

2019 ANNUAL REPORT



At CKMHC our mission is
to make life better in our communities by providing
excellent mental health services, education, and integrated
health care which exceeds patient expectations.

*"My family was struggling when I called CKMHC.
Everyone was wonderful, everyone really cared
about my situation and wanted to help us."*



Central Kansas Mental Health Center

Proudly Serving for over 50 Years

Dickinson, Ellsworth, Lincoln, Ottawa, and Saline Counties

Better Access, Better Quality, Better Outcomes

School Based Services achieved amazing results in all 34 schools!

- In 2019, CKMHC added onsite therapy in 20 additional schools.
- Our innovative partnership with educators attained the following excellent outcomes:
 - Attendance improved 83%
 - Academic Performance improved 73%
 - Behavior improved 81%
- Better access to trauma trained therapists reduced barriers such as transportation, parent work schedules, follow through, and timely referrals by 30%.
- Lives were saved. Many students who were initially referred to CKMHC were experiencing suicidal thoughts. CKMHC listened, wrapped supports around each student, and jump started the recovery process; quickly stabilizing the students.
- Stigma has been greatly reduced in schools that partner with CKMHC. Students and teachers are openly talking about mental health and seeking out support, which develops social-emotional skills.

New Medical Director joined CKMHC staff.

- Dr. Nathan Davis completed his residency in June 2019 at Smoky Hill Family Medicine Residency Program in Salina. His addition to our staff increases CKMHC's ability to integrate behavioral health and physical healthcare to better treat the whole person which is proven to achieve outcomes faster. Dr. Davis joins an accomplished psychiatric team including:
 - James E. Owens, III, MD – Psychiatrist
 - Danielle Henson, MD – Child & Adolescent Psychiatrist
 - Jill Husson Martinez, MD – Adult Psychiatrist
- Psychiatric medication management expanded by 11% and is now available in both Salina and Abilene.
- In partnership with Genoa On-site Pharmacy, patients are offered convenience, special packaging and mail delivery at no cost which further reduces the need for hospitalization and improves quality of life.

***98% of first time patients stated
CKMHC provides friendly, courteous,
and helpful Customer Service.***



Voted Salina Journal's 2019
Best of the Best in Counseling Services

Better Access, Better Quality, Better Outcomes (cont.)

Addressed the rising suicide problem by offering community education. The Kansas 2018 suicide rate was the highest in 20 years according to the Kansas Department of Health and Environment (KDHE). Suicide is the second leading cause of death for ages 15-44 years.

- **Mental Health First Aid (MHFA) Training**

CKMHC provided 7 evidence-based trainings for 125 community members including teachers, clergy, nurses, foster parents, extension agents, and parents of children enrolled in Head Start giving them the tools to interact with a person in crisis and connect them with help.

- **Applied Suicide Intervention Skills Training (ASIST)**

CKMHC trainers provided 4 internationally acclaimed trainings to 70 community members. So many times the community is aware someone is struggling, but they don't know what to say and do not want to make things worse. This training is proven to develop skills and confidence to initiate a conversation with a person in crisis and connect them with help. Between 50-75% of those who attempt suicide talk to a community member about their thoughts, feelings, and plans before they act according to the American Foundation of Suicide Prevention. The community can help address this issue.

- **CKMHC offers 24/7 Crisis Services to anyone in our community**

- The need for hospitalization for behavioral health issues was reduced by 65%.
- 97% of patients discharged from the state psychiatric hospital were seen by CKMHC staff within 3 days of discharge.
- Martin Youth Center (MYC) Crisis House served 105 youth and families from all five counties. Together with school and community based services, CKMHC reduced youth experiencing a crisis by 15%.
- MYC Respite Services provided 22% more hours of service to provide breaks for families with high needs youth. Referrals are accepted seven days a week.
- In 2019, the Kansas Legislature named CKMHC as one of the five designated crisis stabilization sites across the state.



CKMHC launched a new website and had an increased presence on Facebook in 2019.

