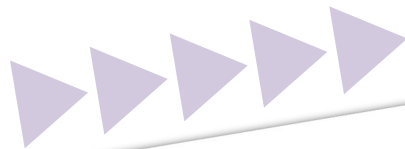


## 2020 ANNUAL REPORT



Find Your Happy!

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

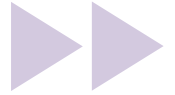


# Central Kansas Mental Health Center

Proudly Serving for Over 50 Years

**Dickinson, Ellsworth, Lincoln, Ottawa, and Saline Counties**

# Building Strength and Resilience



I have never known a year that was a bigger threat to the mental health of our community, nor can I remember a time when working in the field of mental health was so important. The aftermath of the pandemic is a bigger mental health crisis than the world has ever seen. Recent studies show that mental issues that impair one's functioning to the point of needing professional help to recover is now affecting 1 in 3 people.

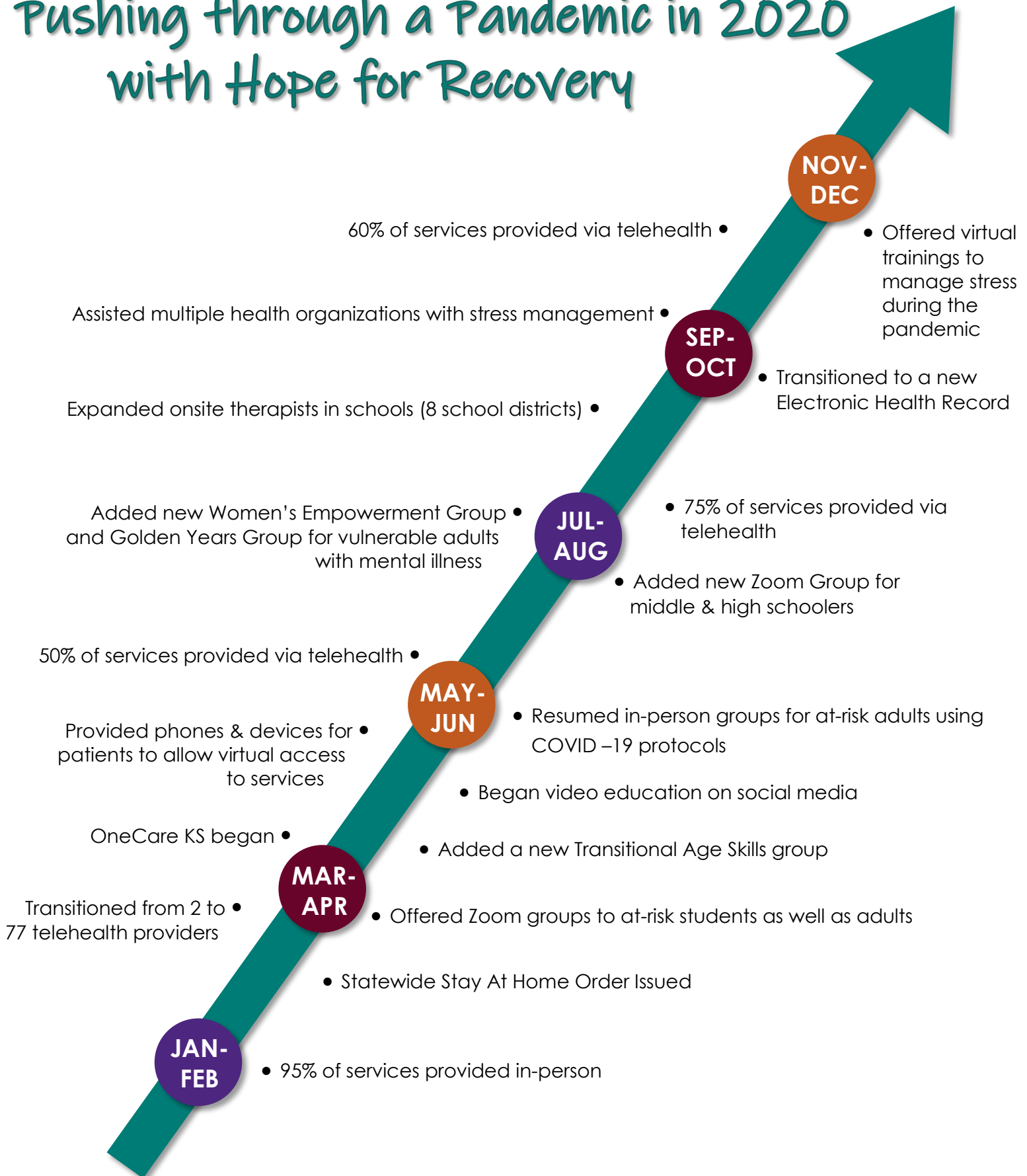
While CKMHC staff were not immune to the stressors that impacted the rest of the world, they never stopped serving their patients. They are indeed Healthcare Heroes who were keenly aware of their patients' needs to access mental healthcare, which resulted in some amazing innovation! In addition to shifting to telehealth services which is no small feat, our staff set up tele video rooms for walk-ins, our nurses moved their injection clinic curbside to an outside tent, community based staff provided donated cell phones and minutes to patients who had no internet or access to telehealth, clinicians made educational videos to post on our social media (see our Facebook and YouTube pages), we provided virtual trainings on *Stress Management During COVID* and *The Effects of Toxic Stress on the Brain* to teachers, healthcare workers, business employees, etc. We even partnered with schools to help students access social skills groups and other forms of treatment through their school issued tablets.

