CKMHC
CENTRAL KANSAS MENTAL HEALTH CENTER

# YOUTH, FAMILIES **AND THE FUTURE**

2025 Annual Report | Central Kansas Mental Health Center

At CKMHC our mission is to make life better in our communities by providing excellent behavioral health services, education and coordination of care which exceeds the expectations of those we serve.

# From the CEO

At CKMHC, our commitment to youth and families is grounded in a simple but critical truth: when behavioral health needs are addressed early, consistently, and in partnership with families and systems, long-term outcomes improve—not only for the individual, but for schools, courts, and communities as a whole. In 2025, we continued to strengthen and expand a youth-focused continuum of care designed to intervene earlier, reduce system involvement, and support long-term stability.

In response to growing service demand and our strategic commitment to enhance how care is delivered, we advanced planning and development for a new youth services building scheduled for completion in 2026. This planned expansion reflects increasing clinical need and the opportunity to create purpose-designed space that supports more innovative, developmentally appropriate, and family-centered approaches to care. The new facility will expand capacity for assessments, therapeutic services, and care coordination, while allowing for greater creativity in service design, staff specialization, privacy, and integrated team-based care for youth and families.

In 2025, we also began exploring an emerging area of system need through early collaboration with the State of Kansas and Community Corrections as part of a Stepping Up initiative focused on youth involved in, or at risk of involvement in the juvenile justice system. This work is in the initial planning and assessment phase and is intended to better understand system gaps, service pressures, and opportunities to strengthen behavioral health responses for justice-involved youth. Through early dialogue and coordination, we are contributing behavioral health expertise to help inform future approaches to assessment, diversion, stabilization, and re-entry support that emphasize treatment, accountability, and long-term outcomes.

School-based partnerships remain a cornerstone of our youth strategy. Throughout 2025, we continued collaborating with local school districts to provide school-linked and school-based behavioral health services, consultation, and support for students, families, and educators. These partnerships help identify concerns earlier, reduce barriers to access, support academic engagement, and connect families to ongoing care beyond the school setting—preventing escalation and reducing the need for higher levels of intervention.

Across all youth initiatives, we emphasize family engagement, care coordination, and cross-system collaboration. Our services are intentionally designed as part of a broader, integrated system that includes schools, juvenile justice, healthcare, and community partners. This approach reflects the core principles of the Certified Community Behavioral Health Clinic (CCBHC) model—timely access, comprehensive care, and accountability—while recognizing that the needs of youth and families evolve over time.

Looking ahead to 2026 and beyond, we remain focused on building sustainable systems that support youth well before crisis points are reached. Investments in facilities, workforce, partnerships, and prevention reflect a long-term vision: stronger families, fewer youth entering crisis and justice systems, and communities better equipped to support the next generation.

Sincerely,



Chief Executive Officer
Central Kansas Mental Health Center

# Our Commitment to Youth Services

Since opening in 1964, CKMHC has provided behavioral health care for individuals of all ages, including children and youth. Over the decades, we have continued to expand and adapt our services to meet the changing needs of families in our communities. Our focus remains on reducing barriers and increasing access to care while providing holistic support for the whole family. Today, our Community Based Services program offers a wide range of supports including case management, attendant care, care coordination, wraparound facilitation, and psychosocial (social skills) groups to help youth build skills, stability, and resilience.

In 2016, we opened the Martin Youth Center, expanding services to include short-term behavior stabilization, respite care, and a suspension program. These services allow youth experiencing a crisis to receive support while remaining in their community. In 2017, we strengthened our partnerships with schools through the Mental Health Intervention Team (MHIT) program, embedding behavioral health services directly into schools so students can meet with case managers and therapists during the school day. By bringing services into community environments, we have been able to reduce barriers to care and improve outcomes for youth and families. In 2025 alone, we provided services in 44 schools across 12 districts, supporting more than 1,100 students, with the majority showing improvements in attendance, behavior, and academic performance.

