fuel, or simply challenges in navigating the public transportation system. However, there are programs in place, such as the Safe Passage Program initiated by the Mattoon City of Police and the Gateway Foundation located at Sarah Busch Lincoln Hospital. The Safe Passages program utilizes volunteers with lived experience for transportation to treatment. The Gateway Foundation aims to streamline the process for people seeking residential or detoxification recovery by providing qualifying individuals transportation to the proper treatment facilities with the Warm Hand-Off program. The program puts Gateway addiction treatment specialists in the emergency departments of participating hospitals to provide care coordination, recovery coach engagement, and case management in the transition to treatment.

Recovery: Hour House also offers recovery housing options in Charleston, IL. As alcohol and drug-free living environments are necessary to sustain recovery, stakeholders have shared that this is a crucial resource for individuals seeking recovery services. Men's Halfway House Services is designed to provide a supportive, therapeutic living environment for men who need continuing therapeutic structure in their recovery. Men in this level of care are to practice responsible living through full-time employment and/or continuing education while continuing to receive group and individual treatment services. Men's 3/4/ Recovery home is a program available for men who have completed residential treatment and need structure and a supportive therapeutic living environment while developing recovery skills. Here, men can practice responsible living that encourages recovery, including employment, attending further education, participating in self-help groups, learning about sober recreational activities, and visiting family

while processing triggers for relapse and problems in daily living. Women's Recovery Home is designed to provide a supportive, therapeutic environment for families who need the opportunity to practice skills of daily living, including parenting & employment, while receiving needed counseling services. This service integrates the children into the daily process of healthy living. The family lives on-site while receiving counseling. The focus is to assist the adult to function as a healthy parent, increase their feelings of self-worth & improve their ability to live independently. Women's Halfway House Services is designed to provide a supportive, therapeutic living environment for women who need continuing therapeutic structure in their recovery. Women in this level of care begin to practice responsible living through full-time employment and/or continuing education while continuing to receive group and individual treatment services. Recovery Home for Women with Children is designed for women with or without children that need additional support and structured living while coping with substance-related issues. The philosophy is to stabilize sobriety while learning the skills needed to parent, establish employment, learn responsibility in finances, cope with life stress and reinforce skills needed for eventual independence. The goal of this program is family abstinence and healthy living.

Matthew 25 is an organization that provides a stable living environment and support for men and women in need. Churches and agencies in the Charleston, IL, area support them. Their mission is to offer shelter for those struggling with poverty and its uncertainties. The Haven is a homeless shelter that provides temporary housing to those in need. Section 8 housing has long waitlists, and each housing unit has its application process. On average, Section 8 Housing Choice vouchers pay Coles County landlords \$500 monthly towards rent. The average voucher holder contributes \$300 towards rent in Coles County. The maximum amount a voucher would pay on behalf of a low-income tenant in Coles County, Illinois, for a two-bedroom apartment is between \$727 and \$889.

Conclusion

This assessment was designed to provide a comprehensive and broad picture of the overall community resources available to those in recovery, however there may be needs that are not specifically addressed in this report due to numerous factors including but not limited to, stigma, and various accessibilities. Furthermore, Certain population groups might not be identifiable or reachable for independent analysis. Examples include homeless, institutionalized persons, undocumented residents and non-English speaking persons or ethnic groups. Efforts were made to obtain input from these specific populations through key stakeholder interviews and online research methods.