

2021 ANNUAL REPORT

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's expectations.*



Central Kansas Mental Health Center

Proudly serving for Over 50 Years

Dickinson, Ellsworth, Lincoln, Ottawa, and Saline Counties



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Hope and Healing in 2021

2021 proved to be another challenging year for the communities, businesses, and people we serve. The pandemic has shed light on a worsening mental health crisis that includes struggles with emotional issues, increased loneliness, anxiety, and depression. With more people seeking care, CKMHC provided much needed support and relief, delivering a record number of services last year. CKMHC continues to forge ahead, growing staff and programs, developing new partnerships, and transforming to the best model of care. As our communities shift to hope and healing, CKMHC is ready to help.

Highlights:

- **CKMHC officially began the transition to a Certified Community Behavioral Health Clinic (CCBHC) with the support of a \$4 million federal grant.** The CCBHC model employs evidence based best practices, which dramatically increase access to mental health care and crisis care, while promoting care coordination and a person-centered approach.
- **We launched Same Day Access (SDA) services in June, connecting new patients with a licensed clinician to develop and initiate an individualized treatment plan.** SDA services are evidence based, proven to alleviate wait times and reduce missed appointments. 800 patients successfully accessed services through SDA in 2021.
- **School Based Therapy produced exceptional results and reached nearly 1000 students across eight school districts.** Results include improved attendance by 73% of students, improved behavior by 84%, and improved academics in students by 77% within the 2020-2021 school year.
- **We trained over 200 community members in Mental Health First Aid (MHFA).** Mental health was in the public spotlight with several high profile celebrities and athletes talking openly about their personal struggles. This national conversation helped raise awareness and reduce stigma attached to mental health challenges. People are looking for education opportunities like MHFA so they are better prepared to support family, friends, and neighbors.
- **In November we launched our Build from the Heart campaign to help raise funds for an expansion.** Over the last eight years CKMHC has experienced organizational growth of 50%, and the transition to CCBHC will accelerate this growth. It is time to right size our facilities to better support increased staff and patients, expand crisis housing for both youth and adults, and establish a Mental Health Urgent Care Clinic for our region.
- **49 nursing and medical students from five different colleges and universities completed rotations with us in 2021.** CKMHC is proud to partner with schools in our region to provide outstanding learning opportunities for the next generation of health care professionals.



CCBHC: Transition to the Gold Standard of Care

In February of 2021 CKMHC was awarded a \$4 million, two-year grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to implement the Certified Community Behavioral Health Clinic (CCBHC) model in the five counties we serve. With the transition to this new model, funding will help increase services and staffing to improve access, outcomes, and quality of care.

Established in 2017, the CCBHC model has expanded to include 430 clinics across 42 states. In April Governor Laura Kelly signed House Bill 2208, establishing the CCBHC model as the standard in Kansas. CKMHC is one of six Community Mental Health Centers (CMHC) in the state that received a CCBHC expansion grant in 2021.

In their first year, on average, CCBHCs serve 17% more patients and hire 41 new positions. Nationally, the outcomes for communities served by CCBHCs include increased access to care, better outreach to underserved groups, reductions in emergency room and hospital visits by CCBHC clients, enhanced care coordination resulting in improved physical care and substance use treatment, and the ability to hire and retain vital staff.

The CCBHC model has quickly become the gold standard of care for mental health, focusing on an incredibly person-centered approach. The goal is to cover all the bases of integrated care including expanded care coordination with local primary care providers, hospitals, addiction service providers, social service providers, and law enforcement.

The CCBHC model will also support an expansion in crisis services. As part of that expansion, CKMHC hopes to establish a Mental Health Urgent Care Clinic in Salina, the first of its kind in the region. Although we have a 24-hour crisis line monitored by a licensed clinician, the Urgent Care Clinic will be a visible and accessible space that is open to the public in the same manner that a physical care clinic is. This will be a place where the community knows they will receive the crisis care they need, when they need it.

As we continue to implement the CCBHC model, long-term benefits will include expanded services and access while addressing additional staffing needs. We are very proud to be one of the first CMHCs in Kansas going through the CCBHC certification process.



“

“I want to thank you all for giving me the time to get my services going. Thank you so much for helping me.”

- Patient



To the Stars!

