

## CENTRAL KANSAS MENTAL HEALTH CENTER HIGHLIGHTS OF 2016

### Better Access, Better Quality, Better Outcomes

- **Grand Opening of the Martin Youth Center!** This 4-bed crisis house for youth provides one-on-one staff support up to 72 hours to stabilize behavior and transition youth back home successfully. This fills a gap in our community since there are no local inpatient beds for youth.
- **Opened a School Suspension Program** as an alternative to leaving youth at home when suspended from school. They attend this program during normal school hours and can bring their homework. Staff will support the youth by offering behavioral intervention and support to transition them back to school successfully.
- **Expanded Respite services** to provide breaks to youth and families in high stress situations.
- **Developed a new model for psychiatric medication services** utilizing several best practices to improve prescribing practices and increase access to medication management. This new model:
  - Provides “Best Practice” scheduling that allows psychiatrists more time to spend with clients.
  - Integrates care between psychiatrist and family doctor to gain better client outcomes.
  - Offers timely psychiatric consultation for family doctors so they can treat challenging mental illness cases in their primary care office. This increases access to psychiatric prescribing in our community and promotes safer prescribing practices.
- **Expanded our Dickinson County office**—CKMHC now has a full-time Monday through Friday office with increased after school and evening appointments to make it more convenient for working adults and youth needing after school appointments. This Abilene Clinic now has two full time therapists.
- **Improved quality of service**—Trained staff in four best practices: Trauma Informed Care, Anxiety Disorder Strategies, Cognitive Behavioral Interventions, and Managing Aggressive Behavior (MAB).

#### Our Mission:

*To Make Life Better in Our Communities by Providing Excellent Mental Health Services, Education, and Integrated Health Care Which Exceeds Clients' Expectations*

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## HIGHLIGHTS OF 2016 *CONTINUED*

### **New Community Partnerships are cost effective**

- **Partnered with the Saline County Jail** to provide onsite evaluations and therapy support designed to prevent re-entry and to stabilize at risk inmates.
- **Added on-site mental health services** in two new elementary schools.
- **CKMHC staff joined other community partners on a Saline Co. Truancy Advisory Board** which helped achieve one of the lowest truancy rates in the state at 2% for USD 305.
- **Partnered with St. Francis Community Services to provide on-site behavioral health services** for their Youth Residential Center (YRC II) program.
- **Partnered with local community agencies to expand Crisis Intervention Training (CIT)** to law enforcement personnel so they can effectively respond to persons with a mental illness and avoid unnecessary incarcerations.
- **Expanded Projects to Assist in Transition from Homelessness (PATH) program** and joined with Community Corrections, providing a dually trained liaison that can address both community corrections and housing, as well as mental health needs.
- **Completed our 37th Mental Health First Aid class.** Over 740 people have been trained in our community including law enforcement, nurses, clergy, teachers, etc.
- **CKMHC staff joined Heartland Early Education Policy Council and Health Advisory Committee** to assist with early identification and prevention.

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### **EXECUTIVE DIRECTOR**

**Kathy Mosher**

*"I knew I was part of an amazing team at CKMHC when I heard a client say, 'You got me in quickly, wrapped your services around me, and I'm here today because of it.'"*

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# CENTRAL KANSAS MENTAL HEALTH CENTER

## HELPING MORE PEOPLE

### CRISIS SERVICES

	2016	2015
Saline	3,740	865
Dickinson	542	154
Ellsworth	153	44
Ottawa	145	28
Lincoln	63	22
Other	348	180
<b>TOTAL</b>	<b>4,991</b>	<b>1,293</b>

### SERVICES BY PROGRAM

	2016	2015
Individual, Family & Group Therapy	25,127	22,983
Emergency Services	4,991	1,293
Medical Services	13,508	13,071
Adult Community Services	15,460	15,310
Youth Community Services	29,552	28,767
Martin Youth Center Services	448	0
Other Services	2715	8063
<b>TOTAL Services</b>	<b>91,801</b>	<b>89,487</b>

### NEW CLIENTS

	2016	2015
Saline	1,328	1,253
Dickinson	331	332
Ellsworth	79	86
Ottawa	79	83
Lincoln	28	50
Other	195	111
<b>TOTAL</b>	<b>2,040</b>	<b>1,915</b>

### SERVICES BY COUNTY

	2016	2015
Saline	66,129	64,180
Dickinson	14,690	12,286
Ellsworth	3,129	2,683
Ottawa	3,255	4,016
Lincoln	1,661	2,133
Other	2,937	4,189
<b>TOTAL Services</b>	<b>91,801</b>	<b>89,487</b>



## OUR VISION

- All residents of our service area know that mental health problems are real and treatable.
- All residents of our service area know that Central Kansas Mental Health Center is available, accessible, and affordable.
- All residents of our service area who have mental health problems seek intervention and treatment at the earliest sign of problems.