CKMHC has renewed its commitment to building a healthier, more resilient community so families, friends, neighbors, students, and acquaintances have the skills to achieve mental wellness in times of heightened stress, worry, uncertainty, fear, loss, and grief. One thing is for sure, mental illnesses like depression, anxiety, and many others are **not** a sign of human weakness. Chronic stress or trauma can change brain chemistry, and in essence, rewires the brain making it more difficult to cope with challenging situations.

The best thing we can do for each other is be willing to talk about mental health and encourage each other to seek help before it becomes a crisis. Just like physical illnesses, addressing mental health issues early can result in quicker recovery and less medical bills. At CKMHC, we are building a comprehensive array of services in addition to therapy and medication such as support in the home and community, connecting with other community partners and resources, and our newest venture is to build better care coordination and communication between physical health, mental health, and addiction services. More good things to come!

Kathy Mosher  
Executive Director

# Pushing through a Pandemic in 2020 with Hope for Recovery



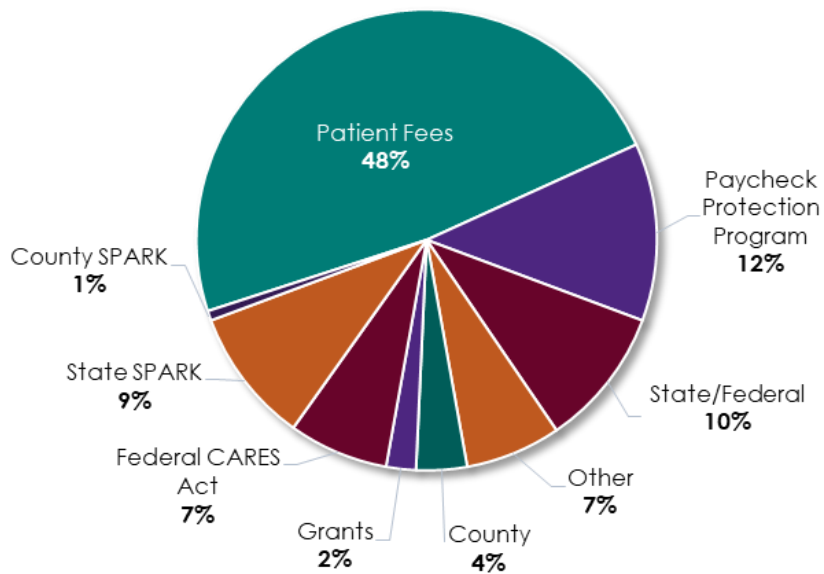
# Things to Know about CKMHC ▶▶▶

- ▶ CKMHC's new website and social media sites shared free educational videos on topics such as anxiety, depression, bullying, suicide prevention, and other mental health issues to help those that may have been nervous to reach out for help during the pandemic.
- ▶ CKMHC added three new groups for vulnerable adults with mental illness:
  - The **Transitional Age Group** (TAG) is a peer support program with the goal to help support those transitioning into adulthood by teaching and reinforcing independent living skills and ensuring patients gain adequate employment and education placement.
  - The **Women's Empowerment Group** focuses on specific issues women face, while fostering connections and self-care.
  - The **Golden Years Group** is geared towards patients 50+ to work on managing grief, loss, and the "what-ifs" associated with aging. This group forged a new partnership with the Salvation Army which allows the utilization of their space.
- ▶ 90% of CKMHC patients reported satisfaction with their telehealth services. In comparison, 85% of Kansans reported telehealth services were helpful.
- ▶ Added OneCare KS health home services which coordinates behavioral health and physical health care in complex and co-occurring health situations.
- ▶ With a variety of COVID-19 restrictions throughout the year, CKMHC conducted five in person Mental Health First Aid and suicide prevention trainings. Both trainings are best practice courses nationwide and provide participants with skills to identify mental health issues or if someone may be suicidal. Skills taught can save lives.
- ▶ Provided outreach to families impacted by COVID-19 providing no-cost disaster counseling and informing families of community resources available to support overall mental health and wellness.
- ▶ To provide the highest quality of services, staff continued to receive training in evidence based practices such as Motivational Interviewing, AMSR (Assessing and Managing Suicide Risk), and EMDR Trauma Therapy (Eye Movement Desensitization and Reprocessing).
- ▶ CKMHC worked with many community partners: Saline County Jail, Crisis Intervention Team (CIT), Truancy Court, KS Attorney General's Office/Tower Mental Health Foundation, Salina Rescue Mission, Ashby House, and schools.