Psychosocial groups have long been an important part of many families' journeys, and in 2024 we expanded services to include a Pre-K age group. In 2025, we launched Parent Peer Support, an innovative, evidence-based service grounded in lived experience. Parent Peers walk alongside caregivers, offering empathy, advocacy, and practical guidance while helping families build confidence and connection. Our first Parent Peer large family group served 15 families and about 50 people. Together, these programs provide coordinated, family-centered care that supports youth and their guardians both in our offices and in the communities where they live.

Looking ahead, we continue to grow and collaborate with community partners to expand services for youth involved in the juvenile justice system.

**MHIT serves over 1,100 students with outcomes of:**

- 79% improved attendance
- 80% improved externalized behavior
- 80% improved academically
- 79% improved internalized behavior

**Groups numbers:** 348 children participated in psychosocial groups in 2025

**Community Based Services** provided over 50,000 hours of services for youth and families in 2025

# Care That Lasts Beyond Childhood

After a chaotic and unstable childhood, services at CKMHC helped A.B. build an independent and fulfilling life.

A.B. first began receiving mental health services around the age of nine or ten. She remembers little from those early years beyond an initial evaluation and working with a therapist. Her youth, she says, was marked by instability. “I went through anything and everything, including hospitalizations, girls’ homes, and juvenile detention,” she said. “Nothing really stayed the same for long.”

At eighteen, A.B. transitioned from juvenile detention into a group home, where a CKMHC case manager helped her find housing. “Housing was the first step to being in a more stable place,” she said. “Once that happened, I was able to be more consistent with services and start focusing on goals rather than survival.”

Adult services brought new challenges. “I came into an adult world without a lot of knowledge,” A.B. shared. “I didn’t know how to do basic things like make appointments, set up transportation, or manage daily responsibilities like cleaning the house. I was learning everything as I went.”

One therapist had a particularly strong impact. “He didn’t sugarcoat things—he was direct and honest with me,” she said. “One thing that he told me was to know my triggers.” Over time, A.B. realized that a family member was a major trigger. Learning to set and hold boundaries was difficult, but transformative. “He really helped things click for me,” she said. “He told me once that I had improved more than he expected. That meant a lot to me.”

A.B. also participated in CKMHC’s Crossroads psychosocial group, which focused on coping skills and goal setting. “That group really helped me work on myself,” she said. “I miss it.”

As she gained more life experience, A.B. began thinking about employment. With support from CKMHC’s employment services, she secured a position as a paraeducator. Today, she works in a high-risk classroom and is also parenting her own child. “A couple of years ago, I wouldn’t have thought I would be doing this,” she said. “With my own child, I can be very impatient, but with the students I can be very patient.” She often recognizes parts of herself in the students she supports. “Some of them remind me a lot of me,” she said. “I get where they might be coming from.”

A.B. also volunteers in the community, something she has done for several years. “I know that lots of people are less fortunate, and I can help,” she said. She recalls an employee at a local organization who kept a candy dish on her desk, explaining that sometimes a small gesture can brighten someone’s day. A.B. carries that mindset into her volunteer work.

After years of consistent effort, A.B. has transitioned off most services at CKMHC and is managing her own life. She feels she has accomplished many of the goals she once set. Looking back, she describes her progress simply: “It took time and a lot of work, but I grew up.”

When asked what she would share with youth or families just beginning mental health services, her advice is direct: “Know your triggers, and don’t burn bridges. If you are ready, services can help, but you have to be willing to work on yourself.”

# Finding Support: A Family's Story

*Parent of an Individual Receiving Youth Services*

I cannot express my husband's and my appreciation enough for the support and care given to our son—and to us as well. I was nervous at first about engaging in services, but the team at CKMHC walked us through every step.

Our wraparound facilitator was a calming, empathetic presence who rode the emotional rollercoaster with us and advocated for our son when I didn't always have the words. His case manager saw both the best and the hardest moments, yet her positive engagement never wavered. Because of that consistency, he was able to work through challenges at school—where most of his triggers occur. She became a safe person and a safe place to calm down, process, and problem-solve without escalating. The communication between the team, our family, and the school made an incredible difference.

At one point, I was overwhelmed with health concerns, work stress, and daily responsibilities—and on top of everything, my child was struggling just to get through the school day. When I felt like I was dropping the ball, the CKMHC team stepped in. A referral to summer group—made "just in case"—turned out to be a game changer for our family. In group, he connected with peers, practiced skills in a safe environment, and built confidence. For the first time in a long time, he felt like he belonged. That was huge.

