

Central Kansas Mental Health Center

2018 ANNUAL REPORT

Highlights of 2018

New Initiative to Address Suicide and Depression

Central Kansas Mental Health Center (CKMHC) activated a new initiative to lower the rising suicide rate. Suicide is a community issue, touching almost everyone directly or indirectly, and requires a community response. The Centers for Disease Control states that suicide rates in Kansas increased 45%. The myth that talking about it can cause more risk has not been found to be true. **Talking about suicide saves lives.**

- CKMHC now offers **Applied Suicide Intervention Skills and Training (ASIST)**; the most widely recognized, national and international, best practice in reducing suicide. Our certified ASIST Trainers offer this 2-day course to parents, the public, and professionals. It is designed to save more lives and provide skills and confidence to help individuals openly talk about suicide. It explores fears about suicide, teaches effective engagement with people who might have thoughts of suicide, and gives hands on practice to generate confidence using a method proven to help those struggling. It also focuses on self-care which is important for anyone trying to help others. Anyone can benefit from the tools gained from this class. We provide both onsite and offsite classes. Nursing and other CEUs are available. Please contact Ericka Lysell for details or to schedule a training.
- **Mental Health First Aid (MHFA)** is a 1-day curriculum that will equip the public to recognize at risk individuals and respond effectively. It also teaches how to intervene and when to seek treatment for a variety of behavioral and emotional issues. We provided twice as many classes in 2018.
- CKMHC offers free and confidential **Depression & Anxiety Screenings** for every community we serve. A brief screening assists in identifying symptoms indicating a need for professional service. Same day service is available for first time appointments to meet with a licensed therapist who can help to assess and develop a path forward that is person centered and individualized to one's preferences. One in four Kansans has a diagnosable mental illness, yet two out of every three people with mental health problems go without treatment.

Better Access, Better Quality, Better Outcomes

Highlights of 2018

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Mental Health Services Now Offered In Schools

- **School Based Therapy** - CKMHC offers partnerships to school districts. Onsite therapists in schools were increased by 60% last year. Of the schools that collected data, results were as follows: improved school attendance 83%, improved academic performance 76%, and improved behavior 94%.
- **School based social-emotional skill building groups** have increased by 50% from last year. In total, CKMHC staff provide 21 groups in 12 schools. These groups increased readiness to learn and improved the ability of students to self-regulate their emotions; resulting in decreased detentions, suspensions, and interactions with law enforcement.
- **Summer and after school groups for at-risk youth** expand social-emotional learning and transfer their skills and accomplishments to the home environment and family system. Successes include reduced inpatient hospitalization and decreased acting out behavior.
- **An intensive therapeutic preschool program opened in September called KPREP.** A collaborative partnership between CKMHC, Heartland Early Education, USD 305 and Central Kansas Cooperative in Education worked together to share funding, staff, and training to create a program designed to help at risk 3-4 year olds who have been excluded from regular preschool and/or childcare settings due to severe behavioral problems to gain the skills needed to become emotionally, behaviorally, and academically ready for kindergarten. The KPREP program helps children identify and begin to change unsuccessful behavior patterns and attitudes so they have supports in place to be successful when they start kindergarten. KPREP is a blend of therapeutic, academic, and psychosocial training which goes beyond a day of preschool by also strengthening the family through a variety of home based therapeutic supports, parent coaching opportunities, and engaging the families' natural strengths.
- **Community Outreach:**
 - ◇ Parent Information Nights in Bennington, Herington, Solomon, Ellsworth, Chapman, and Lincoln.
 - ◇ Community presentation on the effects of trauma on individuals and building resiliency to overcome trauma with a panel discussion presented at Salina Central High School in collaboration with PIECE (Partnership in Early Childhood Education).
 - ◇ Suicide prevention speaker for the Herington/Hope/White City School District.
 - ◇ Suicide prevention presentation for Solomon teacher in-service.
 - ◇ Addition of a bilingual case manager to assist with Saline County Truancy Court.

