

**Community Resource Assessment FY24
Effingham County ROSC Council (EfCRC)**

Region: ROSC Region 4

Agency: Hour House

ROSC County: Effingham 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- Effingham County

<i>Leadership Center Agency:</i>	Hour House
<i>Type of Report:</i>	Community Needs Assessment- Effingham County
<i>Setting:</i>	Rural
<i>Total Number of Residents:</i>	34,325 (July 1, 2022)
<i>Number of School-aged Youth:</i>	9,084 (26.6%)
<i>Total Number of Schools:</i>	5 School Districts, 22 Public Schools
<i>Total Number of Institutions of Higher Learning:</i>	0 Effingham County; 1 University & 1 Community College in Coles County (30-45 mins from Effingham Co)
<i>Total Number of Treatment Facilities:</i>	0 Effingham County; 1 Level 3.7-1.0 facility in Coles County
<i>Total Number of Coalitions/ROSC Councils:</i>	1 ROSC Councils, 1 Health Coalition

Demographics:

According to the 2019-2020 census on Data USA, Effingham County, IL’s economy employs 17.3k people. The largest industries in Effingham County, IL are Health Care & Social Assistance (2,751 people), Manufacturing (2,608 people), and Retail Trade (2,282 people), and the highest paying industries are Management of Companies & Enterprises (\$136,091), Utilities (\$72,426), and Public Administration (\$62,500). The most common job groups, by the number of people living in Effingham County, IL, are Office & Administrative Support Occupations (2,035 people), Sales & Related Occupations (1,967 people), and Management Occupations (1,770 people). (Data USA, Effingham County 2019-2022.)



Effingham County is a rural community located in the Southeastern portion of Illinois. The county has a total population of 34,325 residents. This is a 0.01% increase in population since 2016. The largest increases in the population were among 35-44-year-old people, and 45-54-year-old people between the 2016 and 2021 American Community Survey (US Census Bureau, 2020). When asked “How would you rate our community as a Healthy Community?” a majority of residents said it was somewhat healthy. A majority of residents also state their own personal health was healthy or somewhat healthy (Effingham Health Department Community Health Survey, 2023).

Table 1.1 Population Characteristics

Population	2016	2021	Effingham % of population 2016	Effingham % of population 2021	Percent change since 2016
Total population	34,356	34,576	100.0%	100.0%	0.01%
Male	17,210	17,305	50.1%	50.0%	-0.1%
Female	17,146	17,271	49.9%	50.0%	0.1%
Age					
Under 5	2,213	2,250	6.4%	6.5%	0.11%
5 to 9	1,992	2,232	5.8%	6.5%	0.7%
10 to 14	2,497	2,448	7.3%	7.1%	-0.2%
15 to 19	2,299	2,070	6.7%	6.0%	-0.7%
20 to 24	2,143	1,857	6.2%	5.4%	0.8%
25 to 34	4,277	4,559	12.4%	13.2%	0.8%
35 to 44	3,827	4,073	11.1%	11.8%	0.7%
45 to 54	4,758	4,023	13.8%	11.6%	-2.2%
55 to 59	2,411	2,601	7.0%	7.5%	0.5%
60 to 64	3,066	2,407	6.4%	7.0%	0.6%
65 to 74	3,066	3,438	8.9%	9.9%	1%
75 to 84	1,868	1,624	5.4%	4.7%	-0.7%
85 +	810	994	2.4%	2.9%	0.5%
Source: U.S. Census Bureau, American Community Survey 2010-2015					

Effingham County has a predominantly white population, accounting for 95.5% of the county’s total population. The racial makeup of the remaining 4.5% are 0.6% Black or African American, 0.1% American Indian or Alaskan Native, 0.6% Asian, 1.4% two or more races, and 0.8% of other race. People of Hispanic or Latino origin of any race accounted for 2.2% of the population. Only 3.2% of Effingham County speaks a language other than English, with the predominant minority language being Spanish (2.2%) U.S. Census Bureau, 2021).