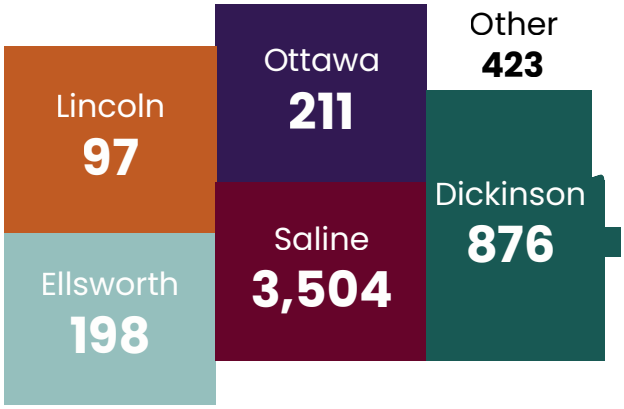
Without this team, we would not be where we are today. We are deeply grateful for the support, kindness, patience, and advocacy shown to our son and our family.

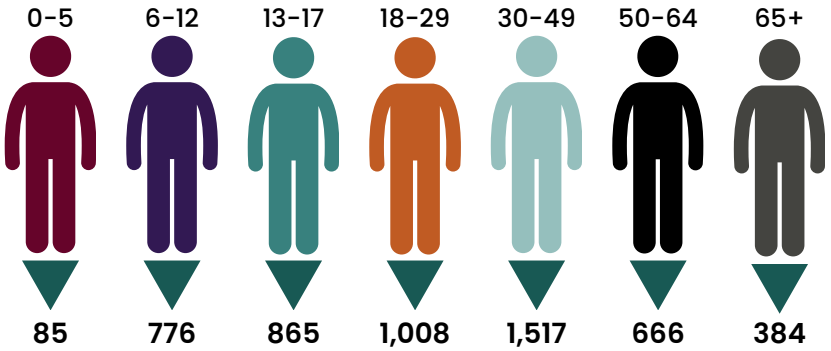
**In 2025, our Community-Based Services department delivered 43,710 services, supporting youth across our communities.**

# Impact in Action

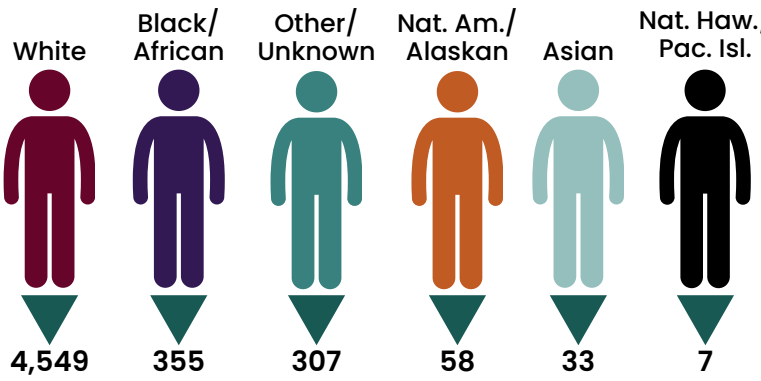
CKMHC served 5,309 individuals in 2025.

