

Community Resource Assessment FY24 Shelby County ROSC Council (MSCRC)

Region: ROSC Region 4

Agency: Hour House

ROSC County: Shelby County

Contacts:

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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- Shelby County

Leadership Center Agency:	Hour House
Type of Report:	Community Needs Assessment- Shelby County
Setting:	Rural
Total Number of Residents:	20,761
Number of School-aged Youth:	4,359
Total Number of Schools:	15
Total Number of Institutions of Higher Learning:	0
Total Number of Treatment Facilities:	1
Total Number of Coalitions/ROSC Councils:	1 ROSC Councils

History and Demographics

According to the Genealogy Trails History Group, Shelby County was formed in 1827 out of Fayette County. The county was named in honor of Isaac Shelby, Governor of Kentucky and hero of the Revolutionary War. The county seat of Shelby County is Shelbyville, IL, located on the western shore of the Kaskaskia River which was dammed to create Lake Shelbyville. Shelbyville, Shelby County and Lake Shelbyville derived their names from Isaac Shelby. Shelby was an officer of the revolution. The population of the entire county, according to the census of 1870, was 25,476. Various settlements and communities have disappeared from maps, but appear in newspaper accounts and other documents of other eras (Genealogy Trails, Shelby County, 2022).



According to Data USA, the highest employer occupation in Shelby County are office and administrative support occupations (11.5%), as of 2020. Other large occupations in Shelby County include, management occupations (9.45%), production occupations (9.7%), sales and related occupations (8.29%), and transportation occupations (5.16%). The highest employer

industry in Shelby County, as of 2020, is health care and social assistance (16.9%). Other large industries in Shelby County include, manufacturing (15.9%), retail trade (13%), construction (7.33%), transportation and warehousing (5.05%).

Shelby County’s population is 20,761 as of July 1, 2022. The county seat is the City of Shelbyville, and villages within Shelby County include: Cowden, Findlay, Herrick, Moweaqua, Oconee, Stewardson, Strasburg, and Tower Hill. The racial makeup of Shelby County is primarily White, with White persons alone making up a total of 97.7% of individuals within Shelby County. Other racial makeup within the county includes: Black or African American (0.5%), American Indian and Alaskan Native (0.3%) and Asian at (0.4%) (U.S. Census, QuickFacts, 2022). According to the U.S. Census between 2010 and 2020, there was a population increase. The population in 2010 being 22,363 and the population in 2020 being 20,990. The median income for a household in Shelby County in 2021 was \$60,103, which is lower than the nation-wide median income at \$69,021, which was also reported in 2021. The economy of Shelby County employs 4,296 people, however, 10.3% of individuals live below the poverty rate. The percentage of citizens in the county without health insurance is 5.5%, which is slightly lower than the nation-wide percentage at 9.3%, in the same year (U.S. Census, QuickFacts, 2022).

2022 County Health Rankings	Shelby County	Illinois
<i>Health Factors</i>		
Adult Smoking	21%	15%
Excessive Drinking	23%	23%
Alcohol-Impaired Driving Deaths	30%	29%
Primary Care Physicians	3,090:1	1,230:1
Mental Health Providers	2,660:1	370.0:1
<i>Health Outcomes</i>		
Premature Death	6,700	7,100
Poor or Fair Health	18%	17%
Poor Physical Health Days	4	3.6
Poor Mental Health Days	4.9	4.2

According to the County Health Rankings, Shelby County is ranked among the healthiest counties in Illinois, with placement in the 50%-75% range. Shelby County ranked 33rd out of 102 counties in the state of Illinois for health outcomes and health factors in 2022. An overview of the 2022 county and state data can be seen in the table above. Some data points to note include, the adult smoking rate for Shelby County is

notably higher for Shelby County than the State’s at 15%. The ratio of primary care providers at the county level is 3,090:1 which is also notably different than the state at 1,230:1, as well as, the ratio of mental health providers (2,660:1) compared to the state at 370:1. Additionally, Shelby County residents reported similar poor physical and mental health days to the state’s averages (County Health Rankings and Roadmaps, Shelby County, 2022).

