

ANNUAL REPORT

2022



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.

LETTER FROM THE DIRECTOR

I am so grateful for my first year serving as the Executive Director for Central Kansas Mental Health Center (CKMHC) whether it has been in collaboration with the board of directors, staff, community partners, or the State of Kansas. I am fortunate to belong to a non-profit so invested in our mission to make life better in our communities by providing excellent mental health services, education, and integrated care which exceeds our patient's expectations. It is the compassionate and knowledgeable staff within our agency and those outside that make it all work.

In 2022 we were still navigating through the pandemic, wrestling with lifting the mask mandates and the continued surges and dips of staff falling ill or losing loved ones. Please understand this pandemic has taught us a lot about care and wellness, but it has also made us more aware of planning ahead and how to be flexible so we're continuing to meet patient and community needs. What I have found most inspiring is the energy and dedication our CKMHC staff has continued to demonstrate in the face of our nation's and communities' current health, economic, and social challenges.

We have continued to move into full transformational change with CKMHC becoming a Certified Community Behavioral Health Clinic (CCBHC). On May 1, 2022 we received our CCBHC provisional license and in November of 2022 had a positive review of our agency's work by Kansas Department of Aging and Disabilities Services (KDADS). As we move into 2023, CKMHC will continue to focus on providing a quality integrated care model that continues to support our mission. This will include work with many of our community partners, coordinating across settings and providers to ensure our patients receive increased access to high quality care.

In closing, I am grateful for the strong dedication and collaboration CKMHC has with its staff, board of directors, community partners, and with our state partnerships who are dedicated to improving the lives of individuals and families experiencing behavioral health challenges. I want to thank you all for your service, support, wisdom, and partnership. I look forward to the challenges and work of 2023. It will be difficult at times and necessary, but also full of opportunities.

Best Wishes,

GLENNA PHILLIPS, MSW

Executive Director



A new model of person centered care



Why does access to behavioral health matter? Treating mental illness and substance use disorder, especially early on, can help prevent escalation to the point where daily functioning becomes impaired and starts to affect a person's ability to live the life they want. Most importantly, access to behavioral health saves lives and it makes our communities healthier, happier, and stronger.

What is a CCBHC? Certified Community Behavioral Health Centers (CCBHCs) provide the comprehensive array of services that are necessary to create access, stabilize people in crisis, and provide the necessary treatment for those with the most serious, complex mental illnesses and addictions. CCBHCs integrate additional services to ensure an approach to health care that emphasizes recovery, wellness, and trauma informed care, and physical-behavioral health integration to anyone who walks through the door, regardless of ability to pay.

Why? CCBHCs expand access to comprehensive and integrated care at a time when an overwhelming majority of people in the United States and in our communities agree that our country is experiencing a mental health crisis. According to the National Council for Mental Wellbeing, the CCBHC model is a blueprint for the future of mental health and substance use continuum of care in America.

Core Services Provided

- Crisis mental health services
- Screening, assessment, and diagnosis
- Outpatient clinic primary care screening and monitoring
- Targeted case management
- Psychiatric rehabilitation services
- Peer support, counseling and family support
- Intensive mental health care for those in the military and veterans

Why these services and why together? CCBHCs provide the comprehensive array of services that are necessary to create access, stabilize people in crisis, and provide the necessary treatment for those with the most serious, complex mental illnesses and addictions. CCBHCs also integrate additional services to ensure an approach to health care that emphasizes recovery, wellness, trauma informed care, and physical-behavioral health integration.

CCBHC Continued

Highlights regarding this comprehensive array include:

- Easy and welcoming access to services regardless of ability to pay or location of residence to ensure those who need services are able to receive them.
- Immediate screening, assessment, and risk assessment for mental health, addictions, and basic primary care needs that could drive poor health outcomes and high costs for those with behavioral health disorders.
- 24/7/365 crisis services to help people stabilize in the most clinically appropriate, least restrictive, least traumatizing, and most cost-effective settings.
- Full clinical, operational, and financial commitment to peer and family support, recognizing these elements as essential for recovery.
- Tailored emphasis on active and veteran military, who have served our country with honor, to ensure they receive the unique health care support they need.
- Expanded coordination with other health care and social service providers, with a focus on whole health and comprehensive access to a full range of medical, behavioral and supportive services.