## WHAT OUR CLIENTS SAY...

**“I want to thank the people who helped me out when I wanted to end my life. They worked with me and gave me the help I needed.”**

***“I had a financial situation and CKMHC staff made me feel like I was not just a number— I was more important than the mighty dollar and they really understood my situation.”***

***“My son’s case manager is so good at his job. I can’t even put into words. He is helping to save my son and our family!”***

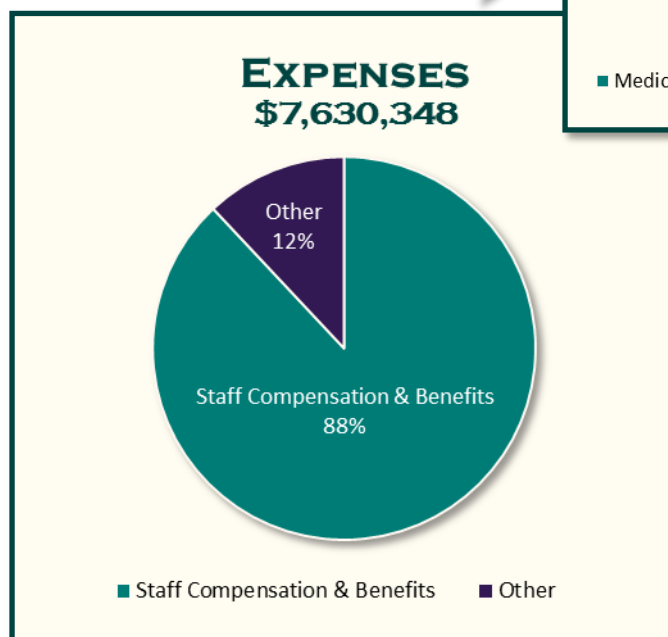
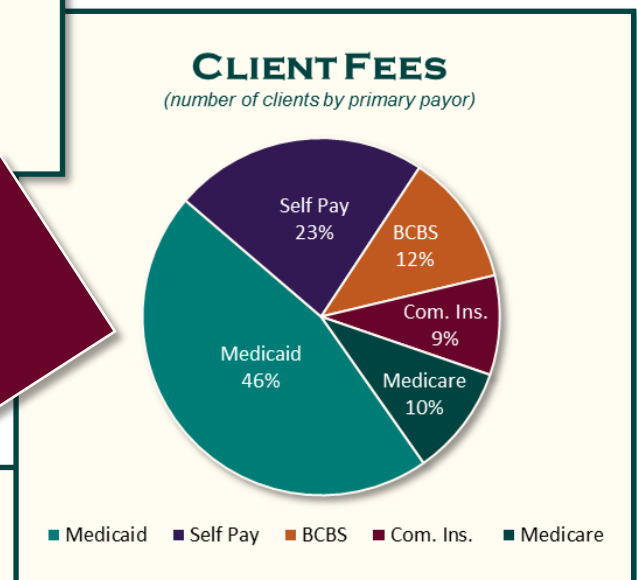
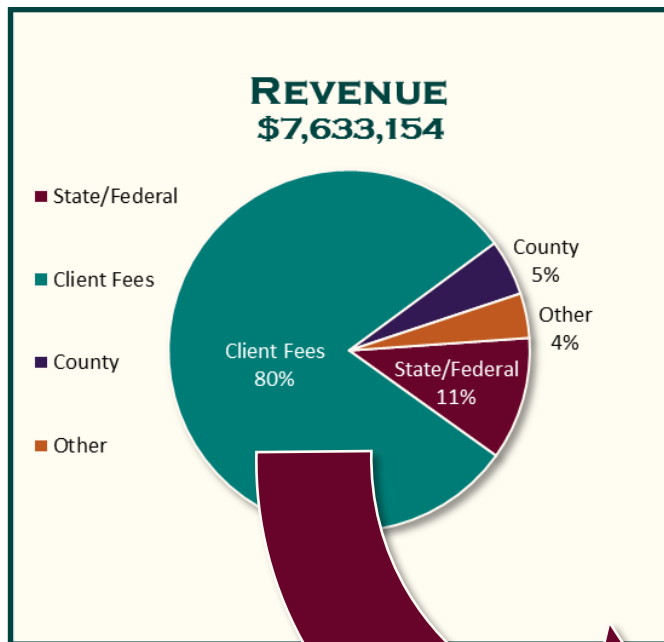
***“I thought things were going to get so bad we would lose our jobs but thanks to the CKMHC team our lives stayed right on track without missing a beat!”***

***“Absolutely the best of the best. No better providers exist, thank you so much for providing such quality of care.”***

