

Illinois C.A.R.E.S.™

Illinois C.A.R.E.S.™ is a statewide predictive public health initiative focused on reducing preventable mortality and morbidity through a risk-prediction model and proactive intervention strategies.

Founded by **Dr. Olivia Johnson**, the initiative applies research-based predictive risk modeling, coordinated community systems, and education-based strategies to improve outcomes across Illinois.

St. Clair County serves as the **pilot site**, demonstrating a scalable model for statewide implementation.

MISSION

To shift public health systems from reactive response to predictive prevention by identifying and addressing risk to reduce and eliminate adverse outcomes.

CORE APPROACH

- Predictive risk identification
- Predictive intervention strategies (Fatal 10)
- Social Determinants of Health (SDOH) integration
- Cross-sector collaboration
- Community-based prevention systems

KEY FOCUS AREAS

- Maternal and behavioral health
- Youth and adolescent prevention
- Aging and Elderly
- Occupational and first responder wellness
- Adults in middle years
- Community health systems strengthening

IMPACT GOAL

Minimize preventable fatalities, injuries, and emergencies by employing predictive risk management strategies, thereby decreasing or eliminating negative outcomes and critical incidents.

DR. OLIVIA JOHNSON

Dr. Olivia Johnson is the Founder and President of Illinois C.A.R.E.S.™, a former police officer, military veteran, medicolegal death investigator, published author, and subject matter expert in violent death, behavioral research, and investigative systems. Her work centers on developing innovative frameworks that predict risk across all populations, strengthen community systems, and reduce preventable harm through early, evidence-informed intervention.

Illinois C.A.R.E.S.™ addresses the reality that most serious illnesses, injuries, and premature death develop over time through identifiable patterns, often driven by unmet Social Determinants of Health—including income, education, employment, housing, transportation, neighborhood conditions, and access to care and nutrition.

The initiative shifts from reactive response to proactive prevention by identifying risk earlier and applying research-based frameworks such as the Fatal 10™ and inoculation strategies to intervene long before crisis occurs. Dr. Johnson's approach integrates public health principles, behavioral risk analysis, and cross-sector collaboration to create scalable prevention models designed for statewide implementation. Through this model, Illinois C.A.R.E.S.™ functions as a collaborative, systems-based framework that leverages community partnerships, data-informed assessment, and targeted education to reduce long-term risk, improve outcomes, and build stronger, healthier communities across Illinois.



DR. OLIVIA JOHNSON

President&Founder, Illinois C.A.R.E.S.™

For Media & Interviews

CORE MESSAGE

Illinois C.A.R.E.S.™ is about shifting from reaction to predictive—identifying risk early and intervening before negative outcomes can operationalize.

KEY TALKING POINTS

- Most preventable deaths and crises develop over time through identifiable risk patterns
- Social Determinants of Health are central drivers of long-term risk
- Current systems are often reactive rather than predictive or preventative
- Predictive models can determine risk earlier and reduce long-term harm
- Collaboration across sectors is essential to meaningful outcomes
- Communities need coordinated systems—not isolated responses

WHY THIS MATTERS

- Saves lives through early intervention
- Reduces strain on healthcare and emergency systems
- Strengthens families and communities
- Lowers long-term system costs
- Improves overall population health outcomes

ST. CLAIR COUNTY ROLE

- Serves as the pilot implementation site
- Demonstrates scalable prevention model
- Provides blueprint for statewide expansion

FAQ

What is Illinois C.A.R.E.S.™?

A statewide predictive health initiative focused on reducing preventable mortality and morbidity through early identification of risk and coordinated intervention and increasing the quality of life

Who developed the program?

Dr. Olivia Johnson, a veteran, former law enforcement officer, and public health prevention leader.

What makes this different from traditional public health programs?

It focuses on predictive prevention rather than reactive response, using risk modeling and early intervention strategies.

What are Social Determinants of Health (SDOH)?

Conditions such as housing, income, education, food access, transportation, and healthcare that directly influence long-term health and risk outcomes.

What is the Fatal 10™ framework?

A structured prevention model used to identify and address key risk contributors before they escalate into crisis (used internally for risk analysis and intervention design).

Who does Illinois C.A.R.E.S.™ serve?

Communities, schools, healthcare systems, behavioral health providers, first responders, and at-risk populations across Illinois.

Is this program only in St. Clair County?

No. St. Clair County is the pilot site, but the model is designed for statewide implementation.

Illinois C.A.R.E.S.™ at a Glance

ORGANIZATION NAME	Illinois C.A.R.E.S.™
FULL FORM	Community • Advocacy • Resources • Education • Solutions
TYPE	Statewide Public Health & Prevention Initiative
FOUNDED BY	Dr. Olivia Johnson
HEADQUARTERS	Illinois (Pilot: St. Clair County)
MISSION	To reduce preventable mortality and morbidity through predictive prevention and early intervention strategies.
CORE STRATEGY	• Predictive risk modeling • Early intervention systems • Cross-sector collaboration • Social Determinants of Health integration • Community-based prevention frameworks
TARGET AREAS	• Behavioral health • Maternal health • Youth prevention • Occupational and first responder wellness • Community health systems
PRIMARY GOAL	Reduce preventable harm by addressing root causes of risk before crisis occurs.
SCALABILITY	Pilot-tested in St. Clair County with statewide expansion model.

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**A Predictive Health Model to Reduce Mortality
and Morbidity Across Illinois**