Youth Population Data

According to the Illinois State Board of Education (ISBE), there are four school districts in Shelby County, with a total of 3 elementary, 3 middle, and 4 high schools. There are roughly 2,250 students in the county, and all school districts service Pre-K through 12th grade students. An individualized school district and state data comparison is provided below.

ISBE Report Card 2021-2022	Shelbyville CUSD 4	Windsor CUSD 1	Cowden-Herrick CUSD 3A	Stewardson- Strasburg CUSD 5A	State of Illinois
Enrollment	1,212	339	298	401	1.9M
High School Graduation Rate	95.50%	88.90%	95.20%	81.60%	87.30%
Mobility Rate	7.30%	6%	8%	8.40%	7.60%
Truancy Rate	6.70%	6.60%	Redacted	Redacted	22.10%
Low-income	36.80%	31.60%	64.10%	35.40%	46.50%

The Shelbyville and Cowden-Herrick school districts have a significantly higher graduation rate over 95% compared to the state average of 87.3%. However, it should be noted that all the school district's enrollment rates run on the lower end of the spectrum. Following this, Shelby and Windsor school districts have significantly lower truancy rates than the state average of 22.1%. All districts, excluding Cowden-Herrick, also have slightly lower income rates than the average of 46.5%. Shelby and Windsor's districts have slightly lower mobility rates, whereas, Stewardson-Strasburg and Cowden-Herrick have a slightly higher mobility rate than the state average of 7.6% (Illinois Report Card, 2021-2022).

The Central East Alcoholism and Drug (CEAD) Council (d/b/a Hour House), located outside the county in Charleston, IL, is a Substance Use Prevention Provider (SUPP) for Shelby County. Hour House utilizes the evidence-based substance use prevention curriculum *Project Alert*, to educate Windsor Junior High School 7th and 8th grade students. The curriculum is proven to motivate middle school students against substance use, provide skills and strategies to resist drugs, and establish non-use attitudes and beliefs (Rand Corporation, 2023). In addition, Hour House provides a curriculum titled *Botvin LifeSkills Training*, to educate Moulton Middle School 4th and 5th grade students. This curriculum helps increase self-esteem, develop healthy attitudes, and improve students' knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. (Princeton Health Press, 2022). Hour House also has an outpatient office located in Shelbyville, IL, that provides DUI evaluations, adult outpatient services, and gambling services

The Illinois Youth Survey (IYS) collects biennially data regarding various health and social indicators for 8th, 10th, and 12th graders. For this section, 2022 data will be utilized. In 2022, all eligible middle and high schools in Shelby County participated in the survey, and a breakdown of the county and state data is provided in the chart below.

Past 30 Day Use	8th Grade	10th Grade	12th Grade
Alcohol	30%	44%	48%
Binge Drinking (Past Two Week Use)	5%	7%	20%
Any tobacco or vaping products	6%	17%	31%
Marijuana	5%	15%	24%

Key stakeholders from Shelby County stated that tobacco and vaping products, marijuana, and alcohol are commonly misused among youth. One stakeholder from the educational sector stated that there are students who will come to him/her for guidance regarding the process of quitting vaping.

The IYS also evaluates some youth mental health concerns, and data points to note for Shelby County in 2022 include the following:

- 23% of the 10th and 17% of the 12th graders reported ‘yes’ to seriously considering suicide within the last 12 months.
- 40% of 8th graders, 35% of 10th graders, and 39% of 12th graders reported ‘yes’ when asked if, in the past 12 months, they ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

Key stakeholders within Shelby County have voiced that mental health concerns within the youth population have seemed to increase since the rise of COVID-19.

Adult Population Data

According to the 2019-2020 State Drug Crime Arrest Comparison Report, the following data was reported: In 2019, there were 25 drug arrests; 9 under the Cannabis Control Act, 3 Controlled Substance Act, 5 Drug Paraphernalia Act, and 8 under the Methamphetamine Act. In 2020 there were 26 total drug arrests; 19 under the Cannabis Act, 1 under the Controlled Substance Act, 1 under the Hypodermic Syringes/Needles Act, and 5 under the Methamphetamine Act.