"CKMHC staff are team players and have helped tremendously in making a positive impact in helping students learn skills that will not only help them in school but also in life."

~ USD 305 Teacher

Highlights of 2018

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Martin Youth Center (MYC) expanded to keep up with the need

- Served 50 more youth and families this year.
- Provided 31% more hours of crisis stabilization for youth than in the previous year.
- Educated school personnel about services resulting in increased referrals to the suspension program. When youth are suspended from school, CKMHC can work with students to prevent future suspensions while also keeping up on classwork.

Community Education and Collaboration increased

- CKMHC now provides a behavioral health rotation for Smoky Hill Family Medicine Residency program and continues to provide internships for KU, KSU, KWU, and Bethany College students.
- Due to the increased demand for Mental Health First Aid, CKMHC doubled the number of certified trainers and increased the number of classes taught from four in 2017 to ten in 2018.
- Facilitated community education and support groups:
 - ◇ “Effects of Divorce on Children” class held monthly at CKMHC
 - ◇ Depression Support Group
 - ◇ Grief Support Groups
 - ◇ NAMI Behavioral Health Support Group (National Alliance on Mental Illness), a national advocacy group representing people affected by mental illness in the United States
- New Trainings to Improve Quality:
 - ◇ Two providers became certified as Tobacco Treatment Specialists. This smoking cessation training provides valuable tools to help people quit using tobacco.
 - ◇ Four providers obtained training on Applied Behavior Interventions for children with Autism Spectrum Disorders.
 - ◇ Staff at CKMHC attended Motivational Interviewing training to engage clients in self-recovery. This best practice teaches engagement strategies and a client-centered philosophy which addresses ambivalence to make positive change and results in readiness to achieve positive recovery.
 - ◇ Crisis and clinical practitioners completed training on the Columbia Suicide Scale which screens and measures the presence of suicidal ideation or behavior.

Highlights of 2018

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Better Client Care and Efficiencies

- CKMHC Client Satisfaction responses were favorable toward their mental health services.
 - ◇ 99% of Mental Health Services consumers surveyed were favorable.
 - ◇ 94% of tele-medicine clients surveyed were pleased with their tele-medicine experience at CKMHC.
 - ◇ 96% would recommend our services to a friend or family member.
- Added GeneSight testing – A simple swab test that can help identify which medication classes are likely to have the best results for one's body chemistry.
- CKMHC implemented new financial software. This greatly improved our ability to build and track budgets, work more efficiently, and make better data driven decisions.
- Upgrades to our facilities allowed CKMHC to improve safety, accommodate growth, and improve professional services.
- The Abilene office expanded their office space and staff. CKMHC has increased the hours of service in Dickinson County by 13% and developed work flow efficiencies within the office.

Serving our Community and State

- CKMHC staff serve on a variety of community and state boards, committees, and task forces:
 - ◇ Tower Mental Health Foundation Board—*Kathy Mosher*
 - ◇ Kansas Attorney General's Youth Suicide Prevention Task Force—*Kathy Mosher*
 - ◇ Kansas State Department of Education Mental Health Council—*Kathy Mosher*
 - ◇ KanCare Clinical Committee—*Kathy Mosher*
 - ◇ OneCare Kansas Planning Council—*Glenna Phillips*
 - ◇ Kansas Statewide Homeless Coalition Board—*Mike Lynam*
 - ◇ National Alliance on Mental Illness (NAMI) Central Kansas Board—*Debra Byarlay*
 - ◇ North Central Regional Continuum of Care Board—*Mike Lynam*
 - ◇ Kansas Department of Transportation Regional Transit Council—*Mike Lynam*
 - ◇ Community Housing Development Corporation of Central Kansas—*Sheila Srna*
 - ◇ Kansas & Saline Co. Crisis Intervention Teams (CIT) - *Cody Sparks, Glenna Phillips & Ericka Lysell*
 - ◇ Saline County Community Corrections Advisory Board & Recidivism Committee—*Glenna Phillips*
 - ◇ Saline County Truancy Court—*Jennifer Kaufman & Cristina Nieto*
 - ◇ Saline County Tobacco Coalition Committee—*Ericka Lysell*
 - ◇ Saline County Heartland Early Education Policy Council—*John Lobato*
 - ◇ Salina Grace Foundation Board—*Cody Sparks & Mike Lynam*
 - ◇ *And much more*