CKMHC celebrated our 50th birthday in 2014. Since then we have experienced incredible growth, with services and organizational capacity increasing by 50%. We will continue on this trajectory to meet the growing need for mental health care, and together we can reach even greater heights. Ad Astra Per Aspera!

2014

- Celebrated 50 years as the region's mental health authority
- Expanded 24/7 crisis services to increase timely access
- Implemented the integration of mental health and primary health care

2015

- Added a Mobile Crisis Team
- Partnered with law enforcement and community agencies to establish a collaborative Crisis Intervention Team (CIT) in Saline County
- Added an onsite pharmacy (Genoa Pharmacy)
- Added a child psychiatrist, one of the first in the region
- Implemented telehealth services

2016

- Opened Martin Youth Center (MYC): a 72 hour youth crisis house, respite services to provide breaks for families, school suspension alternative program, at risk skills groups
- Abilene Office expands to full time services for Dickinson County
- Provided onsite mental health services at Saline County Jail decreasing re-entry rate and reducing jail expense

2017

- Added a Quest Lab site for patients and community, resulting in a quicker recovery
- Reduced wait time for psychiatric medication services from one month to three days

2018

- Added community education for suicide prevention and intervention (ASIST)
- Selected to be a state pilot site for mental health therapists in schools (DK Co)
- Opened a Therapeutic Preschool (KPREP) partnering with USD 305, Heartland and Central Kansas Cooperative in Education

2019

- Expanded School Based Therapy to 34 schools and 3 counties (DK, OT, and SA Co)
- Kansas Legislature named CKMHC as one of five designated Crisis Stabilization Sites
- Ellsworth County expanded offices and services
- Launched an improved website offering free self-assessments for depression and community education tools

2020

- Expanded Telehealth Services in response to the pandemic
- Offered free community education on managing stress during the pandemic to schools, health departments, businesses, churches, etc.
- Added medication management onsite in DK Co.

2021

- Awarded federal SAMHSA grant to build the new CCBHC model for mental health enhancing access, quality of services, and care coordination
- Improved wait times for services offering the first appointment on the same day
- Brought telehealth psychiatry to Ellsworth Co. in partnership with Ellsworth Co. Medical Center
- Expanded School Based Therapy to 35 schools and 4 counties (DK, OT, SA, and LC Co)
- Launched Build from the Heart Fundraising Campaign for facility expansion
- Conducted a 5-County Needs Assessment

Our Impact by the Numbers

Total Patients Served

	2019	2020	2021
Adult	2,601	2,228	2,747
Youth	1,696	1,417	1,647
TOTAL	4,297	4,044	4,394

CKMHC saw an increase of

8.7%

patients from the previous year

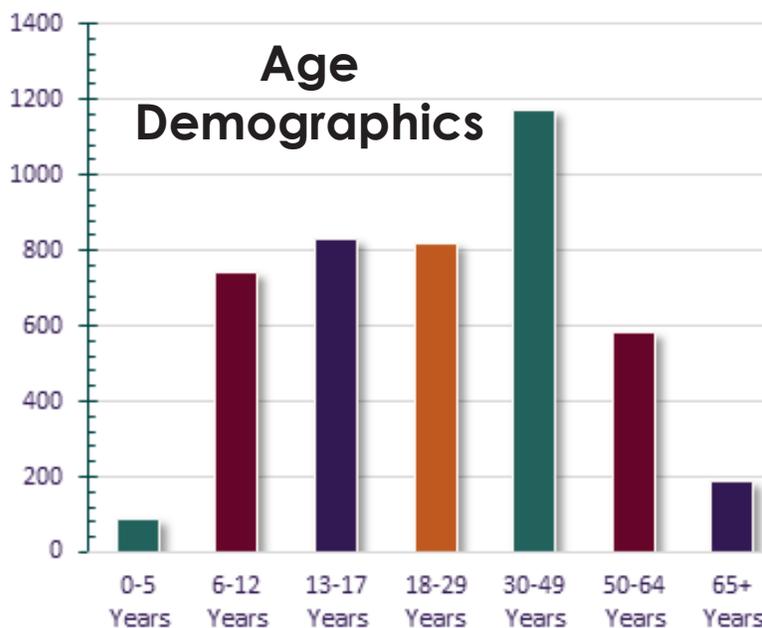
CKMHC reached

5,037

community members in outreach and education initiatives in 2021

Patients Served by County

	2020	2021
Saline	2,609	2,901
Dickinson	812	780
Ellsworth	175	164
Ottawa	186	205
Lincoln	75	77