The First Step: Same Day Access (SDA) allows a person who calls or appears at a Central Kansas Mental Health Center (CKMHC) during SDA hours of operation (Monday-Friday from 1-3 pm) to be assessed that same day instead of potentially waiting weeks for a mental health appointment. Based on that assessment, a person-centered treatment plan is developed and time is scheduled with a provider. This best practice virtually eliminates “no show” appointments, increases adherence to follow-up appointments, reduces the wait time for appointments, and makes more cost-effective use of staff resources. These results help those in our five counties access mental health care services right where they live with as few barriers as possible.

When someone makes the decision to seek treatment for behavioral health issues, we have an obligation as public safety net and provider to make that process as efficient and accessible as we can.

1

Check In

Check-in with the front desk and complete paperwork.

2

Meet with Navigator

Navigator will call patient back and begin admission paperwork and gather vitals.

3

Clinical Assessment

Clinician discusses needs and goals, and will make necessary referrals.

4

Final Meeting with Navigator

Navigator will re-visit with patient to discuss recommendations and complete staffing.

OUTPATIENT SERVICES

THERAPY:

- Individual & Family Therapy
- Group Therapy
- Evaluation & Intervention
- Certified Play Therapy

CRISIS STABILIZATION:

- Screening/Assessment
- Crisis Care Management
- Crisis Therapy
- Crisis Attendant Care
- Crisis Community Psychiatric Support & Treatment
- Crisis 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
- Educational Literature

MEDICATION SERVICES:

- Medication Management
- Specialized Adult Psychiatry
- Specialized Child & Adolescent Psychiatry
- Medication Assisted Treatment (Substance Use)

ADULT COMMUNITY BASED SERVICES

- Targeted Case Management
- Attendant Care
- Psychosocial Groups
- Employment Support
- Discharge Planning & Home Transitioning
- Peer Support (Individual & Group)
- Community Psychiatric Support & Treatment
- Housing Supports

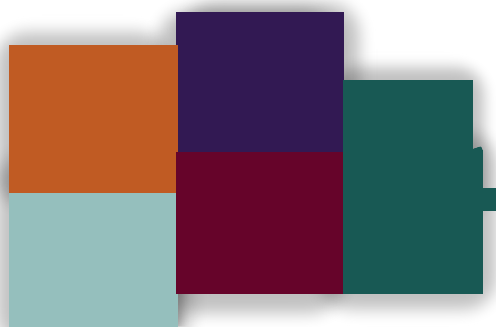
YOUTH COMMUNITY BASED SERVICES

- Targeted Case Management
- Community Psychiatric Support & Treatment
- Parent Peer Support
- Psychosocial Groups
- Attendant Care
- Transitional Services/Groups (16-21 years)
- Discharge Planning
- Wrap Around (SED Waiver)
 - Parent Support
 - Independent Living/Skills Building
 - Short Term Respite Care
 - Wrap Around Facilitation
 - Professional Resource Family Care
 - Attendant Care

WHO WE SERVE

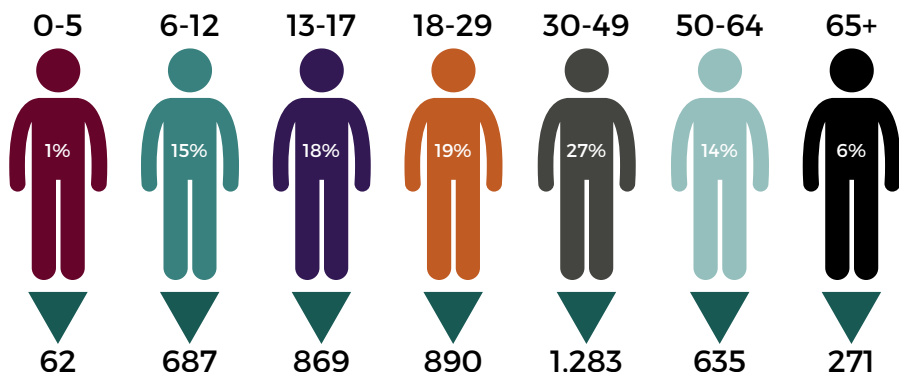
CKMHC served 4,698 people in 2022.