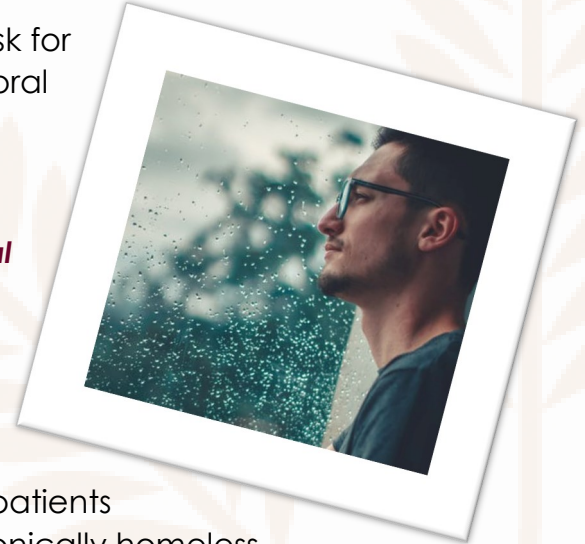
Better Access, Better Quality, Better Outcomes (cont.)

Adult Community Based Services builds independent living skills and improves quality of life for adults recovering from severe mental illness.

- Benefit assistance expanded so patients can access needed programs and resources that reduce their risk for homelessness, chronic health problems, and behavioral health disorders.

Example: A chronically homeless individual, formerly incarcerated and living at a local shelter, began working with CKMHC's PATH program receiving mental health services. After connecting with housing authority resources, he moved into an apartment, volunteers, and works with CKMHC to remain stable and recapture lost benefits while homeless.

- 21 patients who were homeless achieved housing through our PATH program. Working together these patients obtained safer and healthier living conditions. A chronically homeless person costs a community an average of \$35,578 per year according to the National Alliance to End Homelessness.



Youth Community Based Services increased by 32% serving 800 at-risk youth and their families in their homes and schools.

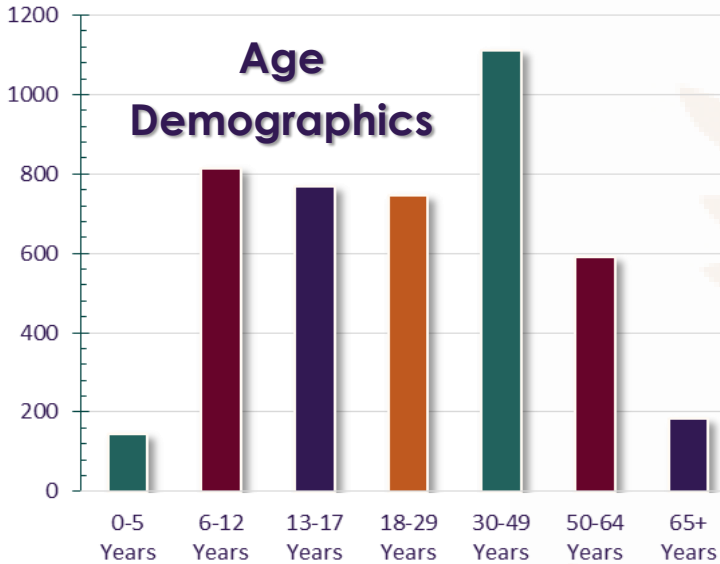
- Today's youth are experiencing more anxiety and depression. Trauma is more common and comes in many forms such as bullying, physical and sexual abuse, and situational trauma due to what is going on in youth's lives. We engage youth, families, and other community supports to work together to build resiliency so youth and teens can reach their full potential.

Example: An eight year old who had multiple suspensions and refused to do schoolwork entered services, improved behavior, and was named Student of the Month.

- CKMHC has 24 different skill building groups that increase readiness to learn and improves the ability of youth to self-regulate their emotions. This results in decreased suspensions, less contact with law enforcement, higher graduation rates and better grades.
- KPREP Therapeutic Preschool serves 3 & 4 year olds who lack social-emotional readiness for kindergarten and accelerates developmental learning through effective partnership with Central Kansas Cooperative in Education (CKCIE), Heartland Early Education, and USD 305.

Example: One child progressed so quickly they transitioned to regular preschool and successfully completed the school year. Others developed the skills needed to catch up with their class and advance to kindergarten.