***“If it wasn’t for them jumping in fast and helping me I wouldn’t be here today.”***

***“My therapist is very helpful and resourceful...teaches me step by step skills, is patient, determined to see me, to teach me, and I need that.”***

# 2016 CKMHC FINANCIAL SUMMARY

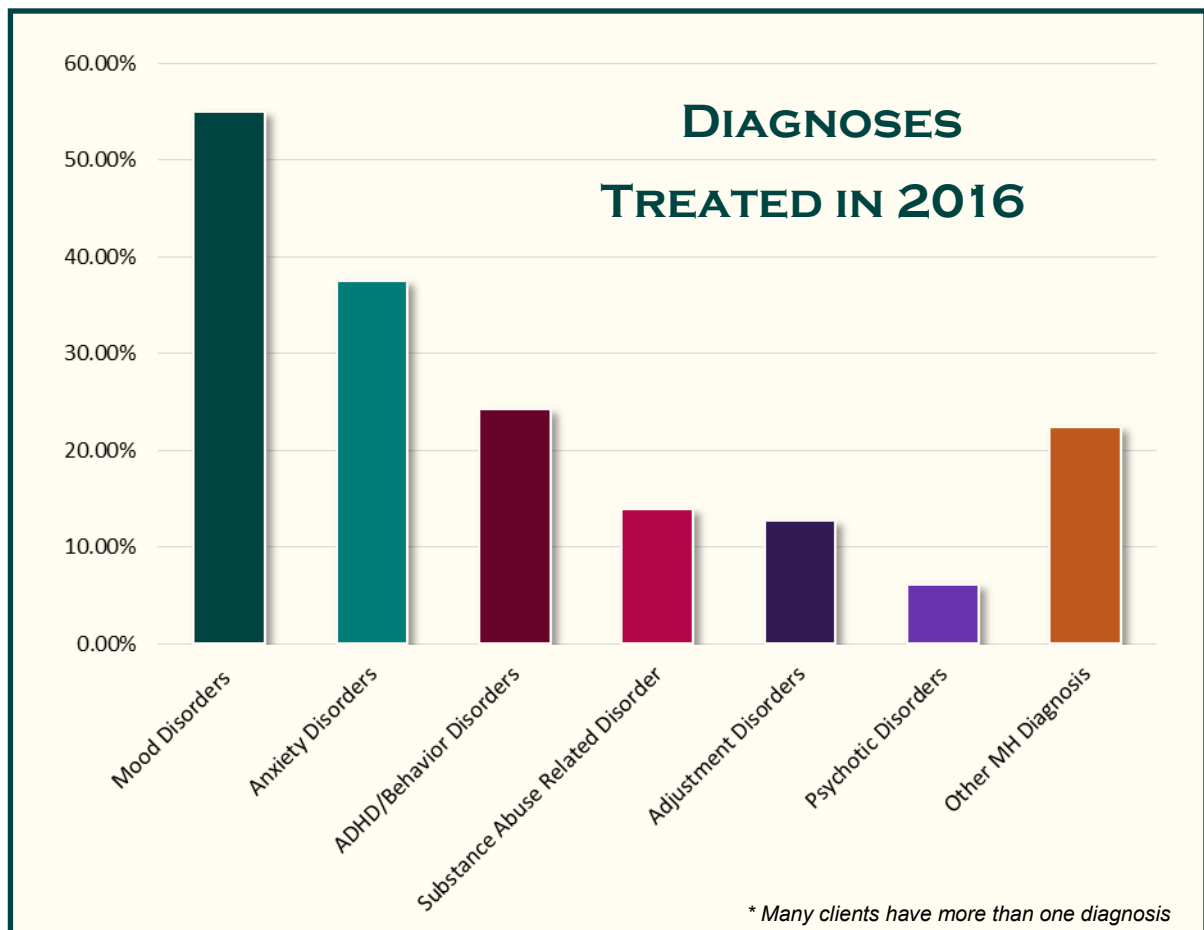


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## RESPONDING TO NEEDS

- Provided 2,500 more services in 2016 than 2015.
- Served over 4,000 clients in Saline, Dickinson, Ellsworth, Lincoln, and Ottawa counties. New clients are at an all time high.
- Provided over 500 free community presentations for various organizations and community events.
- Offered Free Depression Screenings for the public and Free Suicide Prevention Trainings in all five counties.
- Tripled our crisis response in all five counties and diverted 62% from needing hospitalization.