IL Prescription Monitoring Program (ILPMP)	2020
Total Buprenorphine Patients per County (the total number is based on the patient's location)	59 Patients
Total Buprenorphine Prescriptions per County (the total number is based on the location of pharmacy where the prescription is dispensed)	516 Perscriptions
Greater than 90MME on Average per Day (patients who have been prescribed greater than 90MME (Morphine Milligram Equivalent) (on average per day)	199.5 Patients (2018 data)

According to stakeholders within the community, there is one service that offers MAT. A program, known as New Vision, is located within the HSHS Good Shepard Hospital in Shelbyville, IL. County residents must travel to Charleston, Decatur, or further to access other MAT services. Following this further, Shelby County Community Services (SCCS) and Hour House Shelbyville Outpatient Office both offer DUI and substance use disorder services. According to the Opioid Dashboard Data, in 2022, there were less than ten overdoses in Shelby County. According to key stakeholders within the community, overdoses are not prevalent; however, they also state that it would be beneficial to have an increase in harm reduction methods, such as an increase in NARCAN distribution sites. According to the Opioid Dashboard Data, one location within Shelby County distributes NARCAN: CVS Pharmacy in Shelbyville,

IL (Opioid Dashboard Data, Shelby County, 2022). In addition to CVS pharmacy, Hour House distributes NARCAN through the Drug Overdose and Prevention Program (DOPP).

NALOXONE DISTRIBUTION FY23													
Project	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Total
HSC Peoria		4											4
NARCAN Central East Alcoholism and Drug Council									86	110	84		280
Total		4							86	110	84		284

Resource Assessment

CEAD Council/Hour House has offices in Charleston, Mattoon, Shelbyville, and Lerna, Illinois. While most of these locations are outside Shelby County, Hour House can provide various services to Shelby County residents. Hour House currently provides adult and adolescent outpatient treatment, adult residential treatment, SUD detoxification, DUI evaluation, and risk education services. Additionally, Hour House provides prevention education programs to the youth in Shelby County.

Central East Alcoholism & Drug Council has provided Shelbyville (155 South Morgan) services since 1985. The facility was licensed to provide adult outpatient services, DUI Evaluations, and gambling services. Until recently, the office was staffed with a full-time counselor and secretary Monday through Friday, 8 am to 5 pm, with evening groups 2-3 nights a week. Currently, the office is open two days a week, Monday and Wednesday, providing primary-level I outpatient telehealth services and DUI evaluations by appointment.

New Vision in Shelbyville is an addiction treatment service located in the emergency department at HSHS Good Shepard Hospital. New Vision provides short-term medical-assisted drug rehab, partial-hospitalization levels of care, and various ancillary services and therapies. New Vision provides MAT to individuals as well.

Shelby County Community Services (SCCS, Inc.) is located in Shelbyville and provides therapy and counseling services to adolescents, adults, and families. They also provide services to assist developmentally, emotionally, or culturally disadvantaged individuals. They currently offer DUI and substance use services. They also offer residential services, known as the Community Integrated Living Arrangement (CILA) and an Independently Controlled Living Arrangement for those with permanent mental illness. Their residential services aim to maintain an individual's opportunity to reside in an apartment, home, or group home in Shelbyville or Shelby County.

Substance Use Gaps Across the Continuum

Promotion: Community stigma due to a lack of education and understanding about substance use disorders is a barrier that prevents residents from accessing services. Key stakeholders familiar with law enforcement, service providers, and education stated that there is a large

amount of stigma attached to substance use within Shelby County. One stakeholder stated “we do not need Narcan in this community, there is no reason for it.” this statement arises when discussing harm reduction methods, such as NARCAN distribution and safe needle exchange. One stakeholder mentioned, "some of the stigma in this county originates from the lack of education surrounding substance use and the recovery journey." To increase awareness and decrease stigma the Moultrie Shelby County ROSC Council, whose focus is to allow Shelby and Moultrie 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 Moultrie Shelby 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 displaying purple ribbons, recovery-related literature donations to the school, and public libraries, resource drives, and more.