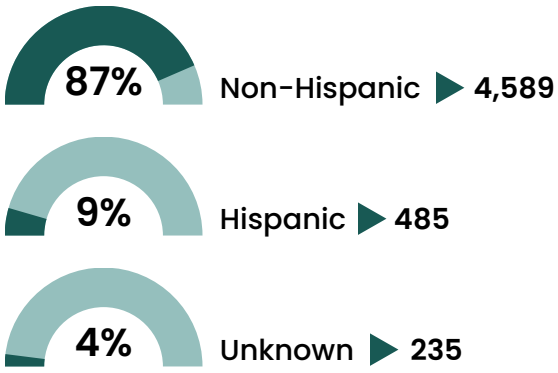
## Residence by County & Age Range



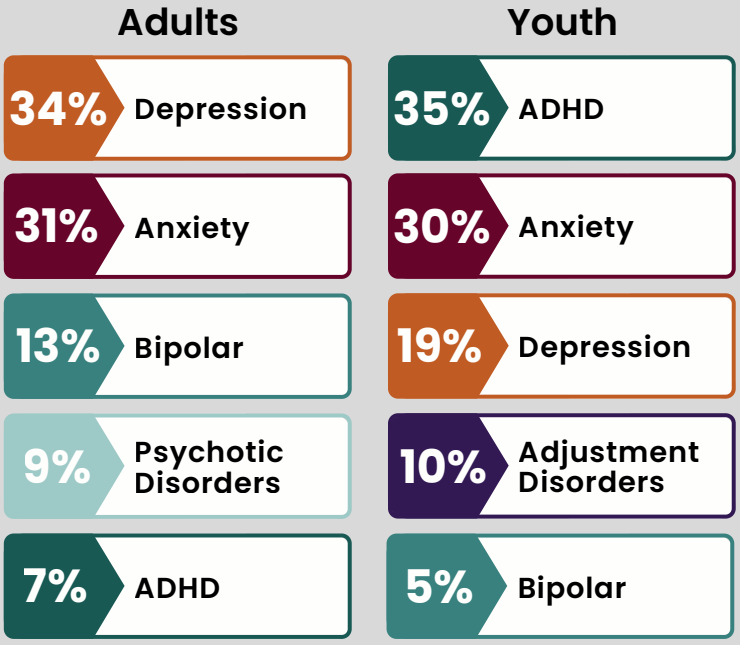

## Racial Background & Ethnicity



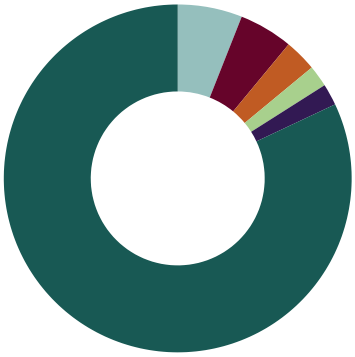

# Top 5 Reasons for Accessing Services

*for both adults and youth*



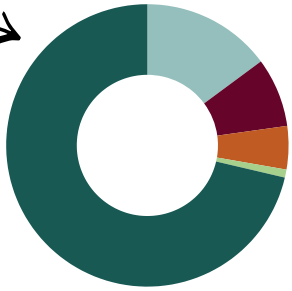
# Financial Overview

## Revenue



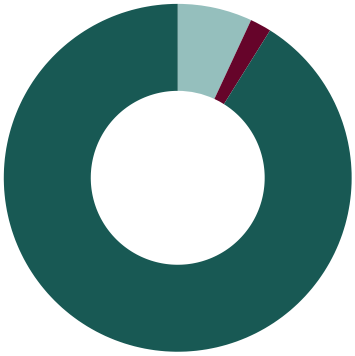
- 82% Patient Fees
- 6% Grant Funding
- 5% State Funds
- 3% Other
- 2% County Funds
- 2% School Pilot Funding

## Payor Mix



- 72% Medicaid
- 15% Commercial Insurance
- 8% Self-pay
- 5% Medicare
- <1% Other

## Expenses



- 92% Staff Compensation
- 7% Depreciation
- 2% Other

# Facts & Figures

People served by program

*Some individuals were involved in more than one program.*

**3,948**
**individuals served**
*Outpatient Services*

**1,060**
**individuals served**
*Crisis Services*

**2,845**
**individuals served**
*Medical Services*

**112**
**individuals served**
*Martin Youth Center*
*Respite Services*

**1,346**
**individuals served**
*Community Based Services*
*Community Support Services*

# In the Community

**33**
trainings provided across all five counties

**309**
community events attended

**18,000+**
individuals engaged in education and outreach initiatives



















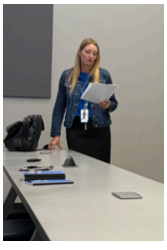




















# Our Locations




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



420 NE 10th St., Abilene



1603 Aylward Ave., Ellsworth



114 W Court St., Lincoln

Ottawa County Health Department

817 A Argyle Ave., Minneapolis

# With Gratitude

Thanks to the generosity of our donors and grant partners, CKMHC continues to grow with purpose—expanding programs and facilities to meet the evolving needs of our communities and launching the 2025 Brighter Tomorrows Ahead campaign to renovate our new Youth Campus.