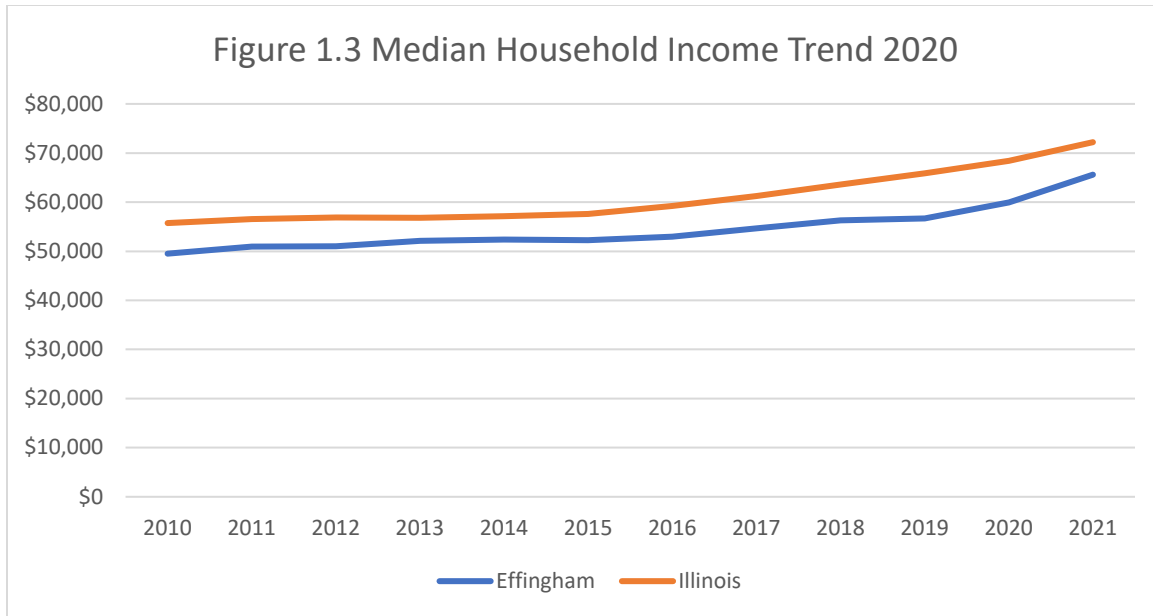
Race	2015	Percent	2021	Percent	% Change
Total Population	34,332	100%	34,576	100%	
White	33,570	97.8%	33,377	95.5%	-2.3%
Black or African American	117	0.3%	193	0.6%	0.30%
American Indian and Alaska Native	30	0.1%	37	0.1%	0%
Asian	187	0.5%	204	0.6%	0.10%
Native Hawaiian/Pacific Islander	7	0.0%	0	0.0%	0.0%
Other Race	193	0.6%	267	0.8%	0.2%
Two or More Races	228	0.7%	498	1.4%	0.70%
Hispanic or Latino*	638	1.9%	760	2.2%	0.30%

Source: U.S. Census Bureau, 2017-2021 American Community Survey

Household Income

Numerous Effingham County residents are also faced with insurance challenges when seeking treatment services. Often leading individuals to struggle to find a treatment center suitable to their health and financial needs. In Effingham County, the median household income was \$65,590 in 2021. It has been rising to approach the State median household income of \$72,205. Effingham’s unemployment rate has mirrored the State and National trends over the past ten years but had an increase in 2021 (US Census Bureau, 2010-2021).

Effingham’s overall percentage of the population in poverty is lower than the State as a whole. Effingham has 10.5% population in poverty compared to the Illinois rate of 12.1% (US Census Bureau, 2021). Of those living in poverty in Effingham County a majority are under 18 years old (15.4%), while only 9% of people 18-64 years old and 8.9% of those 65 years of age and up are living in Poverty. This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status (US Census Bureau, 2021). The percentage of the total population in Effingham County who are under the age of 18 and living in poverty is 16.2%. The state rate is 16.2% and the national rate is 17.8%. The working poor is defined as percent of full-time year-round employed workers aged 16 years with income below poverty level. Effingham County’s rates a worse than the national average at 2.6% and state averages at 2.2% (US Census ACS, 2020)



Source: US Census American Community Survey 5-Year Estimates 2010-2021

School Proficiency Stats

Since 2021, the percentage of Effingham County residents age 25+ with a high school degree or higher increased and surpasses State levels. In Effingham County, the percentage of residents (20.9%) with at least a bachelor’s degree is still lower compared to the state at 32.3% (US Census 2017-2021).