# WHAT MAKES US DIFFERENT

**CKMHC is a Licensed Community Mental Health Center in the State of Kansas which makes us different in a number of ways**

- As a Community Mental Health Center, we are a non-profit organization which has been designated the local mental health authority for all five counties. Revenue is reinvested to meet the needs of those we serve rather than to generate profits.
- We offer a wider, more comprehensive range of services to meet the needs of persons of all ages. In addition to therapy and medication management, we also provide community psychiatric supportive treatment, social skills groups, supported employment, respite, mobile crisis services, and much more.
- We are available around the clock, 24/7, to those who need us in our service area.
- We undergo frequent on and offsite audits and state licensing reviews to ensure quality.
- We are directed by a volunteer board who represent the communities being served. This helps us be “in tune” with the needs of, and makes us accountable to, the people we serve.

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## BOARD OF DIRECTORS

Lynn Peterson  
Jim Gile\*  
Sheila Biggs\*  
Doris White\*

Diana Shaft  
Clara McCoy\*  
Julie Lemons  
Becky Gassman  
Jerome Hellmer

LaVeda Montgomery  
Doug Stefek  
Terry Finch  
Mike White

*\* former board member*



**WE ARE PROUD AND HONORED TO SERVE  
DICKINSON, ELLSWORTH, LINCOLN,  
OTTAWA, AND SALINE COUNTIES  
FOR OVER 50 YEARS.**

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# COMMENTS FROM COMMUNITY PARTNERS

**"Thank you for collaborating so well with our staff to provide treatment for foster care clients."**

- St. Francis Community Services Employee

**"I just wanted to tell you how great it was working with CKMHC. We discharged an individual to your area and the effort you put into making sure services were in place for a successful discharge was amazing."**

- Larned State Hospital Supervisor

**"Great Job! The work you do each and every day makes a difference in people's lives!"**

- USD 305 Administrator

**"I wanted to thank you again for such a great training! I just helped a client this week get the help she needed due to the tips I learned in your Mental Health First Aid Class and I can't thank you enough."**

- KANSASWORKS Employee

**"I can hardly describe what a high quality case manager she is and we are lucky to have her working with our students and families."**

- Central Kansas Cooperative in Education Administrator

**"Kudos! Now it is so easy and efficient to get appointments set up."**

- Medical Practice Staff Member

## SERVICES

### PREVENTION/EDUCATION

Community Education  
Mental Health First Aid  
Free Depression/Anxiety Screenings  
Educational Literature  
Suicide Awareness & Prevention

### OUTPATIENT

Individual Therapy  
Family Therapy  
Play Therapy  
Group Therapy  
Medication Management  
Evaluation and Intervention  
Telehealth

### CRISIS STABILIZATION

Screening/Assessment  
Crisis Case Management  
Crisis Therapy  
Crisis Attendant Care  
Diversion Follow-up  
24/7 Mobile Crisis Service

### ADULT COMMUNITY SERVICES

Case Management  
Housing Support  
Attendant Care  
Psychosocial Groups  
Employment Support  
Discharge Planning and Home Transitioning  
Peer Support

### YOUTH COMMUNITY SERVICES

Case Management  
Respite Care  
Parent Support  
Discharge Planning and Home Transitioning  
School Based Services  
Wrap Around  
SED Waiver

### CARE COORDINATION

#### INTEGRATED CARE WITH:

Physicians  
Hospitals/ERs  
Law Enforcement  
Alcohol and Drug Agencies  
Schools  
Health Departments  
Early Childhood Programs

### MARTIN YOUTH CENTER

Behavior Stabilization

For More Information About Services

Visit Our Website:

**[WWW.CKMHC.ORG](http://WWW.CKMHC.ORG)**

## OUR LOCATIONS:

Salina: 809 Elmhurst Boulevard

Abilene: 420 NE 10<sup>th</sup> St  
Lincoln: 114 W Court St

Ellsworth: 1602 Aylward Ave  
Minneapolis: 817-A Argyle Ave

# MAKING LIFE BETTER

Dear Friend,

*We appreciate the great support we receive from local communities in all five of our counties as well as our individual donors over the past 50 years. We are dedicated to honoring the trust you place in us to promote safety and wellness in our communities. Your support is vital to our success. If you would consider joining our efforts with your tax-deductible contribution, it would greatly benefit those we serve. A letter of receipt will be mailed for any donations received.*

## ***Yes! I want to contribute to the work of Central Kansas Mental Health Center!***

- |                               |                                |   |   |
|-------------------------------|--------------------------------|---|---|
| <input type="checkbox"/> \$25 | <input type="checkbox"/> \$100 | <input type="checkbox"/> \$500              | <input type="checkbox"/> Please check if you wish your donation to remain anonymous |
| <input type="checkbox"/> \$50 | <input type="checkbox"/> \$250 | <input type="checkbox"/> Other Amount _____ |   |

**Make check payable to: Central Kansas Mental Health Center**  
809 Elmhurst Blvd, Salina, KS 67401

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

### **Please charge my credit card:**

Card type \_\_\_\_\_ Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

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