WHERE THEY RESIDE

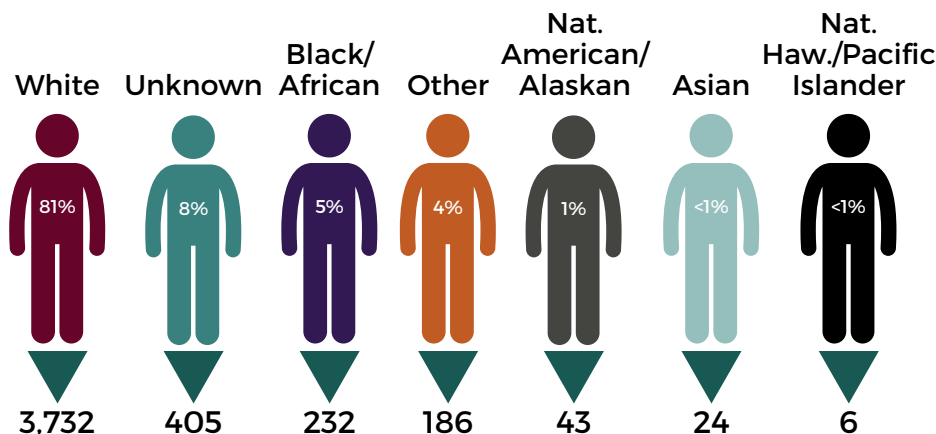


Saline	3,006	64%
Dickinson	883	19%
Other	357	8%
Ottawa	207	4%
Ellsworth	163	3%
Lincoln	82	2%

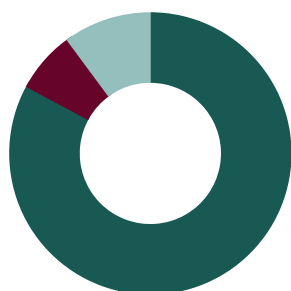
AGE RANGE



RACIAL BACKGROUND



ETHNICITY



Non-Hispanic	3,833	83%
Unknown	469	10%
Hispanic	326	7%

PEOPLE SERVED BY PROGRAM

Some individuals were involved in more than one program.