Level of Education	2015		2021	
	Effingham	IL	Effingham	Illinois
Less than High School	5.2%	6.2%	4.2%	5.3%
High School grad or higher	91.2%	88.6%	93.1%	90.2%
Some College, no degree	20.6%	20.8%	22.5%	19.6%
Associate’s degree	13.2%	8.1%	14.8%	8.3%
Bachelor’s degree or higher	20.9%	32.9%	23.1%	37.1%
Graduate or professional degree	6.2%	12.7%	7.4%	15.0%

Source: U.S. Census Bureau, 2017-2021 American Community Survey

Illinois Report Card Effingham County Data

ISBE Report Card	Altamont CUSD 10	Beecher City CUSD 20	Dieterich CUSD 30	Effingham CUSD 40	Teutopolis CUSD 50	State of Illinois
2021-2022						
Enrollment	672	346	568	2294	1063	1.9M
Graduation	91%	89%	94%	87%	99%	86%
Mobility Rate	10%	9.20%	6%	11%	2%	7.60%

Truancy Rate	5.70%	3.90%	N/A	9%	N/A	22.10%
Low-Income	53%	44.80%	23%	36%	2%	46.50%

An overview of Effingham County’s ISBE Report Card can be seen above. Notable data points are that Teutopolis CUSD 50 has a 99% graduation rate; the highest in the county. Beecher City has the lowest graduation rate at 89% which is lower than the state average at 86%.

The Hour House, located outside the county in Charleston, IL, is the Substance Use Prevention Provider (SUPR) for Effingham County. Hour House utilizes the evidence-based substance use prevention curriculum, Too Good for Drugs, to educate Effingham Junior High School 7th and 8th grade students. The curriculum helps to equip students with the knowledge and skills needed to reduce risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use.

Substance Use

Effingham community members felt that drug abuse (70%), alcohol abuse (68.33%), and being overweight (32.50%) were the three most important risky behaviors in Effingham County (Effingham Community Health Needs Survey, 2023). The table below reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women) (IDPH BRFSS, 2015-2019). Figure 5.2 shows binge drinking percentages by census tract, with 15.8% of Effingham residents 18 years and older who reported binge drinking (five or more drinks for men and four or more drinks for women) on an occasion in the past month. The Illinois rate is 14.9% and the national rate is 17% (CDC PLACES, 2020).

A report consisting of recorded drug overdose cases that resulted in medical attention compiled by the Effingham Health Department stated 39 cases were observed. Of these cases, 19 were intentional instances of self-harm, 16 were results of recreational drug use, and 4 were results of accidental ingestions. The primary age group afflicted was 18-44 years at 25 cases. Out of the 39 cases, 29 were female and 10 were males. Of these 39 cases, 11 resulted in death. Fentanyl and/or other opioids such as heroin or prescription pain medication were the cause. This data is for the time frame January 1st, 2023- July 20th, 2023

Table 5.3 Effingham County Alcohol

ICBRFS - Effingham County		Estimated Population	Weighted Percent	95% Confidence Interval	Number of Respondents
BINGE DRINKING (CALCULATED) ¹	Not At Risk	18,991	75.3%	68.1%-81.3%	339
	At Risk	6,236	24.7%	18.7%-31.9%	76
HEAVY DRINKING (CALCULATED) ²	Not At Risk	23,138	91.4%	84.8%-95.3%	388
	At Risk	2,175	8.6%	4.7%-15.2%	29

Illinois County Behavioral Risk Factor Survey, Round 6 (Collected 2015-2019)

*Indicates data does not meet standards of reliability and has been suppressed.