2018 Statistics

Saw More Clients, Delivered More Services

- 6% increase in overall services.
- 6% increase in therapy services.
- 20% increase in the number of youth services.
- 25% increase in the number of youth skill building groups.
- 7% increase in client access to medication services (131 more clients).
- Provided 93,139 hours of service.
- Provided over 40,640 hours of educational outreach.

Clients Served		
Age	2018	2017
0-5 yrs.	135	112
6-12 yrs.	723	594
13-17 yrs.	714	628
18-29 yrs.	691	711
30-49 yrs.	1,069	1076
50-64 yrs.	592	651
65+ yrs.	148	147
Total	4,072	3,919

Services by County	
Saline	57,374
Dickinson	14,414
Ellsworth	1,953
Ottawa	2,851
Lincoln	704
Other	657
TOTAL	77,953

New Clients		
	Total Clients	% Increase
Adult	1,072	8%
Youth	767	27%
Total	1,839	16%

What People are Saying

Our Clients:

"Please know and believe that your gifts and leadership ARE truly changing the world, you've definitely changed ours!"

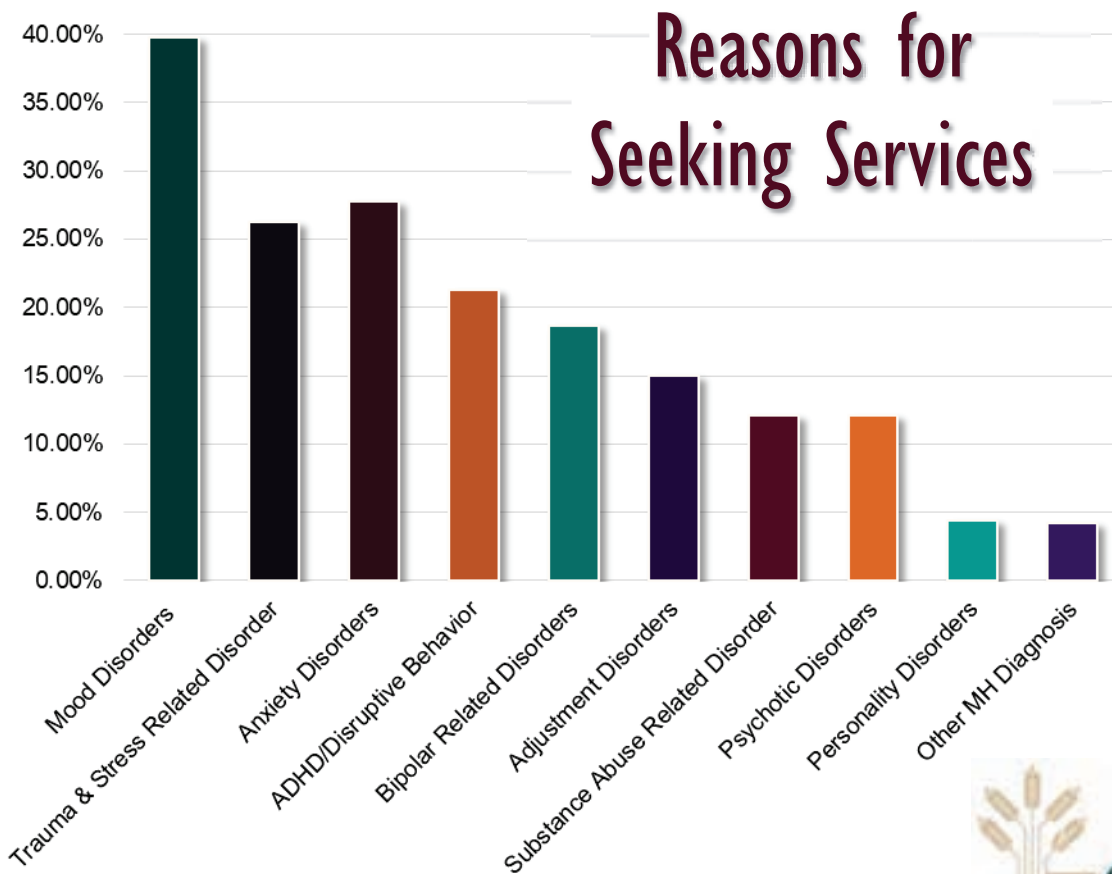
"By far the best doctor I have ever had (and I have had a lot). Keep up the good work."