 2,046

 2,348

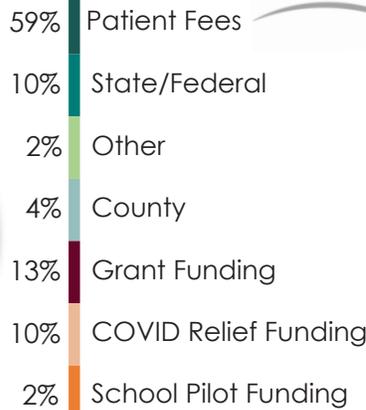
93,352

services performed during 2021

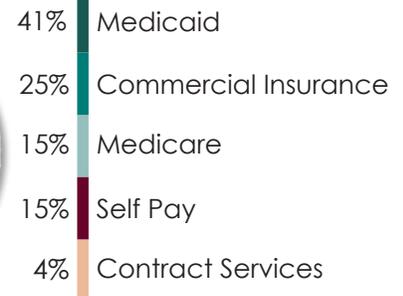
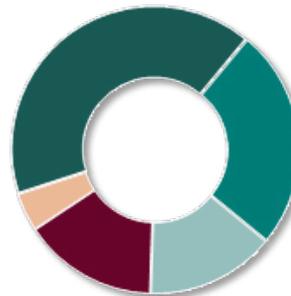


CKMHC Financial Summary

Revenue



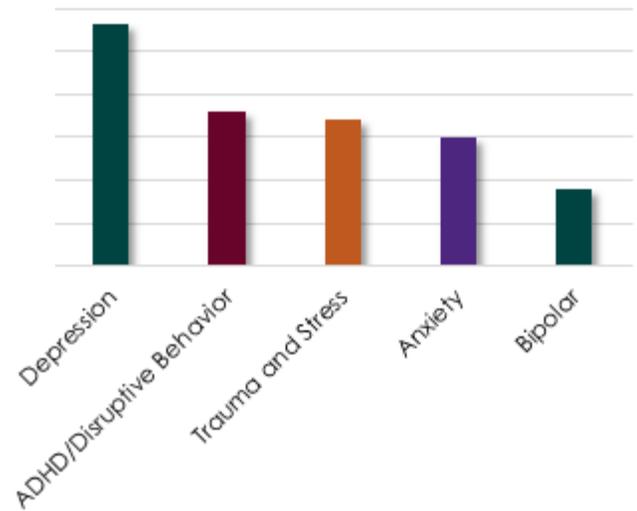
Patient Fees



Expenses



Top 5 Reasons for Seeking Service

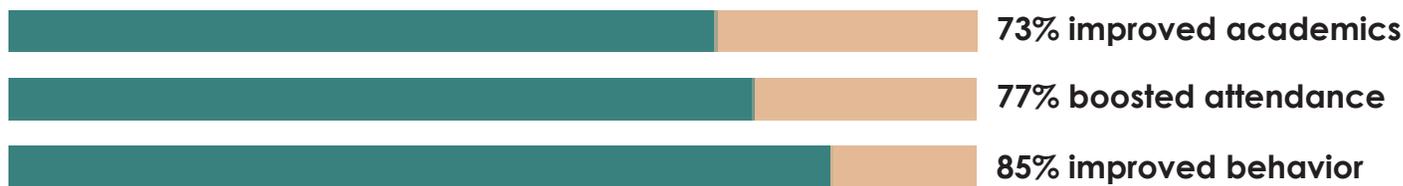


School Based Therapists Help Students Shine

In 2018 CKMHC was selected to participate in the statewide Mental Health Intervention Team (MHIT) pilot program to help address challenges schools were facing with an increase in students with mental health needs. By placing therapists and support services on-site in the schools, MHIT helped eliminate barriers to services that many families face, including time and travel needed to get to appointments.

After partnering with four Dickinson Co. school districts in 2018, the MHIT program has grown to include 34 schools over 8 districts, reaching nearly 1000 students. We continue to see incredible results through MHIT, with improvements for our region higher than the state averages.