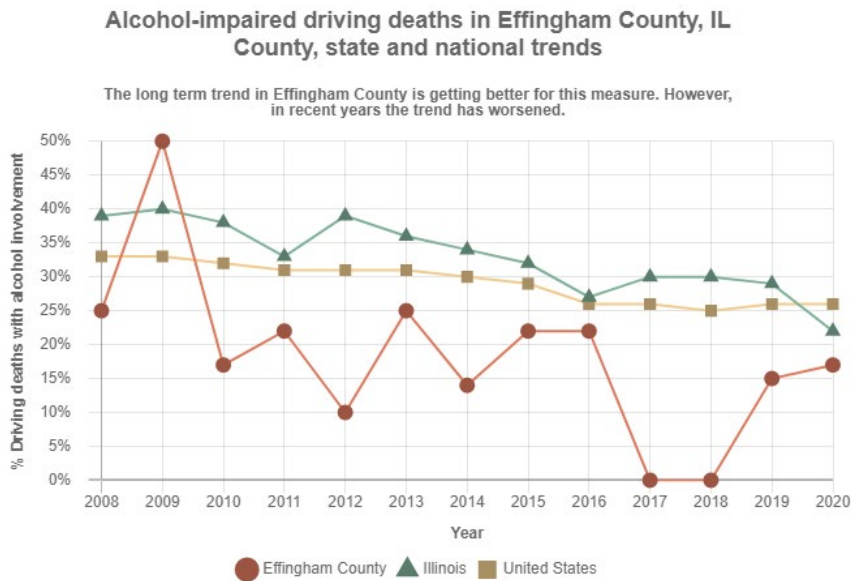
1. Calculated at risk for men having 5+ drinks on one occasion and women having 4+ drinks on one occasion.

2. Calculated at risk for men having >2 drinks per day and women having >1 drink per day.

Source: IDPH BRFSS, 2015-2019

In 2020, 15% of driving deaths in Effingham County involved alcohol. In Illinois, 29% of driving deaths involved alcohol, which has been on a decreasing trend since 2008. The overall trend since 2008 in Effingham County has been a decrease in alcohol related driving deaths (County Health Rankings, 2020)

Effingham County Alcohol Impaired Driving Deaths



Source: County Health Rankings, 2020

The Illinois Youth Survey (IYS) collects data regarding a variety of health and social indicators for 8th, 10th, and 12th graders on a biennial basis. In 2022 all eligible middle and high schools in Effingham County participated in the survey, and a breakdown of the county and state data is in this chart to the right.

2022 Substance Use Rates by Grade - Part 1 of 3

Substance Used	8th Grade	10th Grade	12th Grade
Used Past Year			
Any common substance (including alcohol, cigarettes, inhalants or marijuana)	34%	43%	53%
Any common substances plus vaping (including alcohol, tobacco products, cigarettes, e-cigarettes or other vaping products, inhalants, or marijuana)	34%	43%	53%
Alcohol	32%	44%	52%
Cigarettes	4%	5%	19%
E-cigarettes or other vaping products	11%	11%	19%
Any Tobacco Product (including smokeless tobacco, tobacco smoked through cigarettes or cigars/cigarillos, or tobacco used in a hookah water pipe)	3%	8%	16%
Inhalants	4%	3%	4%
Marijuana	8%	3%	12%
Synthetic marijuana	1%	0%	4%
Alcohol and marijuana at the same time	2%	3%	6%
Alcohol and energy drinks at the same time	5%	6%	22%
Any Illicit Drugs (excluding marijuana)	1%	3%	2%
Crack/Cocaine	0%	0%	0%
Hallucinogens/LSD	0%	3%	0%
Ecstasy/MDMA	0%	0%	0%
Methamphetamine	0%	0%	0%
Heroin	0%	0%	2%
Any Prescription Drugs to get high	2%	0%	2%
Prescription Painkillers	0%	0%	0%
Other Prescription Drugs	1%	0%	2%
Prescription pain medicine without prescription or differently than prescribed	3%	4%	2%
Prescription drugs not prescribed to you	3%	4%	0%
Over-the-Counter Drugs	1%	0%	0%
# of Respondents	285	68	52

Illinois Youth Survey Data

Past 30 days Use	8 th Grade	10 th Grade	12 th Grade
Alcohol	14%	32%	34%
	<i>(State of IL: 27%)</i>	<i>(State of IL: 40%)</i>	<i>(State of IL: 55%)</i>
Binge Drinking (past 2 weeks use)	5%	12%	20%
	<i>(State of IL: 5%)</i>	<i>(State of IL: 9%)</i>	<i>(State of IL: 20%)</i>

Any tobacco or vaping products	8% <i>(State of IL: 10%)</i>	16% <i>(State of IL: 20%)</i>	25% <i>(State of IL: 30%)</i>
Marijuana	5% <i>(State of IL: 5%)</i>	3% <i>(State of IL: 13%)</i>	12% <i>(State of IL: 26%)</i>