2019 Statistics



Total Patients Served			
	2017	2018	2019
Adult	2,442	2,446	2,601
Youth	1,313	1,522	1,696
TOTAL	3,755	3,968	4,297



2,111



2,186

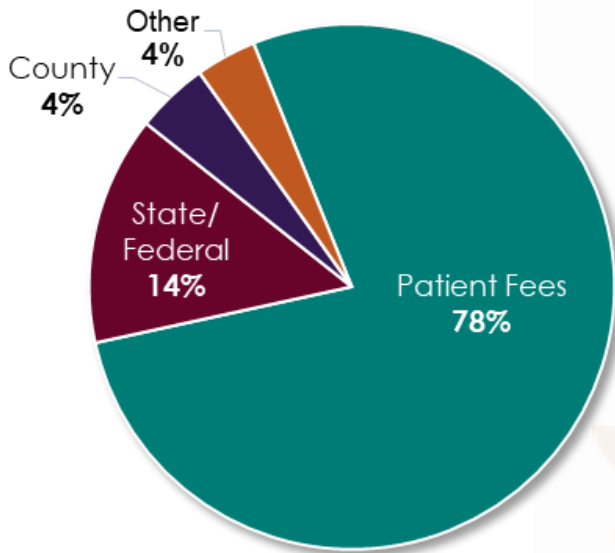
Patients Served by County		
	2018	2019
Saline	2,671	2,793
Dickinson	807	919
Ellsworth	128	159
Ottawa	153	164
Lincoln	68	69
Other	247	248

Hours of Service by County		
	2018	2019
Saline	71,123	75,403
Dickinson	14,278	19,162
Ellsworth	1,873	2,137
Ottawa	3,384	3,583
Lincoln	603	760
Other	925	704
TOTAL	92,186	101,749

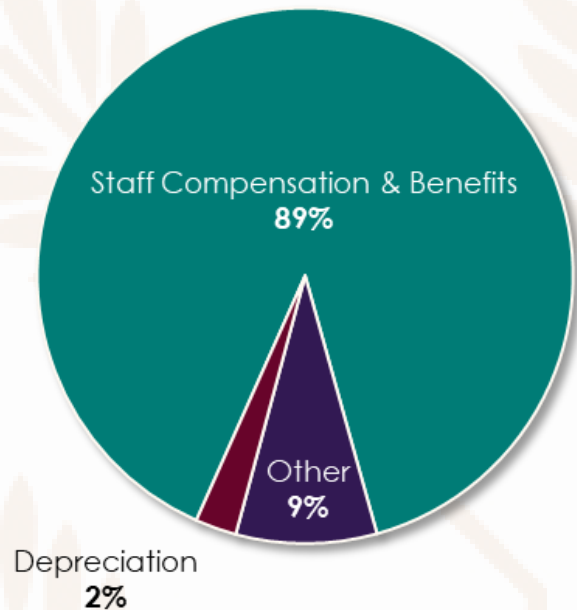
* Some patients lived in more than one county within the year.