Improvements seen within the 2020-2021 school year:



"A student in foster care had been placed in several homes and attempted suicide. But with the help of a case manager and therapist, the student completed school and graduated with honors."

- School Administrator

The Front Lines of Mental Health Care

In 2021 we engaged over 5,000 community members in outreach and education initiatives.

An educated and engaged community can be a supporting front line in Mental Health Care. Programs like Mental Health First Aid (MHFA) and ASIST suicide training can reduce the stigma surrounding mental health challenges, and help connect those who are struggling before their challenges become a crisis. When more people are equipped with the tools they need to start a dialogue, more people can get the help they need.

206 participants completed MHFA training classes: 51 for youth MHFA, 122 for adult MHFA and 33 for Suicide Intervention and Prevention Training (ASIST).

13 trainings were delivered with at least one in each county.

16 participants were the average class size of each training.



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 evidence 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.

“

“We are a lighthouse to those who are lost, who are at their wit's end with life's storms, which brings me to what I enjoy most about working at CKMHC — the people that enter our doors. Without them, there's no CKMHC — they make our agency a need, their stories are our privilege to hear, their hopelessness becomes our time to help them shine and succeed.”

- CKMHC Social Worker



CKMHC Outpatient Services

THERAPY:

- Individual and Family Therapy
- Same Day Access (SDA)
- Group Therapy
- Evaluation and Intervention
- Certified Play Therapy

PREVENTION/EDUCATION:

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



“

“At first, it was hard for me to be separated from my mom. It was hard for me to talk, but something happened to me and for me while I was there. I learned I deserve to be treated with respect, and I deserve to be heard. Every single person listened to me, asked me what I wanted, even with meals. I felt important and cared for. I never had that before, so it was all new to me. At times I was overwhelmed by being asked what I wanted, how I felt, or what did I think. Please tell them thank you for me and that I hope they're having a good time with the other kids that come there. I needed to be there. I needed the attention they had for me. I needed to know that I'm important and that I matter.”

-Patient

MEDICATION SERVICES:

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

CRISIS STABILIZATION:

- Screening/Assessment
- Crisis Care 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
- 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 home

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





BUILD FROM THE HEART

CKMHC has been anticipating expansion, however the need has increased faster than expected. It has become clear that **the time to act is now**. We need your support to make it a reality. Your gift will impact the community and help us achieve the following goals:

- Meet the growing mental health need head-on and serve more people
- Provide rapid access to care and eliminate barriers to services
- Expand patients' care coordination to increase communication between healthcare providers
- Reduce stress on community systems such as hospital ERs, law enforcement, and foster care
- Keep families together by providing services in the communities where they live
- Improve the overall health of our community

CKMHC will continue to provide the best care to everyone who walks through our doors regardless of their ability to pay and our growing staff is ready to meet the challenge of helping those who are struggling and showing signs of distress. With treatment, they can recover and meet their full potential. Communities prosper when the mental health needs of community members are met.

Give today to build the future of mental health and *BUILD FROM THE HEART*.



I want to Build from the Heart

I will donate: \$50 \$250 \$1,000
 \$100 \$500 \$_____

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

Name _____ Phone _____

Address _____

City _____ ST _____ Zip _____ Email _____

Please charge my credit card: Visa Mastercard Discover

Card # _____ Exp. Date _____

Signature _____ *I wish for my donation to remain anonymous.*



Thank You!

CKMHC is grateful for our many dedicated and generous community partners and donors. Your support ensures that CKMHC can continue to provide quality services to everyone that comes through our doors regardless of their ability to pay.

Your support is vital to our success. Your tax-deductible contribution can be made via Facebook, by mail, in person or on our website at www.ckmhc.org. Other ways to support CKMHC at no cost include:

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

Thank you to the following for awarding grants to CKMHC in 2021:

Substance Abuse and Mental Health Services Administration, Greater Salina Community Foundation, and BlueCross BlueShield of Kansas Foundation.

2021 Board of Directors

Carol Viar	Mike White
Julie Lemons	Jerome Hellmer
Lynn Peterson	Becky Gassman
Patrick Hoffman	LaVeda Montgomery

Kathy Mosher, Executive Director

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