Key stakeholders in Effingham County voiced that tobacco and vaping products, marijuana, and alcohol are serious health hazards among the youth population. One stakeholder has said, “It seems like every kid nowadays is vaping.” Another stakeholder stated, “Marijuana has become a real problem with youth since it was legalized.” Upon examining IYS data, in 2022, the 8th grade, 10th grade, and 12th grade 30-day use averages for alcohol are lower for Effingham County youth than the state averages for the same grade levels. The tobacco and vaping products 30-day use rates in Effingham County for 8th (8%), 10th (16%), and 12th (25%) grade youth are notably lower than the state averages of 10%, 20% and 30%, respectively. Additionally, the 10th and 12th grade marijuana 30-day use rate is significantly lower than the state average. However, the 8th grade rate is equal to the state average.

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

- 14% of 10th and 20% of 12th graders from Effingham County answered yes when asked if in the past 12 months they had ever seriously contemplated suicide compared to the 10th grade 16% and the 12th grade 15% state averages.
- 36% of 8th graders, 22% of 10th graders, and 22% of 12th graders answered 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 compared to the state average of 32%, 35%, and 34%

<i>Illinois Prescription Monitoring Program (IPMP) 2020 Data:</i>	
<i>Total Buprenorphine Patients per County</i> (the total number is based on patient’s location)	81 Patients
<i>Total Buprenorphine Prescriptions per County</i> (the total number is based on the location of pharmacy where the prescription is dispensed)	742 Prescriptions
<i>Greater than 90MME on Average per Day</i> (patients who have been prescribed greater than 90MME (Morphine Milligram Equivalent) on average per day)	137 Patients

The chart above shows is the data gathered in 2020 by the IL Prescription Monitoring Program (ILPMP). The data collected on the ILPMP website shows that Effingham county has more patients and prescriptions than all but one of its neighboring counties. It should be noted, however, that Effingham county has a much higher population than all its neighboring counties aside from Marion county, which exceeds Effingham county in both population and patients/prescriptions. According to the IDPH, there are a few MAR services currently available in Effingham County. Including Prompt Care and Gentle Care Consultants. Heartland Human Services is the leading mental health and SUD services provider for the county, but a significant barrier is the continuous wait list for services.

According to key stakeholders in the community, “Drugs are always coming through here because of the two interstates.” Stakeholders have shared that Effingham County has high rates of stigma amongst substance use disorder and the residents who struggle with the disease. One stakeholder quoted, “There is a stigma across the board within the community.” Collectively, stakeholders have shared there is community hesitancy to harm reduction services and support including NARCAN® distribution and needle exchange services. ROSC was able to provide 200 boxes of 4mg NARCAN nasal spray throughout the community since June 2023 & provide 4 NARCAN trainings—Counseling agency, school staff, local businesses, and non-profit organization.

<u>NALOXONE EDUCATION/TRAINING</u>													
Project	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Total
HSC Peoria		24			43							3	70
Total		24			43							3	70
<u>NALOXONE DISTRIBUTION</u>													
Project	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Total
Egyptian Health Department												26	26
HSC Peoria		24			57		72		137			12	302
NARCAN Central East Alcoholism and Drug Council									12	12	12	12	48
Total		24			57		72		149	12	12	50	376

Resources, Services, and Support

Effingham County residents have access to resources and support such as social services, outpatient substance use treatment, and mental health counseling. However, Effingham county is lacking in others, like a homeless shelter, inpatient treatment centers, optimized transportation, and prevention and support services for adolescents with SUD or living with families experiencing SUD. Behavioral health stakeholders in Effingham County report regularly referring youth and adults with substance use issues to Hour House facilities in Charleston, IL

(45 minutes away from Effingham.) Additionally, Hour House is the SUPS provider for Effingham County and provides the only evidence-based prevention services in the county currently. Effingham County ROSC is the primary Distributor of Harm Reduction supplies such as NARCAN®, although the Effingham Health Department recently obtained the grant for Access NARCAN as well and has been focusing on the Emergencies responders & law enforcement. They actively to distribute these supplies to the community and various agencies.