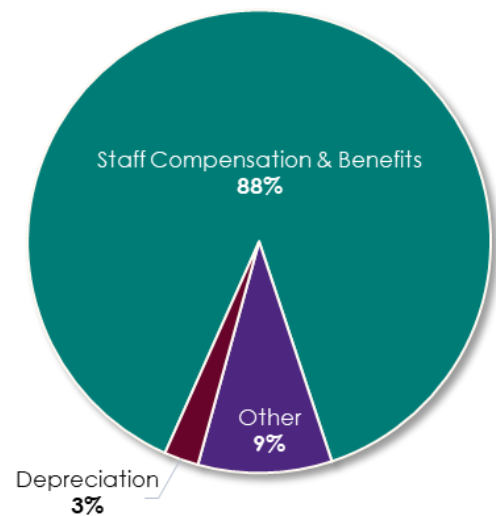


# 2020 Financial Summary ▶▶▶▶▶

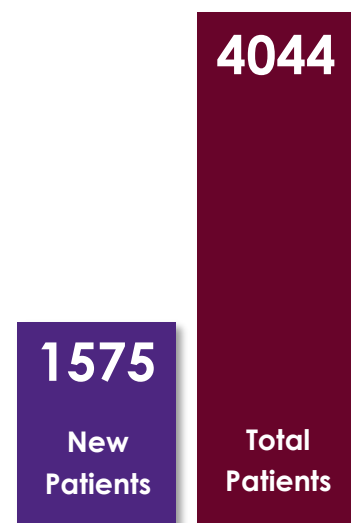
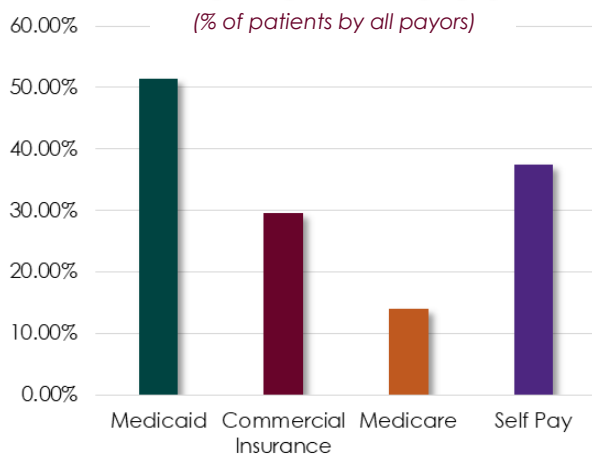
## Revenue



## Expenses



## Patient Fees



# What Makes Us Different ►►►

## **CKMHC is a Licensed Kansas Community Mental Health Center. This 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 better patient outcomes.
- We offer a wider, more comprehensive range of services to meet the needs of all ages. In addition to therapy and medication management, we also provide services in the home, in schools, and in community locations. These include psychiatric supportive treatments, social skills groups, supported employment, respite care, 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 onsite and offsite audits and state licensing reviews to ensure quality.
- We are directed by a volunteer board who represents 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 (Individual & Group)
- Community Psychiatric Support
- Corrections and Homeless Supports

## YOUTH COMMUNITY BASED SERVICES

*available as needed in school and at home*

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



For the second year in a row voted  
Salina Journal's  
Best of the Best in Counseling Services

# Thank You!



During an unprecedented year, our community stepped up to share resources, give donations, provide grants and so much more. Thank you to the many individual contributors who provided donations, homemade masks, KN95 & N95 masks, and PPE so our patients and staff could remain safe. Thank you as well to our counties and to the following businesses and organizations who reached out to provide assistance with supplies or funding.

- Bobbi's Cutters
- Brookdale Salina Fairdale
- Eagle Radio
- First Bank Kansas
- Great Plains Manufacturing
- Greater Salina Community Foundation
- InnovaTel Telepsychiatry
- Kansas Health Foundation
- Little Caesars
- Lowe's
- McDonald's
- NAMI Kansas
- OCCK
- Salina Area United Way
- Salina Charities League
- Salina Community Theatre
- Salina Regional Health Center
- Salina Shares
- Saline Co. Emergency Management
- Sam's Club
- Sonic
- Sunflower Health Plan
- Sunrise Presbyterian Church
- Tower Mental Health Foundation
- Trinity United Methodist Church
- United Healthcare

## 2020 Board of Directors

Jerome Hellmer  
Becky Gassman  
Lynn Peterson

Julie Lemons  
Mike White  
Carol Viar

LaVeda Montgomery  
Gaylene Zier  
Patrick Hoffman

**Kathy Mosher, Executive Director**

**Main Office: 809 Elmhurst Blvd., Salina**

**Branch Offices:**

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114 W Court St., Lincoln

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