"This expansion will change the way we provide services and the way kids and families receive them. From age-appropriate group rooms to parent-led community events, this space allows us to serve youth and families with intention, consistency, and connection." – Julie Clayson, CBS Coordinator

**Grants** (in alphabetical order):
Association of Community Mental Health Centers of Kansas, Blue Cross Blue Shield Foundation of Kansas, Department for Children and Families (DCF), Greater Salina Community Foundation, Kansas Department for Aging and Disability Services (KDADS), Kansas Department of Transportation (KDOT), Kansas Fights Addiction, Kansas Housing Resources Corporation Emergency Solutions Grant (ESG), Patterson Family Foundation, Salina Area United Way Funded Partner, Salina Charities League, Saline County ARPA, Substance Abuse and Mental Health Services Administration (SAMHSA)

**Mark Kohman Memorial:** Frisbie Construction Co, Delbert and Janice Farless, Thomas and Virginia Hammerschmidt

**Donors:** Amy Berkley Hemmer, Andrea and Jamie Pedigo, Bennington State Bank, Christina Humphrey and Jeff Bennett, Connie and Jim Hocking, Drs. Chris and Abby Rupe, Elizabeth Garrison, Ericka Lysell, Evolve Nutrition, First Bank Kansas, Gayle Martin, Greater Salina Community Foundation, Gretchen Boyum, Jerry and Susan Hellmer, John Presley, Kathryn and Mike White, Mac Steele, Mike and Debra Berkley, Mark and Jane Berkley, Martha and Pat Riese, Matt and Kristin Dill, Randy and Janice Clark, Savannah and Bradley Taillon, Steve and Glenna Phillips, Tim and Brenda Holm, Tori Polk, Twila Schneiders, Van and Mary Lett, Veronique Stough, Zimmerman Family Foundation

**In-Kind Gifts:** Piece Makers, Meryl Bischoff

**Brighter Tomorrows Ahead Youth Campus:**
**Local Businesses and Partners:** Bennington State Bank, First Bank Kansas, Bank of the Plains, Conrade Insurance, REPCO, Solomon State Bank, Assaria Lions Club, Salina Charities League
**Individuals:** Mike Berkley Family Foundation, LeVeda and Kent Montgomery, Robert and Patricia Murray, Evelyn M. Phillips, John Presley, Toni Renfro, Ann Zimmerman

**A special thank you to Bennington State Bank and First Bank Kansas for their generous support of the Brighter Tomorrows Ahead campaign.**

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CKMHC
CENTRAL KANSAS MENTAL HEALTH CENTER

ROOM TO GROW, SPACE TO SHINE,

# BRIGHTER TOMORROWS AHEAD

**At Central Kansas Mental Health Center, growth has always been about people; about meeting individuals and families where they are and helping them find the support they need to thrive.**

## What's Happening

CKMHC is renovating a new facility at 124 Iowa Avenue to establish a dedicated Youth Campus for children, adolescents, and families. Renovations began November 2025, with the campus expected to open in Fall 2026.

## Why It Matters

- More than 20% of Kansas youth experienced a depressive episode last year
- Youth services are CKMHC's largest and fastest-growing area of care
- Staff has doubled to meet community needs
- The Youth Campus is an investment in our children and families

## What the Space Will Include

- 14,000 square feet designed specifically for children and families
- Additional space for therapy and skill-building groups
- A specialized sensory therapy room
- Play therapy spaces to encourage growth and healing
- A safe, welcoming environment for the whole family

## How You Can Help

**Make a donation today!**

Your contribution will help furnish therapy rooms, group spaces, and family areas that support healing and connection.

**Together, we can ensure families have room to grow, space to shine, and brighter tomorrows.**







**To support our Youth Campus project:**

Donate online using the QR code, or mail checks to:

CKMHC
Attn: *Brighter Tomorrows Ahead*
809 Elmhurst Blvd
Salina, KS 67401