2019 CKMHC Financial Summary

Revenue

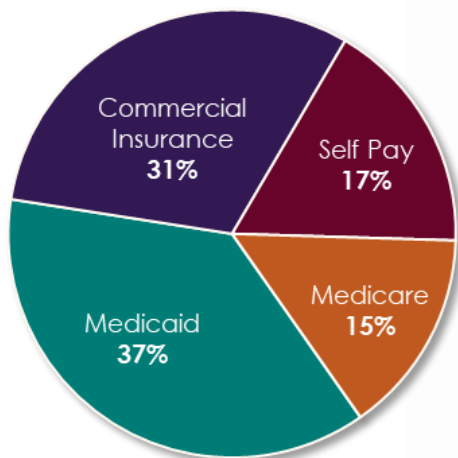


Expenses

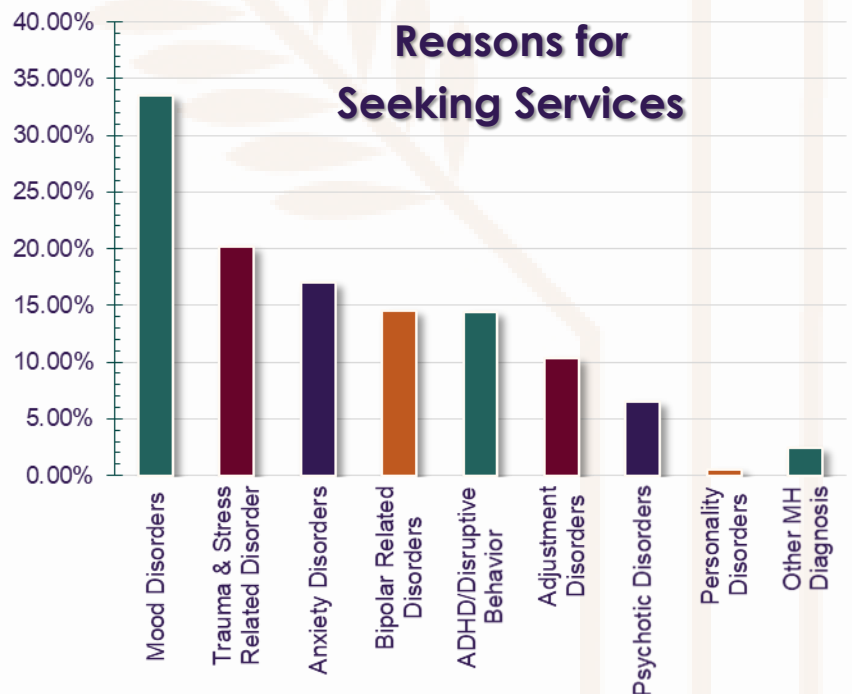


Patient Fees

(percentage of patients by primary payor)



Reasons for Seeking Services



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 patient 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.



CKMHC Outpatient Services

THERAPY

- Individual Therapy
- Family Therapy
- Play Therapy
- Group Therapy
- Evaluation and Intervention*

MEDICATION SERVICES

- Medication Management
- Onsite Psychiatry (both child & adult)
- Telehealth Psychiatry*
- Specialized Adult Psychiatry
- Specialized Child & Adolescent 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

PREVENTION/EDUCATION

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

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



What People are Saying

Your staff have literally saved my life by being such wonderful sources of support for my kids and helping me be a more effective parent."

~ Parent

"I have already utilized the tools of ASIST and having those tools in my belt made me feel much more confident in the situation I was in."

~ CKMHC Case Manager

"When my daughter was at her lowest, she turned to you and you welcomed her with open arms and got the ball rolling to get her back into services. I truly believe, had it not been for CKMHC, our day would have turned out quite differently. She trusts you and that's HUGE."

~ Parent

"My Kindergartener struggled at the beginning of the school year. After receiving your services, she has been selected twice this year as Student of the Week!"

~ Parent

"One thing that became very clear to me over the course of the ASIST training is that almost everyone has been touched by suicide, either directly or indirectly. This training provides resources that can be used personally and professionally, and the format gives plenty of opportunities to practice the skills in a supportive, encouraging environment."

~ Community Service Worker

"Thank you for coming to speak at our school. The parents were very engaged and appreciative of your message. The presentation was AWESOME!"

~ School Principal

"I have been hearing a lot of positive things about the work your staff are doing in the schools within your districts."

~ A Nearby Counseling Center
Dept. Director

"We are very excited to begin this telehealth venture with CKMHC and get people the critical help they need with behavioral health."

~ Hospital Administrator

Invest in Your Community

We appreciate the great support we receive from our donors and local communities in all five of our counties and honor the trust you place in us. Your support is vital to our success. Your tax-deductible contribution can be made via our website at www.ckmhc.org. Just look for the donate button in the upper right corner.

Other ways to support CKMHC at no cost include:

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

Thank you to the following for awarding grants to CKMHC in 2019:

Tower Mental Health Foundation of Kansas, Kansas Health Foundation, NAMI Kansas, Sunflower Foundation, Greater Salina Community Foundation, Smoky Hills Charitable Foundation, Ottawa County Community Foundation, Salina Charities League, Aetna Better Health, and Sunflower Health Plan.

2019 Board of Directors

Becky Gassman
Jerome Hellmer
Lynn Peterson

Julie Lemons
Mike White
Carol Viar

LaVeda Montgomery
Gaylene Zier
Trudy Berthelson

Kathy Mosher, Executive Director

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