"My son has been in and out of jail and I was struggling with what to do. I called the mental health center and was able to get all the information I needed and everyone was so nice. I couldn't believe how wonderful everyone was to talk to, everyone really cared about my situation and wanted to really help us."

"Our Case Manager shares information, resources and perspective on life with a flare of kindness that rivals none. She invests that flare into our community and families and makes our Salina a beautiful place, filled with encouraged souls."

"So much investment being shared from so many people INTO OUR SON...I can't wait to see what he grows into!"

"I always have excellent service and it has changed my life in such a positive way."



What People are Saying

Our Community Partners:

"I have followed this student since he was in Booster Kindergarten. I want to say THANK YOU! With your support and guidance, he's making great strides. Keep up the good work."

~Abilene School Principal

"It's been an exceptional partnership teaming with CKMHC staff. They are a joy to be around, working hard for students and parents. They are great at building relationships with students and holding them accountable when needed."

~USD 305 Teacher

"While working at the hospital I referred a child to MYC. It went very smoothly and I appreciate having the knowledge and the resource."

~ Smoky Hill Family Medicine Resident

"This youth and family are greatly benefitting from your program. I can see a big difference since they started."

~CASA Volunteer

"We appreciate working with the case managers from CKMHC. They care about the person they are working with and go out of their way to make the lives of the client the best possible. Their patience and friendly attitude make it a joy to work with them."

~Salina Food Bank Employee

"The service CKMHC provides has been a great asset to both the patient and to the community as a whole. CKMHC staff faithfully serve the homeless at our shelter, being available to help each person make progress in regards to their mental health care as well as finding housing. The collaborations has been a great success."

~Salina Rescue Mission Administrator

"Thanks for all you do for the students in our community, you are a great resource."

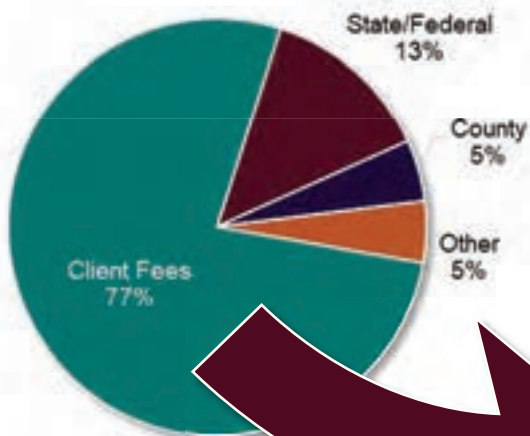
~USD 305 Counselor

"We love having CKMHC staff as partners in providing mental services. They are responsive to the needs of their clients, and willing to assist in any way to work towards a common goal with and for the individuals we serve."