Prevention: The Central East Alcoholism and Drug (CEAD) Council (d/b/a Hour House), located outside the county in Charleston, IL, is a Substance Use Prevention Provider (SUPP) for Shelby County. Hour House utilizes the evidence-based substance use prevention curriculum *Project Alert*, to educate Windsor Junior High School 7th and 8th grade students. The curriculum is proven to motivate middle school students against substance use, provide skills and strategies to resist drugs, and establish non-use attitudes and beliefs (Rand Corporation, 2023). In addition, Hour House provides a curriculum titled *Botvin LifeSkills Training*, to educate Moulton Middle School 4th and 5th grade students. This curriculum helps increase self-esteem, develop healthy attitudes, and improve students’ knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. (Princeton Health Press, 2022). Hour House also has an outpatient office located in Shelbyville, IL, that provides DUI evaluations, adult outpatient services, and gambling services

Intervention/Harm Reduction: Shelby County currently has an active Drug Court. Drug courts often offer Substance Use Disorder treatment as an alternative to incarceration, thus decreasing the burden and costs of repeatedly processing low-level, non-violent offenders. Key law enforcement stakeholders believe in their Drug Court and have noted that the Shelbyville Drug Court is successful. Over the past several years, they have seen many individuals graduate from this program.

The Hour House is apart of the Drug and Overdoes Prevention Program (DOPP). There has been some stigma surrounding harm reduction methods, as stated previously. However, we have seen a change in some key stakeholders' beliefs regarding harm reduction methods with the movement of the DOPP grant.

Treatment: There are currently SUD outpatient (Shelby County Community Services) and detoxification treatment providers (New Vision) in Shelby County. However, stakeholders within the community have voiced that accessing SUD services within Shelby County can be difficult for some. For instance, individuals living in rural and surrounding areas have

complications accessing the services provided in Shelbyville. Transportation barriers can also result from a variety of factors, including lack of driver's license (expired, physically lost, lost due to criminal charges), lack of a personal vehicle, lack of income needed to pay for fuel, or simply challenges in the cost, or the availability in scheduling and navigating the public transportation system. Additionally, there is no Safe Passage Program to assist in alleviating this barrier for individuals to access treatment outside the County lines. As for public transportation, Central Illinois Public Transportation (CIPT) can provide regular transportation services to Shelby County residents; however, this is still not a fix-all solution. Residents must call at least 24 hours in advance to schedule a ride, which is only sometimes realistic or possible for those with a substance use disorder.

Key stakeholders in multiple sectors mentioned that transportation is an issue that needs to be addressed, with one stating, "Transportation is a huge concern for individuals who are seeking SUD treatment; some go without the necessary help because they have no accessible transportation." additionally, a high cost is associated with trips outside the county, costing \$1 per mile. A one-way trip from Shelbyville to Charleston would cost an individual over \$50 for a round trip. A roundtrip to Springfield for a one-hour appointment can be an all-day event due to how the routes function. Wait times between rides can also be a significant barrier for individuals utilizing this service. Broadband access is also a slight barrier for Shelby County residents preventing access to telehealth services. As of 2017-2021, 81.2% of the households in Shelby County had an internet subscription, and 87.4% had a computer in the household (U.S. Census, QuickFacts, 2017-2021).

Recovery: Recovery housing is not available within Shelby County. The closest recovery housing available to Shelby County residents is in Charleston, IL. Therefore, making transportation a barrier regarding this service. It has also been noted by a key stakeholder that there needs to be more diversity in recovery support meetings. Within Shelby County, there is a Celebrate Recovery located in Herrick, IL. There are also two A.A. meeting in Shelbyville, IL, along with two N.A. meetings. However, most groups are located in Shelbyville; therefore, ensuring that transportation will be a barrier.

Conclusion

Shelby County's most significant obstacles to address are access to reliable transportation to Residential SUD services, the stigma of SUD, recovery housing options, and support groups for the adolescent population. ROSC is continuously coordinating outreach efforts in the community to address these issues and bring key stakeholders together to identify the gaps and barriers to produce an effective solution for individuals and families in recovery.