Another notable area of support for Effingham County is the Safe Passage Program that was formed between the Effingham City Police Department and the Hour House in Charleston, IL to address substance abuse more effectively and recovery driven way. The Safe Passage Program allows those arrested on specific drug offenses to seek treatment rather than serving jail time. The Chief of Police in Effingham City Police Department has made many efforts to “Change the department to help those with drug problems.”

Effingham County also participates in Problem Solving Court. Eligible drug-addicted persons may be sent to Problem Solving Court or Drug Court in lieu of traditional justice system case processing. Drug Courts keep individuals in treatment long enough for it to work, while supervising them closely. Participants are: provided with intensive treatment and other services they require to get and stay clean and sober; held accountable by the Drug Court judge for meeting their obligations to the court, society, themselves and their families; regularly and randomly tested for drug use; required to appear in court frequently so that the judge may review their progress; and rewarded for doing well or sanctioned when they do not live up to their obligations.

Substance Use Gaps Across the Continuum

Promotion: Community stigma due to a lack of education and understanding about substance use disorders is arguably the most significant barrier that prevents residents from accessing services. Stakeholders familiar with the community and behavioral health services stated that there is a large amount of stigma attached to substance use within Effingham County. Stigma amongst residents is influenced and elevated by the belief 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. A stakeholder stated, “The majority of the community would rather load up those with substance use dependency on a bus and send them away to be someone else’s problem.” There is a gap in the understanding that drug culture is passed down and becomes the only way of life for people with this disease.

Intervention/Harm Reduction: There is a long-standing drug court in Effingham County, located in Effingham, IL. The Effingham County Probation Website provides an explanation that, “Drug Courts are the most effective justice intervention for treating drug-addicted people. Drug Courts reduce drug use. Drug Courts reduce crime. Drug Courts save money. Drug Courts restore lives. Drug Courts save children and reunite families. Eligible drug-addicted persons may be sent to Drug Court in lieu of traditional justice system case processing. Drug Courts keep individuals in treatment long enough for it to work while supervising them closely.

ROSC is continuing to sit at other agency tables to address the stigma of SUD and offer harm reduction resources which have been somewhat receptive by certain sectors in the community. 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: There are currently no SUD treatment providers for inpatient treatment or detoxification within Effingham County. Residents seeking detoxification or inpatient treatment must travel to Charleston or Mattoon. Both are a minimum 45-minute drive away from Effingham County residents. The distances would be even further for rural parts of Effingham County. To access particular SUD services, transportation outside the county is required. However, there are programs in place, such as the Safe Passage Program initiated by the Effingham City of Police and the Gateway Foundation. 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.

As for public transportation, the Central Illinois Public Transit Program help provide consistent transportation to Effingham County residents. Residents must call at least 24 hours in advance to schedule a ride, which is not always realistic or possible for those with a substance use disorder. Additionally, a significant cost is associated with trips outside the county, costing \$1 per mile. Wait times between rides can also be a significant barrier for individuals utilizing this service. A roundtrip to Charleston for a one-hour appointment can be an all-day event due to how the routes function. CIPT implemented ETRAX which is a continuous loop with designated stops each hour on certain minutes of the hour. Executive Director of C.E.F.S. reported that 190 people have used and paid for this service since the implementation since August 2023.

Recovery

Recovery housing is nonexistent within Effingham county, with the closest sober living facility being 45 minutes away from Effingham County in Charleston. As alcohol and drug free living environments are a necessary part of sustaining recovery, stakeholders have shared that this is a crucial resource for individuals seeking recovery services. Transitioning home upon completing a substance use treatment program can bring various challenges and hardships, and sober living facilities offer a structured environment that supports sobriety and self-sufficiency (American Addiction Centers, 2021.) Effingham County offers 10 A.A. meetings, 2 N.A. meetings, 3 CR groups, 1 Al-Anon meeting, and 1 ROSC All Recovery Group each week. Effingham County has a very involved PLEs committee with ROSC and continuously volunteers to help at ROSC events and voices that having sober events for families is a need for this area as most social community events have alcohol.

Conclusion

Effingham County's most considerable barriers to address are access to SUD treatment due to socioeconomic status, transportation to Residential SUD services, the stigma of SUD, recovery housing options, and early intervention/prevention education with 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.