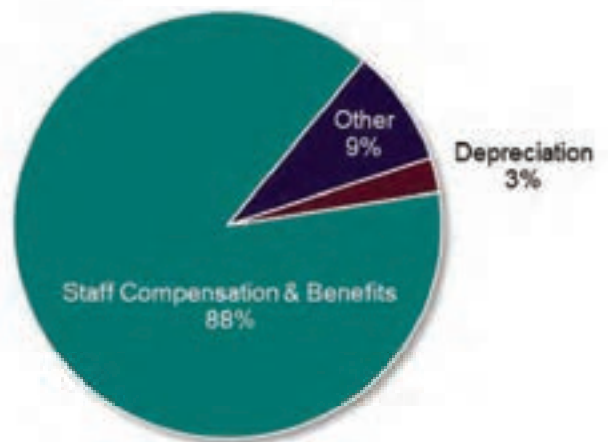
~ State Hospital Staff

2018 CKMHC Financial Summary

Revenue

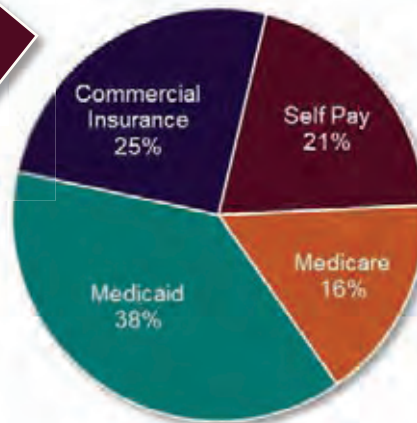


Expenses



Client Fees

(percentage of clients by primary payor)



****The number of uninsured clients has increased from 17% to 21%.***

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:

- We are a non-profit organization serving as the designated local Mental Health Authority for Dickinson, Ellsworth, Lincoln, Ottawa, and Saline counties. Any revenue is reinvested to develop programs that meet the needs of the communities we serve rather than to generate profits. Examples include our school based services, community education, Martin Crisis House for youth, pharmacy and lab services, and new evidenced based practices that result in great client outcomes.
- 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 services in the home, at schools, and in community locations. These include psychiatric supportive treatment, social skills groups, supported employment, respite, mobile crisis services, liaisons, public education, and much more.
- We are available around the clock, 24/7, to those who need assistance 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.

2018 Board of Directors

Becky Gassman

Julie Lemons

Doug Stefek

Jerome Hellmer

Mike White

LaVeda Montgomery

Lynn Peterson

Terry Finch

Carol Viar

Kathy Mosher, Executive Director

Our Mission:

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

Proudly Serving for over 50 Years

Dickinson County, Ellsworth County, Lincoln County, Ottawa County, and Saline County

CKMHC Outpatient Services

THERAPY

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

MEDICATION SERVICES

- Onsite Psychiatry (both child & adult)
- Telehealth Psychiatry
- Specialized child psychiatry
- Specialized adult psychiatry

CRISIS STABILIZATION

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

MARTIN YOUTH CENTER

- Youth Crisis House
- Suspension Program
- Respite Care
- Behavior Stabilization

ADULT COMMUNITY BASED SERVICES

- Case Management
- Housing Support
- Attendant Care
- Psychosocial Groups
- Employment Support
- Discharge Planning and Home Transitioning
- Peer Support
- Community Psychiatric Support
- Corrections and Homeless Supports

YOUTH COMMUNITY BASED SERVICES

available as needed in school and home

- Case Management
- Community Psychiatric Support
- Parent Support
- Wrap Around
- In Home Services
- SED Waiver Resources
- Respite Care
- Discharge Planning and Home Transitioning

PREVENTION/EDUCATION

- Community Education
- Suicide Awareness & Prevention (ASIST, etc.)
- Mental Health First Aid
- Free Depression/Anxiety Screenings
- Educational Literature

Main Office: 809 Elmhurst Blvd., Salina

Branch Offices:

420 NE 10th St., Abilene
114 W Court St., Lincoln

1602 Aylward Ave., Ellsworth
817A Argyle Ave., Minneapolis

Invest in Your Community

Dear Supporter,

We appreciate the great support we receive from our donors and local communities in all five of our counties for over 50 years. We honor the trust you place in us by continuing to do more to promote safety and wellness in our communities in a cost effective manner. We undergo frequent on and offsite audits and state licensing reviews to ensure quality.

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. Other ways to support us at no cost include:

- **Dillons Community Rewards Program** (www.dillons.com)
- **Amazon Smiles** (www.smile.amazon.com)

Thank you!

***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

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Address _____

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Email _____ Phone _____

Please charge my credit card:

Card type _____ Card # _____

Exp. Date _____ Signature _____