3,411
people served

Outpatient Services



2,361
people served

Medical Services



1,196
people served

Community Based Services
Community Support Services
OneCare Kansas



822
people served

Crisis Services

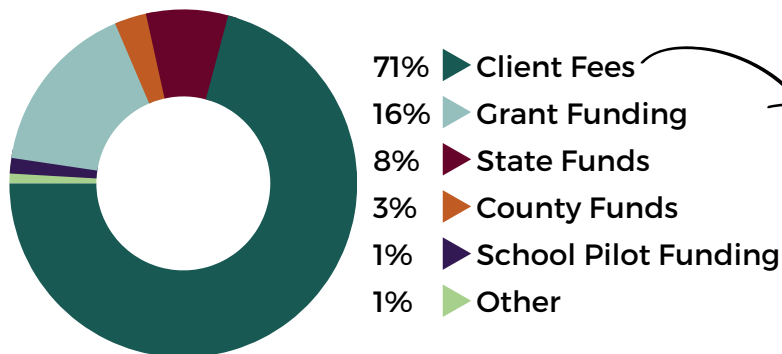


165
people served

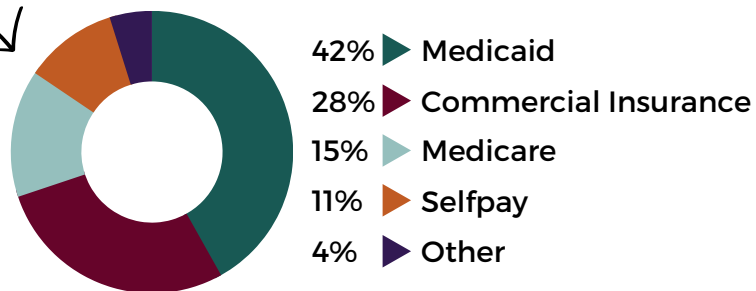
Martin Youth Center
Respite Services

FINANCIAL SUMMARY

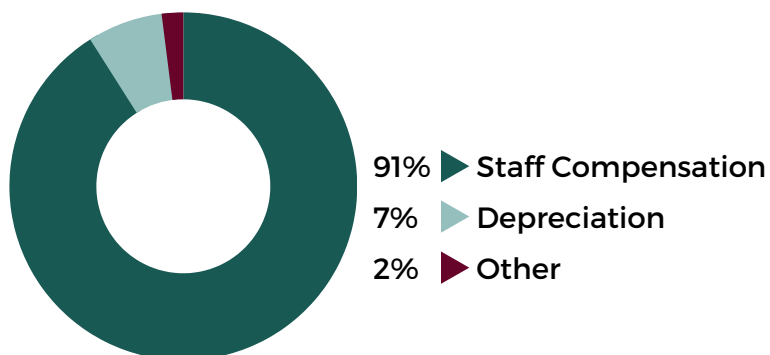
Revenue



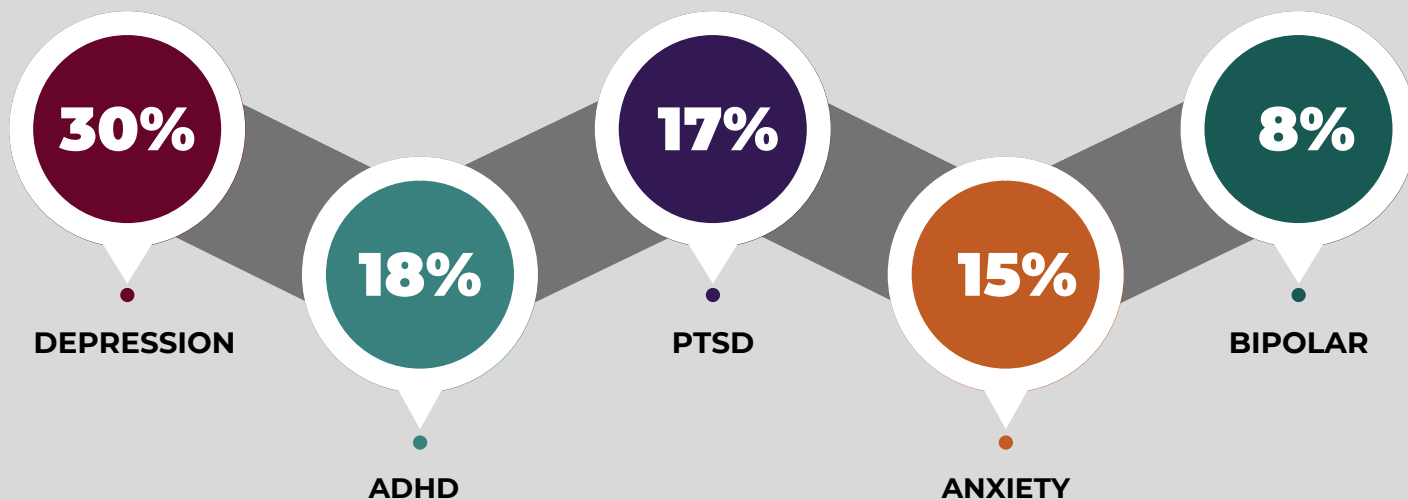
Client Fees



Expenses



TOP 5 REASONS FOR SEEKING SERVICES



THANK YOU

Grants and donations are important to the mission of CKMHC and ensure that we can provide the highest quality services to anyone, anywhere, regardless of ability to pay. CKMHC is grateful to the many donors, foundations, and partners that make our work possible. Tax-deductible contributions can be made via Facebook, by mail, or on our website.

Memorials and Honorariums: Mavis Davis, Kimberly Fine, Forrest Horton, Glennace Kirn, Todd Koers and Nathan Thompson

Grants awarded in 2022:

Substance Abuse and Mental Health Services Administration, Salina Charities League, Association of Community Mental Health Centers of Kansas, Saline County American Rescue Plan Act, Kansas Creative Arts and Industries Commission, Blue Cross Blue Shield of Kansas Foundation, Kansas Department for Aging and Disability Services, Greater Salina Community Foundation, Kansas Department of Transportation

2022 Board of Directors

Becky Cassman
Jerome Hellmer
Patrick Hoffman
Julie Lemons
LaVeda Montgomery
Lynn Peterson
Carol Viar
Mike White
**Glenna Phillips,
Executive Director**

CCBHC Advisory Committee

Shelly Alderson
Bobbie Bradbury
Leah Graves
Genell Heimer
Stephanie Holt-Burse
Kat Jeske
Marissa Long
Jordan Penwell
**Jennifer Kaufman,
CCBHC Project Director**

OUR LOCATIONS



Main Office:

809 Elmhurst Blvd, Salina



420 NE 10th St., Abilene



1602 Alyward Ave., Ellsworth



114 W Court St., Lincoln



817 A Argyle Ave., Minneapolis



Salina Area United Way
FUNDED PARTNERS 2022